

WALDORF MARTIAL ARTS KICKIN' NEWS AND EVENTS JULY 2014



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Powerade™ - Does It Really Have Power?

By Jennifer G. Galea MS RD

Most athletes know the importance of adequate hydration. But did you know that some people could lose 3.5 to 4.5 pounds (1.5 to 2 liters) of fluid per hour? And that as little as one percent loss of body weight during exercise will impair performance?

How do you achieve adequate hydration? First, you need to ensure that you are fully hydrated when beginning exercise. To do this, the recommendation is to drink 12 to 20 ounces (400 to 600 ml) of fluid, 2-3 hours before exercise, in addition to drinking generous amounts of fluid throughout the day.

During exercise, athletes should drink enough to maintain fluid balance (to take in as much as they are using and sweating). To obtain this level of hydration, the recommendation is to drink 6 to 12 ounces (180 to 360 ml) of fluid at 15-20 minute intervals, beginning at the start of exercise. But what type of fluid should you consume? Should it have sugar and if so, what kind? Should it have sodium? Do you really need a sports drink?

According to current recommendations, you should not drink beverages containing “fructose” during exercise, which means that you should not consume fruit juice. But do you need anything more than water? For intense exercise lasting more than one hour, experts agree that your beverage should contain both carbohydrate and sodium. The carbohydrate level recommended is 4-8%. This level aids in appropriate gastric emptying (passage through the stomach) as well as replacing blood sugar/muscle glycogen. Sodium is important because it may enhance the palatability of the beverage and the “drive to drink”, with the end result being an increase in fluid consumed.

Despite the recommendation of drinking regularly during vigorous exercise, most athletes do not consume enough fluids to compensate for their losses. This results in their bodies being dehydrated. Sports drinks, such as Powerade™, are more efficient in reducing post-exercise dehydration. It contains sodium which aids in rehydration by maintaining plasma osmolality (concentration of the blood), which helps maintain the desire to drink.

Quotes to Ponder

Some people drink at the fountain of knowledge; others just gargle.
— *Unknown*

Be nice to people on your way up because you'll meet them on your way down. — *Wilson Mizner*

Believe that life is worth living, and your belief will help create the fact.
— *William James*

Most people live and die with their music still unplayed. They never dare to try.
— *Mary Kay Ash*

It is not because things are difficult that we do not dare, it is because we do not dare that things are difficult. — *Seneca*

How wonderful it is that nobody need wait a single moment before starting to improve the world.
— *Anne Frank*

One act of beneficence, one act of real usefulness, is worth all the abstract sentiment in the world.
— *Ann Radcliffe*

So yes, a sports drink is definitely a better choice than water for optimal hydration for athletic performance, especially if the exercise is intense or lasts more than an hour. It's important to keep in mind that overall nutrition impacts on your hydration status, so eat right and drink plenty of fluids even when your aren't in training.

Enjoy Your Coffee

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite - telling them to help themselves to the coffee.

When all of the students had a cup of coffee in hand, the professor said, "If you noticed, all the nice looking expensive cups were taken, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups... And then you began eyeing each other's cups.

"Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just

tools to hold and contain life, and the type of cup we have does not define, nor change the quality of life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee that has been provided us."

The happiest people don't have the best of everything. They just make the best of everything.

Live simply. Love generously. Care deeply. Speak kindly. Enjoy your coffee!

Raising a Quitter

If a child skirts a responsibility early in life, it becomes a natural reaction to obstacles in the future. Each time an excuse replaces responsibility, a brick is placed in the wall between the child and success. If parents allow their children to undermine their authority and only do what they feel like doing, they are going to fall short in the real world. Bosses are not as easily persuaded as mom or dad.

You know what is good for your kids better than they do. You need to make sure your children know that with anything in life, quitting is not an option. Quitting sets the child up for a lifetime of letting emotions get in the way of achievement. If they quit any time something gets too difficult, they will never reach their full potential. Insist that your child work hard, even on the most difficult of tasks. They can surprise themselves and exceed their own expectations if they stick to it. Though it may not seem like it when they whine and complain, letting them quit will not help them. It only teaches them that it is okay not to follow through on their

commitments.

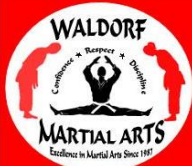
Kids don't always understand the advantages of persevering in something they do not want to do, because there is no instant gratification. They cannot see how discipline and persistence will pay off in the long run because they are only concerned with the here and now. It is your job, as a parent, to keep their future in mind and make them do what is best for them, even if they do not want to.

For example, no one will remember 20 years from now if your child failed a test in the fifth grade. It has no immediate effect on his or her character, and may not seem like a big deal, even at present. But by letting your child scrape by without putting their best effort into everything they do is a big deal and will have an effect on them 20 years from now. Teaching the value of hard work now will only pay off later in life.

Remember the things you have learned through experience and pass them on to your children. They may not always listen to you, but it is your job to make sure that the lesson is learned, even if it is learned the hard way.

Contributed by Solomon Brenner
author of *Black Belt Parenting*.





WALDORF MARTIAL ARTS CALENDAR OF EVENTS JULY 2014



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Monthly Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	Happy 4th	5
SCHOOL CLOSED THIS WEEK FOR SUMMER BREAK! No Summer camp this week either						
6 Dragons: Orange- Teamwork	7 WMA Summer Karate & Sport Camp; WK 2 Begins!	8	9 Board Breaking Day	10 Board Breaking Day	11	12
13 Dragons: Yellow- Focus	14 Stripe Testing Day Character Stripe Homework Due WMA Summer Karate & Sport Camp; WK 3 Begins!	15 Stripe Testing Day Character Stripe Homework Due	16 Point Sparring Day	17 Point Sparring Day	18 Point Sparring Day	19 Stripe Testing Day Character Stripe Homework Due Fall Cycle- Black Belt Pre-Qualifier: 1:30 pm
20 Dragons: Green- Control	21 WMA Summer Karate & Sport Camp; WK 4 Begins!	22 Belt Testing this weekend?? INTENT TO PROMOTE Letters are due today-signed by parents only	23 Belt Testing this weekend?? INTENT TO PROMOTE Letters are due today-signed by parents only	24 TEEN/ADULT CLASS: BRING A FRIEND TO CLASS TONIGHT!	25 No competition team tonight "Honor Roll" Students' FREE Pizza Party	26 Monthly Belt Test and BB Maintenance 1:30 pm
27 Dragons Blue- Balance	28 WMA Summer Karate & Sport Camp; WK 5 Begins!	29	30	31	Bring as many as 10 friends to the party! We'll play games, eat pizza, and have a BLAST!	

2 Programs to fit your summertime needs!

**ALL-DAY SUMMER KARATE
SPORTS CAMP**

**8-WEEK TAEKWONDO COURSE FOR KIDS
MEETS AT 6 pm ON TUESDAY & THURSDAY**

SUMMER CAMP

THIS SUMMER YOUR KIDS COULD KICK BACK... OR THEY COULD BE KICKING UP A STORM!

301-645-1650

This summer, while you're at work, do you need a fun, yet safe, and constructive environment for your child?

Our Summer Karate Camp could be just what you're looking for. It's an action-packed adventure and it's affordable. Your child will get plenty of exercise and entertainment while having an enjoyable, educational experience.

Our school is family owned and operated since 1987. As parents ourselves, *we know what you want for your kids.*

Runs Weekly From
June 23rd to August 22nd **
One All-Inclusive Weekly Price!
Register early, Camp will fill quickly.
** With the exception of the week of June 29th.

*"You are not just teaching Taekwondo, you are teaching kids how to succeed in life!"
Father of student*

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"Creating Confident Leaders Through
Martial Arts Training Since 1987!"

- DHMH (State of MD Dept. of Health) approved camp.
- All staff must pass background check.
- All staff must be CPR/ First Aid Certified.

School's Out, Now What?

8 WEEKS FOR JUST **\$199.00** 2nd Family member is FREE!

1st 25 callers get
a FREE uniform!

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Our Martial Arts Summer Program is a fun way for your child to stay active. Enroll your child today and find out why our program is voted #1 by local parents. Call or stop by today to discover how we can keep your child active during the hot days of summer.