



Kickin' Times



Spokane Karate/Jiu-Jitsu Center March/April 2025

5 Ways to Fast-Track Your Spring Fitness

- 1) **Just Show Up**—Has winter worn you down? Are you needing to get out of the house and do something? Do you need to recharge your battery? Well just do it!

There are places where people aren't covered up with heavy clothes, where the lights are bright, and where we feel a surge of adrenaline just by walking in the door. And I don't mean the local brewhouse. "Just go to a gym, a yoga studio, a martial arts school. Any place where others have gathered to get back in shape," suggests Michael George, a trainer in Los Angeles. "Your mentality will shift back. You'll see people who look good, and that'll motivate you."

- 2) **Set Specific Goals**—What's the first thing most of us do to get back into shape?

According to Liz Neporent, C.S.C.S., a trainer and coauthor of *Fitness for Dummies*, we get stupid. We join a gym, buy a \$3,000 treadmill or hire a \$100-an-hour personal trainer, all without any idea of what we ultimately want to accomplish. But we need goals, not gadgets. "Don't start with, 'I want to get in shape and lose weight,'" Neporent says. That first goal has to be specific: Lose 2 inches off your waist, drop 10 pounds, get ready for a summer basketball league, bench-press 200 pounds.

- 3) **Choose Your Weapons**—It's one thing to say, "I need to do aerobic exercise," or "I really should lift weights." It's another thing not to hate every second of it. Two approaches to try:

Distraction: "Distract yourself with some sort of entertainment," Neporent suggests. Tell yourself you can only read your favorite mystery author when you're on the recumbent bike. Make the treadmill your podcast station. At high-end gyms, you can surf the Web while on a stationary bike.

Recreation: No rule says that your fitness workout has to be plodding around a track or smelting iron in a room full of muscleheads. Find something that interests you or new (like say....martial arts).

- 4) **Start at a Halfway Point**—You will burnout fast if you jump in full speed ahead.

Your first week back, attempt to do only half what you did in the past. Work out with half the weight, walk or run half the miles, hit half as many golf balls or baseballs, or shoot half as many jumpers. After a couple of weeks you may feel the temptation to start pushing yourself. Don't. Your feet, knees, elbows, and shoulders aren't ready for the pounding, even if your muscles feel great and your stamina seems to be returning. Slow and steady wins the race.

- 5) **Eat Better**—We all know we should and with so much information out there, there's no reason not to.

Most of us fall off all our wagons at least once. When we stop exercising, we stop eating carefully. Here's something you can do tomorrow to eat lighter and healthier: plan your meals for the week and leave the weekend open. "The more you eat out, the less control you have over your food, and the more likely you are to overeat," says Mary Flynn, Ph.D., R.D., a nutrition researcher at Brown University. Making good food choices is never easy, but the reward is worth it!

Spokane Karate Center UPDATE

March 13th & April 10th: Adult Street Clothes Training! No Adult Jui-Jitsu Class! All students should come to class in regular street clothes. Be sure to have soft-soled shoes, free of any debris to protect the mat. This class is a great opportunity to bring in a friend or family member to learn concepts and techniques that could save a life!

March 26th & April 30th: Junior In-Class Belt Exam at 5pm! Be sure to turn in your application by the **Friday before the grading.** This is a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

March 27th & May 1st: Adult In-Class Belt Exam at 6 pm! Be sure to turn in your application by the **Friday before the grading.** This is a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

March 17th: St. Patrick's Day! Be sure to wear green!!! Everyone can wear a green t-shirt to class with your gi pants and belt. Be sure there is nothing inappropriate written on the t-shirt. You can also color your hair, paint your face, wear a hat, whatever way you want to express yourself!

New & Returning Spokane Karate Center Members



Adult Karate Class: Jeremy Gratz, Jennifer Jagers

laido Class: Rick Jordan

Kangei!!! Welcome to the Dojo!!!

March/April Birthdays!



April Hammond 3/12

Mark Taylor 3/23

John Reeves Jr. 3/27

Travis Arnold 4/4

Lucas Reeves 4/25

Jeremy Gratz 4/25

John Reeves Sr. 4/27

Tanjobi Omodetou!!!



January/February Belt Promotions

Juniors

9th kyu—London Box, Gretta Torvik,
8th kyu—Eamon Gaul, Alden & Jack Hammond
7th kyu—Paige Leinart

Adults

9th kyu—Taylor King
4th kyu—John Reeves Jr.

*Yoku Dekimashita!!!
Congratulations To Everyone!!!*



March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9 Daylight Savings Time Begins	10	11	12	13 Street Clothes Training	14	15
16	17 St. Patrick's Day! Wear the Green	18	19	20	21	22
23	24	25	26 Junior Belt Exam	27 Adult Belt Exam	28	29
30	31					

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Street Clothes Training	11	12
13	14	15	16	17	18	19
20 Easter Sunday!	21	22	23	24	25	26
27	28	29	30 Junior Belt Exam	1 Adult Belt Exam		



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