



Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward.

— *Napoleon Hill*

In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came first.

— *Harry S. Truman*

Self-discipline is an act of cultivation. It requires you to connect today's actions to tomorrow's results. There's a season for sowing a season for reaping. Self-discipline helps you know which is which. — *Gary Ryan Blair*

With self-discipline most anything is possible.

— *Theodore Roosevelt*

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

— *Jesse Owens*

Self-respect is the fruit of discipline: the sense of dignity grows with the ability to say no to oneself.

— *Abraham Heschel*

Self-Discipline: Fitness, Safety, Health

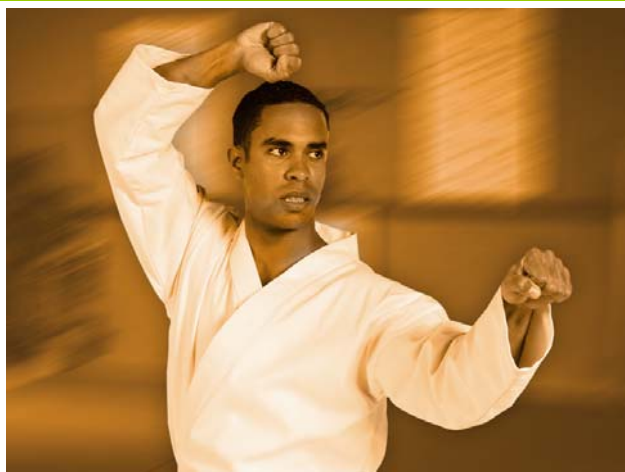
Self-discipline is an essential tool for our success in life. With this life skill, anything is possible but without it, very little is ever accomplished. For example — now that it's February — have you considered how many of your New Year's resolutions you've really stuck with? Do you have the self-discipline to follow through on the commitments you've made to yourself? Sadly, commitments to ourselves are often the hardest to keep. It's much easier to let yourself down than to let someone else down.

Like all of the building blocks of success, self-discipline is acquired by life's experience. Exposure to good leadership often leads to becoming self-disciplined. There are two types of discipline, positive and negative.

An example of positive discipline would be a parent, teacher, or martial art instructor encouraging students to do their homework. They know that doing homework will result in a more intelligent individual while developing a self-disciplined study habit.

An example of negative discipline is a parent or teacher telling someone not to smoke while they have a pack of cigarettes in their pocket. "Do as I say, not as I do," may get temporary results but chances are it won't truly encourage the child to avoid smoking.

Although discipline is an important step toward the development of self-discipline, it's only effective when delivered from a positive example. Positive self-discipline is achieved through exposure to positive acts of



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Self-Discipline: Fitness, Safety, Health

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discipline. These examples usually come from people we look up to. Do students in this school look to you as a role model? Instructors at this institution strive to be positive role models and examples of positive discipline. As parents or role models, I hope you will do the same.

Each day we experience conscious and subconscious actions of self-discipline. From our subconscious acts like brushing our teeth to our eating and exercise habits, we're continuously involved with acts of discipline. Aside from subconscious actions, we also make conscious choices of using self-discipline. We're all confronted from time to time with desires that are

either not in our best interests or in the best interests of others. We have the ability to make a conscious choice to use self-discipline and to do the responsible thing.

Self-discipline is a strong personal value we must work to develop. Undisciplined individuals look for ways to escape responsibility. People with self-discipline are hardworking, motivated and become high achievers. In this martial art school, self-discipline is a quality we seek both in our blackbelts, and those who aspire for higher rank. Anything is possible when we apply self-discipline.

Special Events/Calendar:

Midwestern Open & 2007 SWAT Awards

Saturday, February 2, 2008 - Registration Opens @ 8:30AM Tournament Begins @ 10:00AM
Crowder College Gymnasium - Neosho MO
\$40 / Participant (Includes 2008 SWAT Membership) \$5.00 / Spectators

Parents Night Out

Friday, February 8, 2008 - 6:00pm to 10:00pm (Open to All Lil' Dragons & Kick'n Kids and their Guests)
\$5.00 per Child (Pizza, Drinks, Snacks)
Be sure and register your child (and any visitors) so we can assure enough food.

RVMA Demonstration

Friday, February 22, 2008 - Oakland Heights "Flake Festival" - 5:30PM to 6:00PM
RVMA Demonstration Team Members will be Performing at the Event

Kid-Safe Workshop / Rapid Search Network Enrollment

Saturday, February 23, 2008
The Journey Church (Exit 84, Next To Lowes)
10:00AM to 12:00 Noon

~ The Mind-Body Connection ~

Should You Kick Chocolate out of Valentine's Day?

Chocolate is one of the most popular sweet treats in the world — especially on Valentine's Day. Part of the myth surrounding chocolate is that if it tastes so good, it must be bad for your health. But the surprising news from the scientific community is that this decadent treat actually has some health benefits, especially if you choose your chocolate wisely.

The Skinny on Chocolate...

- The average American eats almost 12 pounds of chocolate per year — that's the equivalent of more than 100 Hershey Chocolate Bars!
- A typical chocolate bar has between 200-270 calories
- The average martial artist burns about 360 calories in a 30 minute martial arts workout. (Based on a 150 lb martial artist)

It sounds like chocolate is quite a fattening snack, but before you kick it out of your Valentine's day menu completely — consider the health benefits that chocolate has to offer. Perhaps it's worth extending your workout to burn the calories to enjoy the taste of an occasional chocolate treat. You decide.

Is Chocolate a Health Food?

Chocolate contains more than 300 chemicals, and has been the subject of a number of studies by universities and other scientific organizations. Here's a quick rundown of the results. (Note, we have no way of proving or disproving these claims. If you're really interested in the subject, this may provide you with a starting point for further research.)

- Chocolate contains phenylethylamine, a mild mood elevator.
- The cocoa butter in chocolate contains oleic acid, a mono-unsaturated fat which may raise good cholesterol.
- The flavanoids in chocolate may help keep blood vessels elastic.
- Chocolate increases antioxidant levels in the blood.
- The carbohydrates in chocolate raise serotonin levels in the brain, resulting in a sense of well-being.

What Chocolate Won't Do

There are many myths and half-truths about the effects of chocolate on the human body. Here are the latest findings on several of them.

- Studies show that chocolate is not a causative factor in acne.
- Cacao contains the stimulants caffeine and bromine, but in such small quantities that they don't cause nervous excitability.
- Chocolate is not addictive.

But on the Negative Side...

1. Chocolate may trigger headaches in migraine sufferers.
2. Milk chocolate is high in calories, saturated fat and sugar.



Dark Chocolate Versus Milk Chocolate

Dark chocolate contains more cacao and less sugar than milk chocolate. It follows that any health benefits would be more pronounced in dark chocolate.

Ultimately — the decision is up to you and your healthcare provider. But this month — if someone gives you the gift of chocolate — just remember you can burn the calories!

Random Fact of the Month...What is...BHT?

Butylated hydroxytoluene is a mouthful to say and, as it turns out, that's exactly where we put it!

In addition to being a key ingredient in products like plastic wrap and jet fuel, this preservative is also an ingredient in chewing gum, certain cereals, beer, and edible fats and oils, not to mention embalming fluid. It also appears in certain brands of cosmetic products like lipstick and lotion.

The Environmental Working Group classifies BHT as a kidney, skin, and liver toxicant, and according to Wikipedia, BHT is banned for food use in Japan, Romania, Sweden, and Australia. The U.S. has barred it from infant foods, and while the FDA approves its use for other foods at low levels, you should read your food labels and kick the BHT habit if it's a regular part of your diet.



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