

MATIMES

"Gather up your past, so that you can draw from your experience and invest it into your future,"

~ Jim Rohn (Motivational Speaker on Life and Business)

Focus On: Invest

When you think of the word 'invest,' you probably think of money. Although money can play a big role in the world of investment, the meaning can go even further and be associated with many of life's greatest lessons. Invest means to sacrifice something for a greater good over time.

At the time you considered joining Martial Arts, you likely compared what you were giving up with what you were going to receive. The likely decision was based on whether the investment was worth it to you or not. The trick for Martial Arts schools is to get potential students and students like yourself to understand that the benefits of Martial Arts are priceless.

Whether you're a new student or a current student, there are five ways to measure how well your investment in Martial Arts is or has been. First, calculate. Consider all of the time and training you have put in, how much you enjoy it and what you're looking forward to; and ask yourself, has it been worth the money you pay? Money shouldn't get in the way, but unfortunately good things come at a price. Second, trust. Do you trust your instructors and training partners that they enjoy your company and are helping you succeed? Third, sacrifice. Did you give up something in order to have time to train? If so, are you glad you made

that sacrifice? Fourth, devotion. Are you truly devoted to your training? If so, Martial Arts is your thing. If not, why not? Lastly, advancement. Through all of the decisions you've made to get to where you are, how far have you advanced mentally, physically, and in belt rank? Has it been worth it to you? This will help you know if you have made a sound investment.

Now, here are seven advantages of becoming a Martial Artist;

Advantages

- Health
- Exercise
- Confidence
- Motivation
- Camaraderie
- Self-Defense
- Surpassing Limits

In all honesty, the list of advantages could go on forever and they all have life-long benefits. Health and exercise will help you live longer. Confidence and motivation will enable you to succeed in life. Camaraderie will allow you to build friendships with your instructors and training partners and lastly, self-defense and surpassing your limits will keep you safe and getting stronger. If there any disadvantages to joining or staying involved in Martial Arts, speak with your instructors. They will work

with you and do what they must do to make it work to your advantage. It's the students that understand the investment and realize the benefits, that become true Martial Artists.



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Tales and Traditions: The Thai Boxer and the Tea Cup

"Take arrows in your forehead but never in your back." ~Samurai Maxim

There was once a very young boy who lost his parents to a horrible storm. The boy's mother was very beautiful, and his father was a famous Muay Thai Champion. Having no other family, the boy was left in the care of his father's teacher. Having no children of his own, other than his students, the master was happy to take him in.



The boy was very young and had few memories of his parents, though he hurt greatly in their absence. He trained hard day and night to one day be as great a Thai boxer as his father. He preferred the pain of bruised shins, elbows and knees to the pain of missing his parents. The stronger he became, the closer he felt to them.

As the boy began his fighting career, he was unmatched. He would dismantle older and more experienced fighters. After they fell to the ring floor, he would look up to see his father standing proudly in the opposite corner and he'd always

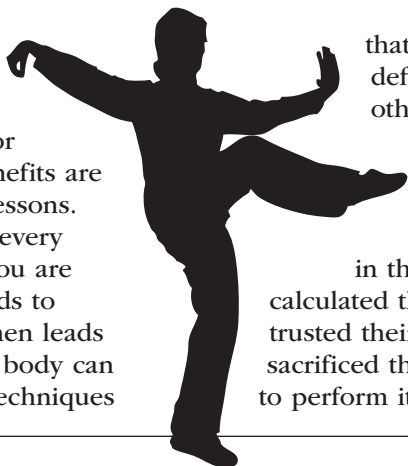
say "This is your destiny." The boy grew to be a man and an undefeated fighter. Every victory would yield the reward of seeing his father in the opposite corner. At the peak of his career, the man had finally earned a championship bout at the same stadium where his father became champion and vowed to make him proud. The day of his bout came and when he knocked his opponent to the mat, something was different. His father had not appeared as usual. His opponent rose again and delivered a devastating knee kick to his back, crippling him and sending him helpless to the floor. Weeks passed and the fighter would not speak, sleep, or even eat. Finally, his master confronted him, "You must eat." The old man placed a tea cup with some tea and biscuits just out of the younger man's reach. Enraged, the fighter yelled "...I can't reach it! Why would you be so cruel!?" The old master said "Because it is your destiny." The fighter never told anyone of his visions. He thought long and hard and slowly reached for the tea cup.

Everyday, the master would bring him food and tea. He would set the tea cup further away and in a more difficult spot to reach. One day, the fighter reached for his tea cup and fell from his wheel chair. Angry, miserable and lonely, the fighter looked up with tears in his eyes to see his mother sitting on the other side of the room. She just sat there with the most peaceful smile and whispered "This is your destiny." Everyday, he would see her before he reached for the tea cup and she would always say the same thing. Many years later, an old Thai man walking with a cane was watching over young Thai boxers in a school. A chubby young boy crashed to the floor trying to do a difficult kick. The old man crouched near him, "Come boy, try again." "I can't sir, I can't do it," the boy said. The old man smiled, "Yes you can. It is your destiny." On the walls there were many decorations; uniforms, weapons, Thai paintings and statues. On one shelf, was an old dusty tea cup. No one ever knew why.

Philosophy: Invest

"An investment in knowledge pays the best interest." ~Benjamin Franklin

The art of investing has a lot in common with the art of self-defense. We participate in Martial Arts for multiple reasons and its benefits are a wide variety of life-long lessons. As far as self-defense goes, every technique you are taught, you are taught it for a reason. It leads to another technique, which then leads to another. Eventually, your body can handle itself in a series of techniques



that not only defend you, but others too.

This is because you invested in the moves. You calculated their positions, trusted their abilities, sacrificed the energy to perform it, devoted

yourself to learn it, and advanced it to something even better. This is what investing is all about; taking something small and unknown, believing in it, and helping it grow into something spectacular. Whether it's investing in terms of finance or investing in terms of Martial Arts, the art of investing can be incorporated among many different actions to not only improve them, but to improve yourself too.

You Are What You Eat: Choffy, not Coffee

You are what you drink too. This isn't coffee, it's choffy. Better known as 100% premium cacao beans or more known as cacao beans. Chocolate comes from cacao beans. Choffy is richer than hot chocolate and brews like coffee. This chocolate drink is one of the healthiest things for your body. Before you disagree, here is why;

Health Benefits

Choffy is not a factory made drink. You make it yourself similar to coffee, but it's naturally grown in the Dominican Republic, New Guinea, and Ivory Coast. It is 100% organic, has no sugar or caffeine and has converted coffee drinkers to switch over. By weight, raw cacao contains the highest concentration of antioxidants of any food in the world, more than red wine, blueberries, açai, pomegranates, and goji berries combined. Choffy helps your body release toxins that keep you from feeling and looking young. The natural energy in choffy eats fat in your body and flushes it out, which means this healthy chocolate

drink can help you lose weight! The energy comes from theobromine: a gentle, yet long lasting stimulant provides you with a healthy energy lift and making the heart's job easier. Theobromine does not negatively affect you, therefore delivers energy



without the crash or other negative effects of caffeine. It reduces blood pressure and is not addictive.

Cacao beans can help prevent vascular disease and contain the bliss chemicals phenylethylamine (PEA) and anandamide. PEA is an adrenal-related chemical that helps us feel focused and alert. Anandamide is the chemical present in our brain when

we feel great and works to increase mood and decrease depression.

Where To Get It, How To Make It, and Other Uses

Go to www.drinkchoffy.com to not only buy choffy, but to learn more about it. It's not sold in retail stores, but go to the website to buy as much as you want from a local distributor. Preparation and brewing is easy, directions are also provided. Once you get your choffy, you can make the original hot choffy drink, a choffy latte, iced-choffy, or be creative and make it your own way. The leftover choffy grounds (cacao beans) also have multiple uses such as fertilizer, body scrub, or to put in your cookie and cake batter. The options are endless.

As a Martial Artist, choffy has all of the benefits you should be looking for. Plus, it's chocolate. Who knew it could be so healthy? Invest in this great product and get yours today. It will turn your health around for the better.

“If you want to be truly successful, invest in yourself
to get the knowledge you need to find your unique factor.
When you find it, focus on it and persevere. Your success will blossom.”

—*Sydney Madwed*

