




# Black Belt Living

"Newsletter to help you achieve black belt in every area of life."

To Make Your Appointment, Simply [click here](#) or Hit "Reply" on this message

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**Greetings from your Friendly  
Neighborhood Martial Artist**

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01/15/2009

## ""It Is 2009 Now... Want A Boost Of Energy?""

 [Click here to watch now!](#)

(Press "Play" to view instantly)

**January 2008!**

*Hello,*

*Welcome To Our Newsletter!*

*Here's what you'll find in this month's issue:*

- **Words You Should Know...**
- **"2009 Weight Loss Secrets"**
- **Cool Website of the Month**
- **"How To Get Some Good Zzz's"**
- **"Tips For Keeping Kids Healthy"**
- **'The Picture Of The Month!**
- **You Tube Video Of The Month! (GOALS)**

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### "Words You Should Know..."

**Acquiece** (a-kwē-'es) /v/ to assent tacitly;  
 submit or comply silently or without  
 protest; agree; consent  
 Bob decided to acquiesce halfheartedly

## Testimonials:

At age 3, Justin was very shy and was easily intimidated. When considering enrolling him in Ohana, our primary concern at that time was to provide him with the skills necessary to deal with bullies. After our first class, we knew Justin would gain much more than that. In the 3 1/2 years that Justin has been a student at Ohana, he has grown into a confident, respectful, and well rounded individual. He has had the opportunity to learn about bullies, strangers, respect, friendship, teamwork, and socializing with peers as well as adults. He has also gained skills that has helped him in school such as dedication, memorization and sequencing. He loves the workouts and even practices at home without being prompted. We are amazed by Justin's ability to stand in front of a crowd and perform his katas, his ability to stand his ground, and his compassion for other people. We believe that karate has played a big part in the development of Justin's character. People often comment to me about Justin's

maturity level at such a young age, and I always tell them that Ohana has played a big part in that.

-Toni Reder, Howell, Michigan

during the business plan meeting in order to avoid an altercation.

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## Offer Of The Month:

We have made some major improvements to our already awesome adult karate program. Below is the promotion that we are running to the general public. To our special parents I am want to make you an offer you cannot refuse. For the first and probably only time I want to offer you THREE (3) FREE months of karate if you start in the months of January or February.

How to Feel Good about Yourself, Be in the Best Shape of Your Life, and Achieve the Confident and Successful Lifestyle You Deserve . . . . . 100% Guaranteed!

Are you ready for a REAL change? Today we have every reason in the world to feel down physically and mentally don't we? Have you ever found yourself asking:

- I'm successful . . . but why don't I have the peace of mind—the satisfaction—I thought I would have at this point in my life?
- Especially after having children I just cannot get those pounds off. Why do I do everything for everybody else but me?
- My life is kind of boring. Every day is the same. Is sleep, drive, work, watch TV and eat all that I do?
- My relationships are all in trouble. Do I need to be around more positive people and influences?
- There has to be more to my life. Where did my energy go? Why do I no longer feel good about myself?

Dear Fellow Parent,

The reason I am writing this letter is to share something with you that this country really needs right now. This is no new fad. No gimmick. As a matter of fact it has been around for thousands of years and has already worked for hundreds of Livingston County parents just

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## "2009 Weight Loss Secrets"

It's that time of year again...

The time of year when we reflect back on the last year, and decide what kinds of positive changes we want to make in our lives in the New Year.

With more than **64 percent of all Americans falling into the "overweight" category**, it's no wonder that many of us put "lose weight" on the top of our resolution list.

If you've attempted to lose weight before, you know that losing weight, and keeping it off, can be really difficult

Some people attempt to lose weight time and time again, only to fail each time. If you fail often enough, it's easy to say that "you just can't do it."

Well, nothing could be further from the truth. Anyone—yes, anyone—can lose weight, and keep it off, with the right plan.



Follow our simple tips below to help achieve that svelte figure in no time!

- **Record what you eat.**

How often have you said something like, "I don't know why I gain weight. I hardly eat anything at all!" Chances are, you consume more calories more than you think you do. That handful of yogurt-covered almonds? The large soda?

It's easy to forget you consumed high-calorie snacks and drinks, but these things really add up. For the next couple of weeks, write down

like you! How would you like to be in the best shape of your life, more successful and happy, and feel good about yourself? . . . . . Sounds too good to be true? Before you put this down and stop reading, don't take my word for it:

"I feel so much better physically and mentally. It's really amazing how much this has affected every aspect of my life."  
-Angie Lavich, Howell

"I walked out this morning dripping wet and aching. But it felt SO good. I'm not an athletic person, and I'm out of shape physically. I have been pushed beyond what I ever thought I could do and have no doubts at all that I will keep getting stronger . . . . . I have a fantastic support team cheering me on. No one at the gym cared if I finished all my reps or did my time on the machines. Everyone here cheers for me – sincerely. They care. –Marlene Edwards, Fowlerville

"I lost all the weight I gained during my second pregnancy EASILY!" -Rachel Schlichting, Howell

Now before you say "Oh, it's karate..." and discard this. I urge you to keep an open mind, because this NOT what you might think. Our program is nothing that you have ever seen before. I guarantee it! Not only am I going to make good on all my promises, but for the first time I'm going to give you a chance to try it for FREE, at no cost to you, and actually at absolutely no risk. Why am I doing this? Because I feel absolutely blessed to be able to bring this to our community and especially in this time of need. I want to give everyone – and I mean EVERYONE- the opportunity to benefit from karate.

You are probably thinking:

- "Ah, karate is for kids!" (Wrong. We are just big kids with more hang-ups, fears and self doubts)

- "I'm too busy. I don't have time." (What can be more important? We have many classes and times)

- "I'm out of shape!" (Few people come to us "in shape". This is one of the best reasons to start.)

- "I'm too old!" ( I had one guy say this. When I asked how old he was he said "32"!)

Since I want to make sure I give you absolutely no excuse to try us out here is my offer:

1. A free private, one-on-one Introductory Lesson with me to see if this is for you!
2. We will be starting a brand new beginner's

every single thing you put in your mouth. This will make you more mindful of what you eat.

- **Revamp your menu.**

After one week of writing down what you eat, assess your diet. Cut out all of the high-calorie, high-fat processed foods, and fill your menu with colorful fruits and veggies, lean protein, and whole grains instead.

- **Commit to an exercise plan.**



Get at least 30 minutes per day of exercise, and work up to more as you become more fit.

In addition to getting some aerobic exercise, don't forget to add some resistance exercise as well. (In fact martial arts training has both in one)

Choose exercise you enjoy so you'll be less likely to skip it. Lastly, try enlisting a friend to be your exercise buddy.

Company always helps.

- **Be accountable to others.**

Tell people what your goals are. When you tell others what you are trying to accomplish, it makes you accountable to them.

You won't mind letting yourself down, but it's a lot harder to let down family and friends.

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### "Cool Website Of The Month!"

**POP!**

Isn't it funny how most people just can't resist popping the bubbles on bubble wrap? :-)

**Well, now you don't have to wait until you open a box to enjoy that little pleasure.**

Log on to this site and pop the bubbles on the perpetual bubble wrap. Every time you roll

class in January where you can try four weeks of classes on me, at NO cost and NO obligation.

3. Here is the real kicker. For the very first (and maybe only) time I am extending this amazing guarantee: I will refund every penny if this is not everything I say it is after your first 90 days. No questions asked!

All you have to lose is a few pounds and a lot of stress. Go for it! You take the first (and hardest) step and we do the rest. (Caution: Karate can be addictive.) Call us today at (517) 223-9131.

Yours for Happiness and Success,  
Sam Larioza  
www.ohanakarate.com

P.S. The first 25 callers receive a free uniform.  
P.P.S. Even better yet I am giving away six (6) \$100 gift certificates to the first six of those callers!

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### Student Spotlight:

We would like to wish a Happy Birthday to all our students with Birthdays in January!

Jack Shrader  
Keira Reid  
Jarrett Hughes  
Christian Bujaki  
Maddie Thronley  
Caden Mack  
Christopher Dunn  
Lisa Evelyn  
Joseph Hanna  
Michele Cheek  
Mikaela Buresch  
Marcus Cheidester  
Drew Allen  
Lindsey Fisher  
Anne Potts  
Lisa Humphries  
Jasmine Konwinski

HAPPY BIRTHDAY !!!!!

KARATE BIRTHDAY PARTIES ! ! !

your mouse over one of the bubbles, you'll hear a gratifying "pop."

It's not as satisfying as the real thing, but it's a close second. Since the bubbles regenerate, you're in for hours of time-wasting fun!

[Click Here To Pop Some Bubbles](#)

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### "How To Get Some Good Zzz's"

If you have trouble falling asleep, can't seem to stay asleep for long periods of time, or just wake up feeling groggy and not refreshed, you're not alone.

Almost everyone at some time or another experiences sleep issues.

While some people do have sleep disorders that require medical intervention, the rest of us can usually reclaim our sleep by changing our habits.



The first thing you must realize is that a good night's sleep begins during the day.

That's right...

**Your habits during the day can have a significant impact on how well you sleep.**

Many of us who have trouble sleeping, crash during the afternoon, and nothing seems better than a good nap. However, **you should avoid extended naps.** Doing so will help you fall asleep at a reasonable time at night.

In addition, be sure to avoid caffeine past noon, and get at least 30 minutes of exercise per day. In addition to being great for you, people who get exercise tend to sleep better at night than those who don't.

The environment in which you sleep is also very important to your quality of sleep.

We want to reintroduce everyone to our awesome karate birthday parties.

Throw your child a party they and their friends will never forget. The birthday boy or girl starts by welcoming all their guests to their dojo. They then go on to be an official "Assistant Instructor" as their friend experience a mini-karate class. The highlight of the event has to be the cutting of the birthday cake with a real samuri sword (This is always the most memorable part. Remember to bring your camera or camcorder!) The rest of the party is filled with karate games.

To get our schedule fill again and get all our great students a awesome birthday we are offering a special promotion.

Normally the parties are \$250 to the public then discounted by 50% for our loyal karate students. Here is an offer you cannot pass up. If you book your party before the end of the year (you can book your party in 2009) you will get the 50% discount plus another \$50 off. (That's only \$75!) Again this offer is only good until the end of the year.

Just call or email us to reserve your date or for more information.

Be sure that you have enough room, have covers that ensure you are not too warm, and have a supportive mattress and pillow.

Your mattress should be firm, and your pillow should promote the correct posture and alignment of your head and neck.

Your room itself should be quiet and dark, with the right temperature and ventilation. Avoid having a television or anything else that overloads the senses in your room.

**Don't eat in your bed or work on your laptop computer.** You should associate your bed with nothing else but sleeping and time with your spouse.

**Take care that you keep a regular routine when it comes to bedtime.** While it's tempting to sleep in a little later on the weekends, this will wreak havoc with your internal clock, and will make it more difficult to fall asleep.

Also, pay attention to what your body tells you in terms of when you want to go to bed. When do you usually start to feel sleepy? Go to bed then. Avoid going to bed before you are excessively tired, otherwise you might toss and turn.

**Finally, be sure to keep up with your martial arts training.**

Exercise such as martial arts training has been known to help quite a few people get better quality sleep.

### "Picture of The Month"



*Never forget to take time to enjoy the things that are most important to you.*

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## "You Tube Video Of The Month"

### GOALS

with Zig Ziglar

[Click Here to Watch Video](#)

If the above link does not work, you can copy and paste this url into your web browser:

[http://www.youtube.com/watch?v=Ae-VJ\\_lauCw](http://www.youtube.com/watch?v=Ae-VJ_lauCw)

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### **Thank You For The Referrals:**

(Each month I'd like to acknowledge those of you who refer their friends to me in the box below...many thanks!!)

I would like to thank all of our wonderful families for all the referrals we have received lately.

The greatest compliment and gift you can give us is to believe in us enough to refer your friends.

Thanks you!

P.S. - We are also well into our "School Visits" where we go to local schools and put on a mini-karate class and teach many of the life skills and character traits that we develop in the dojo along with anti-bullying lessons. If you think that your son or daughter would like to bring Sensei in for "show and tell" just let us know. Ask your teacher then just get us his/her email address or phone number. Sensei would love to visit you in your class!

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### **Extra Stuff:**

Upcoming Events:

- Feb 7: Belt Promotion Ceremony
  
- Feb 6,7,8: Local gasshuku with Nakamura Sensei
  
- Feb 13 @ 6:30: Adult Belt Grading
  
- Apr 30-May 3: Miyagi Chojun Festival with Higaonna Sensei in Burlington Canada

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**Local Business Spotlight:**

We are going to raffle off three free karate birthday parties for each month. Winners for March are:

Corey Lampman  
Miranda Miller  
Ryan Lietzau  
Congratulations!

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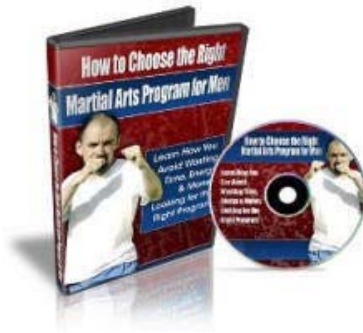
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Clicking Any Image Below:**



**"The Only Proven Way To Choose The Right Children's Martial Arts Program... Without Making Any Harmful Mistakes By Joining The Wrong One!"**



**"The Only Proven Way To Choose The Right Women's Martial Arts Program... Without Any Headaches Or Harmful Mistakes From Picking The Wrong School For You!"**



**"The Only Proven Way To Choose The Right Men's Martial Arts Program... Without Any Wasted Time Or Harmful Mistakes From Picking The Wrong One For You!"**



**Listen To This Month's Black Belt Messenger Audio Program**



[Click Here to Listen Now!](#)

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### "Tips For Keeping Kids Healthy"

Why does it seem that kids experience the most sick-time during the winter months?

Contrary to popular belief, it's not because they went outside with wet hair, or forgot to put their coat on. Illness isn't caused by exposure to cold, nor are bugs more rampant during the winter.



However, kids are cooped up more often in enclosed spaces during the winter.

When they are cooped up together with less fresh air, it's easier for bugs and illnesses to pass from one child to another.

Luckily, the majority of illnesses that kids get are relatively minor. While these illnesses can be annoying—fever, upper respiratory issues, diarrhea, and sniffing and sneezing are never fun—they are rarely cause for emergency.

That being said, every parent wants to do what they can to ensure that their kids are as healthy as possible.

#### **What steps can a parent take?**

The first step to staying healthy is practicing good hygiene.

**Train your kids to wash their hands frequently, and don't let them share items like cups or utensils.** Most colds and viruses can be completely prevented with adequate hand washing.

Try throwing some hand sanitizer in your child's backpack for times when he or she

doesn't have access to soap and water.

Make sure your kids eat well. Good nutrition is another cornerstone to being healthy!

Keep your kids away from the high-calorie, sugary, processed foods and instead fill their plates with vitamin- and mineral-rich fruits and vegetables.



If your kids refuse to eat anything green, make sure they take a good multi-vitamin formulated especially for kids.

Certainly, if possible, get your kids started at an early age with chiropractic care. **It's never too early to help your kids get on the path of proper health and wellness.**

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**|| [Instantly Refer a Friend By Clicking Here](#) ||**

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