

WHEN BOYS TRY TO TAKE CONTROL

by Art Pryor - USK Karate Academy



While it is preliminary and somewhat speculative, there's been some new research on brain function and our "internal dialogue" – the conversations we have in our heads, and how it can affect kids.

Our brains have many parts. Where the spine comes up into the brain are the most primitive parts of our brain. We share those parts with fish, amphibians, reptiles and mammals. Ours are simply more developed. This primitive area is known as the limbic system. It is highly interconnected with the brain's so-called "pleasure centers", memory functions and the sense of smell. It seems to be a center of basic emotions, related to the pleasure centers. Sometimes, you might have noticed, we smell something and it arouses a very strong memory, and feelings associated with the memory, etc.

The recent research indicates that it is the limbic system that stimulates our internal conversations. Thus, when we see something that is kind of threatening, such as making a public speech, our internal voice would pop up with: "I'm terrible at that. I can't do public speaking." etc. In so doing, our limbic system "frames" our concept of what is ahead of us and causes us to focus in certain areas which may well lead us to success or failure, regardless of the actual circumstances.

The actual "voice" we hear, and the sense of persona we have of watching ourselves go through life comes from the prefrontal cortex, our cognitive center. And what the research seems to be leading to is that our internal dialogs – part of what we consider to be the "me", is a conversation between the limbic system and the prefrontal cortex – neither one of which is in fact "me".

It's almost like we have Dean Martin and Jerry Lewis inside us pretending to be us!

This is why the first five years of life are so important. The limbic system is taking in and storing all kinds of feelings, emotions and experiences and "framing" things for future reference, while the prefrontal cortex is still developing and getting doses of Mom and Dad and others praising and criticizing. Too much in either direction, or not enough of either will lead to problems. A parent who criticizes but never praises helps mold a limbic system that avoids tasks in order to avoid criticism. And at the same time, that parent's voice gets stored in the prefrontal cortex so that long after the parents are gone, the "No's" and the "You're no goods" are still echoing. At the same time, a parent who overpraises creates a child who thinks he is the center of the world and can't understand why everyone doesn't agree with him.

So, once again, as you're bringing your children up, stay the middle course. Praise when it's earned, criticize bad behavior (not the person, the act) and don't go to extremes if you can avoid it.

HOW TO FIND THE PERFECT GYM

By Rich Maston



Finding the perfect gym in South Florida sometimes can be difficult when there are gyms on every corner. This can benefit the consumer, but how do you find the one that is right for you?

I hope I can help you to find the perfect facility to suit your individual needs. To help you make the right decision, I will cover the differences between

1. Studio vs. Big Gym.
2. In Home vs. Studio
3. Studio vs. Studio
4. Most important tips to help you make your decision.

Studio vs. big Gym

Big gyms are usually corporate owned and are designed to attract a great mass of people. They usually have hot tubs, steam rooms, basketball courts, etc. Their business model is based on volume. On the other hand, Studios appeal to people who are looking for one on one personal training and are capable of doing all areas of training for all ages. Studios are usually smaller and with fewer amenities but make up for those features with their personal attention to their clients. Most studios won't offer what the big commercially owned gyms do. However, the commercial gyms can not offer the quality of service studios do.

In Home vs. a Studio

Both are great. Both require trainers and that is a step in the right direction. This decision depends on your level of commitment. Would you be more committed at home or at a studio? Be true to yourself, then get a trainer who is committed to you. Not all trainers do in home sessions, so make sure to do your homework. Find someone you will feel comfortable with. Good references, certification, insurance and experience are some of the things you should look for.

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CROSSWORD ANSWER
For puzzle on page 29

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