



Dojang Digest

Winter / Spring 2002



How Do You Measure Up?

Body Image Questionnaire

by Cindy Maynard, M.S., R.D.

Take the following quiz and see how your Body Image I.Q. measures up.

1. Have you avoided sports or working out because you didn't want to be seen in gym clothes?
2. Does eating even a small amount of food make you feel fat?
3. Do you worry or obsess about your body not being small, thin or good enough?
4. Are you concerned your body is not muscular or strong enough?
5. Do you avoid wearing certain clothes because they make you feel fat?
6. Do you feel bad about yourself because you don't like your body?
7. Have you ever disliked your body?
8. Do you want to change something about your body?
9. Do you compare yourself to others and "come up short?"

If you answered "Yes" to 3 or more questions, you may have a negative body image. See page 2 for some ideas

basic training
women learning self-defense from the inside out



KICKS
MARTIAL ARTS
FOR WOMEN

April 13th, 20th and 27th
from 2 PM to 6 PM
Enrollment is limited.
Register now to reserve space:

Kick Back Against Violence 2002

Kicks gears up for its second annual benefit for Susquehanna Valley Women in Transition

Last year Kickers raised over \$700.00 for Susquehanna Valley Women in Transition at the first annual Kick Back Against Violence CardioKicks! fitness kickboxing marathon "We had a lot of fun and success last year," said school owner Laura Kamienski,

"but this year is going to be bigger, better and even more fun. Plus we have an exciting new event planned for this year."

On March 23rd at 2:00 p.m. Kicks will kick off this year's 3-hour marathon, which will be divided into beginner, intermediate and advanced workouts to please all levels of CardioKicks! enthusiasts—from couch potato to Billy Blanks himself. Participants are invited to attend any or all of the 1-hour sessions.

Session one will be a beginner workout with Tish Luckabaugh, a student in Tae Kwon Do and a certified CardioKicks! instructor, who will take you through the paces of a safe, effective and fun workout.

Session two? Look out! Laura Kamienski, a Tae Kwon Do black belt, steps into the ring for intermediate CardioKicks! to challenge the beginner and really work up a sweat for the advanced kicker.

You'll want to stay around for session three...JUST FOR KICKS! Kicks will pump up the volume with a CardioKicks! finale that really kicks...well, let's just say all parts of your anatomy!

We are requesting a minimum donation of \$10.00 per session, with proceeds benefiting the many programs at Susquehanna Valley Women in Transition (SVWIT.)

Sponsorships and non-participatory

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photo by Ron Samick, Daily Item

Making Peace With Your Body and Self



- When you look in the mirror, make yourself find at least one good point for every demerit you give. Become aware of your positives.
- Decide which of the cultural pressures—glamour, fitness, thinness, media, peer group—prevent you from feeling good about yourself. How about not buying fashion magazines that promote unrealistic body images?
- Exercise gets high marks when it comes to cultivating positive body feelings. It does make us feel better about our appearance, and improves our health and mood.
- Emphasize your assets. You've got lots. Give yourself credit for positive qualities. If there are some things you want to change, remember self-discovery is a lifelong process.
- Make friends with the person you see in the mirror. Say "I like what I see. I like me." Do it until you believe it.
- Question ads. Instead of saying, "What's wrong with me," say, "What's wrong with this ad?" Write the company. Set your own standards instead of letting the media set them for you.
- Ditch dieting and bail the scale. These are two great ways to develop a healthy relationship with your body and weight.
- Challenge size-biography and fight size discrimination whenever you can. Don't speak of yourself or others with phrases like "fat slob," "pig out," or "thunder thighs."
- Be an example to others by taking people seriously for what they say, feel and do rather than how they look.
- Accept the fact that your body's constantly changing. Don't let every new inch or curve throw you off the deep end

You know you are successful when you can look in the mirror and instead of asking, "What's wrong with me," say, "There's nothing really wrong with me." And little by little you'll find you can stop disliking your body. Quit worrying about what others think of you. If you want to change your body, do it for yourself and not for anyone else.

This is the starting point. From this new way of looking at a problem we can begin to feel better about ourselves. Make this the time to accept the natural dimensions of our bodies instead of drastically trying to change them. We can't exchange our bodies for new ones. So the best strategy is to find peace with the one we have. Your body is where you're going to be living for the rest of your life. Isn't it about time you made it home?

"Body Image Questionnaire" and "Making Peace With Your Body and Self" are reprinted with permission from Mr. Andrew Casino of the Weekly Reader. Edited by Laura Kamienski with permission from the author. Cindy Maynard, M.S., R.D. is a health and medical writer and registered dietician.

KBAV continued from front page

donations are welcome and encouraged. Corporate sponsorship packets and sponsorship sheets are available at Kicks or by calling 523-7777. These packets will include information for participants to present to employers, friends and relatives for sponsorship in the event.

Kickers who raise \$100.00 or more will receive a free Kick Back Against Violence event T-shirt. There will also be several prizes and drawings.

But wait...there's more!

After the marathon Kicks Tae Kwon Do students will hit the scene for the first KBKV Board Breaking Bonanza. Kickers and non-kickers are encouraged to sponsor a breaker. There will be a few surprises during this part of the event so you'll want to stick around. It's sure to be a smash!

Registration forms are available at Kicks, or you can register on line at <http://www.kicks4women.com/kbav/>. So please register today.

To participate, to sponsor a Kicker or for more information contact Laura, Chris or Tish at 523-7777



Susquehanna Valley Women in Transition offers counseling, shelter and other emergency services to victims of domestic violence and sexual assault in Northumberland, Snyder and Union counties in Pennsylvania.

Emergency Numbers

Northumberland County (570) 644-4488

Snyder County (570) 374-7773

Union County (570) 523-6482

Toll-free in PA (800) 850-SWIT (7948)

Rank Promotions

Gold Belt - Abby C., Rachel C., Tish L.,
Julie F., Heather K.

Orange Belt - Sabrina K.

Green Belt - Elizabeth C., Rachel R.,
Melanie D., Mary Ann J.

Blue Belt - Chris Y., Lorraine E.

Purple Belt - Cristin K.

Recognition Medallion Recipients

Hyung (forms) - Tish L. and Cristin K.

Breaking - Mary Ann J.

Congratulations and Welcome to New Students

Julie V., Coralynn D., Ashley W., Kim C., Chris H., Beth
K., Julie I., Julie K., Fox T. and Nyssa E.

**It takes a lot of courage to begin training
in a martial art. You're on your way!**

**Keep up the great work.
Next rank test March 2nd at Noon**

Kicks to Hold First Annual Awards Dinner

On March 2nd Kicks will host its first annual student awards
dinner to honor outstanding students in several categories

Dinner will begin at 5:00 PM. An awards ceremony, dance
and entertainment will immediately follow. Please see Sabum
Nim or Chris Young for details. Spouses, family and significant
others are invited. Child care will be provided.

Qi-Gong

(say "Chee-Gong")

Tuesday and Thursday at 7:30 a.m.

Energize your day with Qi-gong, the
relaxing art of Chinese Yoga.

qigong@kicks4women.com

Call today to schedule your free trial class.

523-7777

New Class at Kicks: Meditation Basics

Meditation is a simple but powerful technique for
coping with stress, improving concentration,
enhancing the practice of other skills (such as martial
arts), and cultivating both courage and compassion.
This class will include sitting meditation, walking
meditation, shared reading and discussion.
Participants are welcome to bring a brown bag
lunch to enjoy during the discussion period.

"I'm really excited about having this class at Kicks,"
said Kick's owner, Laura Kamienski.. "There is a
long and important tradition of meditation in martial
arts. I know that meditation has improved my own
practice tremendously."

Kicks 2002 Class Schedule

Tae Kwon Do

- Girls Tae Kwon Do - Monday and Wednesdays 4:30 PM
- Beginner Tae Kwon Do for Women- Tuesday and
Thursday 12:00 noon and 6:30 PM
- Tae Kwon Do for Women - Tuesday and Thursday
12:00 noon
- Advanced Tae Kwon Do - Saturday 1:00 PM
- Forms and Sparring - Monday 6:30 PM, Tuesday
7:15 PM
- Skills and Drills - Wednesday 6:30 PM, Thursday
7:15 PM
- Open Gym - Saturday 12:00 noon

CardioKicks! Fitness Kickboxing

- Introduction to CardioKicks! - Every 1st Tuesday
of the month 5:00 PM
- Beginner CardioKicks! - Tuesday and Thursday 5:30 PM
- CardioKicks! - Monday 5:30 PM
- CardioContact! - Wednesday 5:30 PM
- CardioKicks! Strength Training - Monday and
Wednesday 7:30 PM

Qi-Gong

- Tuesday and Thursday 7:30 AM

Meditation Basics

- Monday 12:15 PM

Private instruction and off site seminars available by
appointment. Call 523-7777 for more information.



**Special 12-
hour course
just \$99.00**

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LEWISBURG, PENNSYLVANIA 17837

