



Kid Kick Newsletter

Goal Setting

— Something you can measure, accomplish, or achieve.
A goal is your ambition.

You set a goal every time you say, "I want to ...". Your goal might be to earn your next belt or to get better grades in school. It's always good to have a goal and setting goals can be fun when you follow these four steps!

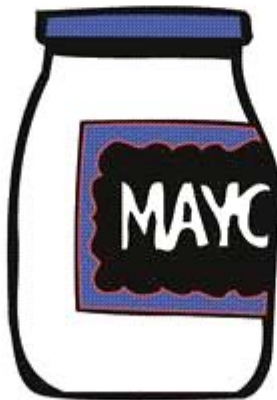
A good goal says the following:

1. Exactly what you want;
2. When you want it;
3. How you're going to get it;
4. And that you believe you can do it.

For instance, saying you want to earn your next belt doesn't really help you reach your goal. However, believing you can earn your yellow belt at the next testing date by practicing is a good goal because it covers all of the above steps.

Name a goal you want to achieve and then list the steps to accomplish it:

1. I want to _____!
2. I'll do it by (date) _____.
3. I can do this by (how) _____.
4. I know I can do it because _____.



January Jokes

1. What did the mayonnaise say to the refrigerator?
Close the door, I'm dressing!
2. Why is Turtle Wax so expensive?
Because turtles have such tiny ears.

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Ernie Reyes, Jr.



Ernie Reyes, Jr. turns 40 on January 15. This highly energetic martial artist started his journey to black belt at his dad's school when he was just four years old. Along the way, he was a member of his dad's famous West Coast Demo Team, a national forms champion, star of his own martial arts TV show, *Sidekicks*, and numerous movies, including *Teenage Mutant Ninja Turtles II*. And, he accomplished all of this before he was 20!

Since then, he has used his martial arts talents to do stunt work for films such as *Avatar* and *Alice in Wonderland*. In addition to acting, writing, directing, and producing, Ernie holds a 4th dan (degree) black belt in tae kwon do under his father Ernie Reyes, Sr., and he competed in Muay Thai. Of course, he started out as a white belt who needed to practice, just like every other martial artist.

What's in the Newsletter Word Search

Find and circle all the words listed below, then find them and circle them throughout this newsletter!

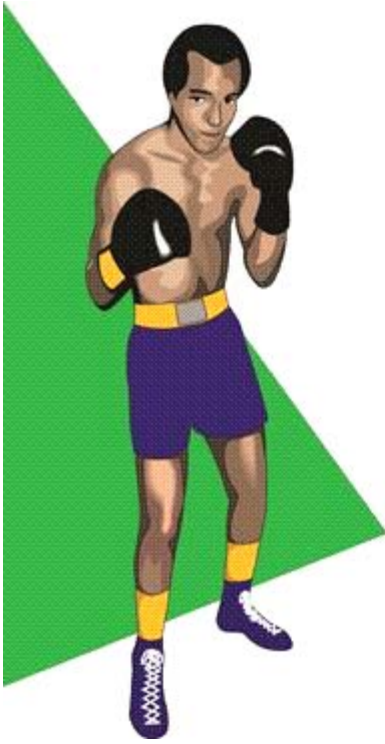
- ACCOMPLISH
- ACHIEVEMENT
- AIM
- AMBITION
- BOXER
- CHAMPION
- GOALS
- NINJA
- PRACTICE
- STAR
- TALENTS
- WELTERWEIGHT

D	A	K	M	A	C	E	P	C	G	A	M	L	J	F
C	U	R	K	P	L	R	Z	M	I	R	B	E	A	S
L	N	W	Q	Y	J	K	B	S	F	R	A	C	J	Z
A	G	Z	Y	Q	F	Z	Q	R	S	O	C	Z	N	W
X	D	F	R	F	E	K	G	L	T	O	H	O	I	B
E	A	F	X	P	B	C	H	A	M	P	I	O	N	H
A	K	L	S	G	O	U	L	P	Q	T	E	W	S	F
T	P	M	L	X	A	E	L	U	I	C	V	H	H	W
X	D	D	J	N	N	I	D	B	I	Y	E	O	A	N
M	N	R	A	T	S	C	M	T	T	K	M	Z	F	E
F	P	H	S	H	M	A	C	B	O	X	E	R	B	D
U	V	S	D	G	O	A	L	S	Z	A	N	G	R	K
W	E	L	T	E	R	W	E	I	G	H	T	W	J	L
T	Z	P	D	P	U	T	E	B	N	L	O	T	Z	R
D	H	T	G	Y	O	D	Y	Y	T	G	T	J	H	S



DRAWING YOUR GOALS

Draw a picture of what your life will look like in 10 to 15 years. Make sure your drawing includes details, such as the type of career you might wish to pursue. When you're done, write down all the items and professions found in the drawing. Place these on your bedroom wall to remind you each day what you want to become.



Word to Remember

Welterweight (*noun*) \wel-ter-weigh\

1. A boxer or other contestant weighing up to 147 pounds (67 kg).
2. A weight of 28 pounds (13 kg) that is assigned to a horse in a steeplechase or hurdle race.
3. A steeplechase or hurdle-race rider who is of average weight.

Example:

The boxers had their weigh in early to make certain they were still within the welterweight weight range.

Origin:

Welter: Middle English; akin to Middle Dutch *welteren* to roll, Old High German *walzan*, Lithuanian *volioti*, Latin *volvere*. First known use: 14th century.

Wise quote

“The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it.”

— Michelangelo

Which Word

Circle the letter of the word that best completes the sentence.

1) The _____ shoe did not fit the big foot.	A. small B. estimate C. big D. equal parts
2) The two halves represent _____.	A. longest B. short C. equal parts D. size
3) Four inches is _____ than two inches.	A. big B. fourth C. measure D. longer
4) Her dress was so _____ that it touched the floor.	A. size B. long C. estimate D. biggest
5) The big circle is a larger _____ than the small one.	A. size B. big C. equal parts D. shorter
6) Whales are the _____ animals in the sea.	A. measure B. biggest C. size D. fourth
7) I _____ we will arrive in about an hour.	A. long B. size C. estimate D. fourth
8) I am a foot _____ than my tall brother.	A. small B. long C. shorter D. longest
9) The _____ man could not reach the top shelf.	A. small B. big C. short D. biggest
10) Summer vacation is the _____ break of all.	A. estimate B. longest C. big D. equal parts
11) April is the _____ month out of twelve.	A. shorter B. fourth C. big D. long
12) The elephant is _____, but the mouse is small.	A. estimate B. long C. size D. big
13) We are learning to _____ by centimeters.	A. big B. measure C. longest D. size