



TIPS FOR PRACTICING MARTIAL ARTS WHILE ON VACATION

For many martial artists, their art is a way of life. Even while spending time on vacation, keeping your skills sharp is important. Here are some tips for practicing if you are away for a period of time:

➤ **Have a plan**

Give yourself a reasonable schedule and be flexible. Plan to do some work on your martial arts at the beginning of your trip, and give yourself a break towards the end. Remember, early in the day is often better than later as it is least disruptive to the schedules of your fellow travelers.

➤ **Compact your training**

If you're comfortable going outside in a strange place to practice your martial arts, then parking lots are normally your best option while staying at a hotel. Of course, if you're camping, you have the whole outdoors available! However, if you feel uncomfortable practicing outside, consider compacting your training. Consider things that will fit in smaller areas. For instance, you can take the time to work on your stretching and flexibility. Or perhaps there's a particular stance, kick, punching sequence, etc. that you've been struggling with; take some time to work on that specifically.

➤ **It's all in the mind**

Many sports athletes who are top of the game spend time before each match to visualize the plays. There have been studies done that prove such visualization promotes better performance. Building on that, you can use the time you plan on your vacation for martial arts to meditate and visualize yourself doing the form or the match. If you've never done this before, it may be hard to get into at first. But over time, it becomes a very powerful technique you can use even when you're not on vacation. Visualization through the mind's eye strengthens the connection between the body and mind and will help your martial arts overall.

➤ **Give yourself a break**

Don't be too hard on yourself if at the end of the trip you realize you've not done anything at all in martial arts. It happens, even to the best of us. Sometimes, you just really need the downtime from everything and that is

just as important to your martial arts as the actual training. Remember, martial arts is about the whole person, mind, body and spirit – not just the physical. Once you're back home, get back into the groove of going to classes and your normal routine as quickly as possible. A smooth transition back home will make it easier to maintain the consistency of your training.



Good luck and have a great vacation!

IMMA SHINES AT THE MOUNT HOREB SUMMER FROLIC PARADE!

On June 6, 2010, Infusion Mixed Martial Arts, LLC celebrated its 4th year in the Mount Horeb Summer Frolic Parade. Thank you to all students, family and other proud supporters for helping us continue making our Academy a success – **YOU ROCK!!!!** Thank you, also, to our special guest Kung Fu Panda!





Congratulations, Miss Rosenthal!



We would like to congratulate our wonderful instructor, Emily Rosenthal, on her graduation from Memorial High School. She will soon be headed off to Iowa State University. We wish you the best, Miss Rosenthal, and we look forward to seeing you during your "off-seasons"!

Summer Graduates

Our summer graduation ceremony will be held on Tuesday, June 29th, and we'd like to congratulate the following students for their continued success in the martial arts: Brian Bengry, Shaylee Bengry, Emma Bengry, Annah Bengry, Nick Caruso, Bennett Davis, Abram Espe, Nick Gonzalez, Devin Hazlett, Marilyn Ketterer, Dixon Ketterer, Briannah Klais, Danielle Klais, Gabriel Helmich, Liam Knutson, Kate Kuse, Phoenix Lipska, Devin Long, Kaylee Muchow, Syler Muchow, Noah Ollendick, Jaxon Pernot, Dylan Pierce, Gabriel Piscitelli, Jordan Sadowski, Alexander Strube, Ryan Vogel and Arianna Walker.

Mr. Tracy Earns Blue Belt in Brazilian Jiu Jitsu

In April, Mr. Tracy earned his Blue Belt in Brazilian Jiu Jitsu from two-time world champion Luiz Claudio from Rio De Janeiro (Luiz Claudio Combat Team). Mr. Tracy feels extremely luck to test under this very talented second-degree Brazilian Jiu Jitsu Black Belt (under Rickson Gracie). Congratulations, Mr. Tracy!



UPCOMING IMMA EVENTS

There's Still Time to Register for IMMA Summer Camp!

Martial Arts Summer Camp

Our theme will be "The History and Evolution of Our Art"; No Experience Necessary
July 12-16 (7:30am - 12:00pm)

Learn exciting martial arts and self-defense from 4 countries during a week full of indoor/outdoor activities, games and crafts! Daily snacks provided • All participants receive an Infusion MMA 2010 Camp T-shirt and completion Certificate • \$229 • Ages 6-12, Max: 25

Summer Fitness Boot Camp

July 6th - July 29th

This is a great chance to GET IN SHAPE over the summer! Lose weight, gain muscle tone, and improve your flexibility and cardio. Classes are Mondays, Tuesdays and Thursdays. Call for specific times. \$100 per person, plus our BIGGEST LOSER will receive a \$100 reward at the end of the program.

Parents' Night Out

Friday, August 27, 2010, 6:00pm – 11:00pm

Outdoor Relay Races & Water Games (Mount Horeb Youth Center Benefit)

Parents, take the whole night off! Leave the kids with the safest "babysitters" in town - Infusion Mixed Martial Arts, LLC. We'll provide an evening filled with exciting activities, including outdoor games, a pizza dinner, and an age-appropriate movie. Ages that may attend: 6-14 years; students and non-students alike are welcome. Space is limited to 30 kids, and cost is \$40/child, half of which will be donated to the Mount Horeb Youth Center. Registration required.

REMINDER: We will be closed for Labor Day Weekend (September 4-6).

Happy Birthday

Let's all join in helping the following lucky people to celebrate their Summer birthdays: Henry Welch (7/2), Chris Thomas (7/12), Mrs. Tracy (7/16), Danielle Klais (7/18), Michael Larson (7/19), Devin Long (7/24), Melyna Acosta (7/27), Owen Almy (8/13), Sean Donlin (8/14), Heidi Vogt (8/16), Anrew Lins (8/19), Shaylee Bengry (8/26), Gus Quade (9/4), Noah Grenlie (9/6), Delton Davis (9/12), Nick Gonzalez (9/14), Katherine Kuse (9/15), Kim Farrell (9/17), Tyler Kittleson (9/22) and Dylan Pierce (9/17).

Festival of the Mounds Parade

Sunday, September 12, 2010

Get ready for the Festival of the Mounds Parade in Blue Mounds! All students and parents are invited to participate with our IMMA float. Pass out candy and other goodies, or even perform a demonstration! Sign up early so we know how many will participate.

REMINDER: Saturday classes will resume on September 18th.

THE NINJAS NEXT DOOR

CREATED BY EMILY ROSENTHAL



Basic Belt Buddy Bash Pizza Party

Saturday, September 18, 2010, 1:00pm – 2:00pm

"Bring-a-Friend" party for all white, gold, and orange belts. Little Champions are included. Pizza party and fun games. Share your martial arts experience with friends! Free, registration required.