



MOORE EAGLE TKD

OCTOBER 5, 2009

UPCOMING EVENTS

Saturday, October 17th
Patterns Seminar
with Master Nunez
9:00 am—2:00 pm

October 24th
Global TKD
Tournament
First Baptist Church
Houston

October 2009

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Happy Birthday to:

10/1

Mr. Dillon Hernandez

10/10

Mr. Danny Salazar

10/12

Mr. Pablo Salazar

10/28

Miss Lexi Hernandez

10/29

Miss Ashley Johnston

INSTRUCTORS

Mr. Dan Moore
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Mr. Bill Bell
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CLASSES

Clear Lake Christian Academy
14325 Crescent Landing Drive
T/TH 5:30— 6:30 pm

INFORMATION

For more information about the class, patterns, past newsletters, upcoming events etc, visit our website at www.moore-eagletkd.com

PAIN-FREE GUIDE TO COMMON EXERCISE PAINS (PART 2)

From www.fitnessmagazine.com

Upper Leg Pain

What hurts?

You feel a sudden twinge in the back of your upper leg, followed by tightness.

Here's why: The muscles that run down the back of your leg are delicate. Hamstring pulls happen when you add a burst of speed or quickly change direction, especially if the muscles aren't warmed up.

Feel better: For severe pain, see your doc. Mild to medium? "Sit on the floor with your injured leg bent and your other leg straight for support," says Mitchell. "Using the fingers of both hands, reach behind your leg and apply pressure while stroking upward from your knee toward your glutes for several minutes."

Your new game plan: Strengthen your hamstrings by adding one minute of jogging backward to the end of your regular run.

Tingling

What hurts?

You walk out of Spinning class and realize that your hands are tingling.

Here's why: Tingling hands and sore forearms can be caused by weak abs. "If your abs are strong, you lightly rest your arms on the handlebars while your core holds you up," says Dr. Wright. "But weak abs make you bear down on the handlebars for all the support you can get." An hour later, hello, ouch!

Feel better: Tingling goes away once you stop leaning; soreness usually takes about a day.

Your new game plan: Strengthen obliques with bicycle crunches. Lie on your back, upper torso raised off the floor; twist to bring left elbow to right knee, then right elbow to left knee, cycling legs in the air. Do 2 sets of 20.

Verse of the Week

A SERVANT'S HEART

"Well done, My good and faithful servant . . ." Matthew 25:23

Real servants are faithful! They don't leave a job half done and they don't quit when the going gets tough. Faithfulness is a rare quality. Many folk don't know the meaning of it; they make commitments casually, then break them for the slightest reason without hesitation or remorse. Every week churches and organizations have to improvise because volunteers didn't prepare, show up or even call to say they weren't coming.

Can others depend on you? Can God? Are there promises you need to keep, vows you need to fulfill, commitments you need to honor? This is a test -- God is testing your faithfulness. If you pass the test you're in good company; Abraham, Moses, Samuel, David, Daniel, Timothy and Paul were all called 'faithful servants of God.'

Jesus taught the parable of the talents to emphasize this truth. He said, referring to the servant who failed to use his one talent. *'Take the talent from him and give it to the one who has the ten talents' (Matthew 25:28)*. Fail to use what you've been given and you'll lose it. Use what you've got and God will increase it. In heaven we're going to serve God forever. Right now, we're practicing. Like athletes, we're training for our big day. Listen: ' . . . They do it for a gold medal that tarnishes . . .' You're getting ready for eternal responsibilities and rewards.