

**Mack Newton on. . . TAEKWON-DO: A RESOURCE FOR PEAK PERFORMANCE**

The principles of Taekwon-Do are not simply something I discuss and teach, they are a way of life. Taekwon-Do is more art than sport, as I see it. The thrill of competition takes second place to the development of personal character through courtesy, integrity, perseverance, and self-control.

Martial arts training has always been difficult, strenuous, and challenging to the body and mind. Training fuels self-discovery, which leads to self-knowledge and self-confidence.



Students, particularly children, realize an expanding personal power that comes from within. The physical techniques become a form of personal expression that helps the participants see themselves as physically strong, graceful, and capable. The punches, kicks, yells, throws, falls, and jumps also serve to relieve stress in a safe, healthy fashion.

Although I certainly don't discourage adults from beginning martial arts training, there are some reasons why more teens and pre-teens participate than do adults.

Some adults are no longer goal oriented and have little interest in earning belts. Fear of failure may also be an element because belt promotional testing is a very personal challenge. Younger students are inspired by this challenge. Adults

sometimes resist wearing the traditional uniforms and don't want to be assume the subordinate role inherent in martial arts. Again, teens and pre-teens look forward to learning how to tie belts, wear the uniform and soon learn that by displaying respect for the

*“Taekwon-Do is more art than sport.”*

instructors and their rank, they also learn self-respect. They look forward to gaining the rank and being respected by the junior students for their accomplishments.

Parents can expect to see improved school grades for their children because martial art students usually develop increased focus and concentration. Personality clashes with other students begin to diminish as the student gains self-confidence and no longer feels the need to either bully younger, smaller kids or allow himself or herself to be bullied. It's a gradual change — nothing happens overnight, even though it seems that way when we look back and see positive growth and change in children.

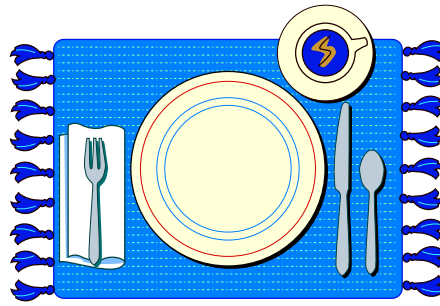
I generally start students around 12 years of age and rarely consider younger children because of the physical and mental demands. Very young children (4-9 years old) can burnout at an early age and sometimes resist continued training. Even with 12 to 15 year-olds it may be necessary to give them a break from time to time or moderate their training requirements so that they remain eager to train and also avoid injuries related to over-training.

If adults are as willing as children and teens are to open themselves to the discipline and demands of the martial arts, they can expect to see many improvements in their life as well. Certainly they will see the health benefits that come with physical fitness, including lower cholesterol levels, pulse rates, and blood pressure. They will also experience greater flexibility and range of emotion. The self-awareness and self-confidence that comes from mastery of an art form bestow enormous mental benefits, greater discipline and improved social skills.



**Welcome to new  
Taekwon-Do  
students  
Michael Diaz  
Alex Woodall  
Curtis Caulfield**

# A NEW LIGHTWEIGHT CHAMPION



# LET'S EAT!



"You should do it, you'll love it, it will change your life." That was the advice Gloria Santa Cruz got from her friend Erin Pennington, a student at Newton Fitness. In April, Gloria had reached her peak weight of 245 pounds. "I felt awful and gross," says Gloria.

Gloria is Executive Assistant to the General Manager at Channel 3 and had known Mack through her work for about seven years. "I hadn't talked to Mack in over a year, but one day he called out of

the blue to invite me and my boss and Erin started encouraging me to go."

She took the plunge on April 10<sup>th</sup> of this year, initially deciding to attend for just six weeks. "When I saw the results, I extended it to the end of the summer, then couldn't quit. Now I never want to stop. It's become part of my life." She has shed 65 pounds so far, and plans to lose a total of 100 pounds. Her husband took these progress photos because he plans to morph her image from fat to thin on the computer when she achieves her final goal.

"My husband loves what I'm doing and is very supportive. He handles everything at home while I'm working out and cooks meals for me."

Gloria says that the Newton workouts have changed her life completely. Her newfound energy astounds her. "When I was at my heaviest, my legs would start hurting even while walking at the mall or an amusement park. I would get really tired quickly. Now my family can't keep up with me."

She has a 13 year-old son and 10 year-old twins who are involved in sports. "I can keep up with them now. I have tons of energy."

"The people in the class are great," she says. "The dynamics of the group really keep me going. You can walk in there feeling a little down but you walk out on top of the world. Mack really cares about everybody and our health and that extends out to things that are going on in our lives. It makes a big difference when you know people are on your side."



As Gloria discovered, the more you eat on the 3-2 Eating Plan, the more you lose. The 3-2 Plan consists of the following food types:

**3 THINGS YOU CAN EAT:** 1) Lean Source Protein (fish, chicken, beef, or pork) prepared baked, broiled, or barbecued. 2) Green Vegetables (No yellow or white vegetables) 3) All Types of Fruit.

**2 THINGS YOU CAN DRINK:** 1) Water 2) 100% Pure Fruit Juice

Do not eat any of the following: salt, sugar, white flour, bread, pasta, potatoes, rice, creamy dressing, alcohol, soda, coffee or tea

For full details of the 3-2 Eating Plan, visit the website at [www.macknewton.com](http://www.macknewton.com) or call 602-957-6492 to receive the complete plan in written form.

You will love this delicious meal on the 3-2 plan! Eat as much as you want of the following.

## RIBEYE STEAK ON THE GRILL

Rub the steak with cajun spice or any commercially available salt-free spice combo for meat.

You can also try this excellent marinade: Combine low-sodium soy sauce with fresh minced ginger and pureed fresh pineapple. Pour over steak and marinate in the refrigerator for 24 to 48 hours.

Grill a medium thick steak for 5 to 6 minutes per side. This will produce the most tender and tasty steak you have ever experienced.

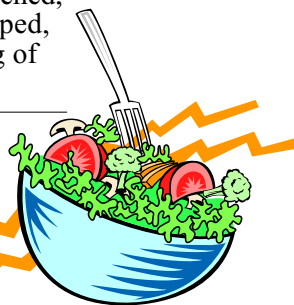
## GARLIC ASPARAGUS SAUTE

Lightly steam or microwave asparagus spears to soften them slightly. (If you prefer very crisp asparagus, you can eliminate this step). Then saute the spears for about 1 or 2 minutes in one tablespoon of olive oil along with about a teaspoon of finely minced garlic.

## BRAVO SPINACH

Using another tablespoon of olive oil, saute fresh spinach leaves until wilted or cooked down. Arrange the spinach on a salad plate and top with medallion slices of vine-ripened, luscious tomato. Sprinkle chopped, fresh basil leaves and a sprinkling of cracked black pepper over all.

If you have any 3-2 recipes or menus, please share them with us for inclusion on the radio show or a possible future book on healthy 3-2 eating. Contact the office for a form to submit your recipe.



# ARE YOU READY TO FIGHT BACK?

Back by popular demand is the “I Will Fight Back” self-defense course which Mack Newton will teach on Saturday, November 17. The point of the program is to change “how a woman perceives herself in the world,” says Mack. “She needs to know she can take care of herself and feel safe no matter what happens around her.”

Mack formed the idea for this class many years ago when he was teaching self-defense to the Chicago police department. “A battered and bruised woman was brought into the station. Her swollen and bloodied face riveted me because she looked like my great-grandmother, who had raised me. That’s when I began developing a course specifically for women.”

Statistics show that rape and violent crime against women are still all too prevalent in America.

- ◆ According to the US Department of Justice, a woman is sexually assaulted every two minutes — over 300,000 women a year.
- ◆ Nearly 50% of rape victims sustain injuries other than rape injuries and 75% require medical care.
- ◆ Half of all rape victims are under age 18. *One in six is under age 12.*
- ◆ Nearly 70% of rape victims know their assailant.
- ◆ About one in three assaults are never reported to the police because of the stigma attached or because of fear of reprisal from the assailant.
- ◆ In over 70% of rapes, *the assailant does not have a weapon.* Even if he carries a weapon, there are ways to disarm him.



## GENERAL ATTITUDES FOR WOMEN

- 1) Say no when you mean no. Say yes when you mean yes.
- 2) Flirting, teasing, and hedging can be dangerous and can lead to sexual aggression
- 3) Be aware of the erroneous beliefs that affect your behavior (i.e. anger is unfeminine, being sweet and nice is feminine)
- 4) You have a right to change your mind when a situation changes.
- 5) If you do not feel comfortable or in control, change the situation immediately
- 6) It takes time to get to know people. Be very careful and cautious when giving out personal information
- 7) Believe in your right to express your feelings honestly.

The course teaches awareness before an attack occurs, as well as how to defend yourself in the event of an attack. “The physical techniques are easy and can be taught in a few hours,” says Mack. “You are far more capable than you suspect, even if you are short, frail or in a wheelchair. The most demanding part is understanding and unleashing the emotional characteristics it takes to fight back.”

“An abusive or violent man does not expect you to fight back, says Mack. He is depending on your fear of making a scene, and he is exploiting your trusting nature. Psychologically, most men are frightened of a woman who knows how to fight and is willing to stand up for herself.”

**January 19  
Saturday  
10am - 4pm**

**\$200/person**

**Groups of 5 or more:**

**\$150/per person**

**Family Discount  
for 2 or more:**

**\$150/per person**

**Group of 10 or more:  
\$100/pp**

**Call 602-957-6492  
for reservations**

# CATCH THE POWER

If you haven't been listening to the Power Hour on KFNX radio, you've missed some of the hottest broadcasting on the airwaves today. The weekly Wednesday show airs from 2pm to 3pm on KFNX 1100 AM.

Recent phone-in guests have included Cubs star Sammy Sosa, Marty Hames from Channel 3, Singer Dennis Rowland, NFL Hall-of-Famer Roy Green, the former Power Hour co-host John Cannon, and musicians Dominic and Bill Moio.

Upcoming guests include singer Margo Reed, NFL player Seth Joyner and Mark West of the Phoenix Suns.

Faith in advertisers is a byword on the show. Mack has turned down advertisers because he was not able to personally recommend them. "I have to know who they are and how they do business," he says. "They have to have and maintain high standards of business, which I explain to them as they come on board. And I only have one advertiser per



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this newsletter by e-mail,  
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[www.newtonfitness.com](http://www.newtonfitness.com)**

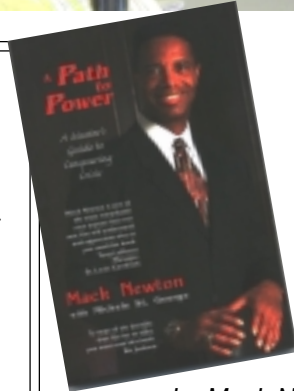
business category." Businesses wishing to advertise are welcome to contact Mack at the office.

## Inside Edition

school system," she says, and it's very easy for them to get discouraged. Mack helps our teachers set goals, learn what it takes to accomplish those goals and, especially, to never give up. He motivates them to believe in themselves and what they can accomplish. What he teaches is as necessary for teachers and therapists as it is for businessmen."

The second speech to employees at Pucci's Salon and Day Spa in Scottsdale was "so inspiring and motivational," says **Deb Capaldi**, owner of the salon. "Mack talked about his own experiences and the attitudes we have to have in business. I have never seen my employees as focused as they were on Mack's speech."

Mack gave two dynamic speeches in the valley recently. "When you have listened to Mack, you think you can conquer the world," says **Connie Laird**, the Executive Director of Latch Schools for children with significant challenges, such as autism and other types of disabilities. "Our teachers face challenges far beyond what you would face in the public



Read "Women & Power" and much more in **A Path to Power: A Master's Guide to Conquering Crisis**

by Mack Newton  
with Michele St. George  
Available at the Newton Fitness  
office & website, and Amazon.com



**Check out Newton Fitness on the Web!**  
<http://www.newtonfitness.com>

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