



WOLF STUDIOS

HEALTH & FITNESS

Issue 002 August 2008

Psalm of the Hunter

The Wolf is my totem, I shall always want.

*It maketh me to rise up with hunger, it leadeth me beside the raging fires,
it restoreth and regresseth my soul, it leadeth me in the paths of honor,
and righteousness, and fear, for it's name's sake.*

*Yea, though I walk through the forest of the shadow of death,
I will find no equal, for thou art with me and
mine is a far darker place than theirs.*

*Thou releaseth the beast within me, in the presence of mine enemies,
thou anointest my head with blood, my cup runneth over.*

*Surely, passion and desire shall follow me all the nights of my life,
and I will dwell in the den of the fighters, forever.*

*Loathing of convention, friend to the fierce, bolstered
by color, empowered by creed, unweathered by battle, unweighted by age,
unhampered by gender, unhindered by fear,
always hunting for something more.*

M.B.R

Starting in August:

- Wolves Den Grappling •
- The Wolves Den •
- Wolves Den MMA •
- Encounter Awareness & Defense
- 3D Tae Kwon Do
- Thai Box Do

WOLF
DEN
MMA
Paw



Notes From The Founder

Please join us on Saturday, August 23rd for our grand opening celebration, from eight to midnight! We'll have lots of food and drink, great music, celebrity guests, class exhibitions, the Strip Fitness dancers, prize drawings and terrific deals on enrollment and merchandise. Come see the new club everyone is talking about!

Then, on Halloween night, October 31st, music and martial arts collide, as we bring you a host of professional and amateur boxing, kickboxing, and MMA bouts, followed by the nasty funk, r&b and pop of "Funktasia". From seven pm to one am, costumes, combat and dancing will abound. Don't miss the most exciting Halloween night around! For more information, and to reserve your tickets, call Wolf Studios at 952-544-6877.



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3D Tae Kwon Do

Wolf Studios has moved locations, but 3D Tae Kwon Do is still going strong. Skills are evolving and progress continues to be shown as students consistently demonstrate both physical and mental martial arts principles on a weekly basis.

This month's student spotlight is on two young men who have exemplified this progression in recent weeks: Noah Fransen and Noah Pflaum. Both Noahs started 3 D Tae Kwon Do almost one year ago, and have shown much improvement in their focus and intensity. At only six years old, they have worked hard every week to improve their martial arts skills, their determination recently paid off as they both earned a promotion to gold belt in May. They are continuing to expand on their Tae Kwon Do skills, currently learning side kicks, advanced grab defenses, and even jump kicks! Noah Fransen and Noah Pflaum are a pleasure to have in class, and I am confident they will grow to become mature men and proficient martial artists.

The new studio is continuing to take shape, and will offer 3D Tae Kwon Do our own dedicated classroom. Once the new studio is finished, the program will present additional events and opportunities such as a movie night, a competitive tournament with trophies for the winners, and much more. Details to follow soon.

Thanks to all my students for your continued hard work, and to students' parents for your continued encouragement and support.

– Mr. B



Student Updates

Congratulations to the following students for their recent achievements:

- Mabel Shovan-Aziz –3rd black stripe for defense
- Eli Vanderhaar –3rd black stripe for defense



Strip Fitness taught by Shannon-Elise Tietz



Shannon-Elise has been in the fitness industry for 15 years, teaching personal training programs, teaching group fitness classes, as well as Hip Hop and Cardio Strip Tease. She is also a full contact fighter, (no longer fighting though), but still teaches full contact kickboxing and trains fighters. Shannon-Elise started dance when she was three years old, and continued on in tap, ballet, lyrical, jazz, pointe, and Hip Hop competitively through high school. Although she was a gymnast for a few years, her concentration was on fitness.

At Wolf Studios, you can find Shannon-Elise teaching "Strip Fitness" classes. No nudity, just a great workout with the thought in your mind and a pole provided. According to the July 14th "Dirty Dancing" article in the Star Tribune, the class is a new exercise form using poles, lights, chairs and platforms. The suggestive moves to thumping music provides as serious a cardio workout as any other strenuous aerobic session, but it is more fun! The forty-five minute class meets on Mondays at seven p.m.. Classes will be added as more are demanded.

She also conducts bachelorette parties, at Wolf Studios or at your location. A one-hour class for you and your bridesmaids to loosen up and get ready to dance! Check out the Star Tribune article on our website: www.wolfstudios.org.

Basic Training Fitness Class



Aaron Zamzow

For those who don't necessarily need boots on their feet, but a kick in the tail, this fun and challenging class focuses on creating a balanced soldier. Boot Camp Fitness is a results-driven conditioning program that runs weekly for 60 minutes. It is conducted in an indoor/outdoor environment, utilizing a military-style format, coupled with the most progressive, innovative, and creative exercises in fitness.

Boot Camp Fitness workouts include, but are not limited to: core work, cardiovascular exercise, speed and endurance drills, partner resistance, and strength training with dumbbells, barbells, tractor tires, and fire hoses. We expand your fitness horizons with fitness games and relays, core challenges, group challenges, wheelbarrow races, kickboxing, medicine ball drills, plyometrics, box drills, obstacle and agility courses, guerilla drills, grass drills, and numerous versions of the standard push-up, squat and sit up! The class meets Tuesday from 7:30 pm to 8:30 pm.



Walter Bera



Chad Vanvorst



Rod Staggs



Mike Miller



Kathryn Brenny

ThaiBox-Do

ThaiBox-Do™: A fun, safe, invigorating, one-hour, total body workout combining progressive martial arts-based Thai boxing training and motivating music. Unlike most kick boxing classes, you practice hitting actual moving targets (focus mitts, and in time, Muay Thai pads) and thereby learn practical, powerful, self-defense skills while getting a fresh new workout. Open to those 15 years of age and older, of all physical conditioning levels. Class will complement any current or past martial arts or fitness training. Beginners can start anytime with a free class!

Equipment:

Bag gloves, focus mitts and Thai pads are available for participants to try out. Most will want to buy their own gloves and focus mitts or Thai pads over time.

ThaiBox-Do™ Developer Sensei Walter Bera, PhD. along with instructors Walter Bera, Kathryn Brenny, Rod Staggs, and Mike Miller all lead classes. The team has years of martial arts training and teaching experience. They all bring their knowledge, enthusiasm and respect for great martial arts based fitness training to each class.

Schedule

Mondays: 6:00 pm - 7:00 pm

Wednesdays: 6:00 pm - 7:00 pm

Saturdays: 9:30 am - 10:30 am





Gone Fishing

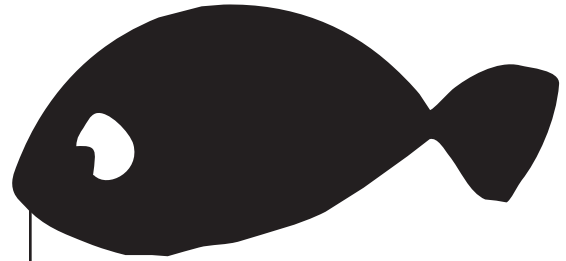
We hear so much about eating food rich in Omega 3 oils and one of the best sources of Omega 3 oils is salmon. Why do we benefit from eating fish oils? The oils help in retaining memory and preventing inflammation, plus they lower cholesterol and aid in preventing heart disease.

One of the best sources of Omega 3 oils is salmon, and grilling salmon in the summer is one of the easiest foods to prepare. But first, do you know one kind of salmon from the other when you go to the market?

When purchasing any fish, freshness is extremely important. Plan to cook it the day you buy it and purchase from a market with a high turnover. Buy a large piece and cook it all in one rather than in serving sizes. You have choices to make when choosing salmon: fresh or frozen, farm raised or wild.

Most salmon sold in grocery stores is farm-raised Atlantic salmon. It is fairly flavorful and has a consistent fat content. Wild salmon, however, is superior in flavor and texture to farm-raised varieties. It is more expensive than farm-raised but the cost is worth it. The season for wild salmon runs from late spring to early fall. It may be labeled, King, Coho, Copper River or just wild salmon.

Grilling: Preheat grill in advance and oil the grate lightly – you can also place salmon on a piece of heavy foil and place the foil on the grate. Use moderate to high heat in your grill and check for doneness in 3-5 minutes depending on the thickness of the fish. Salmon turns opaque when cooked and is best when not over done as it loses its flavor. Insert a knife in the thickest part and separate flakes to test.



Sauces for Salmon

Green Mayonnaise

- 1/2 cup mayonnaise
- 3 tbsp. fresh parsley chopped
- 3 tbsp. fresh dill chopped
- 3 tbsp. fresh chives chopped
- 3 tbsp fresh tarragon chopped

Combine all ingredients.
Refrigerate until serving.

Jalapeno-Lime Butter

- 1 stick salted butter (1/2 c.)
- 1 tbsp. minced fresh cilantro
- 1 tbsp. jalapeno seeded, minced
- Juice of 1 lime

Combine all ingredients. Roll flavored butter into a log in plastic wrap. Refrigerate until serving.
Cut into slices to serve.



Pack Leader Spotlight

Jack Pettengill is the owner and head instructor of Encounter Awareness & Defense (EAD) and has been fascinated with martial arts of many styles since he began training in 1986. Jack's focus became finding and blending the arts that teach effective techniques for the real world.

"It's hard" Jack says. "So many schools advertise that their styles work for the street, but more often than not, they just don't". His main frustration is public misinformation. "The latest movies or sporting events such as Ultimate Fighting Championships lead people to believe that that's the way to properly defend one's self on the street".

A student said, "Jack is generally a laid back person, but when he's trying to make a point, the level of seriousness in the room goes up a notch". His favorite saying is "You will react how you've been trained – so train properly!"

Jack is a former Michigan police detective and police defensive tactics instructor. He's constantly evolving EAD to incorporate the latest self defense training techniques with real life scenarios such as being attacked while walking to your car and / or holding onto a child, etc. Jack has designed EAD to be a **proactive** art and helps students interpret body language to get them out of a situation before it occurs.

In his free time, Jack likes to spend time with his family, likes to go bicycling, motorcycling, and is currently writing a book, which incidentally is – you guessed it – a self defense book!



A Pain in the Neck

It is easier to strain the neck than most other parts of the body. Neck pain can be caused by several things – sleeping in strange positions, slouching while working on the computer, or bad posture. Other causes are more serious such as car accident, arthritis, osteoporosis, or fracture. The typical neck disorders as relating to exercise are: chronic strains/sprains, joint stiffness and muscle inflammation. Women are more likely to suffer from long-lasting neck pain than men.

Pain may start in any structure in the neck. Muscles, nerves, spinal vertebrae, or the cushioning disks in-between – all can be starting points. Neck pain can also come from shoulders, jaws, head, and upper arms.

In the fitness world, neck pain may be caused by straining during a new exercise or holding the neck in an unfamiliar position. Dr. Gerold Arne of the Arne Clinic in Plymouth, says "unequal exercise" such as working out one side of the body more than the other, is a common mistake people often make.

Regular exercise can help stave off potential neck (and back) problems. Some exercises to help strengthen neck muscles are:

- Neck flexion** - Bring the head forward so that your chin hits the chest and your face is staring at the floor (this stretches the spine).

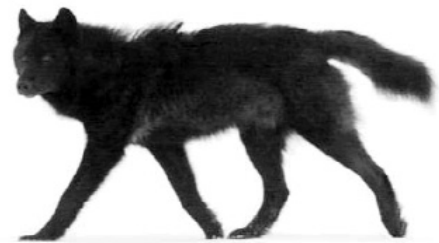
- Rotation** - Turn your head slowly round to one side until you can't turn it easily anymore. Repeat this rotation a few times and then switch to the other side of your neck. Do not roll your neck around.

- Side flexions** - Keep looking straight ahead and tilt your ear down towards the same shoulder (not opposite side) and hold the stretch. Do not rotate your head or neck. Side flexations may be more strenuous on some people's necks, so be gentle.

- Neck extension** - Allow your head to fall back until your face is looking at the ceiling. Do this slowly so the joints at the back of the neck are not strained.

Aaw Prints

NEWSLETTER



WOLF STUDIOS

HEALTH & FITNESS

Boxing
Kickboxing
In Home Personal Training
Tae Kwon Do
Strip Fitness
Yoga
Mixed Martial Arts

Ballroom Dance
Pilates
Personal Training
Cardio and Strength
Cardio Funk
Gut & Butt Busters
... and more!

Matthew Rubenstein Personal Trainer / Group Fitness Instructor / Music Instructor • **Jack Pettengill** Encounter Awareness and Defense Instructor

David Bernstein 3D Tae Kwon Do Instructor • **Ella Eydel** Ballroom Dance Instructor • **Shannon-Elise Tietz** Strip Fitness Instructor

Natalie Roberts Personal Trainer • **Travis Engstrom** Personal Trainer / Group Fitness Instructor • **Mike Maas** Encounter Awareness and Defense Instructor

Walter Bera, Mike Miller, Chad Vonvorst, Rod Staggs & Kathryn Brenny • TaiBox Do • **Aaron Zamzow** Basic Training Instructors