

THOUGHTS FOR THURSDAY: "Be like a lightning bug"

by Master Rich Grogan, "Kick'n Life Guru" Owner Grogan's Academy of Martial Arts, Inc.

June 9 2016 8:58 AM



EDWARDSVILLE - Master Rich Grogan Kick'n-Life Guru, owner and instructor of [Grogan's Academy of Martial Arts](#) has set a mission in life to enhance the youth for a better tomorrow.

"Our purpose is to help kids & adults live their best possible lives for a happier, healthier and safer tomorrow," said Grogan. "We are a one of a kind life skills &

character development academy, specializing in positive motivation, physical fitness and practical self-defense!"

Grogan and his staff offer classes and strategies to not only teach self-defense, but build character, develop self-esteem and confidence and instill discipline.

"We teach the tools to be a buddy, not a bully!" - grogansmartialarts.com

Each week, Grogan publishes a video blog for his followers.

This week, Grogan encourages his followers just to be themselves.