



Dickson Taekwondo News



January Calendar

**Saturday classes will resume Jan. 7th at 9:00 a.m. (This is a wonderful time to make up missed classes.)

January 23rd, 24th, 25th – Taekwondo pictures; Schedule your appointment and see examples of pictures in the Dojo.



Attitude – is a way of looking at life; a way of thinking, feeling, or behaving.

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

- William James

Have you ever heard someone say, “Attitude is everything!” We all need a positive attitude to accomplish anything in life. Being positive is a choice. When you are mad or unhappy, you have chosen to react that way. People and situations can make us feel badly but we choose whether or not to dwell on it and allow it to change our mood. Instead, focus on ways you can maintain a positive outlook.

Spring Camp Schedule

March 8th & 9th

Summer Camp Schedule

June 4th – 8th

June 11th – 15th

July 16th – 20th

July 23rd – 27th

(Dates will be verified in the month of May.)

*Men’s Black Belt Camp May 30th – June 3rd.

*Women’s Black Belt Camp June 20th – June 24th

2011 CTF Tournament Schedule

January 28th – Gulf Breeze, FL
(Not our region)

Feb. 17th – Rules Clinic

March 3rd – Memphis

May 5th – Nashville

June 29th & 30th – USTL in Philadelphia, PA

July 12th to 15th – WTA in Memphis

August 11th – Memphis

September 15th or 22nd – Dickson

November 3rd or 16th – CTF Nationals in Memphis

December 8th or 15th – Black Belt Banquet in Murfreesboro

(All dates can fluctuate by a week.)

2011 Testing Schedule

February 11th

April 14th

May 4th – Black Belt Testing

June 9th

August 4th or 11th

October 6th

December nights 5th, 6th, and 7th

(Attentively) Check each month’s newsletter for updates. Testings will begin at 10:00 a.m.

January Birthdays

Zachary Scott – 3rd

Autumn Bowen – 6th

Amber Adcox – 6th

Isabella Wagner – 7th

Cole Pullum – 10th

Chloe Blue – 11th

Allison Blount – 12th

Jair Ruiz – 13th

Evan Bess – 14th

Collin Pearce – 13th

Garrett Hutchison – 19th

Ethan Holman – 20th

Tanner Pittman – 21st

Hunter Winfree – 21st

Whitney Curtis – 22nd

Seth Reynolds – 23rd

John Harold Stritikus – 24th

Kris Blount – 25th

Braxton Tague – 27th

Matthew Breese – 29th

A Look Back at December Events

Gosh! 100 or 150 people attended the Christmas Banquet and Belt Award Ceremony at Dickson Taekwondo. There was plenty of food, harmony, and gratitude.

It was announced that Mr. Tony Lewis was named CTF Instructor of the Year. Nickolas Singleton was awarded Dickson Taekwondo’s Male Competitor of the Year for 2011. Alexia Hoskins was awarded Dickson Taekwondo’s Female Competitor of the Year for 2011. Both were awarded with Dickson Taekwondo’s School Competitor of the Year Trophies. Clay Cheek and Whitney Curtis won the CTF National Championship in their division.

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Problems, no matter how big or small, require some decision making. Sometimes the decisions are easy to make, like choosing what to wear to school or what book to read. But some problems, like how to achieve a goal, require a little more planning. Read the profile below and use it to help you pin down a solution to your problem!

Problem-Solving Profile

1. Define your goal – *What is it that I want to accomplish?*

2. List all possible solutions – *What can I do to help me reach my goal?*

3. Study your solutions – *What are the pros and cons of each solution?*

4. Rank the solutions – *How would I rank the options from best to worst, easiest to most difficult, etc?*

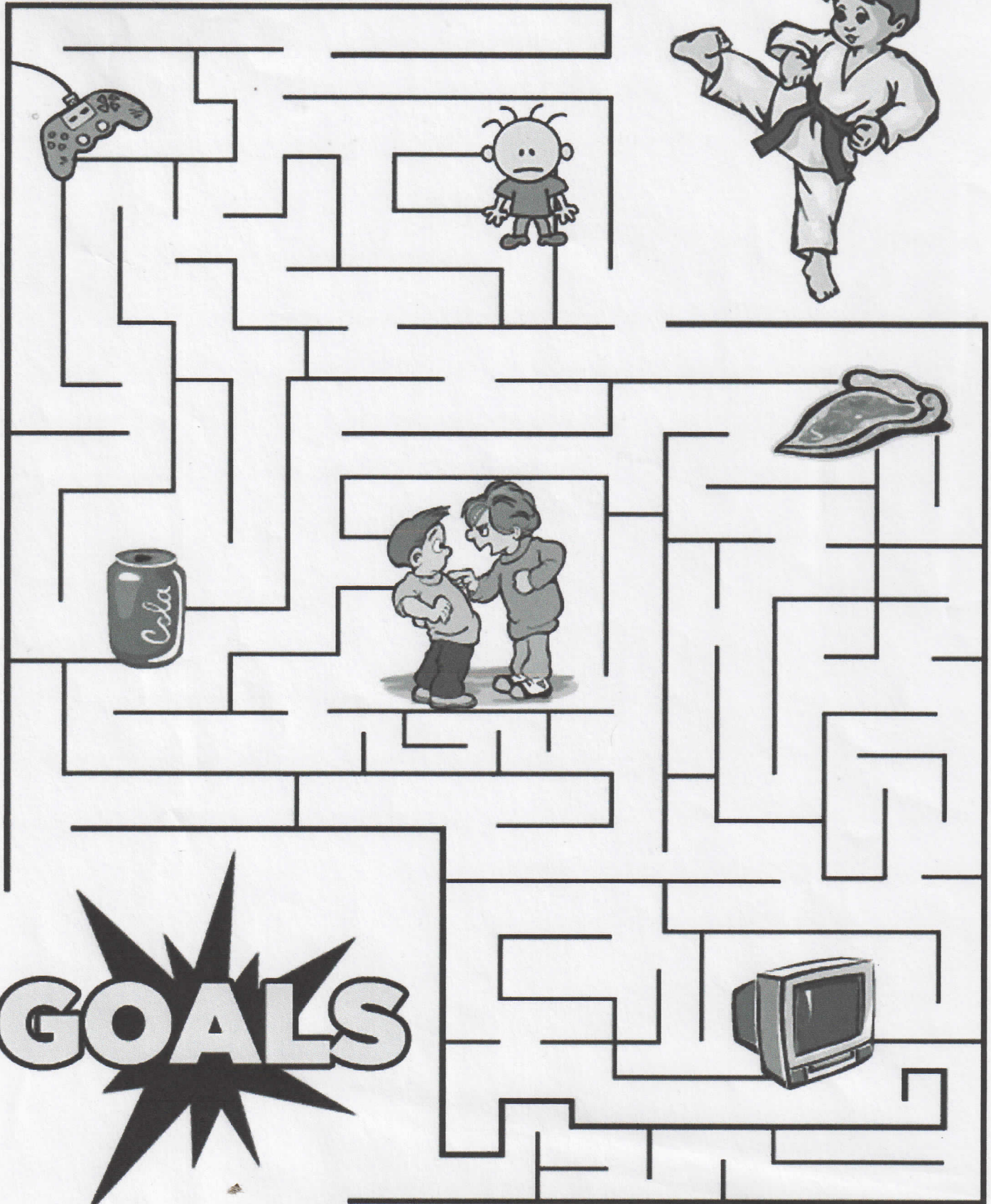
5. Choose the best solution – *Which solution will work best for me?*

6. Evaluate your success – *Is my plan working? Should I pick another solution?*

Dickson Taekwondo
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Reach Your Goals!

Journey through the maze while avoiding daily obstacles



GOALS