



Dickson Taekwondo News

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www.dickson.taekwondo.com



February Calendar

- Feb. 8th – Pre-Testing Wednesday
- Feb. 9th – Pre-Testing Thursday
- Feb. 10th – Hickman Co. TKD Testing
@ 5:30 pm
- Feb. 11th - Dickson TKD Testing
Children @ 10:00 a.m.
Adults @ 12:00 p.m.
- Feb. 24th - Tournament Preparation
Special Class @ 5:15 p.m.

2011 Tournament Rules Clinic

Feb. 17th – 5:30 P.M. @ Dickson Taekwondo. All Black Belts above the age of 14 are asked to attend.

First Tournament of 2012 – March 3rd in Madison, TN @ Good Pasture Christian School

School Champion Trophy

The 1st tournament of the season will be in Nashville (Madison, TN), March 3rd, in which we start collecting points to win the 6' tall school champion trophies, 1 male school champion & 1 female school champion. You score 1 point for participating in a tournament, 1 point for receiving a 3rd place trophy, 2 points for receiving a 2nd place trophy, and 3 points for a 1st place trophy. After the 5 CTF tournaments we will award the winners at our Christmas Banquet. If the person with the most points is a CTF National Jacket winner then the next person with the highest points will be awarded the school trophy. If there is a tie, then the tiebreaker will be decided by who went to the most tournaments. If there is still a tie, the winner will be determined by who placed first place the most times. In the event that there is still a tie, it will be determined by who participated in either the USTL or WTA tournament. We are looking for 30% of Dickson Taekwondo students (from white belt thru black belt level) to participate in the tournaments this year so next year we can get the first tournament back in Dickson at Dickson County High School! Will you go to Nashville to represent Dickson?!



February Birthdays

- Tim Cheek – 3rd
- Andrew Haskins – 5th
- Alyssa Marchman – 10th
- Julianne Hoskins – 13th
- Gianna Morris – 14th
- Jesse Brendemuehl – 14th
- Jeanie Garrison – 17th
- Cynthia Lewis – 20th
- Joel Rochet – 21st
- Sumara Rochet – 22nd
- Carl Bishop Jr. – 22nd
- Joseph Churchill – 25th
- Allie Wills – 25th
- Kelsey Abernathy – 25th
- CJ Betts – 26th
- Sam Garrison – 27th



**Don't forget –
Saturday Classes
9:00 – 10:00 AM
with Mr. Herbison!
This class is a
perfect opportunity
to make up a
missed class!**

FOCUS – The ability to concentrate your efforts or attention on one thing.

The ability to focus is a valuable skill for both children and adults. Adults believe children are easily distracted, but how many adults stop working to answer emails, play a computer game or take a phone call, which adds time to projects. Children have many distractions too, but often forget to get back to their work.

Learning to focus your full attention on something allows it to be completed to the best of your ability and then you are free to begin something new.

“Focus on your potential instead of your limitations.”

- Alan Loy McGinnis

Potential means having the capability to do something. Limitation is the inability to do something through no fault of your own. So often we focus on what we can't do, that we forget that many of the things we can do weren't easy when we started.

“Focus your energies on answers – not excuses.”

- William Arthur Ward

The only way around a problem is to find a solution, not make an excuse. When you make an excuse, the problem is still there. You are empowered when you are able to come up with a solution.

Humility

Humility is a great character-builder, especially if you value your friends. It means you have self-control and are not arrogant. Leaders practice humility. People who are humble do not brag, criticize others and take others' criticisms personally.

Humility is a positive quality of a good martial artist. As a student, you must be open to criticism from your instructors or you will not improve your skills, and advance. Arrogant students can interrupt classes and everyone's opportunity to learn, which can lead to injuries and negative confrontations. Those students that demonstrate humility, however, become the best leaders and martial artists, due to their unselfish manners.

Humility puts you more in touch with your real self. It also makes you more genuine, more approachable and more loveable. If you practice humility, then you will be much happier and healthier.

Are you a humble person? Ask yourself the following questions:

1. When you win a game, do you boast and brag, or do you simply enjoy the moment?
2. When you meet people who are less fortunate than you, do you put them down or do you openly accept them regardless of their situations?
3. When you are faced with a new or unfamiliar task, do you struggle to complete it or do you have the courage to ask for help?
4. When someone puts you down, do you take it to heart or do you disregard his comments and focus on your goals?

While being humble means that you will be vulnerable, you will have more pride in yourself and you will worry less of what others think of you. You will also have the courage to admit your ignorance, which means that you will learn more.

Your life will be better when you practice humility. When you knowingly resist the temptation to brag, you are gaining maturity. When you accept a friend into your life that is not as fortunate as you are, your heart will become more loving. When you have the courage to admit that you have much more to learn, you will open your mind to new abilities and opportunities. There is no better lesson than humility. Practice humility, experience the positive feelings it causes and you'll know it is one of your greatest character traits.