

# Dickson Taekwondo News

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www.dicksonaekwondo.com



## May Birthdays

Anna Anderson – 1<sup>st</sup>  
Garrett Harmon – 1<sup>st</sup>  
Shirley Moulton – 4<sup>th</sup>  
Ignacio Villarroel – 6<sup>th</sup>  
Calen Peach – 6<sup>th</sup>  
Garrett Burgoyne – 8<sup>th</sup>  
Andrea Young – 13<sup>th</sup>  
Hayden Morris – 14<sup>th</sup>  
Curtis Hammock – 16<sup>th</sup>  
Isabella Cardona – 16<sup>th</sup>  
Anil Patel – 21<sup>st</sup>  
Nathan Harris – 22<sup>nd</sup>  
Jacob McKeel – 23<sup>rd</sup>  
Alan Churchill – 23<sup>rd</sup>  
Dillian McNeil – 25<sup>th</sup>  
Mary Adams – 26<sup>th</sup>  
Jonathan Dodd – 27<sup>th</sup>  
Dylan Stewart – 27<sup>th</sup>  
Summer Stewart – 28<sup>th</sup>

**Happy Mother's Day!**  
**To show appreciation**  
**for all that mothers do,**  
**we'd like to offer all**  
**mothers not currently**  
**training to train for free**  
**the entire month of**  
**May!**

Check e-mail for special  
Friday night classes for  
tournament and testing  
preparation.

## May Calendar

Grand Master Hardin to teach 7:00 p.m. May 4  
May 7<sup>th</sup> – CTF Regional Tournament at Good Pasture  
Christian School in Madison, TN  
*Who will be the Female Champion and the  
Male Champion for 2010? Got to go to  
Madison to collect more points!*  
May 13<sup>th</sup> – First Baptist Daycare's Certificate & Belt  
Ceremony (BBC to assist)  
May 30<sup>th</sup> – No classes in observance of Memorial Day

**THE SCHOOL SUMMER CAMP'S ROSTER IS  
FILLING UP FAST!!! SEE MR. LEWIS A.S.A.P.  
TO RESERVE YOUR SPOT OR FOR A FLYER  
TO GIVE TO A FRIEND! Fun-filled Taekwondo  
Classes, Educational Field Trips, Martial Art Games,  
Special Activities, Fun, Fun!!!**

Summer Camp is scheduled for the following weeks:  
June 6<sup>th</sup> through June 10<sup>th</sup> (**Testing Sat., June 11<sup>th</sup>**)  
June 13<sup>th</sup> through June 17<sup>th</sup>  
July 18<sup>th</sup> through 22<sup>nd</sup>  
July 25<sup>th</sup> through 29<sup>th</sup>

Saturday classes are going strong, perfect time to make  
up missed classes.  
See Mr. Lewis about scheduling a private class with  
him for one on one instruction.

## Tips on Bullying

People that fall victim to bullies usually are targets because they lack the confidence to stand up for themselves. Confidence is built when you have a positive attitude, which all begins with the mood you are in each day. If you wake up in a good mood and you feel good about yourself, then your confidence will grow.

Here are a few tips on how you can build confidence:

- **Get some rest!** You need at least 8 hours total sleep per night. If you are not getting the proper amount of rest, then it can affect your mood the next day.
- **Eat right!** Certain foods will affect your mood including foods that are high in sugar, caffeine, or fat. Keep your diet balanced with plenty of fruits and vegetables.
- **Exercise!** People that do not exercise regularly tend to have a lower level of energy which will affect your mood.
- **Keep active in extra-curricular sports and activities, such as Martial Arts!** You will make plenty of new friends and learn skills which can build confidence. In the typical Martial Arts class you will also learn effective self-defense strategies which will help you be more prepared should a bully try and intimidate you.

Here are five self-defense strategies that we cover in our Martial Arts schools that anyone can learn regardless of if they've had Martial Arts training:

1. Assert yourself. Practice standing tall and using a strong voice saying: "That's teasing. Stop it." Or "Stop making fun of me. It's mean."
2. Use "I want." Role-play with a friend or family member by addressing him or her (the bully) by saying: "I want you to leave me alone," or "I want you to stop teasing me."
3. Question it. Practice responding to an insult with a non-defensive question: "Why would you say that?" or "Why would you want to hurt my feelings?"
4. Ignore it. Bullies love it when their teasing upsets their victims, so find a way to not let the tormentor get to you. Pretend they're invisible, walk away without looking at them, quickly look at something else and laugh, or look completely uninterested.
5. Make fun of the teasing. Reply to bullies by saying something like: "Wow, you are so smart because you pick on other kids." Or, "Did you think of that all on your own?"

The key to dealing with bullies is all about how confident you feel. The strategies above will only work if you are confident enough to say them. Role-playing is only half of the lesson. Therefore, expose yourself to enough role-models such as your Martial Arts teachers and classmates so that you are constantly reminded of how important you are.

### THE BUZZARD:

If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet.

Without that space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

### THE BAT:

The ordinary bat that flies around at night is a remarkable nimble creature in the air, but cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly, and no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.

### THE BUMBLEBEE:

A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists until it completely destroys itself.

### PEOPLE:

In many ways, we are like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up! Sorrow looks back, worry looks around, but faith looks up!

*"Faith sees the invisible, believes the incredible and receives the impossible"*