

# DICKSON TAEKWONDO NEWS

[www.dicksonaekwondo.com](http://www.dicksonaekwondo.com)

## Integrity

“GOODNESS IS ABOUT CHARACTER – INTEGRITY, HONESTY, KINDNESS, GENEROSITY, MORAL COURAGE, AND THE LIKE. MORE THAN ANYTHING ELSE, IT IS ABOUT HOW WE TREAT OTHER PEOPLE.”

-DENNIS PRAGER -

TRUST: Reliance on the integrity, strength, ability, surety, etc. of a person or thing.

Learning what trust is and what it means to other people is the basis of creating relationships. It is one of the most important factors to having successful relationships. Be reliable. Do what you say. To build a foundation of trust, you must be able to do what you say you will do. No matter how big or small a thing it is, failing to follow through with what you said you will do can create fractures in trustworthiness. Honor your promises. You need to be dependable. When you make a promise, you must keep it. Be consistent. Following through on your word over a long period of time helps to build that foundation of trust. You cannot only follow through on your word once or twice, but you must do it consistently over time to show you can be trusted.

HONESTY: When you speak the truth and act truthfully.

Being honest is an important part of being trustworthy. You want to tell the truth as much as you can. Imaging your friend lets you borrow a t-shirt, and you accidentally ripped a hole in it. You could lie and tell them you lost the shirt or try to buy a new one and replace it, but it is important to tell your friend what really happened because if they found out you lied, that would fracture their trust in you. If you do lie, admit to it. Everyone make mistakes and sometimes people lie without meaning to. If you ever get caught in a lie, just admit you lied and move on. Always remember to speak from the heart. This helps to gain trust from others. If you are conveying information in cold hard matter of fact way, this can discourage trust. Be compassionate and understanding and trust will be created.

TRUST: Being open, sharing, and being credible can help maintain trust in relationships.

Being open is a large part of gaining others' trust and means that you willingly volunteer all relevant information. Omitting important details is another form of lying. It is too hard to keep track of what you left out of a story, and then you can look like you are hiding something. It is very easy to lose credibility when people start to notice contradictions in your stories. It is always best to build trust by telling people what they need or want to know. When it comes to having secrets, if you have any, just say so. You should not have to share everything with everyone, but just let them know they have nothing to worry about, but you are not ready to share that information yet. Letting someone know you are withholding personal information keeps you credible instead of being dishonest.

INTEGRITY: The quality of being honest and having strong moral principles.

Show your integrity. Show everyone you are capable of being honest and acting honestly. Keep secrets that people tell you. Never tell someone else's secret, because that is a betrayal of trust. If you ever do accidentally tell someone else's secret, you should immediately confess and apologize. Trust can be solid when you display loyalty towards others. You want to protect them and be on their side. Managing your emotions can also help build trust with others because it is hard to trust someone who is unpredictable. Try not to blow up at people when they make mistakes, and instead appropriately express your emotions for every situation. Avoiding abusive behavior helps to show your integrity as well. Not many people trust someone who humiliates, degrades, threatens, or hurts other people.

## Calendar of Events

September 10<sup>th</sup> – Spar Wars  
(Double Elimination)  
Hernando, MS

## August Birthdays

Brian Chen – 14<sup>th</sup>  
Alana Perez – 13<sup>th</sup>  
Jake Hardison – 15<sup>th</sup>  
Maddox Brogdon – 15<sup>th</sup>  
Jaxon Brogdon – 15<sup>th</sup>  
Kingston Brogdon – 15<sup>th</sup>  
Collin Degnan – 16<sup>th</sup>  
Asher Bowman – 17<sup>th</sup>  
Dakota Palmer – 17<sup>th</sup>  
Blake Graham – 18<sup>th</sup>  
Lilly Christian – 19<sup>th</sup>  
Greg Fifth – 21<sup>st</sup>  
Evin Evins – 21<sup>st</sup>  
Greg Fifth – 21<sup>st</sup>  
Brody Osborn – 24<sup>th</sup>  
Michael Sensing – 25<sup>th</sup>  
Kassie Davidson – 25<sup>th</sup>  
Gracelyn Wright – 26<sup>th</sup>  
Erik Rodriguez – 28<sup>th</sup>  
Deondre Mays – 29<sup>th</sup>  
Kevin Hogin – 30<sup>th</sup>  
Kay Goodstein – 30<sup>th</sup>

## Parents: Your Child Will Love Our After School Program

Simply put, we offer more value – for you and your child – than standard after-school programs. Dickson Taekwondo's After School Program provides two activities for the price of one: quality child care with academic support and exciting martial arts lessons.

Studies have shown that martial arts lessons can help your child improve confidence and develop the leadership skills they need to succeed in life. Most of all, they'll gain the high self-esteem that is proven to result from martial arts training.

Call now to reserve your child's spot in our exclusive After School Program!

DICKSON TAEKWONDO  
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