



# Dickson Taekwondo News

615-446-5622  
www.dicksontaekwondo.com

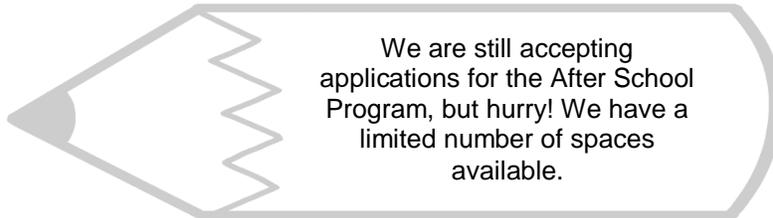


## August Birthdays

- 3<sup>rd</sup> - Joeva Goff
- 3<sup>rd</sup> - Ryder Ponder
- 3<sup>rd</sup> - Annabelle Goff
- 6<sup>th</sup> - Autumn McElhiney
- 9<sup>th</sup> - Christian Fuqua
- 12<sup>th</sup> - Ethan Winkler
- 13<sup>th</sup> - Kaiden Dawson
- 14<sup>th</sup> - Brian Chen
- 14<sup>th</sup> - John Beard
- 16<sup>th</sup> - Collin Degnan
- 18<sup>th</sup> - Blake Graham
- 19<sup>th</sup> - Lily Christian
- 21<sup>st</sup> - Evin Evins
- 24<sup>th</sup> - Brody Osborn
- 25<sup>th</sup> - Donnie Condiff
- 27<sup>th</sup> - Nathaniel Dill
- 28<sup>th</sup> - Erik Rodriguez
- 30<sup>th</sup> - Kay Goodstein
- 30<sup>th</sup> - Kevin Hogin



**See Master Lewis to schedule  
your next birthday party at  
Dickson Taekwondo!**



We are still accepting  
applications for the After School  
Program, but hurry! We have a  
limited number of spaces  
available.

## Calendar

- Sept. 9<sup>th</sup> – Spar Wars at West Wilson Middle School, Mt. Juliet
- Nov. 11<sup>th</sup> – CTF Nationals at The Landers Center, Southaven, MS

No matter how cool,  
talented, educated or rich  
you think you are, how  
you treat people tells all.  
Integrity is everything.



**Integrity: Doing what you know is right.** *“Integrity is doing the right thing, even if nobody is watching.”* -Anonymous  
Being a person of integrity means doing what you say you will when you say you’re going to do it. People with integrity show honesty and make decisions based on high personal and moral standards. Most important, having integrity means always trying to do what’s right even in the toughest situations. Integrity is shown when people do and say things because it’s the right thing to do; not because someone expects them to do or say it.

**Integrity: Showing honesty with yourself and others.** *“It’s not what we digest that makes us strong; not what we gain but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess but what we practice that gives us integrity.”* -Francis Bacon, Sr.

Showing integrity involves having the ability to be honest and telling the truth no matter what. Those who show honesty know it is more important to tell the truth than to simply avoiding trouble by being dishonest. They understand that with honesty and understanding, anything can get worked out without the harsh consequences from lying and not telling the truth. Having integrity also means being honest with yourself as well as others. Often, leaders find themselves in positions that challenge their abilities to show integrity. It is important that you have the ability to be honest with yourself when asked to make a compromising decision and learn to rely on a high level of personal values to guide your choices. Being honest with yourself allows you to be honest with others.

**Integrity: Never compromising personal values and beliefs.** *Integrity is what we do, what we say, and what we say we do.”* -Don Galer

Those with a high level of integrity set certain character values and beliefs that help them make the right decisions. Having integrity means knowing what you believe and making sure you never make decisions that would compromise those beliefs.

**Integrity: Taking action and showing you are reliable.** *“Integrity is not a conditional work. It doesn’t blow in the wind or change with the weather. It is your inner image of yourself, and if you look in there and see a man who won’t cheat, then you know he never will.”* - John D. MacDonald

A huge part of integrity involves taking action on the things you need to do in order to achieve the commitments you’ve made to others. You show integrity when your actions help achieve the goals you have set. If others can’t rely on you to complete the promises you’ve made, they can’t look at you as someone with integrity. Without integrity no one can trust you will do the right thing at the right time.