



Dickson TKD News

December Birthdays

- 1st Brayden Pensyl
- 3rd Stephanie Bromley
- 5th McKinsey Heflin
- 7th Nickolas Singleton
- 7th Isabella Duran
- 7th Kaelyn Lee
- 10th Jannan Wine
- 15th Kamryne (Kodak) Lynn
- 15th Katelynn Petty
- 17th Carson Luter
- 17th Jack Gray
- 19th Jerry Smith
- 20th Isabella Crites
- 20th John Bowen
- 27th JC Hall
- 29th Jenna Baggett
- 29th Annaleese Mattingly
- 30th Milo Nadolny

December Calendar

Saturday, Dec. 3rd, 10am-2pm – Christmas Sale @ Dickson Taekwondo
 Saturday, Dec. 10th – Black Belt Banquet in Memphis
 Stripe Testing week of Dec. 12-15
 Friday, Dec. 16th 5:30pm – Dickson Taekwondo Christmas Banquet

Dickson Taekwondo will be closed 1 week, Friday, Dec. 23rd thru Friday, Dec, 30th for Christmas with family. You may take your 2 missed classes anytime during the other weeks of December that you would like.

Enjoy your family and remember God's gift to you is CHRIST.

Mark your Calendars for these events in January and February

Saturday, Jan. 7th - Testing
 Monday & Tuesday, Jan. 23rd & 24th – Pictures
 Saturday Feb. 11th – In House Tournament



Visit our website for updated information at www.dicksontaekwondo.com

Dickson Taekwondo enjoyed another wonderful year. Both locations, Bellevue & Dickson are growing and doing great.

Thank you so much for the sympathy, love, and prayers show to me during the loss of my father. I thank each and every one of you for your support.

Also, thank you SO much to everyone who volunteered at our National Tournament!! We had a great time and it was due to all of you who made the day run smoothly – just like gears moving together. I could not have done it alone. I greatly appreciate everyone's help!

It is such a joy to work daily with good folks. I appreciate each and every one of you!

We give the glory to God for our business and each relationship.

*Merry Christmas,
 Tony L. Lewis*

GENEROSITY

REAL GENEROSITY IS DOING SOMETHING NICE FOR SOMEONE WHO WILL NEVER FIND OUT

–FRANK A. CLARK

GENEROSITY: The trait of being willing to give your time or talents without reward in return.

Many successful people are generous in nature. The more you give away, the more that comes your way. So, what does a generous person look like? Generous people are able to see the needs of those around them, they have compassion for others, they are able to see the potential other people have and want to invest in them. They want to help those that are less fortunate, they offer their time and talents, and they are not selfish. These are all traits we should strive for. These qualities help make a difference in others' lives. Think about your parents and your instructors. They are very generous for offering their time, skills, knowledge and patience to help you learn martial arts. Always be willing to give back to your community, friends and fellow martial artists by giving your time and talents to help them.

THERE IS NO EXERCISE BETTER FOR THE HEART THAN REACHING DOWN AND LIFTING PEOPLE UP.

–JOHN HOLMES

GENEROSITY: Giving back to others through time, talents and treasures creates a generous heart.

Being generous can come in several different forms. There are different types of giving that include your time, your talents and your money. An act of generosity can be giving your time to help others. This can include helping at a local food drive by serving food, participating in Habitat for Humanity and helping build a house, helping to babysit or helping clean up garbage in a local park. We can also share our talents as another way to be generous to others. These can also be called acts of kindness. You can speak kindly to your friends and family and treat others with respect. You can also volunteer your talents. Choose something that you do well and find a way to use that skill to help people. Here at school, we offer self-defense classes and anti-bullying talks to use our talents to serve the community. We can also share our treasures or our money to support things that are important to us. You can give money to your church or a charity you strongly believe in or provide money to organizations to help buy food or clothes for those in need.

THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS

–GANDHI

VOLUNTEERING: Freely offering to help

Being generous can offer many benefits to our lives. Becoming a volunteer can help boost self-confidence, and help develop leadership skills. Volunteering can also help young children experience new things and become more comfortable dealing with different situations and people. Volunteering can also have great health benefits on people. By giving back on a regular basis, we can develop a sense of well-being and it can help us sleep better at night knowing that we did something to help other people in need or less fortunate situations. Generous people tend to be less likely to abuse drugs and alcohol and usually have lower blood pressure too! When you volunteer, you gain a sense of community and feeling of belonging. Being generous can impact your life in a positive way and help to keep you healthier!

NO ONE CAN HELP EVERYONE, BUT EVERYONE CAN HELP SOMEONE.

–UNKNOWN

GENEROSITY: Pay it forward all year long, not just during the holidays.

Many people use the holiday season to show their generosity by giving back to their friends, family and community. Many people donate food and clothing to the homeless or buy gifts for children that are less fortunate. This is a time every year that people reach into their hearts and give their time, their talents, and their money to help others. We should all develop the ability to be generous all year long. Contributions to charities and foundations are higher during the holidays, but lower any other time of the year. Take the summer time to pick a charity or cause to help give back to. Create a habit to go through your pantry with your family once a month and get rid of foods that were purchased and not used so you can donate them to a local food drive. Do the same with your clothes by donating anything that does not fit you anymore to a local children's center. Buy a present for a random person and surprise them with a small gift as a token of your appreciation for them. Being generous is something we should focus on all year long, not just during the holidays.