



Dickson Taekwondo News

615-446-5622

WWW.DICKSONTAEKWONDO.COM

April Birthdays

- Rylee Cooper – 1st
- Addie Leggett – 3rd
- Alex Lennon – 4th
- Gracie Adams – 8th
- Matthew Churchill – 9th
- Chase Croff – 9th
- Sam Beck – 13th
- Grace Hall – 15th
- Reagan Cooper – 17th
- David Jack – 18th
- Kody Pardue – 18th
- Miles Lamastus – 18th
- Corey McCue – 24th
- Ryan Cavender – 26th
- Emily Van Orden – 27th
- Virginia McKeel – 29th
- Maggie England – 29th
- Zeb Blanks – 30th

****We are currently holding special classes on Tuesday nights for red and black belt adults at 7:00 p.m. Check your email weekly for announcements.**

Thoughts become acts,
Acts become habit,
Habit becomes character,
Character becomes a Destiny.

This is the same regardless if it is positive or negative. Don't let your negative thoughts control you; instead turn your negatives into a positive and enjoy a prosperous future!

April Calendar

- April 17th & 18th – Pretesting
- April 19th – Hickman Co. Taekwondo Testing @ 5:30 p.m.
- April 20th – Dickson Taekwondo Testing: Children @ 10:00 a.m. Adults (12 & above) @ Noon

CTF TOURNAMENT NEWS

May 11th – CTF Regional tournament in Hernando, MS! (15 min south of Memphis)

Who will be the Female Champion and the Male Champion for 2012? Need to go to Hernando to collect more points!

Confidence – Belief in oneself and one's abilities; self-confidence; assurance.

Confidence is gained in several ways. Each time you do something well it builds confidence. When a parent, teacher, or martial arts instructor says something encouraging, you gain confidence. Confidence is also created when you overcome obstacles to achieve a goal. You can also help others gain confidence by encouraging them, helping them to achieve their goals, and by working with them to master a certain skill. The neat thing is, when you do this, you also build your own self-confidence.

It is important that you do not solely rely on others to build your confidence level. There may be times you set a goal that others do not believe in (hence the reason it is your goal). Some people may feel it is not right for you or the goal is unrealistic. This is where your confidence level will either guide you or hold you back. If you have self-confidence you will not let others determine what is right for you; you will make that decision yourself. If you let others guide you in the direction they feel best suits you, not only will you be unhappy, but your self-confidence will diminish as well.

It is imperative that you realize your own potential and believe in yourself. You can do anything or achieve any goal as long as you set your mind to it and work for it. Notice, I did say work for it. Your goals will not come easy; some will be harder to achieve than others. However, as long as you stay motivated, persevere, and put in the effort, you can achieve anything you set your mind to; and when you do, your confidence level will boost!