

DICKSON TAEKWONDO

(615) 446-5622

www.dicksonataekwondo.com

November Birthdays

Nov. 2nd Brandie Johnson
 Nov. 7th Kenneth Potts
 Nov. 8th Andrew Taylor
 Nov. 10th Ella Christian
 Nov. 10th Kevin Cart
 Nov. 10th Savannah Taylor
 Nov. 11th Elijah Bowman
 Nov. 15th Emma Hickerson
 Nov. 15th Rebecca Pewitt
 Nov. 16th Madison Armstrong
 Nov. 18th Andrew Breese
 Nov. 20th Jayden Bradbury
 Nov. 21st Alexis Lewis
 Nov. 21st Will Lawrence
 Nov. 22nd Jonathan Keel
 Nov. 23rd Bryson Thayer
 Nov. 24th Brady Young
 Nov. 24th Bryson Pickering
 Nov. 26th Jada White

A Look Back at October

Wow, Probably 150 or more people attended the fall festival, Fri. Oct. 9th. We had a great time. Hot dog roast, lots of good food, hay ride, tow sack race, 3 legged races, and bobbing for apples. *Lots of Old Timey Fun!!!*



At the heart of Thanksgiving is the spirit of gratitude, which makes this a perfect opportunity to let you know how grateful I am for your business and to remind you that I'm always here to help in any way I can.

A Look Forward into December.

Testing will be the first week
 @ 5:30 Thursday night
 White & Yellow upstairs
 Green & Blue downstairs
 Friday - Red & Black Friday
 @ 6:00 (possible @ West Side)

Christmas Sale Dec. 5 9:00 am
 Annual Christmas Banquet Dec. 13

November Calendar

Nov. 14th – CTF National Tournament here in Dickson!!!. This is the last competition of 2015! You don't want to miss it! Go show your support for our black belts competing for the National Championship which are: Nickolas Singleton, Isaiah Chastain, Cade Rich, Lucius Lewis, Terri McKeel's, Olivia Rosado, & 3 more from her school & 1 from Whitney Mione's school. ***We are proud of and look forward to you representing our school! ***
 Color belts will also be competing and the more we send the better chance of us bringing a tournament back to Dickson in 2016!

Wednesday, Nov. 25th – No Class
 Thursday, Nov. 26th – No Class, Thanksgiving Day! (Feel free to pick up an extra class the week before or after Thanksgiving to make up for the days we are closed)

“Our greatest glory is not in never falling, but in rising every time we fall.” -Confucius

“Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire.” -Oprah Winfrey

“I'm not in competition with anybody but myself. My goal is to beat my last performance.” -Celine Dion

“Winners build on mistakes. Losers dwell on them.” -Arnold Mori

“Winning isn't everything, but wanting to is.” -Vince Lombardi

“A good athlete always mentally replays a competition over and over, even in victory, to see what might be done to improve the performance the next time. -Frank Shorter



Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your request be made known unto God. And the peace of God which passeth all understanding, shall keep your heart and minds through Christ Jesus. -Philippians 4:6-7

Developing a healthy habit of competing with yourself is important to push through to the next performance level. Becoming stagnant is a surefire way of burning out or becoming bored with your training or with life itself. Take small challenges to encourage and motivate yourself to want to become better. The martial arts have a great built-in system of checking progress. Every belt test should be an opportunity to see growth in your training.

What happens when you are doing your best and you make a mistake? Do you fall apart and want to quit, or do you try your hardest to do better the next time? When you make being a winner a habit, you learn that mistakes and set backs will happen. It's what you do and how you handle it that will make all the difference. Choosing to dwell on your mistakes or obstacles takes your mind off the prize. Being a good competitor means you move past challenges and obstacles with ease and use them to improve your outcomes.

Having the desire to win is an essential quality for any competitor. When you walk into “battle”, you have to decide you want victory more than your opponent. However, desire is not enough. You have to train with this attitude and prepare with it, too. You can't just walk into a competition, wish to be the best, and win. Practice and preparation are a necessity!

Continually improving is an important quality for any competitor. Even during winning streaks, winners still strive to improve and challenge themselves to reach the next level. Imagine earning your first belt and deciding you have done your best and don't need to improve any more. Would you ever be able to reach your goals of becoming a black belt or, possibly, an instructor one day? Success in any competition should not mean the end of training or improvement. It should be a sign you're doing well and be used as a stepping stone to reach your goals.

Be The One: Serve

In life, it's not what happens to you, but what happens in you and through you that counts. When adversity visits your life, you have two choices: to be a victim or to be a victor. Victims allow life circumstances to get them down, and they spend their lives asking others to redress the grievances life has dealt them. Victims are needy and demand to be served. Victors, on the other hand, rise above the challenges they encounter. They rebound from life's hardships with newfound strength, and they use their strength in service of those around them.

A Train of Tragedy

Juliette Magill Kinzie Gordon was born in 1860 to a wealthy family in Savannah, Georgia. Far from the typical Southern belle, Juliette was willful and tomboyish, always in search of adventure. She was the type of person never to be caught sitting still; she enjoyed trying new things and traveling new places.

In her mid-twenties, the first of a series of misfortunes struck Juliette. Suffering from chronic earaches, she sought medical care, but doctors mistreated her. As a consequence, Juliette lost the majority of her hearing in one ear. The following year, Juliette was married, but as she and the groom exited the ceremony a grain of rice, tossed by a well-wisher, lodged in her good ear. While attempting to remove the grain, a doctor punctured her eardrum, and Juliette lost hearing in her second ear.

For someone who enjoyed an active lifestyle, deafness could have been devastating, but Juliette persevered. She moved to her husband's estate in England where she became a favorite in social circles. Her humor and vivacity made her a sought-after guest and celebrated hostess.

However, Juliette soon crossed paths with tragedy again. Her husband's alcohol abuse and infidelity contributed to the gradual decline of their relationship, and in the middle of divorce proceedings, Juliette's husband died from a stroke. To make matters worse, he bequeathed his substantial estate to his mistress rather than giving it to Juliette.

Choosing to Get Up Rather Than Give Up

Having lost her hearing, her husband, and her home, you would have expected Juliette to feel bitter and victimized. However, at this very point in her life, she chose to serve. Somehow, she moved past her own tragic circumstances to see the good she could do for others.

Having befriended Sir Robin Baden-Powell, founder of the Boy Scouts, Juliette became intrigued by the Girl Guides, Britain's sister organization to the Boy Scouts. The Girl Guides program awakened passion in Juliette, reminding her of youthful adventures from days gone by. With the help of Sir Baden-Powell, Juliette returned to the United States with a notion to launch the Girl Scouts.

Over the next 15 years, Juliette devoted her life to pioneering the Girl Scouts of the USA. She founded its inaugural troop, authored its bylaws and handbooks, and solicited its startup funds. Thanks to her tireless recruiting and relentless campaigning, the Girl Scouts program blossomed. The organization was such a source of joy for Juliette that, when diagnosed with cancer, she hid the illness as long as possible in order to continue advancing the scouting movement. While she never had children of her own, by the time of her death Juliette had an "adopted family" of more than 160,000 girl scouts. Her legacy lives on today in the 3.4 million young ladies who belong to local Girl Scout troops in America.

Questions for Reflection

Where do you focus the majority of your time, on self or on service? When the hardships of life show up at your door, do you back down or rise to the challenge? On your journey through life, will you allow yourself to be victimized, or will you be the one who claims victory over adversity and serves others out of your strength?