

Dickson Taekwondo News

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www.dicksontaekwondo.com

February Calendar

Feb. 2nd - Tournament Rules Clinic
6:45 pm @ Dickson Taekwondo

Feb. 6th - In-House tournament
@ West Side in Bellevue

Feb. 17th - Pre-Testing Wednesday

Feb. 18th - Pre-Testing Thursday

Feb. 20th - Testing Saturday
Children @ 10:00 a.m.
Adults @ 12:00 p.m.

School Champion Trophy

The 1st CTF tournament of the season will be in Mt. Juliet, March 5th, but we are conducting our first annual In-House Tournament February 6 in which we start collecting points towards the 4' -4" tall school champion trophies, 1 male school champion, & 1 female school champion. Students earn 1 point for participating in a tournament, 1 point for receiving a 3rd place trophy, 2 points for receiving a 2nd place trophy, and 3 points for a 1st place trophy. After the 5 CTF tournaments, the male and the female student with the most points will be awarded the Male and the Female Competitor of the Year Trophy at our Christmas Banquet. If the person with the most points is a CTF National Jacket winner then the next person with the highest points will be awarded the school trophy. If there is a tie, then the tiebreaker will be decided by who went to the most tournaments. If there is still a tie, the winner will be determined by who placed first place the most times.

We are looking for an enjoyable & memorable day as we hold our first Annual In-house Tournament!

We hope Dickson Taekwondo students can compete in a lot of the tournaments this year and then be in top competition shape for the CTF National Tournament which will be back in Dickson County this Nov.!



February Birthdays

Matthew Hunt – 5th
Jackson Bradley – 5th
Isabella Duran – 7th
Nickolas Singleton – 7th
Michael Clark – 10th
Deven Rainey – 14th
Cynthia Lewis – 20th
Aiyana Kolb – 20th
Erik Stoner – 24th
Shelby Tucker – 24th
Allie Wills – 25th

“To live a creative life, we must lose our fear of being wrong.” – Anonymous

“Take up one idea. Make that one idea your life – think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success” – Swami Vivekananda

“Things work out best for those who make the best of how things work out”.
– John Wooden

“If you are not willing to risk the unusual, you will have to settle for the ordinary.”
– Jim Rohn

“Trust because you are willing to accept the risk, not because it’s safe or certain.”
– Anonymous

INSPIRATION

“There is more treasure in books than in all the pirates’ loot on the Treasure Island.”
–Walt Disney

This month, we are going to study inspiration. To be inspired means to be motivated mentally or emotionally. To have positive influence. To give inspiration to ourselves or to others. People get inspired in different ways and by different things. It really depends on what you are interested in and what makes you happy. You can be inspired each day if you are just open to seeing and listening to what is around you. Be aware of who and what inspires you. Write these things down. Over time your focus may change, but each thing that inspired you will mean something to you in the long run.

“It’s not how good you are. It’s how good you want to be.” - Paul Arden

What is inspiring you to be the best that you can be? Are you inspiring yourself because you want to be really good? We have to understand that other students will also inspire us. Do you sometimes want to be like classmates or competitors who do really well? As an instructor, I want to inspire you, so make sure you ask for help when you need it. You can have many inspirational figures in your life, you just have to look for them and listen to everything you can. You never know what you might hear that will inspire you to learn more.

“The quieter you become, the more you can hear.” -Ram Dass

Do you know the saying, “We have two ears and only one mouth, so we should listen twice as much as we should talk.”? Do you think this is true? We will never know everything, but it is nice to know as much as we can. We can do this by listening and learning. Just like the quote says above, the less we talk the more we can listen, the more we listen the more we can learn. No one knows when they will hear something that will inspire them to do great things. One single word can change the way you do a move in class or help you understand a math problem better. So the goal is to listen more and talk less.

“Only surround yourself with people who will lift you higher”. – Oprah Winfrey

No matter how old we get, we want to be around people who are good in character, have good values, and are willing to share what they know so we can learn more. Think about the people in your life right now. Could you use some of those words to describe them? A good person attracts other good people, while a person who does negative things attracts other negative people. So you really need to think about the people you hang around with.