

Dickson Taekwondo News

615-446-5622

www.dicksontaekwondo.com

February Calendar

Feb. 4th- Pre-Testing Wednesday

Feb. 5th- Pre-Testing Thursday

Feb. 7th- Testing Saturday

Children @ 10:00 A.M.

Adults @ 12:00 P.M.

2015 Tournament Rules Clinic

Feb. 20rd – 5:30 P.M. @ Dickson Taekwondo.

5:30 Tournament information for Color Belts .

6:00 Black Belt's training with a test following. All Assistant Instructors & training for Assistant Instructor are ask to attend. All Black Belts above the age of 14 are encourage to attend

Valentines Special

Bring a friend to class in the month of February. If your friend joins DTKD, you will receive \$50 cash !

School Champion Trophy

The 1st tournament of the season will be in Nashville, March 7th, in which we start collecting points towards the 5' 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 30% of Dickson Taekwondo students to compete at the tournaments this year so next year we can get a tournament back in Dickson at Dickson County High School!*



February Birthdays

Aiyana Kolb – 2nd

Donald Hooper, Jr. – 2nd

Jacob Beck – 3rd

Keith Honchell – 3rd

Peyton Krantz – 4th

Andrew Haskins – 5th

Alyssa Marchman – 10th

Devin Rainey – 14th

Daniel Holcombe – 16th

Ethan Barnes – 17th

Jacob Pendleton – 18th

Cynthia Lewis – 20th

Joel Rochet – 21st

Somara Rochet – 22nd

Daisy Jacobs – 23rd

Allie Wills – 25th

Sam Garrison – 27th

Allison Johnson – 27th

Excellence is not a skill. It is an attitude. - *Ralph Marston*

No one care how much you know until they know how much you care. - *John Maxwell*

Growth means to change and change involves risk, stepping from the known to the unknown. - *George Shinn*

I always have to dream up there against the stars. If I don't dream I'll make it, I won't even get close. - *Henry Kaiser*

High expectations are the key to everything. - *Sam Walton*

Happy Valentines Day!



“Excellence can be attained if you: (1) Care more than others think wise, (2) Risk more than others think safe, (3) Dream more than others think is practical, (4) Expect more than others think is possible” - *Unknown*

Excellence is a value that has lifetime benefits. We can incorporate it into our work, our relationships, and the martial arts. In fact, Dickson Taekwondo is a place where the importance of excellence is taught regularly.

But what defines excellence? In the quote above, four attributes are identified as indicators of excellence: a) caring for others; b) taking risks; c) dreaming; and d) having high expectations. When combined, these attributes will create excellence in any area of your life.

But it is important to remember that excellence isn't the same as perfection. No one is perfect. Trying to achieve perfection is often very discouraging, but pursuing excellence can be exciting and brings about its own rewards.

For example, students who pursue excellence achieve higher grades and are able to get into college. Employees who pursue excellence generally receive higher pay and are employed longer than those who don't. Entrepreneurs who value excellence tend to have more successful companies. Martial artists who seek excellence are more likely to earn their black belt. In addition, individuals who pursue excellence in their relationships tend to have happier and healthier home lives.