



Dickson Taekwondo News

615-446-5622

www.dicksonaekwondo.com



February Calendar

Feb. 7th - Tournament Rules Clinic 6:00 pm @ WestSide Taekwondo
*** Feb. 11th - In-House tournament @ Dickson Taekwondo ***

School Champion Trophy

The 1st CTF tournament of the season will be in Memphis, March 11th, but we are conducting our annual In-House Tournament on February 11th. This will be the day 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 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!

February Birthdays

- Abigail Gafford – 4th
- Logan Irwin – 4th
- Matthew Hunt – 5th
- Maxwell Smith – 9th
- Bailey Billings – 14th
- Amy Mochrie – 14th
- Gracelyn Wright – 16th
- Carter Bennett – 17th
- Grayson Brown – 17th
- Cynthia Lewis – 20th
- Aiyana Kolb – 20th
- Sean Hansen Jr – 21st
- Shelby Tucker – 24th
- Allie Wills – 25th
- Lilly Stone – 27th
- Michael Bromley – 28th

Inspiration

Inspire is to make someone want to do something; to give someone an idea about what to do or create: When we think about inspiration, what comes to mind is usually ordinary people who have done extraordinary things that inspire us. We appreciate when someone has the ability and willingness to be selfless, creative, innovative, or just different. Examples are Mother Teresa, Gandhi, and Martin Luther King Jr. All of those people were ordinary people who decided that the world needed their help. They were true leaders that believed they could change the world despite all odds, and they were not afraid to try. People who do something to better the world around them are inspirational. It is important to know that you can be an inspiration to others no matter what you have or have not achieved yet.

How to inspire others to be their best:

1. **Be a good example.** People, friends and peers watch what you do more than they listen to what you say.
2. **Care about others.** Other people do not care about how much you know until they know how much you care. Take a genuine interest in other people and ask questions.
3. **Encouragement.** When you support your friends and peers and encourage them through tough times, you will be inspiring them to see the best in themselves and in the situation.
4. **Be inspired yourself.** Look for people, ideas, environments and knowledge that you find inspiring and motivating.
5. **Tell stories.** Facts tell and stories sell as well as inspire too. Everyone learns best from listening to other people's inspiring stories.

Go from wanting to inspire people to actually inspiring people on a daily basis:

Act and Show. Get out there and do something to be an inspiration to others. Reach out to someone who has recognized you as a leader and show people who you are as an inspiration. You must be authentic and follow through with all things you promise. Be true to yourself and be proud of who you are and what you have accomplished. This will inspire others around you to do the same.

Provide others with the blueprint. You have achieved everything you have because you had the skills and the blueprint. People will start to ask you for advice, so be prepared to share your blueprint with those that are willing to learn.

Become a mentor. One of the best ways to be inspirational is to serve as a mentor. Be sure that your background aligns with what that person wants to achieve. You must be completely open and honest as the people you mentor look up to you and completely believe in you.

Find inspiration in possibilities. It is easy to confuse inspiration with motivation, but they are completely different. Motivation involves pushing and trying to find the willpower to do something. Inspiration pulls you towards a future you want. When you lack inspiration, try the follow things: • **Try** something you have always assumed you could not do but secretly wanted to try. • **Teach** someone to do something and become a leader. • **Learn** something new and allow yourself to forget about time limitations. • **Make** a bucket list of all the things you would like to do in life. • **Create** a vision board with pictures of your goals, things you would like to do and things you would like to accomplish. • **Brainstorm** ideas for a new project you and your family/friends could work on.

"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else. -Chinese Proverb