

Dickson Taekwondo News

Visit our website at www.dicksonaekwondo.com for updated information.



January Calendar

January 18th & 19th – Taekwondo Pictures; Schedule your appointment and see examples of pictures in the Dojang.

>>> Jan. 30 Kung Fu Panda 3
Saturday morning matinee
FREE Tickets

The first 50 students who bring in a guest or provide name & phone number of their friend gets a pair of tickets free! <<<

2016 Tournament Schedule

February 2nd – Rules Clinic
6:45 pm @ Dickson Taekwondo

February 6th In House Tournament @ West Side Taekwondo in Bellevue

We would like for everyone to attend & pre register ASAP so we will know how to space out the divisions & amount of trophies/medals to get.

March 5th or 12th – Mt. Juliet
May 14th ? – Memphis
August 6th or 13th – Nashville
September 3rd or 10th – Memphis
Oct. 22 International Tournament in South Haven, Mississippi (just minutes south of Memphis)
November 12th ? – CTF Nationals in Dickson again !
December 10th ? – Black Belt Banquet in Memphis
(All dates can fluctuate by a week.)

2016 Testing Schedule

February 20th
April 16th
July 16th
October 15th

(Attentively check each month's newsletter for updates. Testings will begin at 10:00 a.m.)

BE FOCUSED!

This is the time of year when it is very easy to take your eye off the ball or lose focus on the things that really matter. As the holidays approach and the New Year rolls in, it is easy to forget where our priorities should lie. Take some time to refocus yourself and reevaluate the things you are spending time on. First, deciding what is important and determining what matters is an internal decision process. We all have people in our lives who influence that decision, but ultimately you are the determining factor. You set the stage. You decide what is important and what is not. If you asked others "What's important and what should I focus on?" you'll hear a spectrum of answers as diverse as the people you question: family, work, education, friends, the list goes on. The intention of this article is not to help you determine what should be important (as the article mentioned before, this is an internal decision that can only be made by you), but we can offer some simple steps that should help you stay focused once you decide where your priorities lie during this busy holiday season. Below are four steps to staying focused: 1. Keep organized. It seems obvious, but as the days pass by and events, special performances, and the holidays themselves happen, remaining organized will help you stick to your goals. 2. Make a list. To-do lists are key to staying focused. They act as a road map to getting important things done. 3. Manage your time. This goes hand in hand with making lists. Keep on track and don't let others manage your time for you. 4. Make time for breaks. At first this may sound counterintuitive, but breaks allow you to recharge and catch up internally. And remember, staying focused is the key to accomplishment.

I failed over and over again in my life and that is why I succeed. – Michael Jordan

Tough times don't last; Tough teams do. –

-Unknown

January Birthdays

Isaiah Chastain – 3rd
Amanda Berry – 3rd
Rachel Ahlheit – 3rd
Stormy Walker 5th
Autumn Bowen – 6th
Andrew Taylor 8th
Lillith Buster – 9th
Karson Sullivan 10th
Wayne Clark – 11th
Nathan Bowen 13th
Ian Veasman – 14th
Garrett Hutchison – 19th
Grayson Dunn – 22nd
Sophia Foster 24th
Kris Blount – 25th
Matthew Breese – 29th
Brenden Rainey 31st
Donna Moss 31st

A Look Back at December Events

Around 150 people attended the Christmas Banquet and Belt Award Ceremony at Dickson Taekwondo. There was plenty of food, harmony, and gratitude. All the students got a free belt key chain and two received door prizes.

The **Black Belt Club** was introduced. Mr. Cade Rich was announced as a CTF National Champion and Lucius Lewis & Isaiah Chastain were CTF Forms champions. Michael Clark was awarded Dickson Taekwondo's 2015 Male Competitor of the Year Trophy. Aiyana Kolb was awarded Dickson Taekwondo's 2015 Female Competitor of the Year Trophy.

Have the courage to follow your heart and intuition. They somehow know what you truly want to become. – Steve Jobs

Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart -Unknown