



Dickson Taekwondo News



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

Camp Schedule

March 20th – 24th

June 26th – 30th

Oct 2nd – 6th or Oct 9th – 13th

(Dates will be verified a month early.)

2017 CTF Tournament Schedule

(NOTE: Dates can change.)

Tuesday, Feb. 7th – Rules Clinic, Westside

February 11th – Battle of the DoJangs II,
Dickson

March 11th – Landers Center, Memphis

April 22nd – Murfreesboro

July 22nd – either at St. Benedicts, Memphis

or August 12th, Landers Center, Memphis

September 2nd, 9th, or 12th – Spar Wars,
Mt. Juliet

November 11th – CTF Nationals, Landers
Center, Memphis

December 2nd or 9th – Black Belt Banquet,
Clarksville or Nashville

Tournaments begin promptly at 9:00

January Calendar

January 23rd & 24th – Taekwondo pictures

Schedule your appointment!

There are examples of
pictures in the Dojo.

2017 Testing Schedule

January 7th

April 8th

July 1st or 8th

October 7th

***Check each month's
newsletter for updates.***

January Birthdays

Isaiah Chastain – 3rd

Makayla Dean – 4th

Autumn Bowen – 6th

Kaleb Robertson – 8th

Haley Gill – 10th

Karson Sullivan – 10th

Brianna Jensen – 11th

Nate Bowen – 13th

Danyelle Carrington – 14th

Ian Veasman – 14th

Riven Cooper – 18th

Grayson Dunn – 22nd

Sophia Foster – 24th

Kris Blount – 25th

James Garton – 28th

Matthew Breese – 29th

Brenden Rainey – 31st

Christmas Banquet

Around 125 people attended the Christmas Banquet at Dickson Taekwondo.

There was plenty of food and gratitude.

Michael Sensing was awarded Dickson Taekwondo's Male Competitor of the Year for 2016. **Sara Whisler** was awarded Dickson Taekwondo's Female Competitor of the Year for 2016. Both were awarded with Dickson Taekwondo's School Competitor of the Year Trophies.

News Learned from the CTF School Owners Meeting

1. May be ready in January to sign in on the computer instead of attendance cards.
2. Can do online registrations on the CTF website and, in the future, on Dickson Taekwondo's website.
3. Dickson Taekwondo is in the Top 5 of CTF Schools.
4. The new age brackets for tournaments will change to: 5 & below, 6 & 7, 8 & 9, 10 & 11, 12 & 13, 14 & 15, 16 & 17, 18-29, 30-44, and 45 & up.
5. Black Belt Divisions will have no point limit (10 point lead mercy rule). This will be tried at the first tournament.
6. There will be a \$5 increase for Tournaments to sponsor CTF International Team. See Mr. Lewis for International Team Workouts. You have to attend CTF Tournaments to be able to qualify for the International Team.
7. Black Belt Regional Testings will be the nights before March & April Tournaments or at Black Belt Camp.
8. CTF Black Belt Camps: Women's Camp is May 31-June 4; Men's Camp is June 21-25; Fall Camp is Oct 6-8

GOAL SETTING

The process of identifying something that you want to accomplish: The martial arts belt system is one of the greatest systems created when it comes to setting and reaching goals. It teaches us to set goals, attain them, and see the visual results of our achievements. Achieving a Black Belt in martial arts has significant meaning and is associated with excellence. We can understand our goals with the visual aid of the different color belt system. If you are a new student, there are many short term goals to reach – white belt, yellow belt, etc. The long term goal is to become a Black Belt. If you want to earn your Black Belt, set that as your long-term goal and talk to your instructors about a time frame. It takes years of hard work and dedication to achieve that goal, so don't lose focus or get discouraged. Learning to set goals is key to success.

Creating and achieving goals – be SMART: We want to be smart when setting goals. SMART stands for Specific, Measurable, Attainable, Relevant and Timely. We want to intelligently decide what our goals will be so that we can actually accomplish them. Specific: Your goal needs to include details and be stated clearly. A specific goal has a much better chance of being accomplished than a general goal. Measurable: How will you know when the goal is achieved? You need specific criteria to measure your progress. Keeping track of your progress gives incentive to keep going. Attainable: Your goals should be realistic and achievable. Relevant: Make goals that matter to you. When you identify goals that are important to you, you begin to figure out ways you can make them come true. Timely: Set time frames or blocks of time when you plan to accomplish your goal. A time-bound goal establishes a sense of urgency and prevents goals from being pushed to the side from other daily activities.

A goal is something you are willing to work very hard to achieve: Writing down your goals forces you to clarify what you want. You must decide what you want when you commit your goal to paper. Writing down goals and reviewing them regularly provokes people to take action. Most people are visually motivated. If your goal is to get your black belt, then have a picture of a black belt and place it somewhere you will see it every day to remind yourself what your goal is. Writing down your goals also enables you to see and celebrate your progress. This enables you to see how far you have come and how far you need to go and provides an opportunity for celebration when you attain them.

Board breaking as a goal: To achieve the goal of breaking a board using a side kick, there are several smaller goals along the way that must be met. First, you must learn proper technique for throwing a side kick. Use your entire body to back up your leg to break the board. This makes the kick much stronger, just like having outside support makes us stronger and spurs us on toward our goals. Be confident. See yourself kicking through the board. Practice over and over. Next, you must learn to focus – intensely. Direct your eyes, ears, brain and full attention on the task at hand. Focus on the center of the board when attempting to break it. If you allow your attention to be diverted from your goal (the board), you're likely not to strike dead-on or with as much force, causing you to not reach your goal. Speed is the next key. Breaking a board takes quick, decisive action, and the same is true for any goal you set. Decide on the best course and move!