

Dickson Taekwondo News

446-5622

www.dickson.taekwondo.com



June Birthdays

Chris Duncan – 4th
Mareko Ingram – 6th
Elijah Larkin – 6th
Jordan Bohler – 7th
Drake Anderson – 7th
Sara Whisler – 8th
Edward Hatley – 8th
Preston Krantz – 10th
Lawson Cox – 12th
Stephen Skaggs – 13th
Joey Bowen – 13th
Cade Rich – 14th
Marissa Rivera – 14th
Weston Bradley – 17th
Kallie-Ann Bradley – 17th
Annabelle Fizer – 21st
Nakelan Carey – 22nd
Tere Hodges – 24th
Anthony Gonzalez – 25th
Alison Perkins – 26th
Noah Armstrong – 26th
Kimber Cook – 29th
Jenna Veasman – 30th
Reilly Rich – 30th

RESPECT - To feel or show honor or esteem for someone or something: to hold in high regard.

One way we show respect in school is when we remove our shoes before entering the training floor. The reason this tradition started is simple. In Japan, they removed their shoes mainly due to the fact they used tatami mats made of woven grasses. The shoes caused a lot of wear on the mats and brought in dirt. So, taking shoes off was to protect the mats and keep the floor cleaner, which showed respect to the school. Also, many old, traditional technique involve kicking with parts of the foot that are difficult to use when wearing shoes.

People need to like themselves. When you're called names like "dummy" or "stupid", it's hard to grow up to be an adult with good self-respect. It is important to let others know when they are doing something well or to help them learn how to do things. I sometimes have to correct the way to do something. I do this because I respect you and I know you can learn it the correct way. This is also why I always let you know when you are doing a fantastic job. I want you to respect yourself and I know that, with practice, you can learn anything.

Loving ourselves is as important as loving others, but we must also be aware of the environment and respect other people's property. Moral respect means being aware of what is right or wrong and to think about the things around us. We should have respect for the smallest bug to the largest building. Showing respect for the environment and other people's property should be a part of everyone's life.

We can all respect ourselves, others, and property, but disrespect is very negative. Disrespect is when a person does not have any regard for their own feelings or the feelings of others. A disrespectful person can act inappropriately and cause a scene, say something to hurt another person, or destroy other people's property. Try every day not to be disrespectful. If you do, you can lose all of the good respect you have worked hard to earn.

If you are going to miss classes due to vacation, playing ball, etc., private classes are a great way to make up missed classes! Schedule with Mr. Lewis

*Courtesy is an asset -
It is a gain and never a loss.*

No act of kindness,
however small, is
ever wasted.



Make Father's Day More Meaningful

Learn Self-Defense!

Celebrate Father's Day with our special adult self-defense course – it's a great gift for you and your family.

You'll learn self-defense techniques and develop more confidence to stand your ground in all situations. You'll discover a renewed intensity of focus, and benefit from a fitness workout that will help you lose weight and reduce stress and anxiety.

Your family and friends will recognize a new you in just a few weeks!

Call today and ask about our special enrollment offer for the Father's Day Self-Defense Course!

We already teach
your neighbors
the same fitness,
confidence-building
and leadership
skills that will
benefit you!

June Calendar

Sign up for weekly Mini-Seminars!!!

\$20 per class or all 8 classes for \$99

- 6/1 -Choke & Grabs Defense
- 6/8 -12 Principles of Power
- 6/15 -Sparring Telegraph Seminar
- 6/22 -Bo Staff
- 6/29 -Kicks and Tricks
- 7/13 -Board Breaking
- 7/20 -Tournament Sparring
- 7/27 -Cane

June 2nd at 5:15pm – White Belt Testing

June 4th at noon – End of school party. **All students** receive a free pass to see TMNT at the Roxy. Bring a buddy to class before 6/4 and your buddy will get a free pass also. If your buddy joins Dickson Taekwondo, your family and your buddy's family will receive free passes to the movie.

June 11th 10am-3pm – Kids Fest at Dickson

Fairgrounds