

# Dickson Taekwondo News

615-446-5622

www.dickson.taekwondo.com



## June Birthdays

Chris Duncan – 4<sup>th</sup>  
Elijah Larking – 6<sup>th</sup>  
Drake Anderson 7<sup>th</sup>  
Sara Whisler – 8<sup>th</sup>  
Edward Hatley – 8<sup>th</sup>  
Jenna Baggett – 8<sup>th</sup>  
Joshua Wise – 8<sup>th</sup>  
Preston Krantz – 10<sup>th</sup>  
Lawson Cox – 12<sup>th</sup>  
Stephen Skaggs – 13<sup>th</sup>  
Joey Bowen – 13<sup>th</sup>  
Elliston Oldham – 13<sup>th</sup>  
Cade Rich – 14<sup>th</sup>  
Marissa Rivera – 14<sup>th</sup>  
Joseph White – 18<sup>th</sup>  
Annabelle Fizer – 21<sup>st</sup>  
Tere Hodges 24<sup>th</sup>  
Lisa Shadowens – 25<sup>th</sup>  
Danyelle Carrington 25<sup>th</sup>  
Noah Armstrong – 26<sup>th</sup>  
Rian Luther – 27<sup>th</sup>  
Kimber Cook – 29<sup>th</sup>  
Jenna Veasman – 30<sup>th</sup>  
Reilly Rich – 30<sup>th</sup>



## Summer Mini-Seminars

Wednesdays 4pm-5pm  
\$20 per class or all 8 classes for \$99

5/31 Choke & Grabs Defense  
6/07 Speed & Power Drills  
6/14 Sparring Telegraph Seminar  
6/21 12 Principles of Power  
6/28 Kicks and Tricks  
7/12 Board Breaking  
7/19 Tournament Sparring  
7/26 Cane

## COURTESY

*“No one has ever been offended by someone with good manners and courteous behavior.” ~ Vikrant Parsai*

When we say something that hurts another person, we can really make them feel bad, even though all we did was use negative words. We can also make a person feel great by letting them know how grateful we are that they did something nice for us. We have to have manners, and we need to use them at the appropriate times. Part of being courteous is having good manners. Small things such as saying “thank you” or holding a door for someone are ways to be courteous. Even when people are not kind or courteous to us, we can still be nice to them. Practice courtesy. Say “thank you” and “yes, please” when necessary and make sure you recognize other people’s achievements. It doesn’t matter if it is a parent, or a friend, we all like to hear nice words from someone else.

*“Every human being is entitled to courtesy and consideration. Constructive criticism is not only to be expected but sought.” ~ Margaret Chase Smith*

Many of us get offended if someone tells us that we did something wrong. Some people like to make others feel inferior, but the majority of people who try to provide correction are not doing it to put you down, but to teach you how to do something the right way. This is called constructive criticism. When we correct the way you punch or kick, we aren’t trying to hurt your feelings. Rather, we want to help you get better by showing you the way it should be done. Because our goal is to be the best that we can be, it is our responsibility to listen to those who provide constructive criticism, and sometimes it is in our best interest to ask someone who knows more than we do to provide that critique. The clue is to listen to the rules, follow instructions, and be open to being corrected.

*“Gratitude is the most exquisite form of courtesy.” ~ Jacques Maritain*

Gratitude is being able to express how thankful you are for what you have and for what someone did for you. You are being very courteous when you are grateful. We always have to remember that without some very special people in our lives, we would not be where we are or be able to do the things we do. We need to show these people how grateful we are to have them in our lives. We need to always be courteous and show our appreciation because they have helped us to have the best life we can. You can practice self discipline to be responsible, study, practice and do well. It can be a very gratifying feeling to know you are doing what is right. Show your gratitude by going beyond expectations. People will appreciate that and respect you for it.

*“Life is not so short but that there is always time for courtesy.” ~ Ralph Waldo Emerson*

The one thing everyone in this world has in common is that everyone gets the same amount of hours in each day. The thing that helps define who we are is the way we choose to use those hours. It only takes a second to say “thank you”, “yes, please” or “no, thank you.” It takes maybe two minutes to pick up the phone and tell someone that you love them or to thank them for a gift, but many people say they are too busy. Never be too busy to show your gratitude. Make it a habit to always be courteous. You have the time. The way you treat others is one of the most important aspects of building healthy relationships.

## June Calendar

### Summer Camp: June 26<sup>th</sup> – 30<sup>th</sup>:

8:00 am to 4:00 pm, but you can drop off as early as 6:15 and pick up as late as 6:00 pm Sign up soon! It is filling up fast!!

### Testing:

**Beginners** (White & Yellow Belts), Wednesday, June 28<sup>th</sup>

**Intermediate** (Green & Blue Belts) Thursday, June 29<sup>th</sup>

**Advanced & Black Belts**, Friday, June 30<sup>th</sup>

**Preschoolers**, Wednesday June 28<sup>th</sup>, check with Mr. Duncan about times

**Summer Fun Schedule:** Watch your email for weekly summer fun (Crazy Hair Week, Red-White-Blue Week, etc)