



# Dickson TKD News

www.dicksontaekwondo.com

615-446-5622

## March Birthdays

Zachary Forrest – 2<sup>nd</sup>  
 MaKenzie Proctor – 2<sup>nd</sup>  
 Davion Coone – 3<sup>rd</sup>  
 Lucius Lewis – 3<sup>rd</sup>  
 Jacob Kolb – 5<sup>th</sup>  
 Savonna Olson-Loftus – 6<sup>th</sup>  
 Matthew Blue – 7<sup>th</sup>  
 William Rozalez Ortiz – 8<sup>th</sup>  
 Duke Engle – 8<sup>th</sup>  
 Katie Keel – 9<sup>th</sup>  
 Emily McKeel – 17<sup>th</sup>  
 Tony Lewis – 18<sup>th</sup>  
 Steve Breese – 22<sup>nd</sup>  
 Misty Bowen – 23<sup>rd</sup>  
 Nathaniel Simms – 27<sup>th</sup>  
 Terri McKeel – 28<sup>th</sup>  
 Deacon Hatley – 30<sup>th</sup>  
 Jayden Warren – 30<sup>th</sup>  
 Lindsay Kondik – 31<sup>st</sup>  
 Bailey Patalano – 31<sup>st</sup>

Dear Parents

Allow me to take this opportunity to thank you once again for your support of our school and your interest in your child's progress as a student. Active parent participation is a major contributor to the success of any growing, vibrant martial arts school.

*Tony Lewis*

***We are not holding a Spring Break Camp this year. Mr. Lewis is taking a family vacation. Mr. Lucius Lewis, Mrs. Terri McKeel, Mr. Breese, Mr. Bowen, & Mr. Duncan will be instructing the classes during my absence.***

## Communication

Without communication, people can't understand each other. You can't follow or lead anyone without being able to understand what others are saying, and you can't be understood if people don't know what you are saying.

In our lives, we use internal and external communication to communicate with others. Internal communication is talking within yourself and listening to your body and mind. Through self-observation and self-discovery, internal communication strengthens inner understanding and assists in forming powerful relationships with others, because once we understand ourselves, we can better understand others. Examples of external communication are social interactions such as talking, listening, and observing, which promote understanding of others. By learning and practicing external communication skills such as choosing the right words to say, controlling your voice, expressing yourself through pleasing facial expressions such as smiling, understanding others, and acting positively, you will not only get others to like you, but you will like yourself even more. You gain more self-control, self-confidence, and positive energy.

## March Calendar

Saturday, March 7<sup>th</sup> – CTF Regional Tournament at Goodpasture Christian School in Madison.

Dear Parents,  
 Please join your child for tournament preparation week. The week of the tournament, Mr. Lewis will explain in detail how the tournament is operated, as well as the rules and expectations.



Reminder! We will start collecting points for the Male and Female Competitor of the Year award at the March 7<sup>th</sup> tournament ! For a complete explanation of how the points are collected, please refer back to February's newsletter.

### Inspirations:

I never knew God was all I needed till God was all that I had.

### Bumper Sticker:

Honk if you love Jesus. Text (while driving) if you want to meet him.

### Perspective:

Little girl bragging to her brother: I get to go shopping! I get to go shopping!

Nyah –nyah. I get to shopping with momma & you got to stay home.

Brother's response: I get to stay home by myself, watch TV, & make my own sandwich!

Little girl now crying to Mom: No fair, I've got to go shopping & he gets to stay home!