



Dickson Taekwondo News



- Lucius Lewis – 3rd
- Matthew Blue – 7th
- Parker Bingham – 8th
- Katie Keel – 9th
- Emily McKeel – 17th
- Tony Lewis – 18th
- Steve Breese – 22nd
- Misty Bowen – 23rd
- Jean Marie Anderson – 24th
- Brittany Ruiz – 26th
- Terri McKeel – 28th
- Walker Stavely – 30th
- Jaden Warren – 30th
- Bailey Patalano – 31st

*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

**Don't forget...
Saturday Classes with Mr. Herbison are perfect opportunities to make up any missed classes!**

Fear: A distressing emotion caused by anticipated danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.

“He who is afraid of a thing gives it power over him.”

- Moorish Proverb

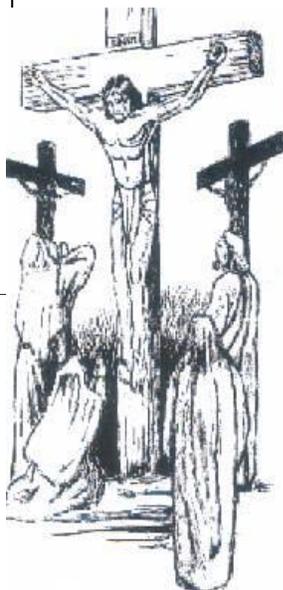
Which will you nurture – fear or faith?

The tendency to sometimes focus on our fears is a paralyzing habit; it prevents us from achieving our goals. What we think about, what we focus on, is what we become. If you concentrate on the positive things it will produce positive results in your life. Avoid getting trapped by your fears by focusing on your goals.

A Look Forward into April

April 17th & 18th – Pretesting

April 20th – Testing
Children @ 10:00 a.m.
Adults @ 12:00 p.m.



Mary had a little lamb,
His fleece was white as snow.
And everywhere that Mary went,
The Lamb was sure to go.
He followed her to school each day,
Twasn't even in the rule.
He made the children laugh and play.
To have a Lamb at school.
And then the rules all changed one day,
Illegal it became;
To bring the Lamb of God to school,
Or even speak his Name.
Everyday got worse and worse,
And days turned into years.
Instead of hearing children laugh,
We heard gun shots and tears.
What must we do to stop the crime,
That's in our schools today?
Let's let the Lamb come back to school,
And teach our kids to pray!

March Calendar

Friday, March 8th –
Black Belt Testing at
Dickson Taekwondo.

Saturday, March 9th –
1st CTF Regional
Tournament of 2013 in
Dickson at Dickson Co.
High School!
We need lots of
volunteers to make this
tournament a success!
We need people
running concessions,
setting up and taking
down the gym, at the
front gate, selling t-
shirts, putting up
signs, and lots more!
Please be thinking of
where you would like to
volunteer and look for
the volunteer list being
passed around!

Reminder! We will start
collecting points for the
Male and Female
Competitor of the Year
award at our
tournament March 9th
here in Dickson! For a
complete explanation of
how the points are
collected, please refer
back to February's
newsletter.

PURPOSE OF THE CTF TOURNAMENT SYSTEM

The CTF Tournament System is designed to offer an additional learning situation for its members. In order for a positive learning situation to occur, it is the responsibility of all Tournament Officials, Instructors and Black Belts to insure that the Tournament is conducted as follows:

- Competition is safe
- Competition is fair
- Competition is challenging

In order to make sure competition is a positive experience for all competitors, the Dickson Taekwondo Instructors strive to insure any student competing is adequately prepared both physically and emotionally for the competition experience. By nature of competition, there is only one winner and many more losers. A competitor who sets his focus solely on winning is likely to be disappointed. He will find it much more productive to focus on competition as

- a means of measuring himself against others
- a motivational force for continued practice and improvement
- an opportunity to view others with greater skills and experience so he can set goals and
- an opportunity to identify personal strengths and weaknesses.

Dickson Taekwondo tries to insure that not only the students, but also the parents of juniors, understand the competition rules as well as the purpose of competition.

Display the Tenants Win or Lose

The NUMBER ONE rule when competing is to HAVE FUN and TRY YOUR BEST! Sure, we would all love to win 1st place every time we step onto a mat, but that happening is very unlikely. The tournament system is set up so that there are more losers than winners. That in itself helps us to learn how to overcome adversities. It is important to remember, if you tried your best, then you succeeded. If you come back from the tournament with the knowledge of how to improve and a desire to improve then you have made the better accomplishment and we all will be proud of you. Our philosophy in the Choong Sil Taekwondo Federation is "Constant and Never Ending Improvement." Therefore, whether you win first place or finish last, you always have room to improve and advance.

Parents: There are certain qualities and characteristics that judges are looking for in a competitor's form. Things such as the difficulty of the techniques in a pattern, power put into the pattern, as well as the rhythm and feeling of the pattern play a part in determining a winner. The CTF association takes great lengths in training judges and has complete trust in the officials. Please show the upmost respect and set an honorable example for your child.