

# Dickson Taekwondo News



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www.dicksonaekwondo.com

## May Birthdays

Shepard Cooley – 2<sup>nd</sup>  
 Hannah Brown – 4<sup>th</sup>  
 Preston Sheldon – 5<sup>th</sup>  
 Sarah Cooley – 8<sup>th</sup>  
 Phoenix Vanatta-Clouse – 11<sup>th</sup>  
 Grant Christian – 12<sup>th</sup>  
 Andrea Young – 13<sup>th</sup>  
 Jenna Bohler – 13<sup>th</sup>  
 Sydney Tucker – 15<sup>th</sup>  
 Cadence Long – 17<sup>th</sup>  
 Braylon Mallard – 18<sup>th</sup>  
 Dylan Wills – 22<sup>nd</sup>  
 Aidan Nash – 25<sup>th</sup>

## May Calendar

May 28<sup>th</sup> – No classes in observance of Memorial Day

### **TO BE ANNOUNCED SOON:**

A special summertime offer for a class (limit of 20 students) 1 hour each week on a different topic each week. For example, one week sparring, telegraphs, another weapons, grabs, etc. Cost is \$20 per class or all 8 for \$99.

## **Happy Mother's Day**

To show our appreciation for all that mothers do, we'd like to offer all mothers not currently training to Train For FREE the entire month of May!



**“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.” – Christian D. Larson**

**Determination** is never giving up no matter what! When a determined person decides to do something, they do it! Determination is one of the most important traits you can have. When you are determined, you have the drive to work through difficult times and push yourself to do your very best to reach your goals. Your dreams and goals can be accomplished when you work your hardest and do your best. You must have the will to do your best at all times and to work through any difficulties you may come across. Being a determined person gives you the strength to push yourself even when you don't want to. All of the world's great achievers in life have made it where they are today by hard work, commitment and determination. You have to wake up and decide that you will work toward your goals and dreams despite any obstacles or setbacks. With the strength of determination everything that is a work in progress will become an achievement.

**Determination** is the power or habit of deciding definitely and firmly. Determination is power – the power to overcome the obstacles in your path to achieving any goals in your life. It is the power to complete a task, finish the job, reach the top of the mountain, whatever your goal or task at hand may be. Determination is also a habit. You need to make determination a habit in order to continually succeed reaching your goals. To develop a habit of determination you can start by making a chart of tasks to do, whether it be chores at home, or what you need to practice, or what skills you need to master to pass your next belt test in martial arts. A great way to create a habit is by listing on a calendar the steps you need to follow to achieve your goal such as getting your black belt. List your weekly, monthly and then quarterly goals so that you know you can achieve your black belt in the amount of time you wish to do so.

**Determination** is something that makes you successful in life. For any determined person, priorities are a necessity. Prioritizing helps to keep your goals in focus and makes them easier to accomplish. As an example, Michael Jordan was told by his high school basketball coach that he would never make the team because he was not good enough. He had the goal of making it onto that basketball team, so he worked really hard and practiced at home every night. He was committed to his goal of making the team. Because of his determination, he made the team and was later offered a college basketball scholarship. He eventually played for the Chicago Bulls and is now recognized as one of the greatest basketball layers of all time. If your goal is to become a black belt in martial arts, then make that a priority. Make it to class every week, practice at home, practice with your friends and do not ever stop until you reach your goal.

**Determination** is to act as though it were impossible to fail, and you can only succeed. There are a variety of benefits from being a determined person. One of the biggest benefits of being determined is that you achieve what you set out to do. Being determined, other people usually have a positive opinion of you. A person who is steadfast and determined to achieve their goals is admired and looked upon favorably. There is also personal satisfaction in achieving what you set out to complete. What makes you feel better than achieving your goals and feeling like a champion? Do not ever give up on reaching your goals. If you can visualize it and dream it, then you can be determined and achieve it! Some people give up too soon because the work required outweighs the desire. Putting in hard work and staying determined is what creates successful people. If your goal is to earn your black belt, then do not stop until you have that black belt around your waist. You can do it. We all can.