

Dickson Taekwondo News

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May Calendar

May 6th – Old Timers Day Parade and Booth

May 29th – No classes in observance of Memorial Day

Future Events

June 26-30 - Testing Preparation Day Camp. Camp times will be 8:00 am to 4:00 pm with early drop off for you Nashville workers as early as 6:15 am and late pickup 5:30 pm. That week will also be testing on Wednesday night for Beginners, Thursday for Intermediates and probably Friday night for Advanced students. We will have Taekwondo classes preparing students for testing (especially important for students who have been out for a few weeks in the Afterschool Program or any student who has been on vacation for a week), martial arts games, & a swimming party. So fun, work, fun, food, & fun !!!

Mark your calendar & let me know to save you a spot.

Also, we will be partnering again this summer with the **YMCA** to teach a Taekwondo class during their camps.

****SUMMERTIME SPECIAL****

This is a special Wednesday class for 8 weeks. Classes will be limited to 20 students and will be 1 hour each week on a different topic each week. For example, one week sparring, telegraphs, another weapons, grabs, etc. Cost will be \$20 per class or all 8 for \$99.

Life is ten percent what happens to you and ninety percent how you respond to it.

May Birthdays

Cooper Daugherty – 4th

Preston Sheldon – 5th

Sarah Cooley – 8th

Grant Christian – 12th

MariaDawn Gray – 13th

Zachery Standifer – 14th

Sydney Tucker – 15th

Braylon Mallard – 18th

Posey Bridges – 19th

Dylan Wills – 22nd

Levi Dixon – 23rd

Sebastian Roberts – 24th

Allen Butler – 24th

Aidan Nash – 25th

Eric White – 26th

Emalie Cochran – 29th

Cheyenne Eleazer – 29th



Happy Mother's Day

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!

Your vision will become clear only when you can look into your own heart.

TRUST: Reliance on the integrity, strength, ability, surety, etc. of a person or thing.

Learning what trust is and what it means to other people is the basis of creating relationships. It is one of the most important factors to having successful relationships. Be reliable. Do what you say. To build a foundation of trust, you must be able to do what you say you will do. No matter how big or small a thing it is, failing to follow through with what you said you will do can create fractures in trustworthiness. Honor your promises. You need to be dependable. When you make a promise, you must keep it. Be consistent. Following through on your word over a long period of time helps to build that foundation of trust. You cannot only follow through on your word once or twice, but you must do it consistently over time to show you can be trusted.

HONESTY: When you speak the truth and act truthfully.

Being honest is an important part of being trustworthy. You want to tell the truth as much as you can. Imagine your friend lets you borrow a t-shirt, and you accidentally rip a hole in it. You could lie and tell them you lost the shirt or try to buy a new one and replace it, but it is important to tell your friend what really happened because if they found out you lied, that would fracture their trust in you. If you do lie, admit to it. Everyone makes mistakes and sometimes people lie without meaning to. If you ever get caught in a lie, just admit you lied and move on. Always remember to speak from the heart. This helps to gain trust from others. If you are conveying information in cold hard matter of fact way, this can discourage trust. Be compassionate and understanding and trust will be created.

TRUST: Being open, sharing, and begin credible can help maintain trust in relationships.

Being open is a large part of gaining others' trust. This means that you willingly volunteer all relevant information. Omitting important details is another form of lying. It is too hard to keep track of what you left out of a story, and then you can look like you are hiding something. It is very easy to lose credibility when people start to notice contradictions in your stories. It is always best to build trust by telling people what they need or want to know. When it comes to having secrets, if you have any, just say so. You should not have to share everything with everyone, but just let them know they have nothing to worry about, but you are not ready to share that information yet. Letting someone know you are withholding personal information keeps you credible instead of being dishonest.

INTEGRITY: The quality of being honest and having strong moral principles.

Show your integrity. Show everyone you are capable of being honest and acting honestly. Keep secrets that people tell you. Never tell someone else's secret, because that is a betrayal of trust. If you ever do accidentally tell someone else's secret, you should immediately confess and apologize. Trust can be solid when you display loyalty towards others. You want to protect them and be on their side. Managing your emotions can also help build trust with others because it is hard to trust someone who is unpredictable. Try not to blow up at people when they make mistakes, and instead appropriately express your emotions for every situation. Avoiding abusive behavior helps to show your integrity as well. Not many people trust someone who humiliates, degrades, threatens or hurts other people.