



Dickson Taekwondo News

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446-5622



September Birthdays

Bradlee Parker – 2nd
 Betty An Thompson – 2nd
 J.T. Brooks – 3rd
 Thomas Hatley, Jr. – 4th
 Caitlyn Carter – 5th
 Erin Young – 9th
 Trey Hunt – 10th
 Luke Anderson – 10th
 Ethan Paradise – 11th
 Val Duran – 11th
 Haven Hall – 11th
 Zachary Holland – 14th
 Scott Nason – 26th
 Conner McCormick – 26th
 Trey Kinnard – 26th
 Nikki Feely – 28th
 Jayce McCartney – 29th

IT'S GETTING CLOSE – THE CTF NATIONAL TOURNAMENT - HERE AT HOME !

DICKSON TAEKWONDO HAS BEEN ASKED TO HOST THE CTF NATIONAL TOURNAMENT - AGAIN! WE ARE LOOKING AT NOVEMBER 19TH AT DICKSON COUNTY HIGH SCHOOL. FOR OUR TOURNAMENT TO BE SUCCESSFUL WE NEED EVERYONE'S HELP. *WE WILL NEED A LOT OF VOLUNTEERS TO HELP IN MANY AREAS.* I AM LOOKING FORWARD TO SEEING OUR STUDENTS COMPETING.

September Calendar

Sept. 5TH – No class in observance of Labor Day. Everyone have a safe and happy holiday!

SPECIAL TOURNAMENT PREPARATION CLASSES, TUESDAYS @ 7:00PM

Sept. 10th Spar Wars Southaven, MS

Oct. 1st – Testing

“ENERGY AND PERSISTENCE CONQUER ALL THINGS.” – BENJAMIN FRANKLIN

PERSISTENCE: The act of persisting or persevering; continuing or repeating behavior. Persistence means continuing to work toward a goal even when it takes a long time to reach or it gets tough along the way. Without persistence, obstacles stop us. With persistence, we learn from our failures. We work with the obstacles and failures and use them as stepping stones instead of barriers. Persistence allows us to succeed where otherwise we might fail, because much of what matters in life requires sustained efforts and repeated attempts. The greater the accomplishment we seek, the more likely this is to be true. Persistence in the service of a higher goal calls out many other virtues in us, because in order to persist, we have to push ourselves beyond what is comfortable.

PERSISTENCE: Without persistence, many people fail before reaching their ultimate success. Persistence is the quality of continuing steadily despite problems or difficulties. It is a quality that high achievers possess. The longer you stay committed to a task or a goal, the more likely something good will happen for you. Without persistence, it would be impossible to complete a task or reach your goals. Through persistence, you develop yourself and learn new lessons. You face challenges and obstacles, but the payoff comes when you refuse to give up and never quit. Have you heard that anything worth having is worth working for? It is very true. Good things happen when we stay dedicated, persistent, and patient.

PERSISTENCE: Having an end result in mind will keep you motivated, which builds persistence. An important piece to having persistence is support. Sometimes when it comes to things you want to accomplish, having role models who are above your level makes you want to keep pushing for those goals. It is always nice to have a support team like your friends, family, mentor, and peers that can be right by your side when you need an extra motivational boost. Having the right support is always beneficial, but it can be hard to find. If you feel like you do not have a mentor in your support circle that you could sit down and talk about your aspirations, try to find one that has been where you are and who is currently where you're trying to go. There is no point in having a support team that cannot connect to your goals because they do not have goals themselves. If you're aiming to get your black belt, talk to someone who is a black belt to get their support.

PERSISTENCE: Every step brings you closer to your dreams. Without persistence, having ambition is useless. Whether it's getting that next belt in martial arts or trying to exercise even though you do not see results immediately, having an end result will keep you motivated and focused. Having a good imagination is also helpful when it comes to being persistent. When you visualize your dreams and goals, these visions can get you through the bumps and obstacles along the way. You cannot let one failure in your journey to success dictate your motivation for the rest of your life. Every single step you take every single day gets you closer to reaching your dreams.

“IF YOU CAN'T FLY, THEN RUN, IF YOU CAN'T RUN THEN WALK, IF YOU CAN'T WALK THEN CRAWL, BUT WHATEVER YOU DO YOU HAVE TO KEEP MOVING FORWARD.” - MARTIN LUTHER KING, JR.