



Robinson's TKD News

For and about those who strive for Black Belt excellence!

July 2009

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Pride

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"Success...It's a matter of PRIDE"

We begin our third quarter of 2009 with a

new theme of **"Believe and Succeed"**. We will be exploring ways for the students to enhance their success through believing more in their own abilities, and by learning to take personal responsibility on their paths toward accomplishing their goals. During the month of July we will examine Pride; how through Responsibility, Integrity, Determination and Effort, students can be proud of their accomplishments and be proud of themselves. It is important that students realize that having pride in oneself is not being prideful. Being prideful involves the elements of arrogance and conceit that will not lead to productivity.

Studies for the second week of July center on the concept of Responsibility and how it relates to Pride. Only by taking personal responsibility of each decision made and action taken, can credit be taken for success. If students can ask themselves if they will be proud of the outcome of their actions after the fact, and can answer "yes", then their choices will, more often, be good ones. This is the concept for our third week of study—"Pride is...Integrity." Students will learn that, to be truly successful, they must

Pride

be able to make decisions based on what they know to be right, and be willing to stick to those values even if others encourage them to do otherwise.

Determination plays an important role in reaching goals. It is only through determination that obstacles are overcome and feeling of pride in one's actions can be gained. During the fourth week of July, the students will look at how determination can lead to success.

Unless sincere effort is put into any task, it is hard to feel proud of the outcome. If we have to work just a little harder or longer for something, we tend to appreciate it more. This is the difference between wanting something to happen, and making it happen. Pride comes from hard work and effort. This is the focus of our fifth week of study.

If we **"Believe"**, we can **"Succeed"** at any thing and be proud of that success! Remember to look for the "Pride" Worksheet to develop a better understanding of the important role that pride and the related elements of Responsibility, Integrity, Determination and Effort play in that success.



"Pride is an integral aspect of success and happiness." - Richard Bach

Success: It's just a matter of...

Laughing often and much;

Winning the respect of intelligent people and the affection of children'

Earning the appreciation of honest critics and endure the betrayal of false friends;

Appreciating beauty, to find the best in others;

Leaving the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition;

Living life with Enthusiasm, Excitement and Passion;

Making choices each day that move you closer to your goals;

Doing what you love and loving what you do;

Give the very best that you have to give and sit back and be proud of your efforts;

Loving, and allowing yourself to be loved;

Knowing even one life has breathed easier because you have lived.

This is to have succeeded in LIFE!

Pride is Effort

There once were three martial arts students who were being watched as they practiced in front of a crowd. A small girl pushed her way to the front of the gathering so that she could see better. She saw that the students were all doing the same exercise, but the crowd seemed to be paying the most attention to the student on the right.

The girl watched for some time, and could not really see that the student was doing anything differently from the other two, yet as he did the moves, the crowd "oh'd" and ah'd" over anything he did. The girl tugged on the sleeve of the man standing next to her.

"Sir," she said. "Why is everyone so impressed with that student?"

"Why, he is the best!" the man said.

The girl didn't really understand. To her, all three of the students looked as if they were doing the same moves. What made this particular student different.

The demonstration was over and the crowd clapped and started to disperse. The girl could see some people around the students, talking to them, and she decided she would go for a closer look. Perhaps up close, she could see the difference in the students. Since most of the people were talking to the student that she had been told was the best, she stopped to talk to one of the others.

"What were you doing?" she asked.

The student replied, "I was working on an important kick."

She then went to the second student and asked the same question.

"I'm working on a new belt level," he said.

"Oh," the little girl replied. Finally, she was able to get close enough to the third student to ask the same question of him.

His reply was, "I'm working on my Black Belt," he said. Now the little girl could see why this student was the best. Every effort he had was going toward being the best he could be. He was the best!

June Happenings



GM Robinson unloading goods at Foodlink



GM Robinson tours Foodlink facility



Robinson's TDK promoting Suit Up Dad Program on KCRA



Kicking off the Suit Up Dads drive



Robinson's TKD volunteering at the KVIE Phone Bank



KVIE Phone Bank

UWTA

National Champions

OLGA SLABCHAK
SUSIE GULDE
AMANDA PALMER
E. J. HARRIS
JENNIFER REASNER
ALEX MOTA
CLINTON ROBINSON
JONATHAN PESCHKE
KIMBERLY AGUILAR
DANIELA SARAVIA
SAVANNAH MONTANO
JESSICA LOPEZ-DIAZ
CASSIE BERGER
JARED DANEK
RACHEL WILSON
CARLY BERGER
STEVEN AGUILAR
KEVIN AGUILAR
ANDREA LOPEZ-DIAZ
NADIA VASQUEZ

RAELEN WILSON
RANDY WILSON
SUIS SARAVIA
SKY MCINTYRE
MICHELLE MOTA
JACOB DANEK
JOHN DANEK
SUSIE GULDE
SARAH HILAMAN
CALLIE SENNA
EVELYN LOPEZ-DIAZ
MIKE FRANCISCO
ANDRE MOTA
CHRISTOPHER SMITH
JERET FAURE
JANICE FLAMM
NATHANIEL FLAMM
ALEX MOTA

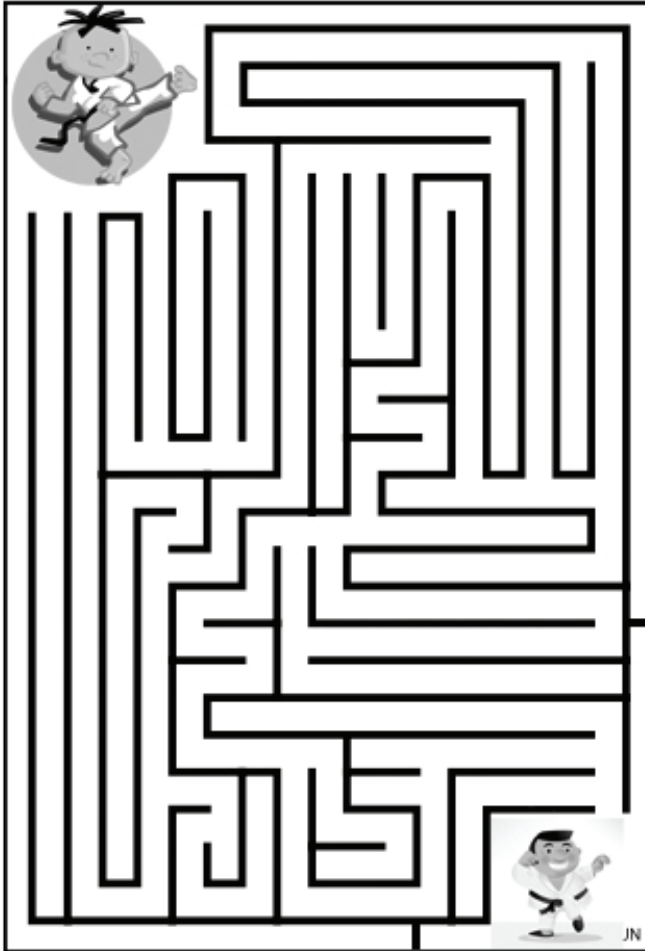
Congratulations!!

Upcoming Events

JULY	AUGUST	SEPTEMBER	OCTOBER
CLOSED Summer Break 6/29 - 7/5	Black Belt Pre-Test 8/8	Parent's Night Out 9/18	UWTA Black Belt Test National Tourney at Circus Circus Reno, Nv 10/2 - 10/3
Parent's Night Out 7/17	Belt Test Graduation 8/14 - 8/15		Belt Test Graduation 10/9 - 10/10
UWTA Camp 7/10 - 7/12	UWTA Regional Sacramento 8/29		

Kid's Corner

Help the little boy to find his Sabumnim



Unscramble The Words for Back to School Items

1. sobok _____
2. lpescin _____
3. rppae _____
4. nuchl _____
5. frmniuo _____
6. toraluclac _____
7. luerr _____
8. yonarcs _____
9. ramresk _____
10. kabckaps _____
11. meohrkow _____

Answers: 1. books 2. pencils 3. paper 4. lunch 5. uniform 6. calculator 7. ruler 8. crayons 9. markers 10. backpacks 11. homework

Matching the terms with the definition

- A. Self-Discipline
- B. Respect
- C. Courage
- D. Honesty

- _____ is telling the truth; not telling lies
- _____ to be brave; does not mean that you are not afraid of anything
- _____ listen when other people are talking
- _____ is when you get your homework done before you play with your friends

Answers: A. get your homework done... B. listen when other people are talking C. to be brave... D. telling the truth