



Robinson's TKD News

For and about those who strive for Black Belt excellence!

June 2009

"Indomitable Spirit... The Fire Inside You"

On The Cover

Cover Story

Indomitable Spirit

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As we continue to Strive For Black Belt Excellence, our

third theme for this quarter explores the **Indomitable Spirit** in all of us; **The Fire Inside** of each of us that allows us to believe in ourselves so much that we believe that it is impossible to fail. Our first lesson this month helps the students to recognize that fire as a tool they have to help them achieve their goals. They will look at how their attitude directly affects everything that they do, and at how combining Indomitable Spirit with a positive attitude can give them what they need to succeed.

During the second week of the month, the students will see it is important to **Have the Courage to Dream the Impossible Dream**. This theme directly ties into the subject of Fear, and how it can control the decision making process. By recognizing the power of indomitable spirit, the fear of failure can be outweighed by the courage to dream a dream and then work to make it a reality. This can directly relate to the student's desire to earn their Black Belt. Is fear keeping them from achieving this dream? Once fear is eliminated

INDOMITABLE SPIRIT

from the decision making process, a Black Belt can be a reality.



How does **Going the Extra Mile** relate to Indomitable Spirit? The third week's lesson centers on the idea of giving just a little bit more each time a task is done. If the students learn to push themselves just a little bit beyond where they thought they could go, they will realize that by challenging themselves, anything is

possible. Doing more than what is expected - Going the Extra mile - is Indomitable Spirit.

We close this month by learning that **To be successful...all you need to give is everything you have**. The student's will see that it is one thing to have dreams, and another to make those dreams come true. They must be willing to put 100% effort into all that they do to get the most out of life.

Don't forget to review the Indomitable Spirit Worksheet this month as a way to drive home the need to tap into the Indomitable Spirit to make your dreams come true!

"Have the Courage to Dream the "Impossible Dream." - Walt Disney

Just for Today...

Just for Today...

I will try to live through this day only and not tackle my whole life problem at once.

Just for Today...

I will be happy. Abraham Lincoln said, "Most folks are as happy as they make up their minds to be."

Just for Today...

I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.

Just for Today...

I will try to strengthen my mind. I will study and learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration

Just for Today...

I will exercise my soul in three ways: I will do someone a good turn and not be discovered; I will do at least two things I don't want to do-just for exercise; I will not show anyone that my feelings are hurt..

Just for Today...

I will have a program. I may not follow it exactly, but I will have a program I will save myself from two pests: Hurry & Indecision.

Just for Today...

I will have a quiet half hour all to myself and relax. During this half hour, I will try to get a better perspective of my life.

Just for Today...

I will be unafraid. I will not be afraid to enjoy what is beautiful and believe that as I give to the world, so the world will give to me.

Just for Today...

I will be agreeable. I will look as good as I can, dress appropriately, speak low, act courteously, criticize not, find fault with nothing and not attempt to improve or regulate anyone but myself.

Dream the "Impossible Dream"

The tiny tree felt very lonely as it was overshadowed by the tall redwoods that surrounded it. As he looked up, he could barely make out patches of blue sky that peeked through the thick cover of branches overhead. His dream was to be tall enough for his branches to feel the warm sun on them all day long. He wanted to be so tall that birds would want to nest in his branches, and squirrels would hide acorns in his trunk.

The trees around him began to sway in the wind. Their branches parted so that the little tree was warmed by the sun. He enjoyed it for a short time until the wind died down. He tried to picture what it would be like to have a strong sturdy trunk that could bend with the wind and not be afraid of breaking. His thoughts made him sad and he began to droop.

Suddenly, a tiny sparrow landed on him. The little bird could tell that the tree was unhappy and asked what was wrong. "I am so small," the little tree said, "I dream about growing to be the tallest tree in the forest and feeling the sun on my branches all day. I want to have nests on me and acorns in my trunk like the big trees."

Just then, the little tree noticed that the huge redwood to his left was listening. The big tree said, "You know little one, I was once just your size. Do you think that we all started out this big? Have courage, little one. Stand tall, not matter what height you are, and your dreams will come true."

The little tree was amazed to think of the huge redwood as ever being as small as himself. He realized that all the trees had to have started out somehow. The wind began to blow again, and as the branches above him spread to let in the sun, the little tree strained to soak up as much as he could. He was going to live his dream!

AAU

Qualifier Results

SAN FRANCISCO
May 2, 2009

CALIE SENNA - Gold, Silver
 MAIA HALLOCK - Bronze
 SYDNEY VALLEY - Gold, Bronze
 JENNIFER REASNER - Silver
 DARRIUS ROBINSON - Gold, Silver, Bronze
 LOVEDEEP SINGH - Gold, Bronze
 STEVE HEFLEY - Gold, Bronze
 OLIVIA SMITH - Gold
 FRED ESTRADA - Gold
 DOMINIC HILAMAN - Gold
 SARAH HILAMAN - Gold
 KEVIN PRIETO - Gold
 CHRIS SMITH - Gold
 JADEN BAILEY - Gold, Bronze
 MAURINE COBILE - Bronze
 BIANCA COLINARES - Silver
 CIANA COLINARES - Gold
 JOSHUA COLINARES - Gold, Silver
 JERET FAURE - Gold
 SKY MCINTYRE - Gold, Gold
 JONATHAN NATIVIDAD - Gold
 YVETTE VELASQUEZ - Gold
 ADAM VUE - Bronze
 ALYSSA VUE - Gold
 RACHEL WILSON - Silver, Silver
 RAELEN WILSON - Gold, Bronze
 RANDY WILSON - Gold, Silver, Silver

USAT

Qualifier Results

SAN JOSE
May 8 - 9, 2009

CLINT WETHINGTON - Bronze
 AMANDA PALMER - Silver
 TREVOR FRAME - Gold
 KA'REN MINASIAN - Bronze
 MICHELLE LEWIS - Silver
 JENNIFER REASNER - Bronze, Gold
 ALEX MOTA - Silver
 JAMIE SHELTON - Bronze
 SUSIE GULDE - Silver
 KARL YEE - Gold
 TAREN OGATA - Silver, Bronze
 ANDRE MOTA - Silver
 ROXANNE SALINAS - Bronze
 DANIEL PEDROZA - Bronze
 CINDY PEDROZA - Bronze
 SKY MCINTYRE - Gold, Gold
 MAURINECOBILE - Gold, Silver
 STEVEN AGUILAR - Gold
 JOSHUA COLINARES - Gold
 JACOB DANEK - Bronze
 CALLIE SENNA - Silver, Gold
 E. J. HARRIS - Bronze
 GABRIEL MAMARALLO - 2 Gold
 DANIELLA SARAVIA - Bronze
 SAVANNAH MONTANO - 2 Gold
 ALBERTO ROMAN - Silver
 JESSICA LOPEZ-DIAZ - Gold

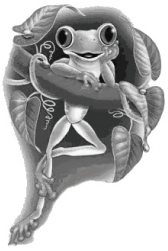
CASSIE BERGER - Silver
 LUIS SARAVIA - Silver, Gold
 MAKAYLA PROPS - Bronze, Gold
 ANGELINA POPE - Gold
 MIKE FRANCISCO - Bronze
 DOMINIC HILAMAN - Bronze
 CHRIS SMITH - Gold
 DANIELLE HOWARD - Silver
 MONIQUE FRANCISCO - Gold
 YASMIN BROWN - Silver
 DARRIUS ROBINSON - Silver

Congratulations!!

Upcoming Events

JUNE	JULY	AUGUST	SEPTEMBER
Belt Test Graduation 6/12/ -6/13	CLOSED Summer Break 6/29 - 7/5	Black Belt Pre-Test 8/8	Parent's Night Out 9/18
Open House 6/20/2009 1 - 4pm	Parent's Night Out 7/17	Belt Test Graduation 8/14/ - 8/15	
	UWTA Summer Camp 7/10 - 7/12	UWTA Regional Sacramento 8/29	

The History of the Baby Frog



Once upon a time there was a bunch of baby frogs participating in a competition. The target was to get to the top of a high tower. A crowd of people had gathered to observe the race and encourage the participants.
The start shot rang out.....
Quite honestly:



None of the onlookers believed that the baby frogs could actually accomplish getting to the top of the tower.

Words like: "Ah, it's too difficult!!!
They'll never reach the top." or:
"Not a chance... the tower is too high!"

One by one some of the baby frogs fell off... Except those who quickly climbed higher and higher..

The crowd kept on yelling: "It's too difficult. Nobody is going to make it!" More baby frogs became tired and gave up... But one kept going higher and higher. He was

not about to give up! At the end everybody had given up, except the one determined to reach the top! All the other participants naturally wanted to know how he had managed to do what none of the others had been able to do!

One competitor asked the winner, what was his secret? The truth was..... The winner was deaf!!!!



The lesson to be learned:

Don't ever listen to people who are negative and pessimistic, they will deprive you of your loveliest dreams and wishes you carry in your heart! Always be aware of the power of words, as everything you hear and read will interfere with your actions! Therefore: Always stay **POSITIVE!**

And most of all: Turn a deaf ear when people tell you, that you cannot achieve your dreams! Always believe: You can make it!



KIDS CORNER

What friend of George's turns into a butterfly? _____

Connect the dots and color

