



# Robinson's TKD News

*For and about those who strive for Black Belt excellence!*

November 2009

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Success

### What's Inside

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## "Act with Honor"

**C**ontinuing with the theme of "You Are A Winner"

during this final quarter of 2009, for the month of November we turn our attention to the concept of **Honor**.

Although the idea of honor sounds like something more prevalent in history archives with white knights or duels being fought, honor is something essential to our lives today.

We begin this month's lesson by introducing Honor as a basis for how the students will be able to

judge their actions in their daily lives. The students will explore how honorable deeds and ways can bring them closer to personal success. By establishing their own honor code, the students will be able to make wiser decisions with less conflict from outside pressures such as their peers. If the students develop a healthy fear of losing their personal honor, they will have no fear of the influence of others. The remainder of the month will be devoted to looking at what makes up the notion of Honor; **Obligation, Justice and Courage**.

The second week's study will focus on

## HONOR

**Obligation** and what role it plays in being an honorable person. Students will recognize that fulfilling their obligations is a vital element for honor to exist in their lives.

The introduction of **Justice** in the third week will show the students the difference between feeling obligated because of fear, and having the desire to fulfill obligations because it is the right thing to do.

It is more often harder to do the honorable thing in a given situation than not. Therefore, how **Courage** relates to Honor is important. The students will see in the final week that it is important to act honorable and face difficult situations despite fear and personal negative consequences.

This month's worksheet will be used both at home and in class to help students better understand how to establish honor in their lives. It will be a valuable tool during their learning process. Be sure to take a look at it!



"My honor is my life; both grow in one; Take honor from me, my life is done." - Richard II, Shakespeare

# DON'T QUIT

When things go wrong as they sometimes  
will,

When the road you're trudging seems all up-  
hill,

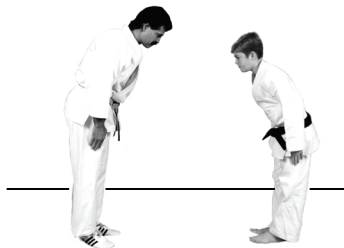
When the funds are low and the debts are  
high,

And you want to smile, but you have to sigh.  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is queer with its twists and turns.  
As everyone of us sometimes learns.  
And many a failure turns about  
When he might have won had he stuck it out;  
Don't give up though the pace seems slow—  
You may succeed with another blow.

Success is failure turned inside out—  
The silver tint of the clouds of doubt,  
And you never can tell just how close you  
are,

It may be near when it seems so far;  
So stick to the fight when you're hardest hit—  
It's when things seem worst that you must  
not quit!



# ACT WITH HONOR

Andy and Paul ran as fast as they could through the field. As they neared the chain link fence that divided the open meadow from the black top to the school yard, they threw their backpacks over and leapt after them.

Halfway across the school yard, the loud shrill of the final bell could be heard and nothing could change the awful fact that they were indeed late. This was the third time in one month, which meant suspension from this week's game. Paul started to slow his pace since running would do no good now. Andy looked back at him and said, "Come on, there's still a chance." Paul couldn't figure out what chance there could be, but he picked up his pace again and headed after the other boy.

They entered the deserted hallways of school building and took the stairs two at a time to the second floor. There both boys stopped at the door to their classroom and Andy stood tiptoe and peeked in. A quick glance around the room told him that Mrs. Edwards was not there. Andy turned to Paul and said, "I heard her say yesterday that she was waiting for an important call and might not be in for the first few minutes of class. We're in luck! Let's go." Both boys had just slid into their seats when Mrs. Edwards entered the room.

Paul sat in his seat and knew why he did not feel relieved. He looked over at Andy who was obviously elated at not being caught. Mrs. Edwards greeted the class saying, "I'm glad you're all present. I thought I saw some empty seats before I left." Andy watched in disbelief as Paul informed Mrs. Edwards that Paul had been late. He didn't say anything about Andy, so Mrs. Edwards thanked him and marked Paul late in her book. Andy was stunned throughout the remainder of the morning and shared his confusion with Paul at the first recess.

Paul listened as Andy reminded him that he wouldn't be playing in this week's game. "Andy," he said, "I was obligated to tell Mrs. Edwards that I was late. Would I be able to play this week knowing that I really didn't deserve too?" Andy still didn't understand, but knew he had preserved his honor.

# Memories of October



UWTA National Championship Trophies



Black Belt Testing Participants and Officials



Tournament Champions



UWTA Pomsae Champions



Introducing Master Peschke



Preparing for the Black Belt Exhibition

# *2009 UWTA National Champions*

MICHELLE MOTA  
 JAIDA ROBINSON  
 LOVEDEEP SINGH  
 JOHN DANEK  
 ROXANNE SALINAS  
 AMANDA PALMER  
 ERIC VERSTEEGH  
 JAYDEN CHEQUINA  
 ALEXANDER COLLEY

CLINT WEITHINGTON  
 CALLIE SENNA  
 E.J. HARRIS  
 RANDY WILSON  
 LISA DEINES  
 SAYDE PESCHKE  
 ELLORA PALADO  
 JESSY RICH  
 JIM MOLINO

## *Congratulations!!*

# *Upcoming Events*

NOVEMBER	DECEMBER	JANUARY	FEBRUARY
<b>Competition Poomsae Tournament</b> 11/7	<b>Belt Test Graduation</b> 12/4 - 12/5	<b>UWTA Regional Taekwondo Tourney Sacramento</b> 1/16	<b>Belt Test Graduation</b> 2/12 - 2/13
<b>Parent's Night Out</b> TBA	<b>Goodwill Invitational Taekwondo Tourney Sacramento</b> 12/12	<b>Black Belt Pre-Test</b> 1/23	<b>2010 Sacramento Invitational Taekwondo Tourney</b> 2/20
<b>Women's Safety Seminar</b> 11/13 - 6:30 pm 11/14 - 11:00 am	<b>CLOSED</b> <b>XMAS Vacation</b> 12/24 - 1/2		
<b>CLOSED</b> <b>Thanksgiving</b> 11/26			
<b>Family &amp; Friends Shopping Day</b> 11/27			



# Kid's Corner

## Thanksgiving Activities

### Recipes

#### PEANUT BUTTER TURKEY TREATS

1. Using a large, turkey-shaped cookie cutter, cut cookie shapes out of toast.
2. Spread toast turkeys with peanut butter.
3. Add corn candies for feathers.
4. Add raisins for eyes.

Gobble!

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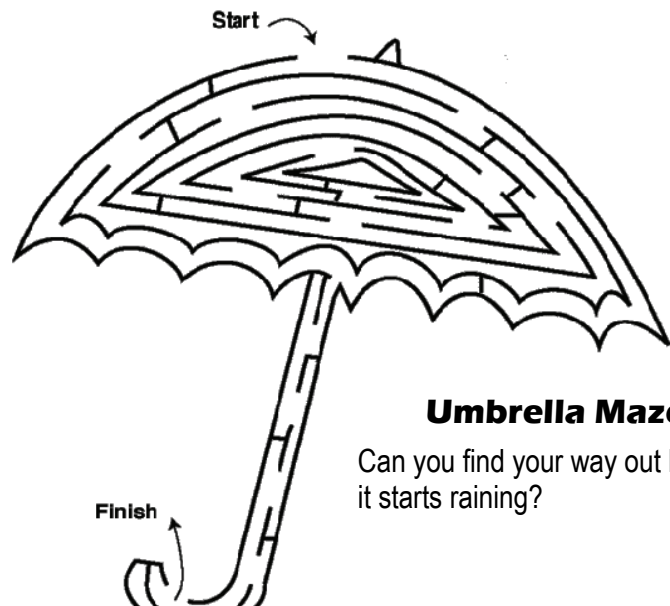
#### Color the Pilgrim and the Indian



#### Unscramble the Thanksgiving words below:

1. IGLPRMSI \_\_\_\_\_
2. KEUYTR \_\_\_\_\_
3. KVAIGSNIHGTDN \_\_\_\_\_
4. ONCR \_\_\_\_\_
5. NEDIRN \_\_\_\_\_
6. IMLFYA \_\_\_\_\_
7. IISADNN \_\_\_\_\_
8. GYARV \_\_\_\_\_
9. NRVBMOEE \_\_\_\_\_
10. PEAARD \_\_\_\_\_
11. BGELOB \_\_\_\_\_
12. ADIOHLY \_\_\_\_\_

Answers: 1. pilgrims, 2. turkey, 3. Thanksgiving, 4. corn, 5. dinner, 6. family, 7. Indians, 8. gravy, 9. November, 10. parade, 11. gobble, 12. holiday



#### Umbrella Maze

Can you find your way out before it starts raining?