



# Robinson's TKD News

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

November 2010

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Integrity

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*"Integrity...your strength for life"*

## INTEGRITY

**T**he student's Personal Quest should always focus on ways to build character in order to be successful and live happily.

This quarter's theme of Personal Quest supports that goal with the month of November dedicated to exploring the value of Integrity. It is vital for the students to realize the importance of integrity to their thoughts, their actions and their words. To act with integrity is to act with honor, morals and honesty. It is up to us as parents and instructors to provide a positive example for the students in regard to these very special values.

Throughout the month the students will examine how their level of integrity touches every aspect of their lives and can affect them both now and for along time to come. They will see the importance of

honesty toward themselves and in their relationships with others. The first step is to accept that integrity is the foundation for all other values. Martial Artists understand how important integrity is in their daily lives. success. They learn from

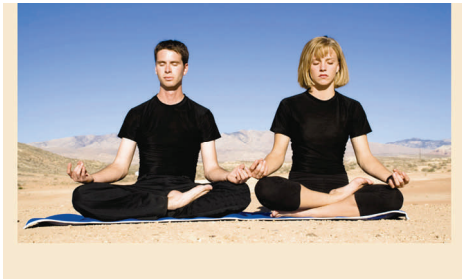
the earliest stages of their training that they must always listen to that voice inside them, usually called 'conscience'. It gives them a little nudge when they are about to slip, and a warm feeling when they hold firm. It helps them accept their responsibility to set a good example, and to inspire others to follow their lead



and stand up for what they feel and believe. This is not always easy, but the students will realize that their efforts will be worth it when they can see themselves as successful because they have INTEGRITY.

*"If you're good when nobody's looking, that's integrity" - Anonymous*

# Holiday Season Stress Management



Everybody knows that the holiday season is stressful. It can steal your confidence, weaken you and bring on all sorts of illness. If you know how to manage stress during this season you will be able to maintain balance in your life. We recommend the following tips to help you prevent the bad effects that stress can have on you during a hectic time of the year.

1. **Schedule** - plan things with room so you're not constantly doing activities.
2. **Budget** - spending more than you have will come back to haunt you.
3. **Diet** - avoid overeating and foods that are high in fat and sugar content.
4. **Exercise** - be sure to follow a regular routine to burn calories and stress.
5. **Relax** - set aside time off from work, family gatherings and shopping to recover.
6. **Expectation** - hope to enjoy yourself, but don't expect mountain top experiences.
7. **Sleep** - get proper amounts of rest to recharge your energy.

As they say, "An ounce of prevention is worth a pound of cure. While this list is not extensive, it does give you the basic foundation for beating holiday stress with a little Common Sense Self-Defense.

# MARTIAL ART TRADITION

Grandmaster Tao was a martial arts expert both physically and philosophically. The primary tenet in his school was the motto "Thankfulness and appreciation leads to joy."

One day a student asked, "Grandmaster Tao, why do you always seem to be so happy and have the ability to make other people happy?"

He paused for a moment, then replied, "I have learned the lesson of being thankful."

Puzzled by his answer the student asked, "What do you mean?"

Grandmaster Tao said, "I had to learn the way of thankfulness because it is like a balm"

Once again the student questioned, "You're saying thankfulness is like a medicine?"

He answered, "That's right, it can heal the person who is thankful and the ones he expresses thanks toward."

"Wow. I didn't know that, Sir." The student replied. "When I was young, I trained hard, but did not enjoy myself. I traveled the world competing and saw many things, but didn't take the time to appreciate it. I taught many students in a harsh way and never was thankful." Grandmaster Tao said.

The student looked in amazement and asked, "What changed you?"

Again Grandmaster Tao said, "I learned the way of thankfulness. My health became poor because I was depressed. I stopped traveling and competing. I also lost all of my students. Then one day it hit me, I was not grateful for all that I had. From that point on, I began to reflect on my past with thankfulness for all of the experiences and people that came my way."

The student said, "You hit a low in your life."

Grandmaster Tao said, "Exactly. Sometimes it takes falling from the mountain to see that we should be thankful for each aspect of the climb to the top. Now I am happy with myself and travel the world for tournaments with the many students I currently have. I owe all of this to becoming thankful. The joy that comes from thankfulness is contagious."

# Memories of October



*Tigers at the  
Poomsae Championship*



*Awards at the Reno Nationals*



*Danielle Howard  
National Champ  
Poomsae and Sparring*



*Silver Tigers  
Line Up!!*



# *2010 UWTA National Champions*

MARCUS SHELTON  
NATHAN FLAMM  
VANUSH KNYAZYAN  
BRAD DURST  
COLE MALIBIRAN  
VIJAY SRINIVASAN  
JADEN BAILEY  
JENNIFER REASNER  
ROXANNE SALINAS  
CLINT WEITHINGTON

CLINT WEITHINGTON  
ALISHA RODRIGUEZ  
DANIELLE HOWARD  
DOMINIC HILAMAN  
RONALD ROBINSON  
FAITH CERUSSI  
SAVANNAH MONTANO  
RACHEL WILSON  
ANGI MCELROY  
CALLIE SENNA

## *Congratulations!!*

# *Upcoming Events*

NOVEMBER	DECEMBER	JANUARY	FEBRUARY
<b>Parent's Night Out</b> 11/19  <b>FREE Women's Self Defense Seminar</b> 11/12 - 6:30 pm 11/13 - 3:00 pm  <b>CLOSED Thanksgiving</b> 11/25  <b>Family &amp; Friends Shopping Day</b> 11/26-11/27	<b>16th Goodwill Taekwondo Championship</b> 12/4  <b>Belt Test Graduation</b> 12/10 - 12/11  <b>Grandmaster Park Poomsae Seminar</b> 12/11  <b>CLOSED XMAS Vacation</b> 12/24 - 1/2	<b>HAPPY NEW YEAR!!!</b>  <b>Classes Resume</b> 1/3/2011  <b>UWTA Regional Taekwondo Tourney Sacramento</b> 1/29	<b>Belt Test Graduation</b> 2/12 - 2/13  <b>2010 Sacramento Invitational Taekwondo Tourney</b> 2/12



# 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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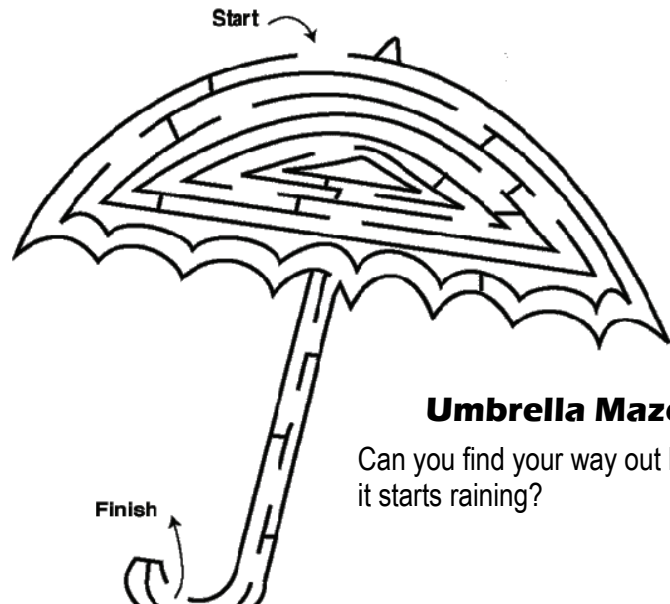
#### Color the Pilgrim and the Indian



#### 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?