



# Robinson's TKD News

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

October 2010

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*"Everyone is the product of their own works."*

Values are the interwoven threads which hold society into a working, cohesive unit. Most successful people in life agree that there are a consistent set of values which are necessary for success and happiness. These values include: Honesty, Integrity, Courage, Respect, Self Discipline, Perseverance and Loyalty.

Teaching values is just as important today as it has been since the dawn of society. But, we live in a time when society is much more complex than it has ever been. Good values are now more difficult to pass to our children because there are so many different media personalities competing for their attention.

Children today not only look up to their parents, but also to popular figures such as (who) and other teen idols who may not reflect your own values. Our children have tremendous pressures placed upon them from their peers and popular culture to involve them with alcohol, drugs and gangs.

## VALUES

In a society lacking positive examples, it is very important to provide children of all ages with an environment which will promote positive values.

Our Taekwondo program has an excellent track record of keeping kids out of trouble, off drugs and out of gangs.

We teach the importance of Honest, Respect and Integrity.

We develop Courage and Self Discipline and through this we improve Self Esteem.

We instill the importance of

Perseverance for attaining success at whatever the child strives to accomplish.

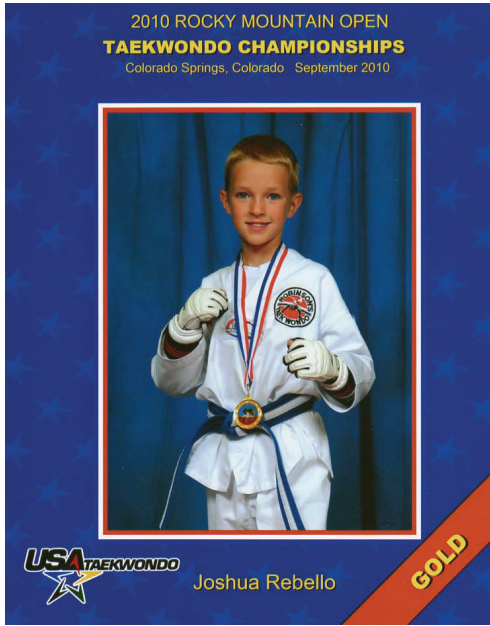
We provide an environment which nurtures trust and loyalty, and we do all of this while improving overall health and fitness.

Our program provides a positive growth environment with stimulating activity. Working together with parents, our goal is to instill values and skills that will help children to grow up to be happy and successful adults.



*"If you do not tell the truth about yourself you cannot tell it about other people" - Virginia Woolf*

# September Happenings



Joshua wins the Gold Medal at the Rocky Mountain Taekwondo Championship



The event was held at the U.S Olympic Training Center in Colorado Springs, CO. Congratulations on your victory Joshua!!!!!!!



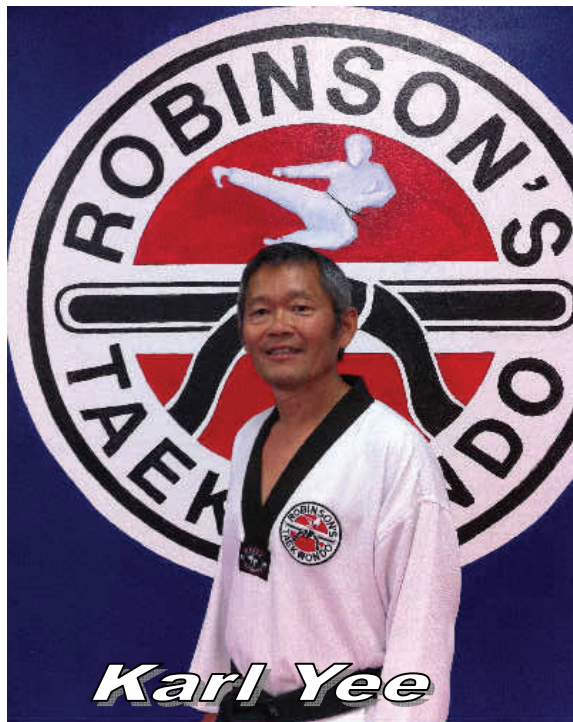
GM Robinson at 101.1Fm Radio with host Aundrea



GM Robinson and GM Lee with H.S. Lee, Kukkiwon Overseas Coordinator.

# Upcoming Events

OCTOBER	NOVEMBER	DECEMBER	JANUARY
<p>UWTA Black Belt Test National Tourney Silver Legacy Resort Reno, NV 10/1 - 10/2 Register online at uwta.org</p> <p>Belt Test Graduation 10/8 - 10/9 Sacramento Poomsae Championship 10/23</p> <p>Halloween Party 10/29</p> <p>TKD Dollars BEGINS This Month!!!</p>	<p>FREE Women's Self Defense Seminar 11/12 - 6:30 pm 11/13 - 11 am</p> <p>Parent's Night Out 11/19</p> <p>Shopping Days 11/27 - 11/28</p>	<p>16th Goodwill Taekwondo Championship 12/4</p> <p>Belt Test Graduation 12/10 - 12/11</p> <p>Christmas Break 12/24 - 1/2</p>	<p>HAPPY NEW YEAR!!!</p> <p>Classes Resume 1/3/2011</p> <p>UWTA Regional Tourney 1/29/2011</p>



*Karl Yee*



*Susie Gulde*

Robinson's Taekwondo members participate in the World Poomsae Championship this month. GOOD LUCK!!!!!!!



# Kid's Corner

## Halloween Activities

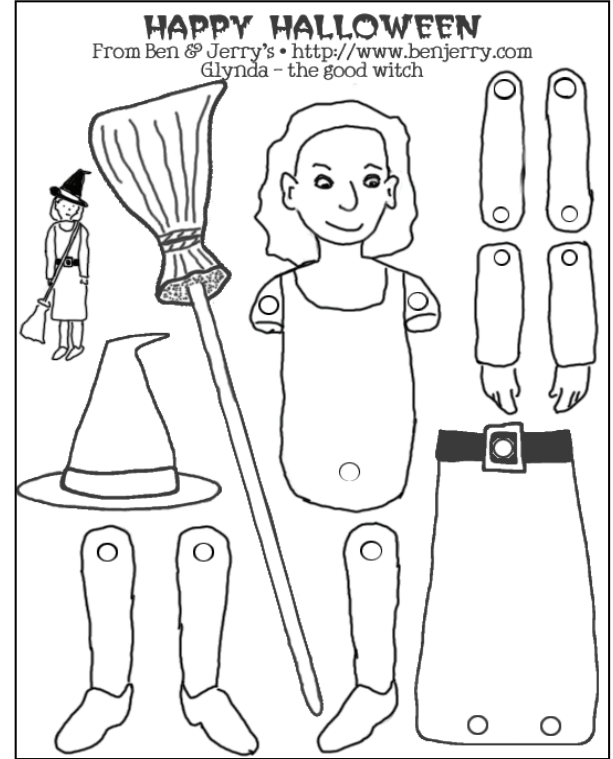
### Jokes

How do you make a skeleton laugh?  
Tickle its funny bone!

What did the skeleton buy at the market?  
Spare ribs!

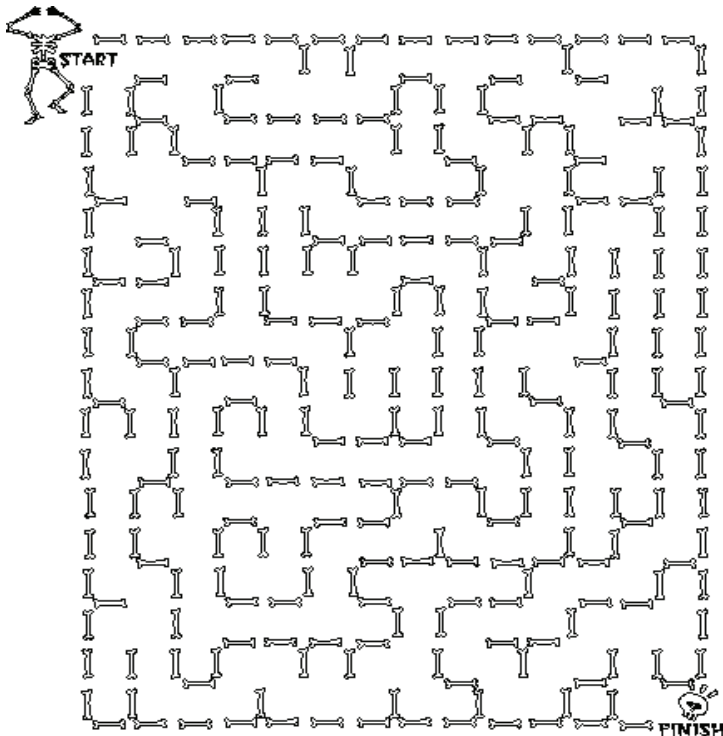
What did the snowman give the vampire?  
Frostbite!

Why did Dracula flunk art class?  
Because he could only draw blood!



### Skeleton Maze

Poor Mr. Skeleton lost his head. Can you please help find his



### Halloween Word Search Puzzle

- BAT
- FAIRY
- FRANKENSTEIN
- GOBLIN
- GORILLA
- KNIGHT
- MONSTER
- MUMMY
- PRINCESS
- PUMPKIN
- SCARECROW
- ROBOT
- SKELETON
- VAMPIRE
- WEREWOLF
- WITCH

B	P	W	N	F	A	U	T	K	A	H	Z
S	B	R	F	R	F	A	O	F	L	C	C
U	C	A	I	A	H	X	B	A	L	T	S
F	R	A	T	N	K	Q	O	I	I	I	K
L	V	C	R	K	C	N	R	R	R	W	E
O	A	C	M	E	E	E	I	Y	O	Q	L
W	M	Z	O	N	C	G	S	G	G	J	E
E	P	M	N	S	A	R	O	S	H	S	T
R	I	U	S	T	L	P	O	B	F	T	O
E	R	M	T	E	I	W	Z	W	L	T	N
W	E	M	E	I	Q	X	F	C	V	I	J
B	O	Y	R	N	P	U	M	P	K	I	N