



Robinson's TKD News

For and about those who strive for Black Belt excellence!

October 2009

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Success

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"Focus on Success"

The final quarter of 2009 will follow the theme of

"You Are A Winner." The students will explore themes such as this month's "Success" that will broaden their self awareness. Ideas will be presented to help them to see ways by which they can reach their full potential and gain the status of "winner."

We begin this month's lessons with the concept of "COMMITMENT; the first step toward success." The key word here is

commitment. Only by being committed to a cause, can true success be gained. The students will see that dedication to dreams will bring success.

"DESIRE is the measured distance between a person's dreams and their accomplishments." This theme for week two will show the students that they can only aspire to success if they are willing to make their dreams reality through a fervent desire to triumph. Regardless of the opinion of others or whatever obstacles they face, truly successful people never lose sight of what is important to them.

The right attitude can make all the

SUCCESS!



difference in the world as the students are reaching toward their goals. "ATTITUDE is a little thing that makes a BIG difference." Once they learn that it is just as easy to look at the positive side of every situation, as it is to harp on the negative, more positive things will begin to happen for them. The students will see that by setting up a winning attitude, success will follow.

"PASSION - Nothing great was ever achieved in life without it!" this fourth week's theme

concentrates on the intensity and fervor needed to follow through with any plan that is to become a great achievement. The students must be passionate about their life in order to want to be successful in all that they do.

Can success be accomplished if the cause is something that holds no interest? Probably not. "QUALITY only happens when you CARE enough to do your very best!" Success comes from choosing the path in life that inspires us to work. If there is a presence of desire to do the very best, because the action is something that we care deeply about, success with surely follow.

"Success is a journey, not a destination." - Thomas Jefferson

Inspirations for personal success II

Take a few minutes each day to read (out loud is the best) each of these inspirations. If you have children, take the time to read with them each day. Positive self-talk and self-thought is one of the first steps to happiness and success in life.

- * **I appreciate my achievements and build on them.**
- * **I rise above my limitations.**
- * **I let go of the past with ease.**
- * **I focus on what's possible.**
- * **I am a natural winner.**
- * **I relish doing a good job.**
- * **I have good health and high energy.**
- * **I am always at the right place at the right time.**
- * **My confidence remains strong no matter what happens.**

Passion For Life

A martial arts Master asked a particular student how far he wanted to go in the martial arts. The student looked up at the Master and said, "However far you think I am capable of." the Master said nothing, and continued to instruct the class in different drills. Sometime later he approached the same student and asked him which drill he would like to continue to work on. The student replied, "Whichever drill you think needs the most work." The Master said nothing and had the class start to clean up. After a while, he went up to the same student who was standing off to the side, not doing anything. The Master asked him why. "I was waiting for you to let me know what you wanted me to do," the student said.

The Master asked the student to take a walk with him. They walked for a while in silence. They stopped by a patch of wild flowers and watched a bee buzzing from flower to flower, then off toward a tree, then back again. The Master asked the student, "What do you see here?" "I see a bee," said the student. Then the Master pointed to a small caterpillar that was struggling to build a cocoon on one of the leaves of the flowers. "What do you see here?" he asked. "I see a caterpillar," said the student.

"If you look very closely," said the Master, "What you will see are creatures who are passionate about their lives. They know what their purpose is and they are working intensely to accomplish it. They are not waiting for others to point out they way to go. They know their life plan and are doing whatever it takes to accomplish their goals. Are you making your own plan, or are you waiting to be told what to do?"

This time the student said nothing as they both walked back toward the rest of the class.

September Happenings



Master Paul Robinson, Master Willie Rankin and Instructor Jonathan Peschke display their Kukkiwon Instructor Certificates.



Scene from the UWTA Regionals

Dominic Hilaman makes U.S. Team



Upcoming Events

OCTOBER	NOVEMBER	DECEMBER	JANUARY
Black Belt Testing Reno 10/2	Competition Poomsae Tournament 11/7	Belt Test Graduation 12/4 - 12/5	UWTA Regional Taekwondo Tourney Sacramento 1/16
UWTA Tournament Reno 10/3	Parent's Night Out 11/13	Goodwill Invitational Taekwondo Tourney Sacramento 12/12	
Belt Test Graduation 10/9 - 10/10	CLOSED Thanksgiving 11/26	CLOSED XMAS Vacation 12/24 - 1/2	
Kang's Taekwondo Tournament Antioch 10/24	Family & Friends Shopping Day 11/27-11/28		

Halloween Safety Tips for Children:

- ◆ Go only to well-lit houses, and remain on porches rather than entering houses.
- ◆ Travel in small groups, and be accompanied by an adult.
- ◆ If you are not accompanied by parents, trick-or-treat in your own neighborhood, only in well-lighted streets.
- ◆ Inform your parents which friends you will be with and which route you will take.
- ◆ Know your phone number and carry coins for emergency telephone calls.
- ◆ Have your names and addresses attached to your costumes.
- ◆ Bring treats home before eating them so parents can inspect them.
- ◆ Use costume knives and swords that are flexible, not rigid or sharp.

When walking in neighborhoods, you should:

- ◆ Use flashlights, stay on sidewalks, and avoid crossing yards.
- ◆ Cross streets at the corner, use crosswalks (where they exist), and do not cross between parked cars.
- ◆ Stop at all corners and stay together in a group before crossing.
- ◆ Wear clothing that is bright, reflective, and flame retardant.
- ◆ Consider using face paint instead of masks. (Masks can obstruct a child's vision.)
- ◆ Avoid wearing hats that will slide over your eyes.
- ◆ Avoid wearing long, baggy, or loose costumes or oversized shoes (to prevent tripping).
- ◆ Be reminded to look left, right, and left again before crossing the street.

KIDS CORNER

Unscramble these words using their meaning to help you along.

1. ienviittai _____
Taking action without being told by others.
2. yitnitreg _____
Honesty and validity of your word.
3. ejcuist _____
Treating everyone equal.
4. fsnsseilsse _____
Ability to put others first.
5. sdescenisevi _____
Standing by your decision but being flexible enough to change it if you have to.
6. tjnuedgme _____
Being able to make a fair decision with facts available.
7. muhor _____
Being light hearted. Being able to laugh in the midst of a problem.



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