



# Robinson's TKD News

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

February 2011

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Persistence

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## Persistence

**P**ersistence.  
Perseverance.  
Consistency of Action.

These have been the bywords of success stories, from ancient history through to the present time.

Thomas Edison is a perfect example of the power of persistence. He tried literally thousands of unsuccessful attempts before inventing the first working electric light bulb. He believed that success was based on "10% inspiration, and 90% perspiration." Edison's inventions always started with an idea, but that is all they would have remained, just ideas, unless he had applied himself

persistently to seeing them become reality. Edison credited all of his great inventions not to his genius, *but to honest to goodness persistent hard work.*

Persistence is a trait that is essential to the character of every happy and productive human being on earth. Luckily for all of us, it is a quality which can be cultivated and improved. The most simple and pragmatic definition for persistence is "To sustain an effort until the desired results are reached". In other words, it

is the quality of one's character that says, "I can't give up, because I am not a quitter. I will do whatever it takes to finish the job"

The basic method of developing persistence in oneself requires following four steps. First, the person must have a goal, must identify the

purpose for achieving that goal, and must feel a burning desire to achieve that goal.

Second, they must have a definite plan of action to achieve that goal.

Third, this person must make up their mind to stay focused on their purpose, and to ignore negative and

discouraging influences, including negative statements by relatives and friends. And

fourth, this person must find a friend, coach, or mentor who will encourage them in their purpose and help them in their plan.

Employing these four basic steps, anyone

serious about achieving a worthwhile goal will find the inner strength necessary to climb over the obstacles to their dream and rise to the challenge that awaits them. Taekwondo training meets all of these criteria, and is an excellent

way to practice and improve upon your own quality of persistence.

The trait of persistence has paid itself back many times over to those who practice it, and it will never stop doing so. The importance of persistence will forever persevere.



"A man may fall many times but he isn't a failure until he blames someone else" - J. Paul Getty

# January Happenings

## ***USAT Referee Certification***



Forty nine instructors from throughout California and Nevada attended a nine hour referee certification seminar at Robinson's Taekwondo in North Highlands.



Master Cedric Robinson was elected Vice President of the California Unified Taekwondo Association January 31, 2011



Jonathan Pryor successfully defended his US Welterweight kickboxing title January 16 at the Double Tree Hotel in Sacramento.

# Test of Three

In ancient Greece, Socrates was widely lauded for his wisdom. One day the great philosopher came upon an acquaintance, who ran up to him excitedly and said, "Socrates do you know what I just heard about one of your students?"

"Wait a moment," Socrates replied. "Before you tell me, I'd like you to pass a little test. It's called the Test of Three."

"Test of Three?" "That's correct," Socrates continued.

"Before you talk to me about my student let's take a moment to test what you're going to say. The first test is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man replied, "actually I just heard about it."

"All right," said Socrates. "So you don't really know if it's true or not. Now let's try the second test, the test of Goodness. Is what you are about to tell me about my student something good?"

"No on the contrary..." "So," Socrates continued, "you want to tell me something bad about him even though you're not certain it's true?"

The man shrugged, a little embarrassed.

Socrates continued, "you may still pass though because there is a third test - the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?"

"No, no really..."

"Well," concluded Socrates, "if what you want to tell me is not true, nor good, nor even useful, why tell it to me at all?"

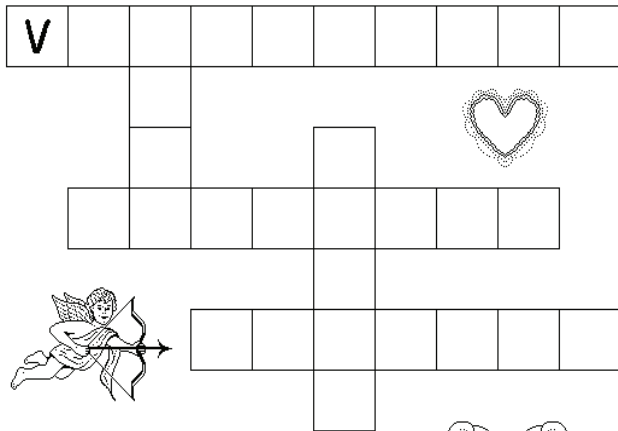
## Upcoming Events

FEBUARY	MARCH	APRIL	MAY
<b>Belt Test Graduation</b> 2/10 - 2/11  <b>2010 Sacramento Invitational Taekwondo Tourney</b> 2/12  <b>Valentine Couples Self Defense</b> 2/25 6:30 pm  <b>Black Belt Pre-Test</b> 2/26	<b>USAT Regional Qualifier San Diego</b> 3/12 - 3/13  <b>USAT Poomsae Referee Seminar</b> TBA	<b>Belt Test Graduation</b> 4/7 - 4/8  <b>UWTA Black Belt Test/Tournament</b> 4/9  <b>Instructor Candidate Trials</b> 4/16  <b>42nd UC Open Berkeley</b> 4/23	<b>TBA</b>

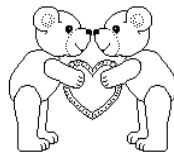
# Kid's Corner

## Valentine's Activities

### Valentine's Crossword



Find a spot for all the words listed in the boxes above.



VALENTINES  
FEBRUARY  
FRIENDS  
CUPID  
LOVE

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### Cookies on a Stick

Makes 8 cookies

#### Ingredients:

1 package (18 ounces) NESTLÉ TOLL HOUSE Refrigerated Chocolate Chip Cookie Dough or dough from one batch Original NESTLÉ TOLL HOUSE Chocolate Chip Cookies (NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels 6-ounce package recipe)  
8 flat wooden sticks  
Decorator icing (optional)  
Candies (optional)  
Melted chocolate (optional)



#### Directions:

PREHEAT oven to 375° F.  
SHAPE cookie dough into eight 2-inch balls. Place four balls at a time onto ungreased baking sheet. Insert wooden sticks into each ball to resemble a lollipop; flatten dough slightly.  
BAKE for 13 to 15 minutes or until edges are crisp. Cool on baking sheet for 1 minute; remove to wire racks to cool completely.  
DECORATE as desired. Tie ribbons around sticks and give as a bunch.

## Nutrition Quiz

Unscramble the Nutrition Words

1. A T S K E \_\_\_\_\_

It's even better than a hamburger.

Clue: Meat has iron that builds strong bones, teeth, and muscles.

2. S E N B A \_\_\_\_\_

Some people put these in their chili

Clue: You have 2-3 servings from this food group each day (Note: 1 serving = 2 to 3 ounces lean meat, poultry or fish).

3. C I N H E C K \_\_\_\_\_

You won't lay an egg by eating this food.

Clue: Protein in meats can help you stay well by producing things called antibodies.

4. R E D A B \_\_\_\_\_

It has a crusty side to it.

Clue: It is a part of the food group at the base of the food group

5. S A P T A \_\_\_\_\_

There's more to Ravioli than meets the eye.

Clue: Carbohydrates give your body energy so you can play and have fun.

6. M O L N E \_\_\_\_\_

You might "pucker up" if you eat one of these.

Clue: It's best to eat fruits raw.