



Robinson's TKD News

For and about those who strive for Black Belt excellence!

March 2011

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Necessary

What are the true necessities of life? There are as many differing opinions on this as there are people. Some believe there are only four necessities to sustain life.

These four things are physical and are:

- 1) food
- 2) Water
- 3) Shelter
- 4) Oxygen

These may keep a body alive, but they may not keep your mind healthy. One must have other things in life to maintain life as a human being. All life is not created equal. Amoebas, a single celled animal, doesn't think or love, therefore can't believe in much of anything. All they require is food, water which is also their shelter and oxygen. But we are not amoebas, we are much more complicated than that. We, as human beings must have something more in order to survive. We must have:

- 1) Love
- 2) Happiness
- 3) Faith
- 4) Confidence

Enrolling in Taekwondo can have a great deal with inspiring confidence in ourselves. Giving us the faith we need to keep working hard to get our goals. Then we will be happy



with ourselves as a result of our achievements. Often we share these accomplishments with our family and friends whom we love.

Is Taekwondo a necessity of life. It depends on who you may ask. If you look at it in this way, it could be the most essential part of your life! It gives you the motivation to do your best each and every day. Taekwondo gives you the confidence to go for your dreams, not matter what those dreams may be, whether it is to be an engineer, ballerina or a black belt, you know you can do it if you really work hard enough to make it happen!

Taekwondo feeds our mentality to keep us striving for more in our everyday lives, motivating us to become more than what we were yesterday.

Taekwondo also teaches us respect for our elders and our family. Which in return, we receive the love we need as humans. If we didn't receive love and affection, we might turn into destructive people. Taekwondo is not about being destructive, it is about self-defense.

To keep your life down to the necessities, just remember the basics you need to stay happy and healthy. Eat the right foods, drink lots of water, practice your martial arts daily, respect your family and friends. Doing these things will help maintain your faith and confidence within yourself, as well as keeping you physically strong and healthy!

"What is necessary to change a person is to change his awareness of himself." - Abraham Maslow

Couples Self Defense Seminar

Robinson's Taekwondo hosted a Valentine's Day Couples Self Defense Seminar, February 25, 2011. This FREE Seminar was held at all locations and voluntary donations were collected for WEAVE.



The 6 Ways to Becoming a Great Martial Artist

On the never-ending path of Martial Arts, it is important to remember the six ways of becoming great in the Martial Arts. They never change, regardless of the style that you practice, your geographic location, or your time and place in history. It could be 1000 years ago somewhere in Asia, or 1000 years into the future in the United States, but the principles of how to become great in the Martial Arts remain the same.

1) You must **find a good teacher**. In Martial Arts there is nothing more important than the student-teacher relationship. Once the teacher is found, the student must listen. How can you call someone your teacher and then refuse to learn from them?

2) **Patience** is the next step. We have all started things full of excitement and wonder just to forsake them because of a slow beginning. Patience is not just one of the six ways; it is something that we develop in ourselves through the practice.

3) **Perseverance** is the ability to stay the course through the rough times. It is consistency over time that truly teaches the student discipline.

4) **Practicing hard** is the backbone of Martial Arts. Without practice being hard physically, mentally and emotionally at times, it doesn't deserve the name Martial Arts. In fact, it is insulting to the generations of masters before, to not give everything that you've got in every class.

5) **Practice exactly what you want to perform** is what transforms a practitioner to be a student. A student questions their technique, the application as well as the execution. Extending this principle into everyday life, the student is forced to ask the question, "Am I living the way that I want to live?"

6) **Passion** teaches us that if we are not completely immersed and committed to something, it may not reveal its deepest and most significant virtues. Being passionate means to fall in love with the art. It is no longer a discipline that is forced but a philosophy that is embraced. It is the never-ending path that allows you to reach your truest potential. There will be bumps in the road and dry periods in your practice, but a Martial Artist does whatever it takes to rekindle the excitement and enthusiasm, never risking the loss of the practice.

Lessons in Mindfulness, Module 2, Lesson 8, page 13-14.

February Happenings

Scenes from the 2011 Sacramento Invitational



2011 US Open Participants

Sky McIntyre - Silver
 Carley Berger - Gold
 Sarah Hilaman
 Dominic Hilaman
 Fred Estrada

Johnny Silva
 Kevin Aguilar
 Danny Pedroza
 Alex Colley

Congratulations!!!

Upcoming Events

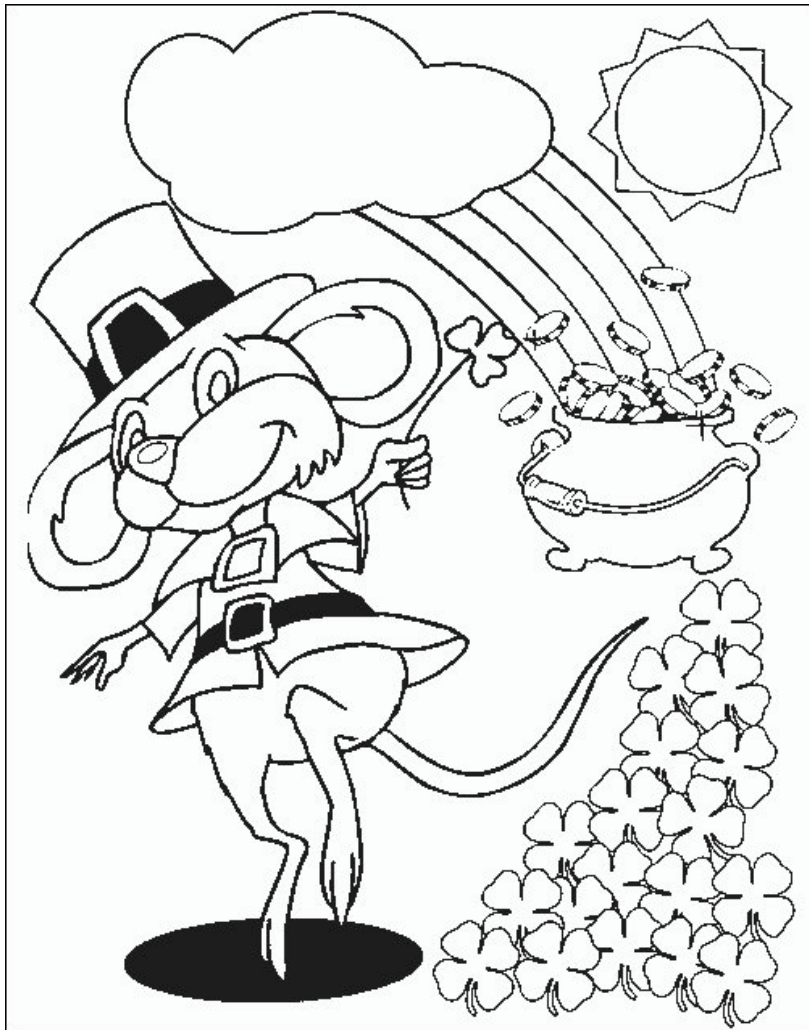
MARCH	APRIL	MAY	JUNE
<p>USAT Regional Qualifier San Diego 3/12/ - 3/13</p> <p>KVIE Phone Bank Volunteers Needed 3/27 3 - 8 pm (See Your Instructor)</p>	<p>USAT Poomsae Referee Seminar Watt Ave School 4/2</p> <p>Belt Test Graduation 4/7 - 4/8</p> <p>USAT Qualifier</p> <p>UWTA Tourney Black Belt Test 4/9</p> <p>UWTA Black Belt Tea Ceremony 4/10</p>	<h1>TBA</h1>	<p>Belt Test Graduation 6/3 - 6/4</p> <p>UWTA Regional Tournament Mather Sports Complex 6/18</p> <p>Summer Break Junior Olympics Senior Nationals San Jose, CA 6/27 - 7/4</p>



Kid's Corner



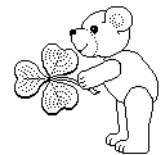
St. Patrick's Activities



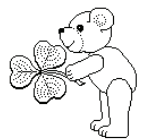
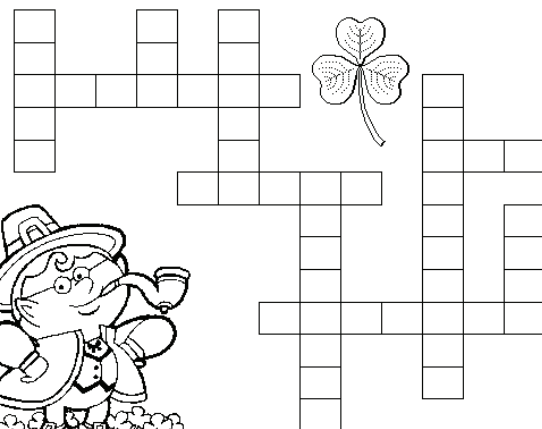
St. Patrick's Day Word Search

IRELAND
 IRISH
 GOLD
 POT
 RAINBOW
 GREEN
 CLOVER
 LUCK
 SHAMROCK
 PATRICK

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



St. Patrick's Day Crossword



FUN
 POT
 GOLD
 PARTY
 IRISH
 CLOVER
 IRELAND
 IRELAND
 RAINBOW
 SHAMROCK
 LEPRECHAUN