



Robinson's TKD News

For and about those who strive for Black Belt excellence!

September 2010

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"Be Courageous!"

COURAGE

September is a month of new beginnings, fresh starts, and anticipation of new experiences. Every September when the new school year begins to settle, there is an air of expectation for exciting things to happen. Along with that, there is a certain amount of anxiety and fear of the unknown. The theme this month - Courage - will introduce ways to make the most of the entire Back to School experience. So far this quarter, **Practice Makes Perfect** and **Quest For Knowledge** have given the students vital information on how to enhance their

educations. By exploring the theme of Courage, the quarterly theme of Back to School will be complete.

To begin this month, the students will look at **Courage for the New School Year**. It is important to understand what true courage is and how it can serve them in their school and work environments. **Black Belt Courage**, for week two, will help the students to see the benefit of branching out of their normal

routine in order to expand their skills.

Fear of

Fumbles is the theme for week three. Here the students will see how courage can help them to overcome the fear of making mistakes, since, in reality, it is by making mistakes that they will learn the most valuable lessons.

During week four, **The Nerve for the New** will help the students to see that the courage to try something they never have before will introduce them to so many wonderful things that they might

not ever have imagined they would enjoy.

Courage is not just something for super heroes and knights in shining armor.

Courage is a virtue that each student will benefit from learning more about. Take the time this month to work with your student on the **Nerve for the New** worksheet. It is a wonderful learning tool that will benefit the entire family.



"I'd be a lion, not a mouse, if I only had the nerve" - Cowardly Lion, Wizard of Oz

Black Belt Benefits

The value of a Black Belt is not in the belt, but in what it symbolizes. Physical, mental and mind body benefits have been outlined for your reference. As you grow toward becoming a Black Belt, you will begin to notice these traits in your own behavior and physical stamina.

Good Sportsmanship Through Humility



There is nothing more humbling than losing. Do you remember that old cliché, "Quitters never win, and winners never quit"? A great sport requires attitude, self-discipline and determination.

Attitude is an important part of being a Black Belt. No one likes a sore loser, so congratulate a winner. Find out how they trained for the event, you never know, it may work for you. Just because that person won the match doesn't mean he/she will win them all. It only means that he/she was the best that time, so don't give up! You have to be willing to forget about the mistakes of the past and press on to the things in the future.

It takes self-discipline to be a good Black Belt. Great Black Belts are just as happy about the success of others as they are about their own. Invest more time in the improvement of yourself; not the criticism of others. Winners get what they expect in the long run.

No matter what side you're on, be a great sport about it. Everyone wants to win, but there always has to be a loser. Think of it this way, the loser is the one that will be on top next time. The loser makes the extra effort to work longer and harder for the next match.

August Happenings



Karl Yee



Susie Gulde

RTKD MEMBERS TO REPRESENT THE US AT POOMSAE WORLD CHAMPIONSHIPS

Karl Yee and Susie Gulde have been selected by USAT to represent the United States at the World Poomsae Championships to be held in Uzbekistan during the month of October.

GOOD LUCK GUYS!!!!



GM Robinson and US Team Member Sky McIntyre at UWTA Regional in Mather



Janice and Nathan
Mother and son team completed the San Francisco Marathon

Upcoming Events

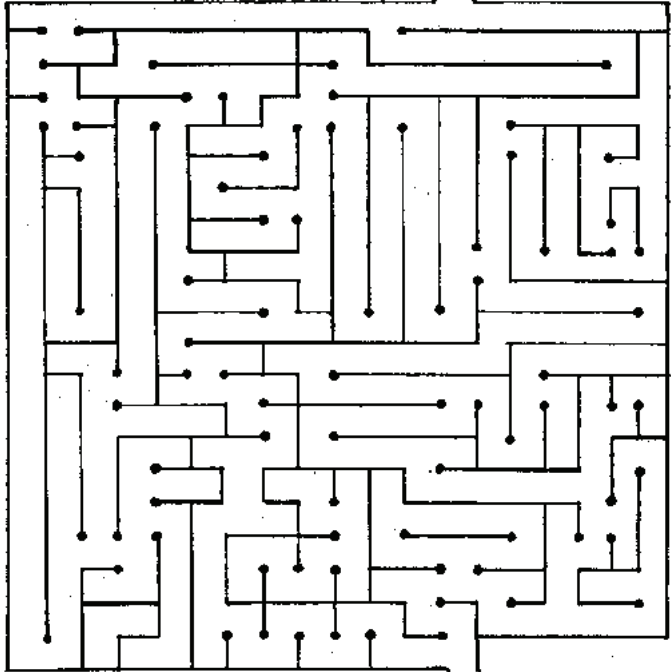
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Parent's Night Out 9/17 Family Safety Fair (Elk Grove & Roseville) 9/18 UWTA Fall Camp 9/17 - 9/19 Open House 9/25	UWTA Black Belt Test National Tourney Silver Legacy Resort Reno, NV 10/1 - 10/2 Register online at uwta.org Belt Test Graduation 10/8 - 10/9 Sacramento Poomsae Championship 10/23 Halloween Party 10/30	Parent's Night Out 11/19 Shopping Days 11/27 - 11/28	16th Goodwill Taekwondo Championship 12/4 Belt Test Graduation 12/10 - 12/11 Christmas Break 12/24 - 1/2



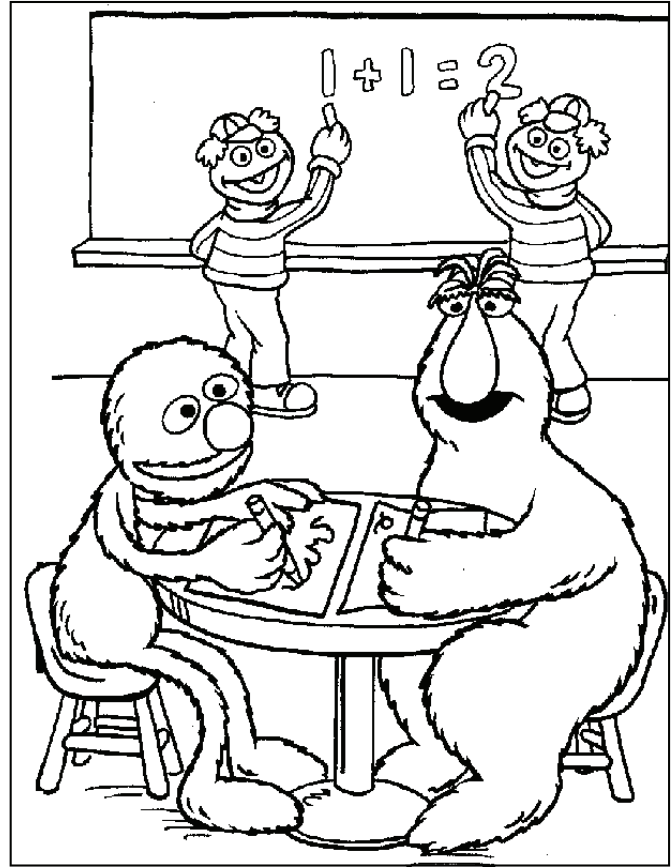
Robinson's TKD Staff conducts physical training for US Army members



Kid's Corner



There are two ways from the park to home.
Can you find both?



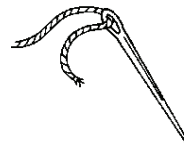
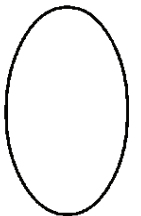
Draw a line from each picture to the letter that makes its beginning sound. Color the pictures.



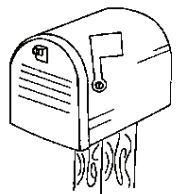
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O



"Color Me"

