



Coming together is a beginning. Keeping together is progress. Working together is success.

— Henry Ford

Talent wins games, but teamwork and intelligence win championships.

— Michael Jordan

I have witnessed the softening of the hardest of hearts by a simple smile.

— Goldie Hawn

No one can whistle a symphony. It takes a whole orchestra to play it.

— H.E. Luccoc

Hoping for something is always good for the soul.

— B. Traven

The nice thing about teamwork is that you always have others on your side.

— Margaret Carty

When I first started racing, my father said, 'Win the race as slowly as you can.'

— Richard Petty



Partner Up

Often, February brings to mind pictures of young lovebirds and cupid flying through the sky. Keep in mind, Valentine's Day may be based on partnerships and St. Valentine, but there's a lot we should recognize about the fun, heart-filled holiday.

It offers an opportunity to do things with a partner, whether your partner is a child, spouse, significant other, or friend. That's why, if you mention this article to our martial arts school, you'll be entitled to a free trial class with no obligation when you sign up with a friend or family member.

You may be aware that martial arts training is great for kids and adults. You may even know adults benefit from exercise, stress relief, self-defense, and goal setting, while kids learn discipline, goal

setting, self-defense, and respect building, enhance their motor skills and flexibility, and earn better grades.

Have you thought of doing martial arts with a partner? A partner doesn't have to be in the same class, even though that may be possible. It means, at a minimum, being involved in the same activity so you both have a commonality and maybe even some common goals. Having a partner, in any activity, including martial arts will offer numerous benefits:

Accountability - Having a friend or child always looking to see if you are training is a huge motivation to stick with it.

Commitment and Motivation - There is nothing better than having a partner committed to the same goal as you to keep you involved and motivated.

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WHAT'S INSIDE

School Calendar

Take a Team Approach

Students of the month

Graduation : Jan. 2012

USTA Calendar:

The Student of The Month

1. Tip week will run through Feb. 7th 2012. Make sure to receive your tip!
2. SWAT meetings will be on Sat. Feb.4th and 18th 2012 @ 10:30am.
3. Parents night out Friday Feb. 10th (7-10Pm)
4. Buddy Days Feb. 16th & 17th & 18th 2012 bring friends to class for free.
5. The Deadline for the Test Form is Feb. 13th 2012. (>\$15 after the deadline)
6. Belt Testing— Tue. Feb 21st 2012 at 6:30pm (Full TKD Uniform)
7. Belt Graduation— Sat. Feb. 25th 2012 at 11:45am (Full

The Student of The Belt



Take a Team Approach

February is a great time to start a martial arts class with your partner or your child. If you made a New Year's resolution to get in shape, meet that goal with martial arts classes. Working together, as a team, can keep each of you motivated and involved.

Having someone to work out with, and encourage and inspire you to keep going, is a great gift. Utilize your team for that very reason. In return, give your attention and praise to the people who are helping you. One of the greatest gifts you can give another is interest in what they are doing.

Think of giving your team a membership to the local martial arts school for Valentine's Day. If they are already students, give them gift cards to purchase equipment they may need for their class, or a new uniform.

Regardless of how you express your love to the people who are closest to you, remember you are a member of a team that lives together, works together, plays together, and/or takes class together. Make them proud and earn their respect. Encourage them when they do something well and invite others to join you when they need some inspiration.

If you don't have a team, join one or start one. A team can start with just another person who has the same goal or vision. Work towards your goals and measure the efforts, not the results.

"Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work."

— Vince Lombardi

Bones

The body of every organization is structured from four kinds of bones.

There are the wishbones, who spend all their time wishing someone would do the work.

Then there are the jawbones, who do all the talking, but little else.

The knucklebones knock everything anybody else tries to do.

Fortunately, in every organization there are also the backbones, who get under the load and do most of the work.

Leo Aikman — *Atlanta Constitution*



Partner Up

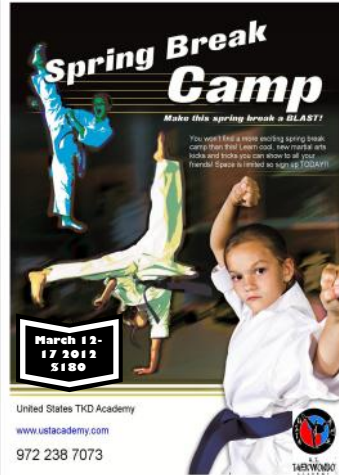
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Competition and Support

- As long as the competition is healthy and friendly, having friends in the same workout routine acts as a support community. This may enhance your chances of sticking with it greater than any other motivation.

Variety - When working out with partners, you have the ability to keep it fresh. Even though you will have an instructor guiding the way, you and a partner can practice together outside of classes. This is not always the case in individual exercise programs.

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WE WOULD LIKE TO
WELCOME

MUSTAFA YURTTAS
PRESTON BRAHMI
MATTHEW POSADA
LAUREL SCHAEFER
MUHAMMAD IKRAM
MINAL IKRAM
NAWAL IKRAM
AYESHA HAMEED

Congratulations to Zahraa & Jacob
FOR EARNING YOUR BLACK BELT

