



North Shore Taekwondo

JUNE 2009

Self-Confidence: Pass it On

If you think you can, you can.
And if you think you can't,
you're right.

– Mary Kay Ash

No one can make you feel
small without your consent.

– Eleanor Roosevelt

Self-confident people are
open to good ideas
regardless of their source
and are willing to share
them.– Jack Welch

An inability to stay quiet is
one of the conspicuous
failings of mankind.

– Walter Bagehot

You can make more friends
in two months by becoming
genuinely interested in other
people than you can in two
years by trying to get other
people interested in you.

– Dale Carnegie

When you have confidence,
you can have a lot of fun.
And when you have fun, you
can do amazing things.

– Joe Namath

Listening helps you bring out
of yourself the things you
didn't know were there.

– John Woods

It is courage based on
confidence, not daring, and it
is confidence based on
experience.

– Jonas Salk

We all have those times when we doubt our own abilities. Looking for a new job, starting a new project, and preparing for that black belt test are all activities that might make us question how good we really are at something. Obviously, achievement breeds confidence. In this instance, getting the job, completing the project, or earning that black belt all will positively impact our self-confidence and self-esteem. Achieving a goal is one of the best ways to create self-confidence.

However, what about those times when our self-confidence is low? What can we do then to improve it? How can we effectively reaffirm our ability to meet challenges? One often-overlooked way is to focus on helping others. Let's use the black belt test example. If you're nervous about your ability to pass the black belt test, start working with lower ranking belts and help them develop their skills. You will find that as you help others improve their skills, your own self-confidence grows as well. Want a confidence boost? Help someone else.

Another important aspect to regaining or retaining self-confidence is watching who you spend your time with. Are you constantly around negative people? These people rarely have anything good to say. They are a drain on your self-confidence. Surround yourself with positive people who will encourage you. This isn't to say that they are people who only tell you what you want to hear, but rather they encourage you, even when they offer admonishment or instruction. These are the people that will help you grow personally and professionally. They will help you maintain a high degree of self-confidence.



WHAT'S INSIDE

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Upcoming Events...

Summer Camps - Summer Camp Applications are now available and spaces are starting to fill up! This year there are 5 exciting camps to choose from throughout July and August. Each day will offer fun and exciting Taekwondo drills and challenging games designed to promote team work and individual focus. Our day camps combine indoor Taekwondo training as well as exciting and engaging outdoor activities as well. Please pick up an application and brochure at the front desk if you would like to sign up. New students that sign up for a Summer Camp receive a free month of training and a free uniform! Space is limited, register soon!

Theme of the Month - This month, the instructors will be talking about **Confidence**: belief in oneself and in one's abilities; self confidence; assurance. Please pick up a confidence handout for parents available at the front desk for more detailed information on this month's theme.

Promotion Test - Students testing on Saturday, June 6th have specific test times as follows:

Adults:	1:00 - 2:00pm
Young Tigers & Dragons:	2:00 - 3:30pm
Youth Beginners:	3:30 - 5:00pm
Youth Inter & Advanced:	5:00 - 6:00pm

Night Watch - The next scheduled Night Watch is scheduled for Sat. June 20th from 5:00 - 9:00pm. This is always an exciting night of fun games, pizza, and a movie. The cost for Night Watch is \$20 per child. Payment must be made at the same time you are signed up for the event.

Summer Classes & Schedule - Please be advised that the schedule for July will remain the same as it is now. There will be some slight modifications made for August. Students that will be away during the Summer and wish to put their membership on hold may do so with **advanced written notice**. Please note that putting memberships on hold does not guarantee your child a spot in September for the more popular classes. Please see one of the instructors if you have any questions.

How Well Do You Listen?

"One often hears the remark, 'He talks too much,' but when did anyone hear the criticism, 'He listens too much'?" – Norman Augustine, former CEO, Lockheed Martin

Have you ever had a conversation with someone you felt just didn't listen to what you were saying? It's as though when they are not talking they are thinking about what they will say next, rather than listening to what you have said. It's a very frustrating experience.

Many successful people have recognized the value of listening. J. Odgen Armour, president of Armour Meat Packing Company once said, "Most men talk too much. Much of my success has been due to keeping my mouth shut." And American financier and presidential adviser Bernard Baruch said, "Most of the successful people I've known are the ones who do more listening than talking." How well we listen can determine the level of our success.

Yet today, listening often seems like a lost art. Co-workers, family members, teachers and students often seem to spend more time talking at one another, than actually communicating. This is another area where your martial arts training is of great benefit. As you know, one of the important principles of the martial arts is respect. Listening is a sign of respect to another individual. It tells them you are genuinely interested in what they want to say. Focusing on the other person as they communicate with you allows you to truly understand what they mean, and to address it.



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A third way of rebuilding your self-confidence is getting back to basics. Author and sales expert Zig Ziglar has said that when a salesperson is in a slump, a well-proven strategy is to have them sell some basic, low-ticket items and let them get their confidence back. In the martial arts, this may mean going back to focusing on specific techniques in your kicks, katas, or breaking routines. Once we have progressed to a certain level, it is easy to only focus on where we are. Sometimes re-learning or re-mastering certain aspects of our training is just the right step for regaining our self-confidence.

The next time you are struggling to maintain your self-confidence, consider these methods for rebuilding it. Helping others, being careful of whom you spend your time with, and getting back to the basics are all effective ways to rebuild and maintain a healthy self-confidence. As Penn State head football coach Joe Paterno has said, "Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks."

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But listening is more than just hearing. It's observing as well. What is the other person's body language? What is their mood? What are they not saying? What are the things you say that they pick up on? All of these are aspects of good listening. Practicing them will improve your ability to communicate effectively with anyone.

Your martial arts training can be a great asset in helping you develop excellent listening skills. Respecting another person enough to pay attention to what they are truly saying is a life skill that will benefit you wherever you go.



June 2009 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Theme of the Month <i>Confidence</i>	1 Deadline for Black Belt Applications	2	3	4	5	6 Promotion Test Black Belt Test
7	8	9	10	11	12	13
14	15 Sign up For our Summer Camps!	16	17	18	19	20 Night Watch
21	22	23	24	25	26 Tiny Tots Last Day	27 Demo Team Last Day
28	29	30	1 Canada Day School Closed			Sign up For our Summer Camps!