

FALLBROOK MARTIAL ARTS

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OCTOBER 2009 NEWSLETTER

OCTOBER CALENDAR

- 1st - Board Break-A-Thon
- 7th - Leadership
- 23rd - Black Belt Testing
- 29th - Color Belt Testing
- 30th - Halloween Party

CONGRATULATIONS!

The Instructors At FMA
Would Like To
Congratulate All
Tournament Competitors!
You Did A Great Job And
Made Us Proud!

FLU SEASON

As Our Family Members
And Students Head Back
To School And The Flu
Season Approaches, We
Urge You To Keep Your
Child Out Of Class If He
Or She Is Showing ANY
Signs Of Illness.
Students Not Feeling Well
Will Be Sent Home
Immediately.

LEADERSHIP

October's Leadership
Meeting Will Take Place
On Wednesday,
October 7th During Black
Belt Class At 5:45.

*All Leadership Students
Should Attend The
BBC/MC And The Following
High Rank Class.

OCTOBER LIFE SKILL: GOALS

"To Want Something And Be Willing To Work Hard For It!"

Goal setting is a very important part of learning to become a good leader. Without goals, a person tends to lose sight of their original purpose. Goal setting keeps us on track to achieve or accomplish a task that would otherwise seem to be impossible. One of Eternal Grand Master H.U. Lee's favorite sayings was, "Today Not Possible, Tomorrow Possible."

The path to becoming a leader is one that requires planning. Goal setting is a form of planning with a destination or a specific achievement as a result of the planning. Some simple rules for goal setting are to explain in detail exactly the results or goal desired. The next step is to write down the steps or actions necessary to move closer to that achievement. Small steps are best for goal setting so you can keep track of your progress. Writing down the steps to achieve your goal gives you a compass for guiding you to the desired outcome.

Without proper goal setting steps to guide you toward your goal, it is easy to lose sight of the goal. Living life without planning goals is somewhat like driving a car from Alaska to Mexico without a road map. Setting goals and the steps it takes to achieve those goals is your personal compass, and unlike a road map, goal setting steps tell you if you are on the right road! The final step in goal setting is to keep your plan of action where you can see and review it daily. Daily review helps you be excited and focused on your goals.

You may encounter challenges, which require planning, patience and perseverance. Think of the goal setting process as your very own treasure map to becoming the person you dream of becoming.

Keep your eyes on your goals and remember that your Taekwondo Instructors are here to help!

Sincerely,

REMINDER: NO FOOD OR DRINKS IN DOJANG

Please Remember That There Is Absolutely No Food Or Drink Allowed In The Dojang. We Appreciate Those That Follow This Rule.

Also, Water Provided Is For Students Only! For Liability Reasons We Cannot Have Family Members Walking Across The Mats To Get To The Water.

BLACK BELT TESTING

Friday, October 23rd At 6:00 p.m.
Coffee's Martial Arts in Oceanside.
(4225 Oceanside Blvd)

Testing For 1st Degree: ???

Testing For 2nd Degree Recommended:
Alvaro Montejo

COLOR BELT TESTING

Thursday, October 29th

Tiny Tigers (All Ranks): 4:00 - 5:00
K4K - Adults (All Ranks): 5:30 - 7:00

*Testing Fees Are Due By The 26th Of
October.

*All Accounts Must Be Current In Order
For Student To Test.

FMA ANNUAL HALLOWEEN PARTY

Friday, October 30th 5:00 - 7:00 p.m. At FMA

All Students And Family Members Are Welcome To Attend This Fun Event. We'll Play Games, And Celebrate The Halloween Season!

*No Scary Costumes Please As This Is A Family Event Open To Children Of All Ages.

FMA BOARD-BREAK-A-THON

Thursday, October 1st, 2009 6:00 p.m. - 8:00 p.m. At FMA!

Join Us For Board Breaks, Refreshments, Opportunity Drawings, Silent Auctions, And Much, Much More!!

Please Make Sure That Your Family Is Working Hard On Reaching Your Fundraising Goal!

*All Proceeds Will Benefit The H.U. Lee Scholarship Foundation.

FMA Rules

High Ranking Visitors And/Or Instructors To The Class Should Be Met With Proper Respect. All Students Regardless Of Rank Or Age Should Bow To High Rank Visitors And/Or Instructors. The Bow Is The Korean Handshake Used In Showing Respect.