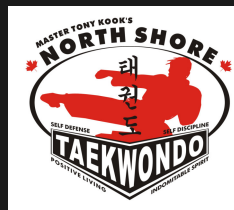


# Flexibility

*"Thus, flexibility, as displayed by water, is a sign of life. Rigidity, its opposite, is an indicator of death." – Anthony Lawlor*



## Dear Parents and Guardians,

March 2011

Theme  
of the  
Month

**This month our  
weekly lessons  
will cover:**

This month, we'll discuss being flexible. Flexibility is important to everyone, not just martial artists, and it's an important physical and social skill to master.

### How Can You Help?

- Explain to your children how important it is to stretch in martial arts classes to increase their flexibility. When watching other sports, point out athletes who are stretching to stay flexible and prevent injuries. As martial artists, flexibility benefits us by allowing us to kick higher and incur fewer injuries.
- Encourage your children to warm up (always warm up briefly before stretching) and spend three to five minutes stretching a few times a week. Let them show off their progress and tell them if and when you see their kicks getting higher. Praise your children often when they practice at home.
- That's the physical aspect of flexibility. Regarding the social side, it's important to explain how people don't always agree with one another. There are times to be flexible and other times when it may be important to be less flexible. This is an opportunity to teach tolerance of others' opinions, which is often done best by role playing. For example: Have your children tell you their favorite dessert. Then, tell them yours, making sure it's a different dessert. Then, ask them who is right and who is wrong. Explain how there isn't a right or wrong answer and that's part of being flexible. This can also be a great parenting moment to dive in to deeper and more serious topics.

### Week One:

*"If you don't like something, change it. If you can't change it, change your attitude." — Maya Angelou*

### Week Two:

*"The bend in the road is not the end of the road, unless you refuse to take the turn." — Anonymous*

### Week Three:

*Nothing in the world is more flexible and yielding than water. Yet when it attacks the firm and the strong, none can withstand it, because they have no way to change it. So the flexible overcome the adamant, the yielding overcome the forceful. Everyone knows this, but no one can do it." — Lao Tzu*

### Week Four:

*"Stay committed to your decisions, but stay flexible in your approach." — Tom Robbins*

March 2011

As always, if you need help or feel we can be of assistance in helping convey this or any life skill taught in our classes to your children, please feel free to give us a call or talk to an instructor.

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