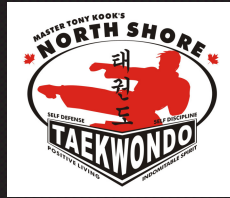




Teamwork

"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work."
— Vince Lombardi



Feb 2012

Theme
Of the
Month

Dear Parents and Guardians,

This month, our weekly lessons will cover teamwork. Although martial arts is an individual sport, there are

times when a martial artist will work on a team with other members. This could be in class when everyone is doing the same drill, in a demo when the entire team is performing for a common goal, or in life when they have to work with their peers, co-workers, or family.

How Can You Help?

Be a team at home. It doesn't matter if you're a single parent or a couple with one or more children. Learn how to work together to do things around your home.

- Help your children be team players on their sports teams or at school. Show them the true meaning of good sportsmanship – and that two or more heads are better than one.
- Help your children develop their self-esteem and confidence by allowing them to make some of their own choices and learning from their mistakes. When they feel good about themselves, they'll be able to praise other members of the team, their family, or their friends.
- Teach your children to help other members of the team. Help them develop their sense of giving back. Let them know it goes beyond the martial arts. Show them they can come together as a team with friends and help a friend's family in need.

Share the Fable of the Porcupine with your children: It was the coldest winter ever, and many animals died because of the cold. The porcupines, realizing the situation, decided to group together to keep warm, but the quills of each one wounded their closest companions. After a while, they decided to distance themselves from one another, but then they began to die, alone and frozen.

They had to make a choice: Either accept the quills of their companions or die. Wisely, they learned to live with the little wounds caused by their close relationships, in order to receive the heat that came from the others. This way they were able to survive.

Moral of the story:

The best relationship is not the one that brings together perfect people; it's when each individual learns to live with the others' imperfections and can admire their good qualities.

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

Week One:

"TEAM means Together Everyone Achieves More!"
— Author Unknown

Week Two:

"Coming together is a beginning. Keeping together is progress. Working together is success."
— Henry Ford

Week Three:

"A group becomes a team when each member is sure enough of himself and his contribution to praise the skills of others."
— Norman Shidle

Week Four:

"None of us is as smart as all of us."
— Ken Blanchard

**Master Tony Kook's
North Shore Taekwondo**

**2900 Lonsdale Ave
North Vancouver**

Tel: 604-986-5558

**Call today for a free
Introductory class!**