

Feb 2017

Week 1

“THERE’S A DIFFERENCE BETWEEN INTEREST AND COMMITMENT. WHEN YOU’RE INTERESTED IN DOING SOMETHING, YOU DO IT ONLY WHEN IT’S CONVENIENT. WHEN YOU’RE COMMITTED TO SOMETHING, YOU ACCEPT NO EXCUSES; ONLY RESULTS.”

- KENNETH BLANCHARD-

Week 2

“COMMITMENT IS WHAT TRANSFORMS A PROMISE INTO REALITY.”

- ABRAHAM LINCOLN -

Week 3

“COMMITMENT IS THE GLUE THAT BONDS YOU TO YOUR GOALS.”

- Unknown -

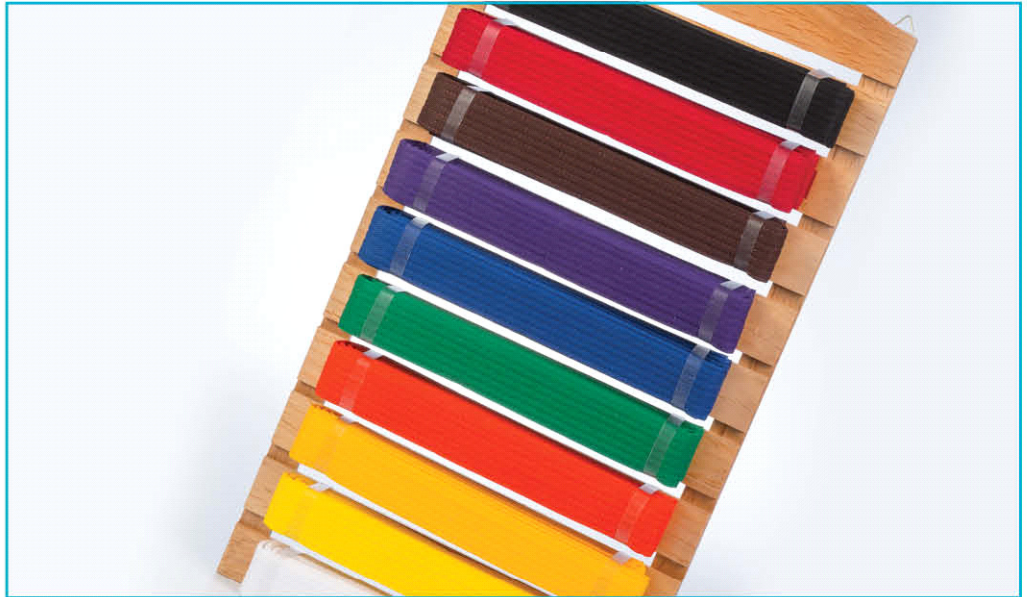
Week 4

“WHEN EVERYTHING SEEMS TO BE GOING AGAINST YOU, REMEMBER THAT THE AIRPLANE TAKES OFF AGAINST THE WIND, NOT WITH IT.”

- HENRY FORD -



PARENT/GUARDIAN LETTER



Dear Parents and/or Guardians...

This month we are learning about commitment and why it is important in martial arts and our daily lives. Achieving a black belt in martial arts means more than just having the ability to defend yourself or fight. It creates the knowledge, character and skills necessary to continue building achievements through hard work and commitment. The dedication and persistence involved in achieving a black belt in martial arts isn't something that everyone has, but we are working to build those qualities in every single one of our students. Commitment helps us understand that if we follow through, we can achieve anything.

- Watch as many of your child's martial arts classes as you can. One of the biggest ways you can support their commitment to martial arts is to watch their classes and talk to them about their in-class achievements.
- Encourage practice at home. By encouraging extra practice time at home, you are teaching them to make small sacrifices to better their skills.
- Help your children create a weekly routine. Routines help form a structure and create a planned path to success. Include practice, chores, play time and school work into their weekly routines, creating a balanced and fun schedule that reminds them of their commitments.
- Create family goals and follow through until they are achieved.

HOW CAN YOU HELP?

- Lead by example. Show your children something you have committed to and talk to them about the steps you will take to follow through on that commitment.

Commitment

COMMITMENT IS ONE OF THE MAJOR CONTRIBUTING FACTORS TO ACHIEVING SUCCESS. COMMITMENT ISN'T ABOUT WHAT WE SAY, BUT WHAT WE DO. IT IS EASY TO TELL WHAT SOMEONE IS COMMITTED TO BY THE ACTIONS THEY TAKE.

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