

TDS Family Martial Arts and Fitness Centers

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MARTIAL
ARTS
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TDS NEWSLETTER



248-933-5979

March 2010

Plan for a Simpler Life

There is so much information available about achieving goals, but how to determine what your goals are is seldom touched. Life seems so predetermined for some people, but others are just taking it one day at a time. When this latter group finally realizes that life is going to be so much simpler if they have a plan, it can be like an artist without inspiration looking at a blank canvas. It's easy to say brainstorm, but not if you don't have an idea of how to begin.

The first way to get an idea of your goals is to sit down with a pad of paper. Yes, they have to be written. Write down different aspects of your life, e.g. family, career, home, hobbies, exercise, nutrition, finances, spiritual, etc. Now, you have a starting point. Pick one where you would like to see change. To realize change, you must currently know where you are. On a fresh sheet of paper, clear your mind and write down everything that comes to mind about the chosen subject, both good and bad. For example, a list for exercise might contain no time, bad weather, gym not close, don't like, only play team sports, out of shape, feel good after, sleep better, reduces stress.

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12-Step Approach to Exercise

No matter what you are trying to do in life, there is apparently a 12-step plan for it. Here are twelve steps you can do to stay on track this year.

Find time: Ten minute bursts of activity add up. Wake 15-minutes earlier and park a block or two from your destination, use half of your lunch hour to walk or workout.

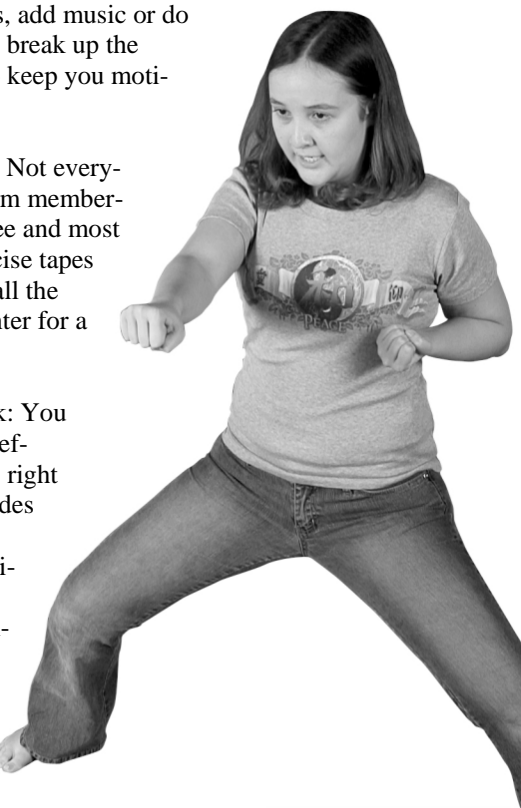
Find something fun: Hate lifting weights? Try Martial Arts.

Stay away from ruts: Do it with a partner, take a class, add music or do something that will break up the boredom for you to keep you motivated.

Make it affordable: Not everyone can afford a gym membership. Walking is free and most libraries have exercise tapes you can borrow. Call the local recreation center for a list of classes too.

Believe it will work: You may not notice the effects on the outside right away, but your insides will be happy and healthier. The physical difference will begin to show eventually.

Learn something new: There are books, tapes, shows, web sites, etc. on just about any



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Quotes to Ponder

You have to do what others won't to achieve what others don't.

— **Unknown**

Failure is success if we learn from it.

— **Malcolm S. Forbes**

Ideas are like stars; you will not succeed in reaching them with your hands. But like the seafaring man on the desert of waters, you choose them as your guides, and following them you will reach your destiny.

— **Carl Schurz**

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

— **Chinese Proverb**

It is common sense to take a method and try it; if it fails, admit it frankly, and try another. But above all, try something.

— **Franklin D. Roosevelt**





12-Step Approach to Exercise

activity you may want to try. Save your change to pay for one week of personal fitness training at the gym.

Be responsible: Remember that you can't take care of your responsibilities, unless you take care of yourself. Don't let family and friends talk you out of working out because they need you. Instead, invite them to join you.

Get motivated: Change your routine! In fact, your body's muscles and metabolism will work better if you routinely change your activity or endurance.

Stick with it: Don't start full blast; twice a day, seven days a week. Start slowly and build up to a reasonable amount of time. Let your body and mind acclimate to the healthy change.

Make short commitments: Don't look at it as 25 years of going to the gym. Take it one day at a time. You can always change routines or activities. In fact you should as you get older.

Be creative: Nothing is set in stone. Play around to work exercise into your life and make it something you can tolerate, if not enjoy.

Plan for the unexpected: Excuses are easy to come by, but think ahead and have solutions to situations that are sure to happen to keep you from your exercise routine. What ever happens, remember that it is never too late to get back on track.

The Mouse Trap

A mouse looked through a crack in the wall to see the farmer and his wife opening a package. He wondered what food it might be, but was shocked to discover that it was a mousetrap! Running to the farmyard, the mouse squeaked the warning, "There's a mousetrap in the house! There's a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell that this is a grave situation for you, but it is of no consequence to me; I cannot be bothered by it."

"I am so very sorry, Mr. Mouse," sympathized the pig, "but there is nothing I can do about it but pray; be assured that you are in my prayers."

The mouse turned to the cow, who replied, "Like wow, Mr. Mouse, a mousetrap. Am I in grave danger, duh?"

So the mouse returned to the house, head down and dejected to face the farmer's mousetrap alone. That very night a sound was heard throughout the house,

like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see that it was a venomous snake whose tail was caught in the trap. The snake bit the farmer's wife. The farmer rushed her to the hospital.



She returned home with a fever. Now, everyone knows that you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. His wife's sickness continued, and friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

The farmer's wife did not get well, in fact, she died. So many people came for her funeral that the farmer had to have the cow slaughtered to feed all of them. So the next time you hear that someone is facing a problem and you think that it does not concern you, remember that when the least of us is threatened, we are all at risk.



TDS Family Martial Arts & Fitness Centers



THANK YOU!

Master Jose & I would like to thank Mr. Bill, Mr. Jody, Shad, Erin and Tracy for covering the classes while we were on vacation. It was nice to know that the students at TDS were in great hands during our absence. We really appreciate all your help. We had a great time and we hear all the students had a great time in class.

HAPPY BIRTHDAY - BIRTHDAYS - MARCH

Mar 03 - Stacy O.
Mar 07 - Jack L.
Mar 27 - Emmy S.



RECENT PROMOTIONS - CONGRATULATIONS!

8th gup - TSD - Billy N., Michael M.
Dragons - White-Yellow Stripe - Nick P.

NEW STUDENTS - CONGRATULATIONS AND WELCOME!

Tang Soo Do: Kayla S.
Dragons: Mya D., Jack L.
FKB: Sam B., Michelle D., Tiffany J., Laura L., Stacy O.



WORD OF THE MONTH - ACHIEVEMENT

We Have a New Word of the Month this Month! *ACHIEVEMENT!*

***Achievement* means "To accomplish something with time and effort."**

We have all worked hard to accomplish many things in life. We have all needed to use patience and take the time to learn something in order to succeed. It is with hard work and time that we can achieve great things.

Think of 3 - 5 things that you have accomplished in your life. Write them down and turn them in to your instructor and/or share them with your parents.





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Plan for a Simpler life

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Sort the ideas into similar categories. The weather and distance to a gym are out of your control. Like going to the dentist or doctor, very few people like to exercise; it is just a necessary part of life. The trick here will be to find an exercise or sport that you can tolerate or learn to enjoy. Perhaps being out of shape is what is really causing the dislike. Scheduling might have to be re-arranged, but we all are capable of making time for things that are important to us. The three latter items on the list show that it would be beneficial to all aspects of your life to find the time to exercise regularly.

Beginners may set goals that are too easy because they fear failure, but without a challenge, it is easy to drop a goal that seems unnecessary. Goals should be slightly out of grasp, but still achievable with work. If getting and staying fit is your goal, then it is now a priority. It may mean waking an hour earlier, which will be easier once you establish a routine. Your goal needs to be precise and positive. An out-of-shape person's goal may be to run a marathon, but doing it next month is unrealistic. Smaller, doable goals such as "I want to drop 15 pounds of fat over the next three months and increase my muscle and endurance level to run three miles" will take work, but is realistic.

Once a person gets into the goal setting mode, it is easy to want to redo every aspect of life at once, but success comes with integrating small changes into one's life over a long period of time. Remember, determine the area that you want to change first, make it a priority, and write down a positive and precise mission statement for your goal. By systematically reworking different areas of your life, changes will be easier and more permanent.



For more information on
Family Martial Arts
Classes
(Adult & Children)
Fitness Kickboxing

Call
248-933-5979

Calendar

Sun, Mar. 6th - All in One Fitness (LB) 8:00 am, Forms 9:30 am, 10:30 am Black Belt Class, 11:30 am Basic Beginning TSD, 12:30 pm Dragon class

Sat, Mar. 13th - All in One Fitness (UB) 8:00 am, Forms 9:30 am, 10:30 am BB Prep, 11:30 am Basic Beginning TSD, 12:30 pm Dragon class

Sat, Mar. 20th - All in One Fitness (LB) 8:00 am, Forms 9:30 am, 11:30 am Basic Beginning TSD, 12:30 pm Dragon class

Sat, Mar. 27th - All in One Fitness (UB) 8:00 am, Forms 9:30 am, 10:30 am BB Prep, 11:30 am Basic Beginning TSD, 12:30 pm Dragon class

Sat, Apr. 3rd - All in One Fitness (LB) 8:00 am, Forms 9:30 am, 10:30 am Black Belt Class, 11:30 am Basic Beginning TSD, 12:30 pm Dragon class