

TDS Family Martial Arts and Fitness Centers

32701 John R Rd.

Madison Heights, MI 48071

www.tdsfma.com

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MARTIAL
ARTS ★

TDS NEWSLETTER

248-933-5979

April 2010

A Loyal Friend After the End

Greg is a flight line attendant at a small regional airport where I often fly through as a helicopter pilot. He escorts passengers to and from the helicopters, fuels the helicopters and loads baggage and cargo. I got to know him after our California base closed down and I began commuting to the Gulf of Mexico. He's in his early fifties, and is a gregarious, cheerful guy who laughs like a pirate. I knew I would like him when a couple of guys told me that he did a lot to help children in his small community in Louisiana.

Today, as we were between flights, I hung out at the helicopter while Greg fueled it. I hadn't chatted with him in awhile, so I asked him how his family was doing.

"Everyone is doing just great," answered Greg.

I came back with, "I forget, Greg, how many kids do you have?"

"Four," he answered. He paused, then continued, "Three of them are mine biologically; one is adopted."

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Something About the Uniform

Being from the city, I'm very familiar with a game called kick the can. Kids can find an entire afternoon of fun and entertainment with simple trash items. However, those enterprising young kids are building skills that will help them in many sports and activities as they get older. They are also building loyal friendships that will last a lifetime. Put the two together and they are developing a fierce team spirit that can rival none. Playing sports is an integral part of developing loyalty among groups of people. That is why many professions, where one's life may depend on another, play team sports. No matter what amateur sport you are watching, you can usually find a team of fire fighters, police or military troops fiercely competing. They care for one another, but also the members of their communities.

Not everyone can join these elite heroes, but there is a uniform that just about anyone can wear and find that fierce loyalty, friendship and community spirit; the local martial arts studio. In fact, many fire fighters, cops and military personnel are also martial artists. Most martial arts schools are like small communities for their members. They care about their students' grades, health and families along with their skill progression. They want their students to do well in all areas of their lives, not just in the martial arts.



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Quotes to Ponder

To be capable of steady friendship or lasting love, are the two greatest proofs, not only of goodness of heart, but of strength of mind.

— William Hazlitt

Heroes are people who rise to the occasion and slip quietly away.

— Tom Brokaw

When you arrive at your future, will you blame your past?

— Robert Half

It is often wonderful how putting down on paper a clear statement of a case helps one to see, not perhaps the way out, but the way in.

— A. C. Benson

The best way to convince a fool that he is wrong is to let him have his own way.

— Josh Billings

Polite words open iron gates.

— Serbo-Croatian Proverb

Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

— Danny Thomas



Something About the Uniform

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These men, women and kids aren't insular either. They know that their community has needs that are not being met, so they try to help. Some get kickin'. Not by playing inner-city kick the can, but by collecting pledges for a set number of kicks in a certain amount of time. The funds are then donated to local charities or even one person in need. If these martial artists aren't kicking, they're breaking. Not bones, but boards with the same purpose; to raise funds and develop community spirit. Martial arts studios are businesses, so they don't have to do this. They do this because they lead by example; they be-

lieve so strongly in what they do, they want to share it with everyone.

So, if you or anyone you know is looking for a place to get healthier and fit, find loyal friendships and caring instructors who will challenge you to be your best, call or visit your local martial arts studio. Oh, and you, too, get to wear a cool uniform.

Grow Up and Act Like a Kid

Have you been watching the kids have fun in their martial arts class and wish you could join? It may sound scary, especially when you see a group of 14 year-old brown belts, but the nice thing about martial arts is you are never too old to begin. Physical activity and an active lifestyle can make you feel and look younger, and the emotional rewards are as beneficial as the physical. Activity boosts your blood circulation, which may give you quicker reflexes and increase your mental acuity. So what is stopping you or a friend from becoming a white belt?

Martial arts vary allowing you to pick and choose. You can choose a class that teaches a fast or slow paced style, high kicks or fancy handwork. Talk to the instructors, because they want you to succeed as much as you do. Try a few different classes and talk to the instructors and students. Remember, if you don't like it, you won't do it.

for warm-ups and stretching. Can't touch your toes? Don't. Know your limitations and work with them, because you are competing with yourself, not the rest of the class. Warm up and stretch every day, even when you don't have a class scheduled.

Flexibility is great for your joints, bones and muscles, and will make life easier as you age.

If you see the black belts doing impressive kicks, punches and falls, don't let it scare you. They didn't start out doing those feats. Look at the white belt class, because you will be starting with their skills. If you're the oldest don't let it bother you. Age is respected in martial arts, and you are also setting the example you are never too old to try something new.

So, are you motivated enough to talk to an instructor? He or she will be able to answer any questions or concerns you may have about the classes offered. It won't be long until you're touching your toes and enjoying a fun and healthy activity.



Arrive early and have ample time



TDS Family Martial Arts & Fitness Centers



NEW STUDENTS - CONGRATULATIONS AND WELCOME!

Tang Soo Do: Nathan A.

Dragons: Anand B.



HAPPY BIRTHDAY!

Birthdays - April

Apr 04 - Mr. Jose
Apr 12 - Dana K.
Apr 22 - Lisa F.
Apr 28 - Karen M.



Apr 08 - Michelle D.
Apr 21 - Justin M.
Apr 27 - Emily M.

RECENT PROMOTIONS - CONGRATULATIONS!

3rd gup - TSD - Dana K.
7th gup - Brendan D.
8th gup - Jon D.
TSD - White-Black Stripe - Kayla S., Jane D.
Dragons - White-Black Stripe - Matthew H., Mya D., Billy S.
Dragons - White-Orange Stripe - Zachary D.
Dragons - White-Purple Stripe - Kathryn T.
Dragons - White-Blue Stripe - Candy S.



AWESOME GRADES

Congratulations to all of those who earned awesome grades this marking period. Included in the awesome grades are: Zak K., David Z., Olivia Z., Emily M., Alec M., Mya D..

UPCOMING EVENTS

1. G. M. Drouillard will be coming in to do a seminar for us. This is something you will not want to miss. It is a once in a lifetime opportunity. More info to follow such as date and cost.
2. We will be having a breaking clinic in either May or June. More info will follow soon.



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A Loyal Friend After the End

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“Really?” I asked. I’d long been fascinated by folks who adopt children.

“He was the child of a friend of ours,” he went on, “and she was killed in a car wreck when he was two. He had no other family, so we took him in.” I pondered all of that for a moment.

“Wow, so he’s always known you two as his mom and dad, huh?”

“Yeah,” Greg answered, “but we talk about his mom all the time, and show him pictures. He knows her, even if he doesn’t remember her. He’s thirteen now and a good kid with straight A’s.

With the lump in my throat, I could only say, “Bless your hearts.” I wiped my eyes on my sleeve, put my pilot face back on, and walked to the operations building to greet my passengers.

Tactical Defense Solutions

TDS

Family Martial Arts and Fitness Centers

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

Call

248-933-5979

Calendar

Sat, Apr 3rd - Resistance Class 8:00 am, Forms class 9:30 am, Black belt class 10:30 am,
Basic beginning class 11:30, Dragons 12:30

Sat, Apr 10th - Resistance Class 8:00 am, Forms class 9:30 am, Gup testing 10:30 am,
Basic beginning class 11:30, Dragons 12:30



Sat, Apr 17th - Resistance Class 8:00 am, Forms class 9:30 am, Basic beginning class 11:30,
Dragons 12:30

Sat, Apr 24th - Resistance Class 8:00 am, Forms class 9:30 am, Basic beginning class 11:30,
Dragons 12:30

Sat, May 1st - Resistance Class 8:00 am, Forms class 9:30 am, Black belt class 10:30 am,
Basic beginning class 11:30, Dragons 12:30

Sat, May 8th - Resistance Class 8:00 am, Forms class 9:30 am, Basic beginning class 11:30,
Dragons 12:30

Sat, May 15th - Kang Uk Lee seminar - 1st gup and black belts only. 1st gups, 1st & 2nd Dans - 9:30 am to
approx 12:45 pm. 3rd Dans and up 2:30 - 5:45 pm. See Ms. Lisa to sign up. You must be
registered by April 25. Cost is \$80.