

# THE KICKING POST

WESTSIDE SCHOOL OF TAE KWON DO

JANUARY 2020/VOL. 22.5

*Happy New Year  
and Welcome to 2020!*

## TESTING

Our first regular promotion test of the New Year is scheduled to take place over the weekend of Jan. 17<sup>th</sup> & 18<sup>th</sup>. Those students eligible for testing will have received a notice. All new students are encouraged to attend, to learn more about testing procedures and to support their fellow students. Attending students are expected to show their respect by sitting VERY quietly during the testing. Parents of very young children who have difficulty sitting quietly are asked to find a sitter for their youngster. Thank-you.

## IN HOUSE TOURNAMENT

On Saturday, Feb. 15<sup>th</sup> we are holding our 11<sup>th</sup> annual in house tournament at our dojang for all ages and belt levels. Students may compete in either sparring, patterns, high jump front kick or all 3. The cost is \$50.00 for 2 events or \$60.00 for all three. Registration forms will be available at our reception. There will be an admission fee of \$2 for spectators. Due to limited seating within our dojang, spectators will want to bring a small lawn chair with them.

**Registration forms & fees need to be handed in by Feb. 10<sup>th</sup>**, after that, there will be a \$5 late registration fee. If you're thinking of competing, you will need to have a mouth guard, shin-instep guards and for boys/men, a cup. These items can be ordered at our back counter.

## VOLUNTEERS NEEDED

If any parents are interested in volunteering at our in-house tournament, please sign up at our reception. We will need adults to man the entrance/cash box, act as time keepers & man a small snack bar. Thank you for helping to make this another successful event !

## SATURDAY SPARRING CLASSES

Our next Saturday Sparring class is scheduled to take place on Saturday, January 25<sup>th</sup> from 10:00 - 11:00 a.m. Saturday Sparring classes are taught by Ms. Friesen, 3<sup>rd</sup> Dan, Canadian National Silver Medalist and 2016 International Children's Games Competitor (New Taipei City). A \$15 drop-in fee applies. Cash only please.

## PAWS IT FORWARD DOG RESCUE



Thanks to the kind and generous donations from our members, we raised \$350. for Paws it Forward Dog Rescue and Stoney's surgery ! Thanks to all who donated and for helping to save a dog's life. Your kindness is truly appreciated.

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**ATTACHED to this newsletter, you will find a Respect worksheet for child & parent to work on together. Complete and hand in to us and you will receive a sweet surprise 😊 .**

The more of this you give to others, the more you will receive in return. Can you guess what the thing is? No, it's not chocolate, although that would be nice. It's respect. The dictionary defines respect as consideration or courteous regard. We all want other people to treat us well, to listen to our opinions and to be polite with us. When they do not, it can lead to bad feelings and conflict.

Respect can be thought of as a set of behaviors that we should all understand and practice so that we can all get along peaceably. It doesn't mean that we can't have different ideas or habits. What a boring world it would be if we were all identical! It just means that we have to accept our differences and do our best to let others live their lives as they see fit.

There are some limits or boundaries that we should not cross in dealing with other people. Rude or



insulting language is an obvious mistake. Making fun of anyone might seem like fun, but it is very hurtful to the person being teased. Sometimes just listening without interrupting can show respect, even if you don't agree with what the person is saying to you. Of course any kind of physical contact or bullying is unacceptable, too.

Inside the dojang, we have certain ways that we show respect. Bowing is something we do frequently. Saying "Yes, Sir" or "Yes, Ma'am" is another common expression of respect in Taekwondo.

It isn't just people we have to show respect for. It might be for an institution such as our country, or for an important idea such as democracy. We bow to our flag, for example, to show respect for our country and everything it stands for.

Remember we said the more you give, the more you will receive? It's true! Showing respect to others will definitely earn you the same treatment. People will be impressed with you, and look up to you more than you might think. And if we all learn to show respect for others, our individual lives and the whole world will be a better, happier and safer place for all of us.

Some define respect as being polite or having good manners. But the word has a much deeper meaning and value in today's world.

Giving respect means treating others with honor and esteem. It also means showing consideration and appreciation. Respect is about valuing the worth of yourself, others and the world around you.

Most kids learn the basics of respect at an early age:

- Say "please" and "thank you"
- Share your toys
- Play nice at school
- Follow the rules
- Don't make fun of others

Unfortunately, these basic tenets of respect have become cliché phrases that many kids know, but don't always put into practice. Without practice, respect deteriorates. Young children who grow up without a foundation of respect can become school-age bullies. Worse, they become awful adults to work alongside in the professional world.

Teach your kids respect by following these steps:

### **Be supportive**

Kids who are raised in a supportive, family environment have greater self-esteem and confidence. Having a strong sense of self-worth is a necessary building block for respect. Often, kids who aren't supported at home mimic that behavior elsewhere and it manifests as "no respect."

### **Model the way**

Like most behavior, respect is learned through observation, experience and direct teaching. Kids who witness parents being rude to a waitress or cursing another driver from behind the wheel of a car are learning disrespect. Consider what your kids are learning through your actions and words.

### **Establish boundaries**

We live in a civilized society because we have rules and boundaries. Talk to your kids about your family rules – no foul language, no hitting, etc. Also establish boundaries so kids know what is expected of them, "You are free to play outside with your friends so long as you stay in the cul-de-sac and let me know before you go into their home."

### **Minimize media noise**

The media is filled with disrespectful messages today. From sexually demeaning music lyrics to off-color jokes on television, kids are exposed to a litany of negative influences through media. While it's tough to protect kids 24/7, you can make them aware of what is acceptable and what it not by developing a standard of respect, "The character in this movie isn't respecting his friends. That kind of behavior isn't acceptable."

### **Practice genuine respect**

Please. Thank you. May I? Excuse me. I'm sorry. These are the "magic words" everyone is taught to use from an early age. But saying them doesn't automatically translate to genuinely feeling the words. Teach your kids to say the words, but also talk about what it means to feel appreciation, sorrow, or the other feelings that go along with respecting others.

**WISHES FOR 2020**  
**12 MONTHS OF HAPPINESS,**  
**52 WEEKS OF FUN,**  
**365 DAYS OF SUCCESS,**  
**8,766 HOURS OF GOOD HEALTH,**  
**525,600 MINUTES OF GOOD LUCK,**  
**31,536,000 SECONDS OF JOY !**