



Newsletter #10  
September 2007

[www.sparkstkd.com](http://www.sparkstkd.com)

## Goal Setting

*A journey of a thousand miles begins with a single step – Lao-tzu*

As summer draws to an end and students return to school, it is a good time to reflect on our past accomplishments and make new resolutions.

Goals give us something to focus on every day, and help us achieve what we want in the future.

Take time to think about what your martial arts goals are. This is a time to think big, to dream.

You may have many goals – one of course is to become a black belt. And once you are awarded your black belt, it is time to plan new goals:

*Arriving at one point is the starting point to another – John Dewey*

How do you accomplish your goals?

First, you need to write them on paper. This helps focus on what you really want to achieve, makes them specific so you can work toward making them happen, and helps you reflect on them and update them over time.

Sometimes our goals seem so big it is hard to imagine we could ever realize them.

If you are just starting out in martial arts, getting a black belt may seem overwhelming. It is a long journey.

Break your goal down into smaller components or tasks you can do to make it happen. What skills do you need to learn? What do you need to practise?

For example, maybe your goal is to join the national team eventually.



To do this, you will need to be able to perform your patterns effortlessly and without hesitation. You will need to improve your sparring for competitions.

Now, write down three or four tasks you plan to work at now to help reach your goal.

You may want to find three-move combinations that work well for you in the sparring ring.

Make sure your tasks will be challenging for you but will also be doable. Creating unrealistic tasks will only frustrate and disappoint you.

Tasks need to be measurable so you can check your progress and determine if you are on track, or if you need to reassess your training program.

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You want to create three-move combinations you can use in the sparring ring, but just wanting it will not make it happen six months from now.

Decide to create a new combination each month, practise it and test it each time you spar.

At the end of each month, decide if the combination works well for you, and modify it if it does not. Create a new one each month.

Now the task is very specific; you know what you need to do. It is measurable too, so you can determine if you are succeeding or you need to reassess your plans.

Assess your progress regularly and make changes if you are not making the progress you expected.

In six months, or a time you choose, reflect on your progress, and decide which tasks to continue or modify. Add new tasks you think will help you achieve your goal.

A key to reaching your goals is keeping a good attitude. Congratulate yourself for your successes, accept and learn from your setbacks, and persevere.

## Promotions

Many students were promoted to their next Gup rank during the summer months. Congratulations to all.

## New Members

We are happy to welcome our new club members who joined this summer: Sarah Murphy, Alyshia Graham & Dave Graham.

## Back to School Special

Flyers were sent out in the mail recently, about our fall special for new students.



If you have a friend or relative interested in joining, please invite them to try a class, and let Sabuhmnim know you recommended our club to them. Your name will be added to a draw for tickets to a Senators hockey game.

## New Fall Schedule

This summer we compressed our classes into two, to accommodate the fewer numbers of students we have during summer holidays.

There will be no class on Saturday 1 September, Labour Day – we close the school on the Saturday of long weekends.

Starting Tuesday 4 September, we will start our new fall schedule.

## Self-Defence Workshop

In July, Anne Mokros, Sarah Mokros and Tania Dopler led a self-defence workshop at the Native women's centre, Minwashin Lodge.

The women at the centre welcomed us generously, enjoyed trying our kicks, punches and techniques, and participated in an open and lively discussion. Most of all, everyone had fun.

## Web Site

Have you checked out our website lately? Our webmaster, Roland ten Holder, has made many updates, including a new photo gallery.

If you haven't visited us on the web lately, please go to [www.sparkstktd.com](http://www.sparkstktd.com)

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