



Watson's Family Karate School Kick'n News Letter

Listen, Everyone!

By Allie
Alberigo

Ah...the art of listening. Even though you claim to be listening and you respond at the right moment with the typical "ahs, uh-huhs, and yups," you may still find yourself in a daze. Just because your ears are working and the sound is entering, it doesn't mean you have clear understanding.

Maybe, even right now, you've scanned this article to this point and really haven't given it your undivided attention. Let's stop and start again, this time with 100% intent. Okay, are you with me? I hope you started from the top and you are now intent on receiving as much benefit from this article as possible.

I have some rules for listening and they can apply to you. My lessons can help you during your martial arts training, with your relationships, and at school and at work. If you become a better listener, then you will become a better person.



Four Tips for Better Listening!

1. Make sure you are not distracted. Eliminate any outside factors that may disrupt your concentration.
2. When you listen, really listen. Do not let anything interfere, such as background noise, music, etc. Stay focused on the topic at hand.
3. Look directly at the person, as you listen; do not shuffle through papers and do not engage in any other activity. Eye contact or, at least, face contact is important.
4. Ask questions about what you've heard. "This is what I understand you're saying. I am correct?" Make sure you are on the same page.

Becoming an effective listener takes practice. I notice during my classes that many students only retain a portion of what they hear. When I'm teaching young students, they only learn a part of the information. Even parents don't always give their children their undivided attention when they are talking. It doesn't need to be that way, however. Although this may be the case now, you are the best person to fix the problem. Follow rules 1 through 4 above and you will be well on your way to becoming a better listener. I assure you that you will improve your relationships and communication with others, making you a better martial artist, student and friend. Just listen!

action principles

Rejoice in the Day

You awoke early. You did your best work. You exercised your mind and body. You were pleasant to others. You did a good deed. You took time to reflect and plan tomorrow. Take pleasure in your accomplishments.

Bill FitzPatrick is a 5th-degree Black Belt, holds a Master's Degree in Education and runs the non-profit American Success Institute at: www.mastersuccess.com.



Up Coming Events

- April 20,** **Black Belt Prep. Class**
For Brown belts and above
8:00 am—7:00pm
Cost \$50.00
See flyer for more information
- May 2—4** **Black Belt Grading Weekend**
Normal Classes all weekend the black belt candidates will be attending
All classes and more.
- May 9** **Grading no evening karate classes**
- May 10** **Bring your Mother to class with you for Mothers day**
- May 17—19** **Closed for Victoria Day Weekend**
- May 25** **Black belt presentation**
This is for everyone come cheer the newest Black Belts.
- Jun 1** **Closed for the Aurora Street Sale come visit us.**
- Jun 13** **Grading no evening karate classes**
- Jun 14** **Bring you Father to class for Fathers day**
- Jun 21** **Buddy day bring you best buddy to Karate and have some fun!!!!**

New Schedule starts

April 21, 2008