

# Watson's Family Karate School Monthly News



Great people don't equal great teams.

– Tom Peters

As much as we admire solo achievement, the truth is that no lone individual has done anything of value...Nothing of significance was ever achieved by an individual acting alone.

– Dr. John Maxwell

Teams are less likely to overlook key issues and problems or take the wrong actions.

– Eugene Raudsepp

Superior work teams recognize that consistently high performance can be built not on rules, but only on values.

– Dennis Kinlaw

Great discoveries and improvement invariably involve the cooperation of many minds.

– Alexander Graham Bell

I've never been bashful about asking for help.

– Ted Turner

The influence of each human on others in this life is a kind of immortality.

– John Quincy Adams

Life is like a cob web, not an organizational chart.

– H. Ross Perot



## Teamwork

**As** much as we admire solo achievement, the truth is that no lone individual has done anything of value...Nothing of significance was ever achieved by an individual acting alone.” – Dr. John Maxwell, author, *The 17 Indisputable Laws of Teamwork*

While we easily see the role teamwork plays in our professional lives, or in specifically identified “team sports,” or even in our social and family life, it is not always easy to see the teamwork involved in helping us grow as martial artists. Very often, the martial arts are viewed as an individual pursuit, with little emphasis on teamwork.

However, consider all of the people involved in helping you develop your martial arts skills. There is the owner of the martial arts school you attend. This person has taken all of the risks associated with being an entrepreneur in order to provide your martial arts training. There is also your specific instructor(s). These committed people give of their time to help you develop your skills. They offer you their knowledge and expertise, and work to ensure you grow in your understanding of your martial art.

In addition, there are your classmates. These students often serve as assistant instructors. Sometimes they directly help in providing instruction. Other times, they serve as role models, demonstrating everything from proper technique and posture to the appropriate attitude of a martial artist. Without these students, your training would not be as smooth and consistent as it should.

Continues on Page 2



## JOKES;

What did the water say to the boat?

Nothing, it just waved.

Why did the clock in the cafeteria run slow?

Every lunch, it went back for seconds.

# Watson's Karate Schedule

F  
A  
M  
I  
L  
Y  
  
C  
L  
A  
S  
S  
E  
S

|                      | Mon.<br>Forms                        | Tues.<br>Forms        | Wed.<br>Sparring/<br>Bag          | Thurs.<br>Forms                      | Fri.<br>Sparring/<br>Bag       | Sat.<br>Forms              | Sun.<br>Open classes                            |
|----------------------|--------------------------------------|-----------------------|-----------------------------------|--------------------------------------|--------------------------------|----------------------------|---|
| White<br>(beginners) | 6:45-7:15                            | 4:30-5:00             | 4:45-5:30                         | 5:45-6:15                            | 5:15-6:00                      | 10:30-11:15                | 10:30-11:00                                     |
| Yellow               | 7:15-8:00                            | 5:45-6:30             | 4:45-5:30                         | 4:15-5:00                            | 5:15-6:00                      | 10:30-11:15                | 11:00-12:00                                     |
| Orange               | 7:15-8:00                            | 5:00-5:45             | 5:30-6:15                         | 4:15-5:00                            | 6:30-7:30                      | 11:15-12:00                | 11:00-12:00                                     |
| Green                | 4:15-5:00                            | 5:00-5:45             | 5:30-6:15                         | 5:00-5:45                            | 6:30-7:30                      | 11:15-12:00                | 11:00-12:00                                     |
| Purple               | 5:00-5:45                            | 7:15-8:00             | 5:30-6:15                         | 5:00-5:45                            | 6:30-7:30                      | 11:15-12:00                | 11:00-12:00                                     |
| Blue                 | 5:00-5:45                            | 7:15-8:00             | 6:15-7:00                         | 5:00-5:45                            | 6:30-7:30                      | 2:30-3:15                  | 12:00-1:00                                      |
| Red                  | 5:45-6:45                            | 6:30-7:15             | 6:15-7:00                         | 6:15-7:00                            | 6:30-7:30                      | 2:30-3:15                  | 12:00-1:00                                      |
| Brown-<br>Black      | 5:45-6:45                            | 6:30-7:15             | 6:15-7:00                         | 7:00-7:45                            | 6:30-7:30                      | 3:15-4:15                  | 12:00-1:00                                      |
| Extra<br>Classes     | 3:30-4:15<br>Teen class<br>All Belts |                       | 7:00-8:00<br>Teachers<br>Training | 3:30-4:15<br>Teen class<br>All Belts | 6:00-6:30<br>Open All<br>Belts |                            |   |
| XMA<br>Classes       |                                      |                       | 7:00-7:45                         | 7:45-8:45                            |                                | 12:00-1:00                 |   |
| Adult<br>A.M.        | 10:00-11:00                          | 9:15-10:00<br>Weapons | 10:00-11:00                       | 10:00-11:00                          | 10:00-11:00                    |                            |   |
| Adult<br>P.M.        | 8:45-9:45                            | 9:00-10:00            | 8:30-9:30                         | 8:45-9:45                            |                                |                            |   |
| Lil'<br>Dragon       |                                      | 4:00-4:30             | 6:30-7:00                         | 6:30-7:00                            |                                | 10:00-10:30                | 10:00-10:30                                     |
| Weapons<br>Green +   |                                      |                       |                                   |                                      |                                | B-1:00-1:45<br>A-1:45-2:30 | 1:00-1:45                                       |
| CARDIO<br>AM         | 6:00-6:45<br>BAG                     |                       | 6:00-6:45<br>BAG                  |                                      | 6:00-6:45<br>BAG               |                            |   |
| CARDIO<br>AM         | 9:15-10:00<br>BAG                    |                       | 9:15-10:00<br>BAG                 | 9:15-10:00<br>BAG                    | 9:15-10:00<br>BAG              | 9:00-10:00<br>CARDIO       |   |
| CARDIO<br>PM         | 8:00-8:45<br>BAG                     | 8:00-9:00<br>CARDIO   | 7:45-8:30<br>BAG                  |                                      | 7:30-8:15<br>BAG               |                            | More Cardio<br>Classes on<br>Cardio<br>Schedule |

Students should arrive 10 minutes before class. Sparring classes are Wed. and Fri., for Orange Belts and above - full safety equipment is required to participate. Form days are Mon., Tues., Thurs. and Saturday.

Contact us @ 905 727 7144 **Schedule Starts September 8, 2009**

# Work... Who Needs It?

By Zig Ziglar

Somebody once said that work is the father of success and integrity is the mother. If you can get along with those two members of the family, the rest of the family will be easy to get along with. Unfortunately, too many people don't make enough effort to get along with the father. Some even quit looking for work as soon as they find a job.

Most people's concept of work is that it should be fun and "meaningful," or we shouldn't be expected to do it. Personally, I'm convinced that the sheer love of

work, with all its rewards, should provide enormous satisfaction. Charles Gow says that work gives you an appetite for your meals; it lends solidity to your slumber; it gives you a perfect appreciation of a holiday. The truth is, we all need work.

In my own profession, I do not believe anyone enjoys what they do any more than I, and yet there are certain phases of it that are tedious: constant deadlines and occasional canceled or delayed flights when I must sit in an airport or on a runway for hours, for example.

Voltaire was right when he said that work keeps us from three great evils: boredom, vice and poverty. With that concept in mind we can look at the benefits and understand that "you don't 'pay the price' - you enjoy the benefits." Edison said, "There is no substitute for hard work. Genius is one percent inspiration and 99 percent perspiration." Franklin put it this way: "The used key is always bright."

Continues on Back



## Teamwork

Continued from Page 1

Finally, there are your friends, family, and training partners. Sometimes these are all the same individual. Other times, there are multiple individuals filling these roles. But they all have one thing in common – they support your effort to improve yourself through the martial arts. Family and friends encourage you in your training, and celebrate each step of progress with you. Your training partner(s) helps provide motivation and accountability, so you will be able to push through those rough times that challenge us all.

The next time you're tempted to think your progress in the martial arts is due entirely to your own efforts, consider the "team" assembled around you that makes that progress possible. Without each of those teammates, what would your martial arts experience be like? How would your training and progress be affected?

In addition, consider how many teams you are a part of as well. The fact is, you fill some of these roles for others also. Are you a good team member? Do you take your responsibilities seriously? Can your teammates rely on you?

As Dr. John Maxwell writes in his book, *The 17 Indisputable Laws of Teamwork*, we are all a part of many different teams. The question is, "Will your involvement with others be successful?" Recognizing and understanding the importance of teamwork will help you answer that question with a resounding "Yes!"

## Work... Who Needs It?

Continued from Page 3

And finally, Richard Cumberland said, "It's always better to wear out than to rust out."

Bottom line: Unless we work we will miss out on many of the joys and benefits of life itself. So concentrate on the things you like about your job and its benefits. Give

your job that extra burst of energy you always have on the day before vacation, and you will learn to enjoy your work even more. Try that approach and I'll SEE YOU AT THE TOP!

Zig Ziglar is a motivator and teacher. He is the author of 27 books and loved by millions of people world wide for his practical wisdom and his gift of hope.

Taken from [www.ziglar.com](http://www.ziglar.com). stimulating martial arts experience



## Special Announcements:

September 5—7 Closed for Long Weekend

September 8 Fall Schedule starts (with lots of class review)

September 19th YOUFIT Course starts "Be a Fit you by Christmas"

October 2 Grading (get back, get ready.)

**\*\*WATCH OUT FOR OUR ON LINE SURVEY\*\***

Check our Web site  
[Www.watsonsfamilykarate.com](http://www.watsonsfamilykarate.com)  
For any special announcements