

Watson's Family Karate School Newsletter

Nov 2009



If you think you can, you can.
And if you think you can't,
you're right.

– *Mary Kay Ash*

No one can make you feel
small without your consent.

– *Eleanor Roosevelt*

Self-confident people are
open to good ideas
regardless of their source
and are willing to share
them. – *Jack Welch*

An inability to stay quiet is
one of the conspicuous
failings of mankind.

– *Walter Bagehot*

You can make more friends
in two months by becoming
genuinely interested in other
people than you can in two
years by trying to get other
people interested in you.

– *Dale Carnegie*

When you have confidence,
you can have a lot of fun.
And when you have fun, you
can do amazing things.

– *Joe Namath*

Listening helps you bring out
of yourself the things you
didn't know were there.

– *John Woods*

It is courage based on
confidence, not daring, and it
is confidence based on
experience.

– *Jonas Salk*



Self-Confidence: Pass it On

We all have those times when we doubt our own abilities. Looking for a new job, starting a new project, and preparing for that black belt test are all activities that might make us question how good we really are at something. Obviously, achievement breeds confidence. In this instance, getting the job, completing the project, or earning that black belt all will positively impact our self-confidence and self-esteem. Achieving a goal is one of the best ways to create self-confidence.

However, what about those times when our self-confidence is low? What can we do then to improve it? How can we effectively reaffirm our ability to meet challenges? One often-overlooked way is to focus on helping others. Let's use the black belt test example. If you're nervous about your ability to pass the black belt test, start working with lower ranking belts and help them develop their skills. You will find that as you help others improve their skills, your own self-confidence grows as well. Want a confidence boost? Help someone else.

Another important aspect to regaining or retaining self-confidence is watching who you spend your time with. Are you constantly around negative people? These people rarely have anything good to say. They are a drain on your self-confidence. Surround yourself with positive people who will encourage you. This isn't to say that they are people who only tell you what you want to hear, but rather they encourage you, even when they offer admonishment or instruction. These are the people that will help you grow personally and professionally. They will help you maintain a high degree of self-confidence.



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Halloween Safety Tips

1. Choose a costume that is fire-proof, fits properly, and allows you to see where you are going.
2. Make sure you can see and be seen after dark. Wear a light-colored costume, use reflective tape, and carry a flashlight.
3. If your costume includes a prop, make sure the ends are smooth and flexible enough not to cause injury if fallen on.
4. If you are going house-to-house without your parents, be sure to plan a route ahead of time with your family so they'll know where you'll be and with whom.
5. Only approach houses with their lights on.
6. While at a house, stand back several feet from the entrance. Never go into a stranger's house.
7. Cross the street at corners and be sure to look both ways for traffic.
8. Be cautious around candles and jack-o'-lanterns. Don't stand too close because your costume might catch fire.
9. Be careful around pets and animals; they may be overly excited or afraid of people they don't know.
10. Never eat your candy until it has been inspected to make sure it hasn't been tampered with.



How Well Do You Listen?

“One often hears the remark, ‘He talks too much,’ but when did anyone hear the criticism, ‘He listens too much?’” – Norman Augustine, former CEO, Lockheed Martin

Have you ever had a conversation with someone you felt just didn't listen to what you were saying? It's as though when they are not talking they are thinking about what they will say next, rather than listening to what you have said. It's a very frustrating experience.

Many successful people have recognized the value of listening. J. Odgen Armour, president of Armour Meat Packing Company once said, “Most men talk too much. Much of my success has been due to keeping my mouth shut.” And American financier and presidential adviser Bernard Baruch said, “Most of the successful people I've known are the ones who do more listening than talking.” How well we listen can determine the level of our success.

Yet today, listening often seems like a lost art. Co-workers, family members, teachers and students often seem to spend more time talking at one another, than actually communicating. This is another area where your martial arts training is of great benefit. As you know, one of the important principles of the martial arts is respect. Listening is a sign of respect to another individual. It tells them you are genuinely interested in what they want to say. Focusing on the other person as they communicate with you allows you to truly understand what they mean, and to address it.



But listening is more than just hearing. It's observing as well. What is the other person's body language? What is their mood? What are they not saying? What are the things you say that they pick up on? All of these are aspects of good listening. Practicing them will improve your ability to communicate effectively with anyone.

Your martial arts training can be a great asset in helping you develop excellent listening skills. Respecting another person enough to pay attention to what they are truly saying is a life skill that will benefit you wherever you go.

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A third way of rebuilding your self-confidence is getting back to basics. Author and sales expert Zig Ziglar has said that when a salesperson is in a slump, a well-proven strategy is to have them sell some basic, low-ticket items and let them get their confidence back. In the martial arts, this may mean going back to focusing on specific techniques in your kicks, katas, or breaking routines. Once we have progressed to a certain level, it is easy to only focus on where we are. Sometimes re-learning or re-mastering certain aspects of our training is just the right step for regaining our self-confidence.

The next time you are struggling to maintain your self-confidence, consider these methods for rebuilding it. Helping others, being careful of whom you spend your time with, and getting back to the basics are all effective ways to rebuild and maintain a healthy self-confidence. As Penn State head football coach Joe Paterno has said, “Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks.”

Special Events:

November 11th

Sigung Chong Seminar “Broad Sword” Kata

It is a wonderful experience to learn from a 10th Degree Master. Come and have an evening of Fun and Learn something new. Seminar is open to all Adults and Youth Green belt and above.

Cost \$50 is for the Seminar
you can purchase a wood sword for \$25.00

All Classes Canceled except for white and yellow belts.

November 13th

Grading

No Evening Karate Classes

November 14th

Pizza Movie Night

Sign up space is limited
\$25.00 for 1st member of Family
\$10 for each additional guest

December 5th

Adult Christmas Party

Held at Graystones Restaurant
Tickets \$50 per person + Cash bar

December 11th

Children Christmas Party

Held at Watson's
Bring in a non-perishable food Item or a New Toy
and Receive your ticket.