

CALENDAR

SEPTEMBER

- 1 - TAEKWONDO TESTING (NO CLASSES)
- 2 - FRIDAY FOCUS CLASS: BOARD BREAKING
- 9 - FRIDAY FOCUS CLASS: SELF-DEFENSE
- 10 - NEW FXB COURSE STARTS
- 16 - FRIDAY FOCUS CLASS: PALGWAE FORMS
- 19 - NEW STUDENT INTRO LESSON
- 23 - FRIDAY FOCUS CLASS: TAEGELIK FORMS
- 30 - FRIDAY FOCUS CLASS: BOARD BREAKING

OCTOBER

- 3 - SKILLS EXAMS BEGIN; NO AFTER SCHOOL PROGRAM
- 7 - FRIDAY FOCUS CLASS: SPARRING
- 14 - FRIDAY FOCUS CLASS: PALGWAE FORMS
- 21 - FRIDAY FOCUS CLASS: TAEGELIK FORMS
- 27 - SKILLS EXAMS END
- 28 - FRIDAY FOCUS CLASS: BOARD BREAKING

NOVEMBER

- 4 - FRIDAY FOCUS CLASS: SPARRING
- 7, 10, & 11 - NO AFTER SCHOOL PROGRAM
- 11 - NO EVENING CLASSES
- 18 - FRIDAY FOCUS CLASS: PALGWAE FORMS
- 23 - NO EVENING CLASSES (ASP AS NORMAL)
- 24 & 25 - CLOSED
- 30 - TIGERS TESTING

DECEMBER

- 1 - TAEKWONDO TESTING (NO CLASSES)
- 2 - FRIDAY FOCUS CLASS: TAEGELIK FORMS
- 5 - BELT CEREMONY (NO EVENING CLASSES)

The Art of Self-Discipline

Taekwondo and the martial arts as a whole teach us that we are in control of ourselves. Ultimately, there is no one else who can determine what we choose to do. We are accountable for our own actions.

The task of self-discipline can be hard for children, but it can also challenge adults as well. Adults have to make more choices than children do on a daily basis. That leaves more room for error; more chances to stray from what we know is right.

If you can't control yourself, someone else will control you. The most extreme example of this is the prison system. When someone ignores their conscience and does something that harms others – the opposite of self-discipline – they're put in a place where every decision is made for them.

Now, most of us will hopefully never be in that situation, but the same kind of rules apply to other choices we make. Through self-discipline we have control over our destiny. What will yours be?

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