

CTF Sidekick News

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REALIZATION

Realization, as we have all learned, is the attainment of our goals. Upon realizing our goals, a preplanned reward is merited. Unfortunately, many of us “miss the boat” on complete comprehension of the “work and reward system”. Over-achievers understand the work ethic, but what about the reward?

As you already know, goals must be attainable and rewards merited should be equal to goals set. You wouldn't reward yourself a new car for cutting the grass, nor would you reward yourself with only a slice of bread for losing 100 pounds. Excessive rewards lose their significance as the person does not truly earn them. On the other hand, hard work that goes unrewarded produces failure, resentment and lack luster performance.

The reward system, which is most definitely a part of the Choong Sil Philosophy, is perfect for assisting your children (both in the home and classroom) in the development and practice of their work ethic. In order to perfect your child's work ethic, he/she must have a clear understanding of the goal. Once the goal is set, they must participate not only in how they will achieve the goal but in the reward as well. When working with groups of children, the reward must be available to every child in the group, minimizing the possibility of isolating children with an already poor sense of self worth.

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NEW!!!!

***Fill out CTF forms online ***

-From your computer, smart phone or tablet

Visit www.choongsil.com to fill out your:

CTF New Membership

CTF Membership Renewal

Tournament Registration

Black Belt Testing Application

You can now sign your forms and pay online!

REALIZATION

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Many people seem to have a difficult time distinguishing rewards. Your reward must be something that makes you want to work hard enough to achieve the goal. The reward is NOT setting the next goal! Establishing your next goal is a product of attaining the goal. Your reward should provide satisfaction and pleasure. If you have difficulty in achieving your goals, look at the following:

1. Are your goals attainable and within reasonable limitations?
2. Has your plan of action been properly constructed?
3. Has your reward been clearly defined?

Remember, the goal is not complete at achievement. It is only complete upon presentation of the reward.

"Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle not only improves oneself, but also the immediate world around you. This concept of 'constant and never-ending improvement' is the ultimate purpose of Choong Sil Kwan."

Sil Hyun



Quote of the Month

"The difference between the impossible and the possible lies in a person's determination."

ATTITUDE

20 Ways To Improve Your Attitude!

- # 1 **SMILE!!**
- #2 Tell a friend something **GOOD** that happened to you today!
- #3 Take **ACTION** on something you've been putting off!
- #4 **LAUGH!!** (with a friend or at yourself)!
- #5 **STAND UP** straight, and take a deep breath.
- #6 **FOCUS** on something positive that has happened to you today!
- #7 Look for the potential in everyone!
- #8 Don't be so hard on yourself - Be your own best friend!
- #9 **EXERCISE!!**



- #10 **READ** a good story!
- #11 **LISTEN** to fun music!
- #12 Make a daily schedule and stick with it!
- #13 Do something **NEW** or **DIFFERENT!**
- #14 Focus in **POSITIVES** rather than mistakes!
- #15 **RELAX** and imagine you're in your favorite **FUN** spot!
- #16 **SLOW DOWN** and enjoy the beauty around you!
- #17 Practice expecting things to turn out **WELL!**
- #18 Wear your **FAVORITE** clothes: something **BRIGHT** and **EXCITING!**
- #19 Do something **FUN** - Play a game with your friends!
- #20 Make new leisure **GOALS** for yourself - Pursue **ALL** of your interests!

Taekwondo Word Search

D	D	Y	I	R	O	S	U	T	D	Z	K	K
L	O	O	N	R	T	G	O	S	A	R	Y	P
A	B	J	B	O	N	K	W	A	N	B	O	M
S	O	S	H	O	P	M	Y	O	K	G	N	B
Q	K	V	N	A	A	E	N	A	M	O	G	R
O	P	S	R	N	N	H	H	I	U	J	Y	I
J	Y	B	Y	P	O	G	N	R	J	M	E	C
C	H	A	R	Y	U	T	L	J	H	S	T	E
L	N	H	K	G	O	Y	I	R	O	N	G	Q
O	J	R	Y	O	N	G	G	M	O	N	L	N
P	O	O	S	A	H	B	U	M	N	I	M	G
P	N	H	H	M	G	E	P	V	B	L	O	O
S	G	M	O	O	N	S	T	R	E	G	S	S

1. Do Jhang
2. Dan
3. Do Bok
4. Sah Bum Nim
5. Gup

6. Bon Kwan
7. Cha Ryut
8. Kyong Yet
9. Ahn Jo
10. Yi Ro Sut

11. Jhoon Be
12. Bah Roh
13. Goman
14. Sho



2016 Black Belt Camps



MEN'S CAMP
May 25-May 29
Limestone, AR

WOMEN'S CAMP
June 22-26
Limestone, AR

FALL CAMP
October 7-9
Limestone, AR

Come join the fun at Camp Choong Sil Kwan. Enjoy Taekwondo to its fullest with individualized instruction from Grand Master Hardin. Focus on sharpening technique and learning new instructor skills, all while building relationships with others in Taekwondo.

Prior years' exciting activities included:

Taekwondo

Rappelling Canoeing

Paintball Swimming

ATV rides Massages

& more

2016 CTF Tournaments

April 30

REGION I

(Single-rated)

The Landers Ctr.

SOUTHAVEN, MS

July 30

REGION I

(Single-rated)

Goodpasture Christian School

NASHVILLE, TN

SPAR WARS

September 10

REGION I

(Double-rated)

HERNANDO, MS



HELP MATT ROERICK IN HIS BATTLE WITH PANCREATIC CANCER!

Order your Fundraiser T-shirt online on the CTF Website - www.choongsil.com.

We will bring the shirts to the April Tournament or you can select other delivery options.

USTL– International Invitational Tournament

October 22-23

Southaven, MS

The Landers Center

CTF NATIONALS

November 12 or 19

DICKSON, TN

Health & Wellness

Here's To A Healthier You!!

Dealing with Stress

For our ancestors, stress was a survival skill during brief, life threatening situations. Once the danger passed, their stress levels lowered. However, in today's world, we are constantly bombarded by stressors, such as work deadlines, traffic, and family obligations. We rarely get a break long enough to relax and relieve the stress. The over-activation of our stress hormones have been linked to high blood pressure, heart attacks, lower immunity, depression, anxiety, and more.

So how *can* you relieve stress?

1. IDENTIFY & ELIMINATE STRESSORS IN YOUR LIFE!

Make a list of what is important to you and what is not. Then make some changes. Your perspective of what is important is probably your biggest stressor!

Remember the only person you can control is YOU!

2. EAT FOR GOOD HEALTH!

Limit your intake of caffeine, alcohol and medications. Avoid sugar, preservatives and processed foods.

3. STAY ACTIVE—Pick an activity you enjoy.

4. GET PLENTY OF REST.

5. ATTEND TO YOUR EMOTIONAL NEEDS—PLAN SOME TIME TO HAVE FUN!

6. MAKE PEACE WITH YOURSELF AND OTHERS!

“Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

If you would like to be kept up to date on CTF events make sure you like our Facebook page. Go to www.facebook.com/ChoongSilTaekwondoFederation and hit the “like” button. Make sure you “like” or comment on some of our posts so that Facebook will continue to show them to you!

Lemon Oil

- ◆ Promotes a positive mood
- ◆ Cleanses and purifies the air and surfaces
- ◆ Supports healthy respiratory function
- ◆ Naturally cleanses the body and aids in digestion

