

MASTER CONNELL'S



TAEKWONDO

204 Sunset Drive
Butler, PA 16001
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www.ata-k4k.com

CONGRATULATIONS NEW BLACK BELT CLUB MEMBERS!

Kayla Bohn
Aidan Wick
Evan Wick
Jacob Wick
Sam Hidden

CONGRATULATIONS NEW LEADERSHIP MEMBERS!

Matthew Dodgson
Andrew Dodgson
Patrick Karenbauer

HAPPY BIRTHDAY!

Eliana Blasko
Michael Best
Evan Day
Thomas Wojciechowski
Zaccari Frederick
Logan Raub

UPCOMING EVENTS

- ATA Spring Nationals
Jan 30 - Feb 3
Las Vegas, NV
- Testing
February 15, 16 & 17th
ALL CLASSES CANCELLED
- Regional Judging Clinic
February 17th
Poland, OH

GOALS

A goal is something you want to achieve and are willing to work for. If you're not willing to work for it, then it's just a wish, not a goal. This month we want to set goals for our Taekwondo training. What are your goals in Taekwondo for 2018? Maybe you'd like to be more flexible, place in the top three at the next tournament, or earn your next belt at Testing. What will your goal after that be?

Setting goals and writing them down is the first step to being successful. If you don't set goals, you have no plan for where you want to go in life. If you don't write them down, it's easy to make excuses for yourself later when you don't reach them. A great way to make sure you achieve what you want is to set a **S.M.A.R.T.** goal. The letters of **S.M.A.R.T.** each stand for a word. Using the system below, you can set a goal and make a plan to help you reach it.

S— Specific: If someone offered to buy you a lollipop, and you didn't tell them what kind, you may not get one you liked. Perhaps you tell them you want a red one. You still might not get the one you wanted because red lollipops could be cherry, strawberry or watermelon! Stating you'd like a cherry lollipop is specific, and it gets you what you want. Just saying, "I want to be better at Taekwondo", won't really help you achieve what you want. Do you want higher kicks? Strong blocks? Better stances? If you are not specific, it will be hard to figure out what to work on to achieve your goal.

M— Motivating: You need to choose a goal that you'll be excited to achieve. Maybe your goal is you win a big trophy at the next tournament. You may be motivated to get to that goal because getting a trophy makes you feel special, makes mom and dad very proud and impresses your friends. If you don't have a reason that makes you want to get to your goal, it will be much harder to get to it.

A— Achievable: If I set a goal that I would like to jump 3974 feet straight up in the air and sidekick, I may have a problem reaching it. Sure, it's pretty specific. And I may REALLY want to be able to jump that high and be motivated to do so. The problem is that I picked a goal that isn't able to be reached. People can't jump up that high, and even if we could, we'd probably get hurt when we landed! It's important to pick a goal that is possible to reach.

R— Relevant: If my goal is to be able to round kick head level, it won't do me much good to do 50 kicks as high as my belt each day. Your plan to reach your goal has to be a way to make your goal happen. If I want to kick head level, maybe my plan should include stretching for at least 5 minutes each day while I watch T.V. and doing 10 kicks as high as I can each night before bed. Both of those activities will help me learn to kick higher, so they are relevant, or about my goal.

T— Trackable: There has to be a way for you to see how close you are getting to your goal, or to see if you have reached it. This is especially important if your goal is a long range goal, or one that takes a long time to be able to achieve. By writing down or checking off your progress, you'll know if you are working towards your goal, or if you're standing still. Printing out your form paper from our website and checking off the moves as you learn them can show you how close you are to knowing your whole form. Earning each new belt can show you how much closer you are to a goal of Black Belt.

Count how many stars you need in order to earn your next Victory Patch. You can earn those stars by doing your Star Worksheets, bringing in report cards and special awards, good job notes from home or by attending the next tournament! You can also earn a gold star from now until Testing if you show an instructor that you can correctly tie your belt!