

**MASTER  
CONNELL'S**



**TAEKWONDO**  
204 Sunset Drive  
Butler, PA 16001  
724-283-5999  
www.ata-k4k.com

**CONGRATULATIONS NEW  
BLACK BELT CLUB MEMBERS!**

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*James Rigby*

**CONGRATULATIONS NEW  
LEADERSHIP MEMBERS!**

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*Garrett Paule  
Parker Hollefreund*

***HAPPY  
BIRTHDAY!***

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Jacob Grady  
Madison Sheakley  
Zach Reid  
Trevor Essenwein  
Alli Della Santa  
Braydon Brinker  
Philip Lehman  
Matthew Puchnick

***UPCOMING EVENTS***

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- ***Combat Bahng Mahng EE Clinic***  
March 3rd  
2:30-5:30pm
- ***Collar Advancement Seminar***  
March 10th  
ALL CLASSES CANCELLED
- ***Murrysville Tournament***  
March 17th  
ALL CLASSES CANCELLED
- ***Teddy Bear Workout***  
March 24th  
3-4pm

# PERSEVERANCE

Do you think about this word when we say the Songham Spirit? At the end of every class we promise to "live in perseverance in the Spirit of Taekwondo". We hope you mean those words each time you say them.

If you are living in perseverance, you treat each day and every task as a new challenge to be conquered, like climbing a mountain. No one ever trips over a mountain, its the little rocks and pebbles along the way that cause us to stumble. If you decided not to continue each time you stumbled, you'd never reach the top of the mountain. The same thing is true in your everyday routine. If a task is tricky for you, keep at it. If you don't continue to try, you'll never get past it. You'd let that pebble on the road stop you. That seems like a silly idea doesn't it? To let a little pebble keep you from continuing on your way wouldn't make any sense. If you add up all the time we have in our life though, each task we try can be equated to small pebbles in our road. Perseverance means continuing to try, even when things do not come easy for us. Giving up never gets us to our goal. Eternal Grand Master H.U. Lee liked to say, "Today not possible, tomorrow possible." Even if you can't get past that pebble today, keep working and someday you'll be able to step right over it.

Living in the Spirit of Taekwondo means that we bring all our life skills from class with us in everything that we do. We continue to be honest and respectful to everyone we meet, not just classmates and instructors. We have self control in our actions, even when we are frustrated or angry. We remember to keep integrity within ourselves and courtesy for others.

That's a big important promise we make at the end of every class! To live our lives as very good people who try hard and do not give up. Think about those words carefully each time you say them and do your best to keep that promise in everything that you do.