



If you learn to appreciate more of what you already have, you'll find yourself having more to appreciate.  
— *Michael Angier*

You give but little when you give of your possessions. It is when you give of yourself that you truly give.  
— *Kahlil Gibran from The Prophet.*

A smile is the light in your window that tells others that there is a caring, sharing person inside.  
— *Denis Waitley*

As soon as you trust yourself, you will know how to live.  
— *Johann Wolfgang von Goethe, from Faust*

Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength.  
— *Anonymous*

All knowledge ultimately means self knowledge, to be a martial artist means also to be an artist of life.  
— *Bruce Lee*

## Why Should I Exercise?

News about exercise changes every month. First, you're told 30-minutes a day of exercise is sufficient, but now it's 60. Some say it has to be all at once, but other reports say 10 minutes here and there works. No matter how the reports differ, they all agree there are many benefits to exercising, so get up and get moving!

Exercise:

- Decreases your blood pressure.
- Increases the breakdown and use of fat.
- Increases HDL (good) cholesterol.
- Makes the heart pump more efficiently.
- Elevates your metabolism so you burn more calories every day.
- Increases your aerobic capacity, which enables you to have more energy at the end of the day and get more accomplished during the day with less fatigue.
- Maintains, tones, and strengthens your muscles and increases your muscular endurance.
- Increases red blood cells that carry oxygen from the lungs to the rest of the body.
- Increases bone strength.
- Enlarges the arteries that supply blood to the heart.
- Decreases blood levels of triglycerides.
- Improves control of blood sugar.



### WHAT'S INSIDE

School Calendar

How to Get Unstuck Now!



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# September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 School Closes Early at 6:45pm	3 Closed
4 Closed	5 Closed Labor Day	6 TKD Belt Pre-Testing During Class (Bring Home- work Books)	7 TKD Belt Pre-Testing During Class (Bring Home- work Books)	8 TKD Test Applications Due	9	10 TKD Test Late Apps Accepted  Road Cleaning (11a-1p) Black Belt Prep Class (1pm-4pm)
11	12 TKD Belt Testing Ninjas (5:30pm) Dragons (6:45pm)  No Evening Classes	13 TKD Belt Testing Jr/Teen/Adult Novice Belts 6:00pm No Evening Classes	14 TKD Belt Testing Jr/Teen/Adult Int/Adv Belts 6:00pm No Evening Classes	15	16	17 Sparring Seminar (10am-12pm)  Parents Night Out (6pm-10pm)
18	19 Samurai Belt Test (6:15pm) No Samurai Classes	20	21	22	23	24 Gulf AAU Hanmadang Invitational  School Closed
25	26 Homeschool Belt Pre-Testing During Class (Bring Homework Books)	27	28 Homeschool Test Applications Due	29	30 HomeSchool Belt Test (12:15pm)	

# How to Get Unstuck Now! By Dr. Gail Saltz

Do you procrastinate until it's too late? A psychiatrist offers the key to real change.

Don't be daunted by how much needs to be done. Start small and tackle the least-noxious task first.

## Are You A Chronic Procrastinator?

*Besides the obvious, "I always put work off till the last minute," and "I'm always late to wherever I'm going" ...*

- Do you often avoid decisions?
- Do you make big plans but then never carry them out?
- Do you avoid trying something new?
- Are you staying in your job despite being unhappy for fear of making a move?
- Do you tend to get sick when you have a task you don't want to do?
- When you don't get something done, do you blame others for it?
- Do you tend to make so many fun plans that it leaves you with no time to do your work?
- Do you avoid arguments?

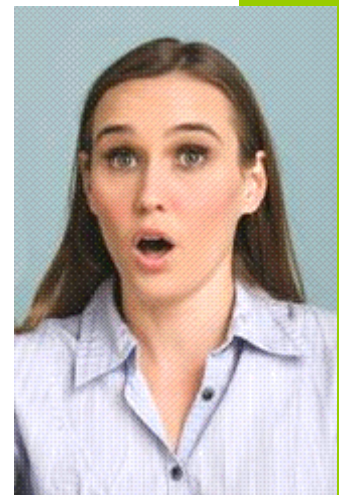
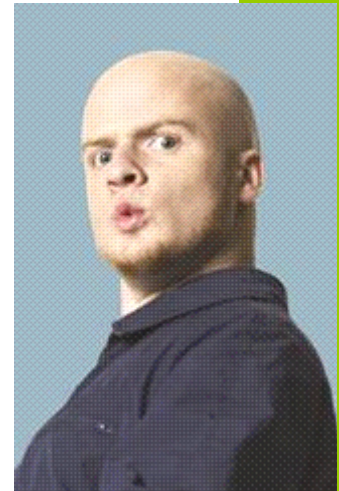
*If you habitually put things off and also answered "yes" to two or more of these questions, you may be a chronic procrastinator.*

Putting things off has more to do with emotional dramas we carry within us than with laziness. What's *your* story?

Take notice of which situations trigger delays: Is it your love life, friends, your body, or money? That may be where you feel most conflicted and afraid.

## Tackle It Now

- Prioritize tasks. If everything seems like a priority, you'll feel overwhelmed and get none of it done. And if nothing seems important, nothing will get done. Create a to-do list, ranking tasks in order of priority. Making a specific number of hours to work and to play on your calendar also helps.
- Question your beliefs. Do you tell yourself that you work better under pressure? Prove it. Do one task at the last minute and one ahead. Test other myths, such as, "I don't have the ability," and "It has to be done perfectly."
- Control your impulsiveness. Most procrastinators jump from one task to the next and never finish anything. Make yourself complete one task before moving on to another.
- Old habits die hard. Don't expect it to change overnight. If you change one thing a week, you are making progress, and that progress will show you that more change is possible.

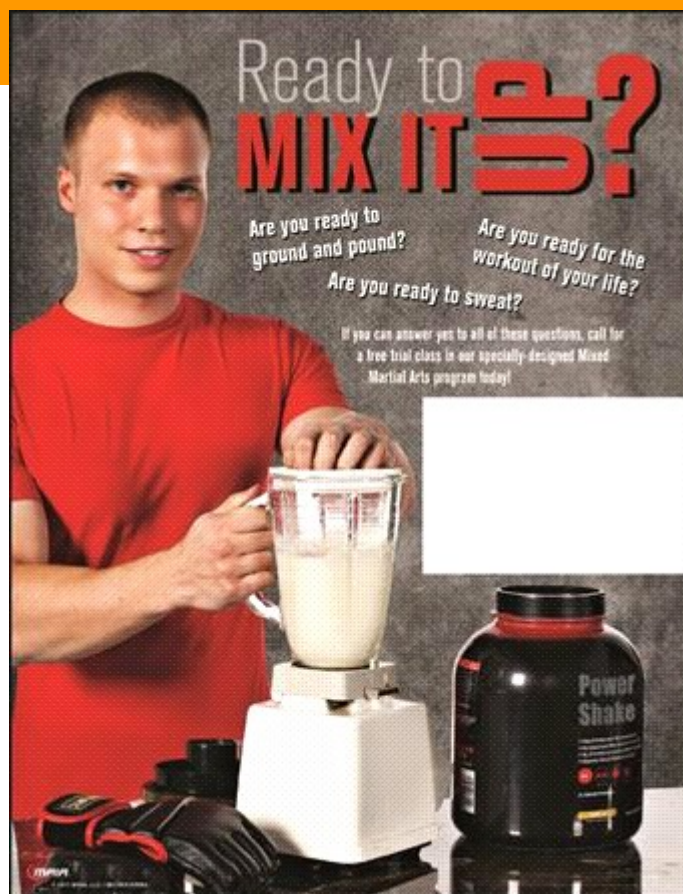


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# Why Should I Exercise?

- Improves sleep patterns.
- Increases the efficiency of the digestive system.
- Decreases a woman's risk of developing endometriosis by 50%.
- Increases the amount of blood that flows to the skin, making it look and feel healthier.
- Makes you feel GREAT!



## Upcoming Events:

September 2: Early Close @ 6:45pm

September 3-5: Closed for Labor Day

September 6 & 7: TKD Belt Pretesting during class

September 10: Road Cleaning (11:00am-1:00pm)

September 10: Black Belt Prep class (1:00pm - 4:00pm)

September 12: Belt Testing: Ninjas & Dragons (No Classes)

September 13: Belt Testing: TKD Jr/Teen/Adult Novice (No Classes)

September 13: Belt Testing: TKD Jr/Teen/Adult Int & Adv (No Classes)

September 17: TKD Sparring Seminar (10:00am-12:00pm)

September 17: Parents Night Out (6pm-10pm)

September 19: TKD Samurai Belt Test (6:40pm)

September 24: Hanmadang TKD Tournament - Katy, TX

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