

What is Your Biggest "Personal Victory"?

"Embrace the past with remembrance and the future with longing" – Kahlil Gilbran

As this year comes to a close (can you believe we're almost in 2010?), I feel it's important to look back and reflect on what we all accomplished this year. You see, part of growing as a martial artist is patting yourself on the back for the things you achieved, the goals you hit and all the milestones you crossed...but not just the big ones!

Celebrate Your Small Victories

I know much of the time we focus on lofty goals here: making black belt, becoming a certified instructor, learning all nine forms of the Songahm star...and so on. And that's good. But did you know it's equally important to focus on the small things you've achieved? It's true. One reason why is because to sustain yourself over the long haul, you need to motivate yourself along the way. So celebrate all your milestones. Also, small goals add up to big goals. To use a football metaphor, "when you focus on first downs, the touchdowns take care of themselves". Make sense? This all means you don't have to focus only on the earth-shattering goals and targets. Look back at all the little

accomplishments you achieved this year, too. They may not seem like much to other people – but they're huge to YOU. Let me tell you a quick (and true) story to illustrate what I'm talking about:

John's Story and His Personal Triumph

About two years ago, John enrolled at an academy in another state. When he started classes, he was like most students: excited, ready to get going and pumped to achieve some big things. And John had most of the attributes other students have when they begin martial arts: ambition, desire to learn, willingness to work hard and he was in decent (but not great) shape. But John also lacked something others didn't:

sight. You see, John is blind. While that would stop most other people – it didn't stop John. Of course, he had doubts: "How do I target effectively?" and "How can I avoid bumping into others on the floor" and "Won't it be hard to keep my balance when I'm throwing a side kick?". But while John had those thoughts – he plowed ahead anyway. He



Ms. Lesley Casey
3rd Degree Black Belt and Owner

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Through The Ranks is published monthly by:

Casey's ATA BBA
1389 Saratoga Ave
Morgantown, WV 26505

For a complimentary subscription, please call (304) 282-1664

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embraced his "limitation". He chose to look at martial arts as a mountain to be climbed, a test of his character, a personal journey and a way to break through to become a better person. And most important of all, he never made excuses.

No Excuses

To make a long story short, John is now a brown belt and loving every minute of martial arts. No, it hasn't always been smooth sailing for him (it's not for anybody - we all have to confront our own personal demons when we move up through the ranks in martial arts). But every day John is getting closer to his goal of black belt and has learned some valuable self-defense techniques along the way. Given his situation, I'm sure you'd agree: they're critical.

What is the secret of John's success? How does he accomplish so much when so many other people with fewer challenges give up and quit? The answer is simple: he focuses on the NOW. He focuses on the day-to-day actions and celebrates his small victories. Sometimes we're so eager to achieve the big goals that we forget to focus on the here and now. With the world swirling around us, sometimes it's hard to focus on the present moment. But John does this every day. He trains his attention on the side kick he's throwing. The high block he's raising. The form he's learning. The small stuff. And every time he gets something right, he pats himself on the back. It's amazing what you can accomplish when you celebrate the small victories along the path to greatness. And by the way, you did know anybody – regardless of physical ability - can do martial arts, didn't you?

"Achieving a Personal Victory".

John's inspiring story is an excellent example of a personal victory. Again, a personal victory doesn't have to be an all-encompassing life-changing event. Instead, it's often a very private moment that nobody else notices – or cares about - but YOU.

Here's another example. A boy named Connor started martial arts a few months ago at age six. He had a very tough time in the beginning: He broke down when taking direction, was extremely sensitive to feedback and criticism and routinely cried when sparring. But fast-forward six months and he's a different kid. His new-found confidence is on display in every class. When he finds himself getting exasperated, he takes a deep breath and composes himself. You can see the pride on his face when he walks off the floor and isn't choking back tears. While other kids might not think it's a big deal to make it through a class without crying, to Connor, it's everything. It's HIS personal victory.

Stories like this abound. Here are some other examples of personal victories:

- Kicking a bad habit (like quitting smoking or putting down the XBOX controller)
- Overcoming a fear (like the fear of sparring or tournaments)
- Pushing yourself past your limits
- Doing something uncomfortable that you know is good for you (like public speaking)
- Hitting a goal (like completing a big assignment on time)
- Creating a business turnaround (such as getting a business out of the red)

- Creating a life turnaround (like losing weight and increasing your fitness level)
- Getting out of debt and taking control of your financial life
- Raising a grade and doing better in school (for example that grade in math you boosted from a "C" to a "B").

So as you reflect on what you've accomplished this year, make sure you celebrate the small victories and what's important to YOU.

And let me tell you: I'm proud of each and every one of you. You're hitting goals most people never even attempt and you're molding yourselves into true leaders.

Keep striving to achieve your own personal victory every day!

-- Master / Ms. / Mr. _____

Share Your Personal Victory or Success Story With Us!

Please fill out this form. It's an opportunity for you to sit back and reflect on what you've accomplished during the course of this year. By writing down your answers to these questions, it boosts your self-esteem and spurs you on to greater achievement. But it does something even more important: it helps inspire others. For example, if you struggled with a bad habit and finally overcame it, sharing your story helps others believe that they can do it, too. With your permission, I would like to post some of these sheets on the wall of the academy so everybody can see the things we've accomplished as a group...and how you've grown as an individual through the training you received here. Thank you.

What have you learned by being a part of our academy this year?

How has the training you've received here changed your life OUTSIDE our academy?

What personal goals have you achieved this year?

What is your greatest personal victory this year?

Do I have permission to share your story with others? Yes _____ No _____

Name

December 2009 Calendar of Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Morgantown & Bridgeport Parades	5 Bridgeport Parade
6	7	8	9	10	11 S.M. Raimondi Sword & JKD Seminars	12 S.M. Raimondi Sword for Black Belts
13	14	15	16	17	18	19
20	21	22	CLOSED FOR CHRISTMAS			26
27	28	29	CLOSED FOR NEW YEAR'S			

December 2009 Special Announcements – Please Read!

For the Morgantown Parade

We will meet between 5:45 and 6 pm on Spruce St. We will be across the corner from the VFW (church with red door). Please be sure to wear ALL layers of clothing UNDER the uniform. White or red hat and gloves or a Santa hat.....

IF YOU HAVE GLOW IN THE DARK SJB PLEASE BRING THEM WITH YOU

For the Bridgeport Parade

Please see Mr. Nick or Mrs. Barber as they have not been informed as of yet where the line-up location will be

The Hallmark of a True Martial Artist: Living with Integrity

Ask anybody what personifies a martial artist and one of the first things that will come to mind is “integrity”. Integrity means honesty, speaking the truth, keeping your word and acting in line with your principles. Like many life skills, integrity is a character trait – it forms the basis of both trust and respect.

Walking the Talk

When your words and deeds match, you have integrity. But if you say one thing and do another, you’re said to be “out of integrity”. Here’s an example:

A student says his goal is to become a black belt by the end of next year. But then he misses classes, doesn’t practice at home and doesn’t work hard during the testing cycle. In this example, he would be “out of integrity”. On the other hand, if he attends classes regularly, stays focused on his goal and works hard, he’d have integrity in his actions. Words and deeds match. Make sense?

One of your goals as a fully-developed martial artist should be to build your own integrity and use it as a foundation to become a leader.

Building integrity requires consistent effort and discipline. Here are some tips for developing your own personal integrity:

1.) Discover your values. If, for example, you say, “I want to be a black belt in two years”, be prepared to back that up. Attend every class you can. Participate in tournaments. Answer up. Help your juniors. Practice forms at home. Once you identify your values, it’s easier to exercise integrity.

2.) Admit mistakes - Everyone makes mistakes. However, to improve, you need to admit and acknowledge your mistakes. This takes guts and courage. You must be willing to examine yourself and your actions and be honest with yourself. If you make a mistake or violate your personal integrity, admit it and strive to improve the next time around!

3.) Say “no”. Beware of over-promising. You might have the best of intentions, but unexpected challenges pop up along the way. And before you know it, you’ve broken your promise to someone else. So...protect your integrity by looking ahead and promising what you CAN deliver. Honor your commitments.

4.) Pay the price - Don’t expect to receive something without giving something in return. Not only is this an example of personal honesty, but it plays a big role in your training here at our academy, too! To reach your next rank, what are you willing to sacrifice to achieve that goal? For most people that would be time, hard work, discipline, focus and perseverance. Yes, integrity means paying the price for what you want. Personal honesty also means speaking the truth in every situation. You can reach a higher plane of personal integrity by striving for honesty at all times.

As a martial artist, personal integrity serves as a solid foundation which you can build upon for life!

New and Upgrading Students!

Riley Suter
Caleb Wilt
Sarah Rajjoub
Swagat Bhattachanyya
Sarah Huff
John Huff
Jay Huff

Thomas Lueckel – BBC

Vincent Swiger – BBC
Connie Covington – BBC
Bekah McDilda – Leadership

A special “welcome aboard” goes out to everybody who has made the life-changing decision to enroll in our academy!

Ms. Casey

December 2009 Student of the Month!

Eric Post!

Honesty, Truthfulness and Integrity



Eric Post
Dec 2009 Student
of the Month

Now here's a student who really shines when it comes to integrity. Remember what I said in the article about integrity? That it's largely a matter of "walking your talk"? Well, this month's student of the month – Mr. Post - is a great example of that principle. That's why I'm proud to present him as our December October 2009 Student of the Month!

Here are some of the ways Mr. Post demonstrates integrity:

- Keeps his word to others
- Doesn't over-promise or over-commit
- Acts in line with his goals and values
- Always asks if instructors and other

adults need assistance

Here are some more facts about Eric you might be surprised to know:

- Participated in the Lego League at the National Event
- Plays percussion in the band
- Very active at Chestnut Ridge Church

Let's all congratulate Mr. Post on being chosen as Casey's ATA Black Belt Academy Student of the Month for December 2009!

December Student Birthdays!

12/2 Shelby Shuman	12/18 Laurel Greer
12/5 Ethan Chelli	12/18 David Halasz
12/6 Ms. Casey	12/18 Clay Maholic
12/7 Steve Hess	12/21 Luke Monti
12/9 Miss "B"	12/21 Melissa Barber
12/9 Drew D'Elletto	12/27 Emma Clouse
12/10 Denzil Hawkinberry	12/28 Maddox Walls
12/11 Gautam Ghamande	12/29 Scott Cummins
12/11 Zachary Ayoob	12/30 Vincent Swiger
12/12 Sierra Spinder	12/30 Katie Thompson
12/16 Richard Campbell	12/31 Sarah Beth Ealy
12/16 Madison Moon	
12/16 Keith Knotts	
12/17 Kelley Brooks	
12/18 Mavrick Foster	

Let's wish all the birthday students a warm and happy birthday!
Ms. Casey

It's time for... **TAEKWONDO TRIVIA**
Test Your Martial Arts Knowledge...and Win!

Student Name _____

According to the main article:

- 1.) A personal victory is often...
- a.) something small
 - b.) something that means a lot to you, but maybe not to others
 - c.) a bad habit you overcome
 - d.) a fear you confront
 - e.) All the above
- 2.) It's important to celebrate small victories because:
- a.) it keeps you motivated
 - b.) it helps you avoid trouble with others
 - c.) it makes you more honest
 - d.) None of the above
- 3.) When you write down your personal victories and share them with others...
- a.) They normally get jealous
 - b.) it can help inspire them
 - c.) you advance to junior leader status
 - d.) All of the above
- 4.) Connor's personal victory was...
- a.) a bronze trophy won at a tournament
 - b.) part of his "tough exterior"
 - c.) fitting into his sparring gear
 - d.) Making it through class without crying
- 5.) True or False: "Small victories add up to help you achieve larger goals."
- a.) True
 - b.) False
- 6.) Part of being a martial artist is...
- a.) Patting yourself on the back and acknowledging your efforts
 - b.) Aiming for Grand Master
 - c.) Learning how to dominate others
 - d.) None of the above

Don't forget! Any student who answers all the questions correctly (without help from an adult) wins a \$5 Karate Dollar towards their next testing, something from the pro shop or tuition! (Note: one Karate dollar per purchase, please).

I Need YOUR Help!

I'd like to thank those of you who have participated in the Student Referral Program! Marketing for new students costs us tons of time, money and energy. Like any business, we need new students to stay in business. Over the years we have found that looking for new students takes away from the time we would rather be spending with you and for you and teaching other students!

If I've already helped you or your child with martial arts instruction, then you know how well I serve my students. When you refer your friends and relatives to us, everybody benefits. We can serve you and your kids better. You receive a nice gift. And we assure that we'll take the very best care of any friends or family that you refer our way!

For more information about our referral reward program, just give us a call at:

(304) 282-1664 .

It's a great program where, as our way of saying "thanks", we send you a token of our appreciation for recommending us!

Also: If you would like any of your friends, coworkers, relatives, business acquaintances, etc. to receive a FREE subscription to this newsletter, please call me at the same number: (304) 282-1664. We'll also send them a note with their first issue telling them that you suggested they receive this newsletter, and to contact us if they would like it to stop at any time. If you enjoy this newsletter, share it with people you know, with no hassle for you!

Holiday Season 2009 Casey's ATA Black Belt Academy Gift Certificate!

Special Holiday 2009 Gift Certificate!

Give the Greatest Gift Ever to Someone You Love:
Further Their Martial Arts Training Here In Our Academy!

Want to give a meaningful, lasting gift this holiday season? If so, a martial arts gift certificate is your answer. First, it's quick and easy for you. Second, by giving a Martial Arts gift certificate, you'll provide benefits that last for years. Your loved one redeems their gift here at our academy and use it to advance their training. They can select any of the following items: private lessons, upgrades, weapons, sparring gear, monthly tuition, tournament fees, special events and seminars, testings or items from our pro shop! It's something they'll never forget! See me NOW to order your gift certificate!

Give the gift of leadership, self-confidence, discipline, courtesy and MARTIAL ARTS!

It's a gift that lasts beyond all the rest: A gift that shapes character and makes
a lasting, positive impact on your friend or loved one!

Requested by:

Date:

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Casey's ATA Black Belt Academy

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