



The Importance of Respect In Martial Arts

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power." -- Clint Eastwood

Have you ever wondered why we focus on the value of respect so much in the martial arts? The reason is because respect is one of the "cornerstone" life skills we have. Of course, every person wants to be respected: teachers, instructors, parents...and you, too! But what exactly is respect?

Respect Defined

Respect means "taking someone else's feelings, needs, thoughts and ideas into consideration". It also means admiring others and honoring their wishes and knowledge. Finally, when dealing with others, you take their position into account.

Life Without Respect

We all know someone who lacks respect or acts in a disrespectful manner. Think of that person now. Then think of what their life is like. Are they successful? Do other people want to be around them? Do they gain respect from

others? I don't think so. I'm sure you'll agree: life is a lot harder for them. They probably face more resistance from others, have fewer friends and people don't trust them as much. People who lack respect also experience more conflicts and fights with others. Yes, living life without the value of respect is like swimming upstream. Everything is more of a challenge. Why is this true? The answer is simple: life is a "people game". No person is an island. To get what you want out of life, you must enlist the support of others. If you're not respectful, other people won't help you get what you want. That could be more friends, better relationships, good grades in school, a successful career or any other goal you have for yourself.

Life With Respect

On the other hand, living life with respect brings many advantages. When you show respect to others, people reach out and help you more. Doors open for you – doors that would otherwise be closed. You can look forward to better grades, more friends and a



Ms. Lesley Casey
3rd Degree Black Belt and Owner

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better career. Life is just plain easier. In fact, I've seen many amazing success stories of students who started at our academy with one big problem in life: they lacked respect. But once they started learning and demonstrating respect here, it carried over to other areas of their life. Everything turned around for them. They started getting better grades, advanced more quickly in martial arts and became a leader. Slowly, they also discovered another nice thing: people started respecting them more! Remember: respect must be earned. Here are 35 easy ways you can be more respectful both inside – and outside – our academy:

35 Ways to Be More Respectful In and Out of Our Academy:

1. Answer up with, "Yes, Sir" and "Yes, Ma'am" when speaking to others (especially senior ranks).
2. Bow in before you step onto the floor.
3. Attend classes consistently and get to class on time
4. Keep your uniform clean, pay attention in class and listen to your instructors.
5. Bow and touch gloves before sparring.
6. Take good care of your equipment and organize it so it's ready for your next class.
7. Stand at attention like a black belt before class begins and avoid horseplay.
8. Treat your seniors and juniors with honor – the way you would like to be treated.
9. Take your schoolwork and academics seriously.
10. Complete all your homework on time and to the best of your ability.
11. Respect school rules and policies (like no gum-chewing in class or running down the halls).
12. Focus on your academic goals and stay on track with your studies.
13. Treat your classmates in a kind, courteous manner.
14. Listen while classmates share their ideas and thoughts.
15. Volunteer for activities in class.
16. Refrain from teasing, mocking or bullying others.
17. Offer to help out with chores at home.
18. Mind your parents.
19. Treat your brothers and sisters the way YOU wish to be treated.
20. Avoid fights with your siblings and work things out in a positive way.
21. Listen to your parents and avoid "back-talk" or argue when they give you a command.
22. Respect other family members' belongings.
23. Respect other family members' feelings.
24. Take care of your pets and treat them kindly.
25. Do something the FIRST time a parent asks you.
26. Keep your room neat and organized (this also shows respect for your possessions).
27. Pay attention to home and family rules (such as curfews, etc.).
28. Eat right, avoid junk food and exercise regularly.
29. Don't make excuses for your behavior.
30. Stand up for your own viewpoints with your peers.
31. Avoid risky behavior such as smoking and drinking.
32. Show discipline, follow-through and commitment.
33. Stick to your goals and work towards them.
34. Honor your commitments to others, show integrity and set a good example.
35. Say, "no" to bad influences, respect your own decisions and respect yourself.

All of those are ways you can improve your respect for others, your belongings and yourself! So this month I want you to pick five of these items from the list and really focus on practicing respect in that area. It could be listening to your parents or helping out with chores. It could be answering up in class more. It's up to you. Start with small steps and before you know it, you might just be the most respected student here!

Ms. Casey

Mom Appreciation Month! Announcing A Special Offer Just For Moms!

I'd like to send out a special "thank you" to all the Moms here at our Academy. In many ways, ATA Moms are the backbone of our organization. They dutifully shuttle kids to and from classes, drive them long distances to tournaments, make sure tuition is paid on time and keep uniforms clean. I know I could never have accomplished what I have without my Mom's very active support.

There Is No End To What ATA Moms Do To Support Their Families!

So, as my special way of saying "thank you" to all the very supportive Moms at our academy, I've arranged something very special:

For The Entire Month Of May, All Moms Get ATA Taekwondo 100% FREE!

This offer is good only through the end of May. So, if you're one of our cherished mothers who is not currently enrolled in classes, this is a great opportunity to finally **treat** yourself! Think about it. From time to time you've probably thought to yourself, "I wonder if I could do martial arts. What would



it be like? Would I enjoy it as much as my kids? Could it help me lose weight and get into shape? Could I learn how to defend myself?"

Well, this is your chance to find out! For FREE! As you know, martial arts offers these amazing benefits for Moms...

- Reduces stress and promotes health!
- Helps your flexibility!
- Builds strength!
- Helps lose weight and shed pounds!
- Firms and tones your body!
- Allows Moms to "get away" from it all!
- Teaches valuable self-defense skills!

- Gives you something you can share with your kids!

So jump in and join the other Moms who are already enjoying all these benefits! Don't be shy. We know you've never done this before and we'll be **super patient**. You can start where you are now and we'll take things one small step at a time. You can even wear sweatpants or any clothes you feel comfortable in. The point is to get in there and just DO IT.

You never know: this may be just the thing you've been looking for! And if you decide to continue after the month is over and sign up, I'll even throw in a FREE uniform! (Value: \$65).

So, go ahead: TREAT YOURSELF! See me and say, "I want to do the Mom's Day Special". I'll give you class times and welcome you with open arms!

May 2010 Calendar of Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 BRIDGEPORT PARENTS TOURNAMENT MEETING 7:30 PM	8
9 MOTHER'S DAY DON'T FORGET MOM	10	11	12	13	14 CLOSED FOR GRADUATION IN MISSOURI	15
16	17	18	19 TESTING MORGANTOWN ACADEMY	20 TESTING BRIDGEPORT ACADEMY	21 MANDATORY BLACK BELT WORK-OUT WITH SM RAIMONDI 6-8 PM	22 HAND-TO-HAND COMBAT WITH SM RAIMONDI
23 HAND-TO-HAND COMBAT WITH SM RAIMONDI	24	25	26	27	28	29
30	31 CLOSED MEMORIAL DAY					

May 2010 Special Announcements:

CONGRATULATE YOUR CHILD IN OUR UPCOMING REGION 117 TOURNAMENT PROGRAM BOOK.

SEE MR. CASEY FOR INFORMATION.

SUMMER UNIFORM MAY 1ST, 2010

FULL UNIFORM FOR TESTING!!!!

PLEASE NOTE DATES WE ARE CLOSED THIS MONTH:

MAY 14TH FAMILY GRADUATES FROM GRAD. SCHOOL IN MISSOURI

MAY 31ST MEMORIAL DAY – ENJOY THE LONG WEEKEND

WEST VIRGINIA REGION 117 TOURNAMENT

COMMITTEE CHAIRS PLEASE MAKE SURE YOU CONTACT YOUR COMMITTEE MEMBERS TO SET UP JOB DESCRIPTION AND TIMES FOR TOURNAMENT.

PROGRAM ADS DEADLINE JULY 1ST, 2010

Ask-The-Expert: Questions and Answers

With summer around the corner, I want to share this commonly-asked question:

Question: "My family is going on vacation this summer. Should I take an extended break? How do I manage doing martial arts along with my family vacation?"

Answer: Great question. While it's normal for families to take a two-week vacation over the summer, keep your goals in mind. Summer is no time to slack up or lose focus. So the short answer to this question is "no" - do not take an extended break. There are some simple ways we can work around your vacation and still keep you moving forward. Here's how:

1. Schedule Private Classes – Before you leave, see me to schedule some private classes together. Private classes will prepare you for your trip and give you something to work on while you're gone. Then after you return, we can do a private class or two to help get you back up to speed with the rest of the class.
2. Practice on Vacation – Yes, you heard right: practice on vacation. Believe it or not, missing just two weeks of exercise reduces your strength, cardio and fitness levels by a noticeable degree. That's why so many hardcore runners stick to their workout routines while on vacation. The great thing about martial arts is that you can do it just about anywhere. Obviously, it'll be tough to spar, but you can still stretch, do your forms and study your materials. Bring along some DVD's, the Way books and even watch

some YouTube videos to keep you in the right mindset. You can also mentally rehearse your forms (or self-defense techniques) on the plane, in the car or at the hotel. The key is to stay "plugged in" and focused so when you return you haven't missed a beat!

3. Connect With Another School – With thousands of ATA schools around the country, if you're vacationing in the U.S., we can arrange for you to be a guest student at another ATA academy, **THIS MUST BE APPROVED BY MRS. CASEY** Many sister schools will even allow you to train free as a courtesy to you, the student. While they may not be on the same exact testing schedule we are, it's better than missing classes completely. You'll stay sharp, keep your cardio, remain flexible and even make some new friends while you're out of town! Lots of students do this and it can be a lot of fun.

See me if you have questions or plan to take a vacation this summer. We'll work together to ensure your hard work doesn't backslide. You can do both: stick to your goals AND have a fun family vacation!

May 2010 Student of the Month!

NICHOLAS HUBER & ABBIE ALFRED

This month, since our focus is Respect, I'm proud to announce two students who really shines when it comes to this important life skill (and a lot of other values as well). Their names are Nicholas Huber and Abbie Alfred and they are my picks for Student of the Month for May 2010!

Here are a few reasons they stand out:

Mr. Nick began training with Casey's at age 2 years old, yet regardless of his age he is still able to show respect and 'answer up'. He shows

loyalty by consistently attending his Tiny Tiger class.

Miss Alfred has shown excellent loyalty through her perseverance in her training. She has not allowed setbacks to deter her in achieving her black belt. Mr. Nick Casey commented that "she is one of the hardest working students, who never quits".



May 2010 Students of the Month
NICHOLAS HUBER
&
ABBIE ALFRED



New Members and Upgrades

NEW MEMBERS:
Kaden & Kyle Dean
Sarah Haynes
Kenny Jenkins
Luke Robinson
Jayden Purlock
Lora Wstfall

BLACK BELT CLUB UPGRADES:
Brock Price
Scott Troutman
Stephanie Gattrell
Tyler Olyar

LEADERSHIP CLUB UPGRADES:
Noah Yohn
Sofia Horstman
Scott Cummins

Congratulations to all new members as

Student Birthdays!

2nd Izaak Lewis
Rielly Matlick
Nick Panepinto
3rd Liam Moore
10th Katelyn Wilshere
14th Patrick Izzo
17th Calla Rieger
18th Benjamin Wood
19th Nate Wolfe
20th Reis Snider
22nd Cassie Barber
Katie Nowak
23rd Alea Hess
24th Alex Reed
Nathan Erickson
Cierra Shipley
Bella Balko
25th Philip Lemine
26th Luke Bowen
Brock Price
27th Conner Buffington
28th Avonlea Brooks
30th Christian Wolfe
D'Anna Lewis

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

Student Name _____

QUESTION #1: Respect means...

- a.) Taking someone else's feelings into consideration
- b.) Admiring others
- c.) Honoring other people's wishes
- d.) Taking someone's position into account
- e.) All the above

QUESTION #2: Living life without respect is...

- a.) The fastest way to the top
- b.) The way to win friends
- c.) Like swimming upstream
- d.) None of the above

QUESTION #3: On the other hand, when you live life in a respectful manner ...

- a.) Other people reach out to help you
- b.) Doors open for you – doors that would otherwise been closed.
- c.) You can look forward to more friends
- d.) All of the above

QUESTION #4: True or False: Respect must be earned.

- a.) True
- b.) False

QUESTION #5: This month I want you to...

- a.) Work on mastering the splits
- b.) Attend at least one tournament
- c.) Treat your parents as your equals
- d.) Work on five areas where you can improve your respect from the list of 35 in the main article
- e.) All 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).

Referral Reward Program

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 Tae Kwon Do 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!

May 2010 Special Offer! Mom's FREE Month Of Martial Arts!

Special Offer Reserved Exclusively For Casey's ATA Black Belt Academy Moms!

If you'd like to lose weight, gain flexibility, tone up some "problem areas", and feel great about yourself, here is your chance! As a special "thank you" to all the Mom's here at Casey's ATA BBA, I've arranged a special offer just for YOU:

For the entire month of May, any Mom not already enrolled
in classes gets an entire month of classes 100% FREE!

That's right: All you have to do is present this coupon to me and say, "I want the Mom's Special". I'll give you class times and welcome you aboard! Don't miss out on your opportunity to discover and experience all the amazing benefits of Taekwondo! This offer ends June 1st, so see me now to get started!

See page 3 for full details!

May 2010 Special Offer! Mom's FREE Month Of Martial Arts!

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