

# Tri-City Taekwondo

JAN 2018

Happy New Year 2018!

## Make the Commitment to Succeed — and Success Can be Yours!

“Stay committed to your decisions, but stay flexible in your approach.”

~ Tom Robbins

“Commitment unlocks the doors of imagination, allows vision, and gives us the right stuff to turn our dream into reality.”

~ James Womack

“There’s a difference between interest and commitment. When you’re interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses — only results.”

~ Kenneth H. Blanchard

“Without commitment, you cannot have depth in anything, whether it’s a relationship, a business or a hobby.”

~ Neil Strauss,

“Let today be the day that you become committed in being, in doing, in getting, achieving, in experiencing. Let today be the day that you are committed to being the change you wish to see. To living the life you wish to live.”

~ Steve Maraboli

Research has shown that one of the most important keys to success is making a commitment to succeed.

But what exactly does that mean, “commitment to succeed?” To understand that, we need to look more closely at the idea of commitment.

I’m sure you have heard about the commitment involved in a ham-and egg breakfast. While the chicken made a great contribution, the pig was totally committed to the event. To commit to something means to follow it through to completion, at all costs.

A commitment to succeed is a promise to yourself to succeed, no matter what. A commitment creates a powerful force within us to fulfill it. In this case, we are talking about making a commitment to our own professional success.

I learned about commitment in an art class. The instructor said, “Once your pencil is on the page, don’t lift it off the page until you are finished.”

I thought, what if it doesn’t look right? I later realized it wasn’t so much a lesson on drawing as it was a lesson on commitment.

### Are you still not sure what being committed to succeed is all about?

- It’s all about action. Action is not optional when it comes to commitment. If you are truly committed, it will show over and over through your actions. However, don’t mistake activity for achievement. If your action isn’t getting you closer to your goal, then you’re just busy.
- It’s all about passion. If you are really committed to something, you are compelled to do it. You can’t live without realizing your cause or achieving your dream. Passion is relentless, persuasive and doesn’t rest. It doesn’t settle for anything less than your best.
- It’s all about choices. Commitment does not come from enforced

*Continues on Back*



### WHAT’S INSIDE

Make the Commitment  
— and Success Can  
be Yours!

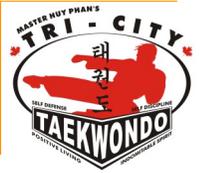
School Calendar

Happy, Healthy,  
Wealthy, and Wise!

**Master Huy Phan’s Tri-City Taekwondo**

3-511 Cottonwood Avenue, Coq V3J 2R4 | Phone: 604-939-8232 | Email: [info@tricitytkd.com](mailto:info@tricitytkd.com)

# Tri-City News and Updates



**Theme of the month** this month is commitment. The definition of commitment is a promise to do or give something : a promise to be loyal to someone or something : the attitude of someone who works very hard to do or support something. The Instructors will be discussing commitment in detail during class time.



**Movie Night** this month is being held on Saturday January the 27th. For anyone who is new too us and has not experienced a movie night you are in for a super fun evening! It is for kids aged 5-12 from 5-9pm. We provide pizza, a movie, games, some Taekwondo and a TON of fun! All under the watchful eye of our Instructors and leaders. For an evening the kids wait for all month long sign up on the sign up sheet and take an evening for yourself :)

**BC Championships** this year is being held on January the 20th . It is being held at BCIT 3700 Willingdon Ave, Burnaby. There are 2 catagories : Poomsae and Sparring. Registration is on-line only and registration deadline is Monday January 15th, 2018 at 10pm Pacific time. There is absolutely no registration at the door. We encourage all to compete (if you are up for it) it is an awesome experience!

**Promotion test** our next coloured belt promotion test is being held on February 17th. For those that will be testing the Instructors will be handing out the testing forms closer to the date. An early reminder that testing is to be done in full uniform only. No T-shirts for testing. The forms must be handed in by 7pm on the 16th of February (The Friday)



**Referral promotion** our promotion is still in play for this month. Refer someone, have them let us know you referred them, they stay 3 months and the 4th month is free for you! Just make sure they let us know that you referred them when they sign up!

**Family Day** this year is Monday February the 12th. Tri-City Taekwondo will be closed on that Monday.

I will remind you again in February :)

**Personal belongings** friendly reminder to please ensure you are taking all of your belongings with you after your classes. We end up with a lot of clothing left here and no room on the coat hooks.

**Pink shirt day** we will be ordering some pink Tri-City Taekwondo T-shirts to wear during the week of February 26– March 3. Anti bullying day is February the 28th but we are encouraging everyone to wear your pink shirt proudly for the entire week! This will also be self defense week here so I will have a form up at the front and you can write your name and the size you will need. The T-shirts will be \$20 each.

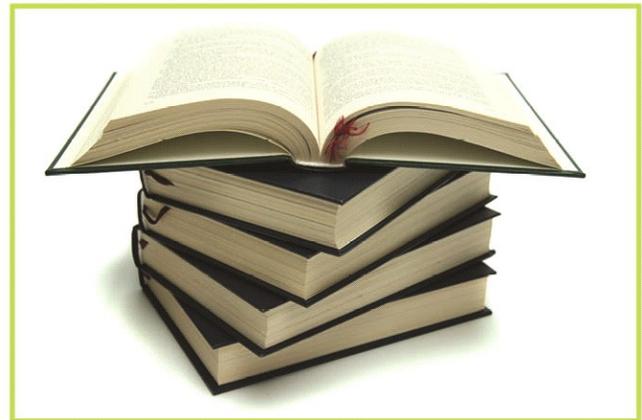


**Don't forget about our Brazilian JiuJitsu and Krav Maga weekly classes as well!**

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# Happy, Healthy, Wealthy, and Wise!



During the busy holiday season, it can be easy to forget to take care of yourself. Use the following tips to renew your commitment to yourself and make yourself happy, healthy, wealthy, and wise in 2013!

- 1. Eat Right** — Eating right doesn't mean that each and every meal needs to be perfect, but it does mean that you eat "smart." Most of us understand what that means. Make sure you eat smaller meals more frequently and keep it healthy. Steamed not fried, smaller not larger, low fat, etc. And drink lots and lots of water. Keep the sugars low, eat desserts only on the weekend, and snack on fruits and vegetables, rather than candy and other junk food.
- 2 Train, Train, Train** — Don't just go to the gym or jog and lift weights. Remember, martial arts also is a great workout! Dedicate yourself to being a martial arts student for life and you'll dedicate yourself to a healthy lifestyle.

- 3. Pay Yourself First** — Save some money and pay yourself! Open a small savings account for your future. Even on the most modest of budgets, you can save a little each week or month. Remember, it all adds up — \$10 a week is \$520 a year. If you put it in a tax free savings account, it may even grow tax-free!

- 4 Boost Your Intelligence** — Now, for the wise part. At a minimum, read a book each quarter of 2013. Exercise your brain! Don't just pick books on martial arts, although you can definitely select some of those to read. How about books on business, psychology, or relationships? Choose an area that interests you and broaden your horizons!

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# Make the Commitment to Succeed — and Success Can be Yours! (cont'd)



discipline. It is a choice you make to support results you care about and want to bring into being. It arises out of the clarity of your vision and is driven by desire. It is the day-to-day choices you make in support of your larger ones.

- It's all about courage. Do not be afraid of failure. Boldness has greatness in it. Embrace your fears head on. Remind yourself again and again nothing ventured, nothing gained. Make the commitment to do everything possible to make your risk pay off. Success begins just outside of your comfort zone.
- It's all about purpose. True commitment embraces and engages not only your aspirations, but also something larger than self. When you commit to achieve a result that will make a difference, things begin to come your way. You grow, others grow, your results grow and your success grows.

The most important person to commit to is "you." When you declare to yourself that you will succeed, then success can be yours. Write your own contract of commitment as your evidence that you are on a



mission. Place it where you can see it and review it daily. Never give up, never surrender, and be committed to succeed!

*Brad Larsen is a life coach and corporate consultant. Reprinted with Brad Larsen's permission.*

"There are only two options regarding commitment: you're either in or you're out. There's no such thing as life in between."

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