

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



Master & Mrs. Dendy
Owners

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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 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!

-- Master Jason Dendy



SunShine Pages 

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!

**Next Region 116 Tournament
Slidell, LA**

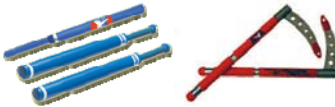


July 17th

Hosted by Mr. Jude Grayson

**Let's All Support Our Region
& Mr. Grayson!**



May 2010 Calendar of Special Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|---|
| | | Weapons of the Cycle: Bahng Mahng Ee or Ssahng Nat  | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | One-Steps & Sparring Night | | Intent To Promote Cards Due | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | | | <div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> Rank Testing </div> | | Picture Day! Raffle Drawing No Classes | Instructor Work-out 9am-11am |
| | | | Beginners & Beginner Tiny Tigers | Tiny Tigers Int. / Adv. / BB | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | Awards Night 6:15pm | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | One-Steps & Sparring Night | Weapons Only Night | | | |
| 30 | 31 | | | | <i>Action Wear Nights: Tuesday Thursday Friday</i> | |
| |  Memorial Day | | | | | |

May 2010 Special Announcements:

Theme Of The Month "RESPECT"

Respectful people treat others with consideration and accept individual differences without prejudice. They don't insist that everyone be just like them. Respectful people treat others with consideration. They do what is tasteful and proper in dealing with others. Respectful people treat others as they want to be treated. They value others. They help other people value themselves.

Weapons Only Night

On Wednesday, May 26th, we'll have a Weapons Only Night. Please bring your Bahng Mahng Ee's & Ssahng Nat's to class.

Instructor Workout

On Saturday, May 15th, we will have our monthly Instructor Workout. This workout is for Trainee Instructors and above who teach on a regular basis. The times will be from 9am-11am. If you are an instructor, you must attend this workout. If you are unable to attend, please contact Master Dendy.

Leadership Classes

Leadership classes are held every Thursday @ 6:50pm. If you are interested in Leadership, please speak with Master Dendy or Mrs. Dendy and we will be glad to give you more information. You are welcome to sit in on a Leadership Class to see what the program is all about.

Announcements (Continued)

Intent To Promote Cards Due

If you intend to test in the upcoming promotions, your "Intent to Promote Card" is due on Thursday, May 6th. Once Master Dendy has given you your card, please see Mrs. Dendy to arrange for payment. No cards will be accepted after May 6th.

Rank Promotions

Wednesday May 12th

5:45pm - Tiny Tiger Beginners

6:30pm - Beginner Students

Thursday May 13th

5:45pm - Intermediate / Advanced Tiny Tigers

6:30pm - Intermediate, Advanced & Black Belts

Awards Night

Awards Night will be held on Tuesday, May 18th, beginning at 6:00pm. Immediately following the Soap & Candle ceremony, we will go next door to DeAngelos for some food and fellowship. The attire for awards ceremony is "street clothes", unless you are taking part in the Soap & Candle ceremony.

School Pictures

On May 14th, we will have a professional photographer at the school to take our 2010 pictures. There is a sign-up sheet at the school, so sign up and get your time slot.

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. 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!

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May 2010 Student of the Month!

Solomen Iem, Emily Raiford & Ketan Bowman

Three Students Who Demonstrate the Concept of Loyalty!

This month, since our focus is Respect, I'm proud to announce three students who really shine when it comes to this important life skill (and a lot of other values as well). Their names are Solomen Iem, Emily Raiford and Ketan Bowman and they're my pick for Students of the Month for May 2010!

Here are a few reasons they stand out:

Solomen, a purple belt in Tiny Tigers, can stand at attention and listen longer than some adults! Solomen is always incredibly focused and attentive inside and outside of class.

Emily, who is currently a green belt,

always demonstrated respect at home and in class. Emily practices hard and always does her best. She is loyal to herself and others.

Ketan is a blue belt and always does his best to set an excellent example for his fellow students in class and his family members outside of class.

I'm sure you'd agree: those are some pretty good reasons they really stand out when it comes to respect.

Let's all congratulate Solomen, Emily and Ketan on being chosen as Denham Springs ATA Martial Art's Student of the Month for May 2010!



Solomen Iem



Emily Raiford



Ketan Bowman

New Members and Upgrades

NEW BLACK BELT CLUB MEMBER

Blayton Bernard
Adam Gray
Terry Jackson

NEW MASTER CLUB MEMBER

Garrett Arceneaux
Grace Slack
Taylor Willson

NEW KRAV MAGA MEMBERS

Jared Arceneaux
Les Summers
Tom Winchell

Congratulations to all new members
as well as upgrading members!

Student Birthdays!

May 1st - Keith McMorris
May 4th - Morgan Guillory
May 8th - Madison Shaw
May 11th - Tony LaJaunie
May 12th - Randy Alford
May 13th - Brandon Bordelon
May 14th - Mabel Raef
May 15th - Phillip Earnhart
May 19th - Ben Wall
May 20th - James Moss
May 21st - Nicholas Crawford
May 22nd - Hudson Abboud
May 26th - Lucas Mackey
May 30th - Darrick Berner
May 31st - Jackie Calandro

Let's wish all the birthday students
a warm & happy birthday!

Master & Mrs. Dendy



"The Biggest Loser" - Winner, Mr. Chet Ballard!

"BIGGEST LOSER COMPETITION", That was the title of the e-mail I received from Ms. Ashley Broom.

I read the message and closed it immediately. I was certain that it was not something I was interested in.

A few hours later as I was viewing the video of me at the last testing, I realized that I had put on a great deal of weight. I was shocked as I watched myself. I retrieved the e-mail about the Biggest loser competition and read rules of the contest and decided that this was the perfect time to lose the extra weight. I would not be alone in this endeavor. I would have the support of all the other participants. I was shocked again on the day of the weigh in. I was 36 pounds overweight.

After much soul searching I discovered that there were two realities I had to face. First, I was not superman so I did not need to super size any meal. Second, if I went to an All-you-can-eat buffet, I was going to eat-all-I-could. Because of my lack of willpower I knew I had to avoid those situations. My gaining the extra weight had been a gradual process. I knew that I would have to change a lot of my bad habits in order to lose it.

My first step was to set in motion a plan to lose the extra weight. My grandson Chance laid out an exercise regimen for his Home Gym. My granddaughter Lacy volunteered to be my calorie monitor. Every time I grabbed a snack she would tell me how many calories were in the junk food I was about to eat. (Little Debbie stock probably dropped a few points when I began my diet.)



**Chet Ballard with his "Biggest Loser" team;
Chance (left) & Lacy (right)**

I wrote down the two main goals I wanted to accomplish and put them in a conspicuous place. (On the refrigerator door.) My short term goal was to lose the weight. Keeping it off would be my long term goal. To meet these goals I changed my diet to include more fruits and vegetables. I cut out the sweets. Instead of eating candy bars for lunch, I brought apples. I drank water instead of soft drinks. In addition to the Home Gym exercises I rode my bicycle more and spent a great deal of time on my Gazelle and treadmill. I also attended the Warrior X-fit classes with a renewed enthusiasm and determination.

I took Mr. McCormick, Ms. Broom, and Ms. Worboys

seriously now when they said during the class, "Push yourself. Give it all you have."

In the beginning it seemed as if I had devised the perfect plan for dieting. The first 6 weeks I lost 30 pounds. I was exercising 3 hours per day. Plus I was getting exercise from going to Martial Arts classes. (Master Dendy, Ms. Dendy, and Ms. Braud make sure you burn a few calories at every Tae Kwon Do class.) I was eating a sensible diet. But I was having trouble losing those last few pounds. That is when I realized that I had to give my body time to adjust to my new habits. I did not get discouraged by this minor setback. Instead I redirected my efforts to a slower pace. I still exercised and ate healthy foods. I changed my ultimate weight loss goal into a medium term goal. Ms. Broom tactfully explained it best when she said, "Although it is a competition, it is not just about numbers. it is also about developing and maintaining a healthy lifestyle."

My involvement in this competition has been a learning experience. Not only have I learned more about eating healthy. I learned a great deal about myself. I also understand that there are a lot of emotions involved in being overweight. My weight problem was one of simply overindulging, eating the wrong foods, and being too lazy to exercise as much as I should. I am very lucky because I was able to correct these things. Unfortunately, some people have physical problems that prevent them from staying on a treadmill for an hour a day. These people have a much more difficult time losing weight than I did.

Through focus, determination, and perseverance I have accomplished my goal of losing the thirty-six pounds.

I went through a process of changing my lifestyle for the better. It was hard to do but the good results far outweigh the sacrifices I had to make. Although I consider this a personal victory for me, I cannot take all of the credit for my accomplishments. I had the support of my family as well as the other participants. Their dedication and efforts inspired me to try harder and not give up when it was difficult.

I have benefitted greatly from taking part in this competition. Just a few of the results are that I have more energy, I feel better about myself. I lost approximately twenty percent of my beginning body weight and I went from a size thirty-seven waist to a size twenty-nine. I have not been that slim since my wedding day almost forty years ago.

I know that maintaining my weight loss will be a constant struggle. I will have to avoid becoming complacent and allowing myself to slip back into the unhealthy lifestyle I was in. I also realize that it was easier to stay focused during the competition because I was not struggling by myself. There were others going through the same difficulties as I was. Now there will not be a weekly weigh in to keep me on track. I will have to continue a sensible exercise and diet regimen to maintain a healthy weight through my own dedication to living a healthy lifestyle.

The competition was called the BIGGEST LOSER, but there is no doubt in my mind that all of the participants in this competition were WINNERS.

Chester A. "Chet" Ballard

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

Special Offer Reserved Exclusively For Denham Springs ATA 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 Denham Springs ATA Martial Arts, 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!

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