



## Arrowhead Tang Soo Do

### Word for the Month

# Discipline

Disciplines are hearty subjects to study and apply. For today, let's focus on the definition and recognize it is something we all need to address.

From Dictionary.com (<http://dictionary.reference.com>): **dis·ci·pline**

1. Training expected to produce a specific character or pattern of behavior, especially training that produces moral or mental improvement.
2. Controlled behavior resulting from disciplinary training; self-control.
  - a. Control obtained by enforcing compliance or order.
  - b. A systematic method to obtain obedience: *a military discipline.*
  - c. A state of order based on submission to rules and authority: *a teacher who demanded discipline in the classroom.*
3. Punishment intended to correct or train.
4. A set of rules or methods, as those regulating the practice of a church or monastic order.
5. A branch of knowledge or teaching.

I believe one of the first steps to affect a change in our lives is to recognize that a **change** must take place. I am personally struggling with the concept of applying discipline in my life. I am meditating and praying for some answers in my life. I have made a public announcement that I am going to loose weight. This is my statement to me that I want to affect a change. And to help realize it I have made a public commitment to do so.

The art of discipline takes on many forms in our lives, from personal, religion, work and our daily existence. We as martial artist must show a higher level of discipline in our lives. For now, I would like you to tackle the idea of discipline in your personal life and discuss this with members of your family and your friends. Ask yourselves "what does it mean and how do I currently show it"? My next discussion will be more specific on how to apply discipline.

### Family Abroad:

The Patels want me to tell you all HI from England! Khoosbu writes and tells me she has attended an "Indian" wedding, been to parties and will be attending another wedding soon. She has done all this in less than 5 days. Take a minute and send her and Dipul and note and let them know you miss them. I know they miss you and would appreciate the note. You can use the studio web site membership page (<http://www.arrowheadtangsoodo.com/members>) to send them a direct note or send them an email to their email address.

**CONTINUED ON THE BACK**

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## Birthdays

*Extend a **BIG Happy Birthday** to the following:*

5/20/1990 Ryan Mays	6/16/1988 Rachel Jones	7/9/1996 Christian Ramos
5/14/1991 Kyle Lawton	6/17/1992 Michael Johnson	8/23/1956 Harold (Cliff) Ivey
5/10/1992 Morgan Duran	6/9/1996 Cecilia Rodriguez	8/25/1969 Shane Monroe
5/25/1995 Nathan Cadriel	6/19/1996 Randie Finell	8/7/1986 Daniel Rojas
5/29/1992 Lissa Sexton	7/30/1986 Sarah Roberts	8/21/1987 Christina Beck
5/29/1993 Robert Helms	7/10/1990 David Fladger	8/2/1988 Jacob Zalewski
5/26/1996 Andrew Heitowit	7/26/1991 Khooshbu Patel	8/3/1995 Maureen Howard
6/28/1960 Mary Fladger	7/23/1992 Trent Sanford	8/12/1996 Bradley Barham

## Important Dates

- **July 2<sup>nd</sup> and 4<sup>th</sup>** – Close due to holiday
- **July 13<sup>th</sup>** – Testing Fees/Testing Applications/Testing papers by Green Stripe and above due
- **July 16<sup>th</sup>** - Physical Testing
- **July 30<sup>th</sup>** – Testing Awards and Celebration
- **August 6** - Closed. Clinic Sierra Vista, AZ.
- **October 28 & 29** - Closed. Black Belt Testing/Tournament/Clinic, Mesquite, NV.

## Testing

Mon June 27 – Thr. July 14 <sup>th</sup>	Stripe Testing
Sat July 9 <sup>th</sup>	Written Exam/Testing Green Stripe and above papers due/Early Testing Applications and fees taken
Wed July 13	Board Breaking/Final due date for testing applications and test fees.
Sat July 16	Physical Testing
Sat July 30 <sup>th</sup>	Awards and Celebration (Bring your family and friends) Celebration location and times to be announced

**NOTE:** Students are expect to show proper respect by being prepared for passing the written exam with an 80% or better, turning in their written papers (those testing for Green Stripe and above, see parents guide for expectations) and test fees early or on time. Students who do not will be expected to participate in the studio clean up day.

## Clinic

Make Plans for August 6<sup>th</sup> – Sierra Vista, AZ. This will be quite an experience with an opportunity to work with Masters from Region 2. Applications will be handed out this weekend and available on our web site. Seniors, Red and above, don't forget this is mandatory for promotion to Black Belt (consult "Parents/Students Guide", issued to you and available on the web site ([WWW.ArrowheadTangSooDo.com](http://WWW.ArrowheadTangSooDo.com))).