

WINTER 2010

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## ***HAPPY NEW YEAR!***

### **Seven Steps To Achieving Your Goals**

**Step 1: Decide exactly what you want.** Modify, change, add as you progress, but decide! Make a decision!

**Step 2: Write it down. Think on paper.** When you write down your goal, you crystallize it and give it tangible form. You create something that you can touch and see, not merely a wish or fantasy. Unwritten goals lead to confusion, vagueness, & misdirection.

**Step 3: Set a deadline with your goal.** A goal or decision without a deadline has no urgency. It has no real beginning or end. Without a definite deadline, you'll naturally procrastinate and get little done.

**Step 4: Make a list** of everything you can think of that you're going to have to do to achieve your goal, and keep adding to it. A list gives you a visual picture of the larger objective and increases your chances of staying on schedule and achieving your goals.

**Step 5: Organize your list into a plan, by priority & sequence.** Decide what you need to do first and what you can do later. Lay out your plan on paper; break it down into individual tasks.

**Step 6: Take action on your plan immediately.** An average plan vigorously executed is far better than a brilliant plan on which nothing is done. For any kind of success, execution is everything.

**Step 7: Resolve to do something every single day.** Read a specific number of pages on a key subject. Call on a specific number of prospects or customers. Engage in a specific period of physical exercise. Learn a certain number of new words in a foreign language. Never miss a day. Keep pushing forward. This decision, this discipline alone, can make you one of the most productive and successful people of your generation.

**Clear written goals have a wonderful effect on your thinking. They motivate you and galvanize you into action. Goals are the fuel in the furnace of achievement.**

**Make a decision to take these steps to setting & achieving goals.**

Adapted from an article by Brian Tracey.

## **PARENTS!**

This article is a repeat, but the scene happens so often I believe it bears repeating.

Recently I bumped into a former student. I said hello and said he was missed at the club. He said he wished he never quit, but at that time he was a just a kid and **his mom let him quit!** Students often tell me they will be back someday. This rarely happens.

Martial Arts teaches you how to learn in many ways. Confidence develops with many successes and failures. Each day is a lesson. Don't think of Martial Arts as an extra curricular activity; it's a life-enhancement program.

**Don't let your children quit!** Martial Arts training is invaluable! I know this because many students have become successful college & university graduates, police officers, doctors, lawyers, accountants, soldiers, nurses, and entrepreneurs; there are thousands of success stories.

Parents, we appreciate your efforts in bringing your children each week for training. We value you and your children.

**"I'm on a quest, to be my best, at home, at school, at work, in the dojo, and in the community."**

## WELCOME NEW STUDENTS!

Remember when you were the new student on the dojo floor? Remember to help new people as part of the respect you practice each class. Show them where to put their boots, how to wait quietly, and how to listen and watch. Set the best possible example! Thank you for encouraging each other!

## WINTER WEATHER!

“We doze, we never close!” If you are not sure about the weather, stay home & train harder the next night! If the weather is uncertain, please stay at the club with your children, instead of dropping them off. Your child’s safety is our #1 concern.

## CHUCK MERRIMAN

Anyone who has been active in Karate for the past 30 years knows the name Chuck Merriman. As the highest ranking Black Belt in North America in Jundokan Goju-Ryu, our style of karate, we were greatly honored to have him as a guest Instructor at our Fall Gasshuku: training seminars and Black Belt gradings.

Hanshi Chuck Merriman, 9th degree Black Belt, is fluent in Japanese, and has a long history of training and experience in Okinawa. Our students were privileged to train under his leadership. As a bonus, Merriman Sensei spoke directly to students at the end of the weekend. He related his experiences in training and growing in the Martial Arts, and how methods have changed over the years. We ended with a question & answer time; Merriman Sensei was very generous with his time, and we appreciated his honesty and frank approach. For a summary of his presentation, check out “LESSONS FROM CHUCK MERRIMAN”, on our web site [napaneekarate.org](http://napaneekarate.org)

**Thanks to all who attended, and helped in any way to make this event a success. You are valued and appreciated!**

## NOTES & CALENDAR

Thank you to our faithful Black Belt Instructors: **Ed Gastle, Jim Gounelas, Richard Welsman, Mijra Gulley, Barry Gulley, and Grant VanHeighten**. These Instructors know the value of training and growing in the Martial Arts. We have many other senior students and volunteers who donate their time and effort so that others may learn. Your help with our children’s classes keep our club alive!

All belts are invited to attend **Seminars** at any of our affiliated clubs. Your **EMAC** membership is included with your Napanee Karate Club membership, and gives you a wide variety of training opportunities.

### KICK-A-THON FEBRUARY 2010

The next big event for our Club! You will be receiving forms and information. This is your chance to help your club, learn new kicks, and **win some great prizes!!** Watch for the display of **prizes!!**

### SPRING GASSHUKU 2010

Our Fall event was a great success. Congratulations to those who participated in the seminars and tournament. The Spring Gasshuku will likely be held out-of-town. Keep up-to-date on your training.

## YOUR FEES

Your fees keep the club alive, and we appreciate those who pay their fees on time, in advance, including seminars and gradings. The simplest and most economical way for all students to pay is to use the PPS or Member Solutions pre-authorized payment system.

Your payment agreement with PPS/Member Solutions cuts down on paperwork, and ensures that as Instructors, we spend our time teaching students on the dojo floor. For questions concerning your payments to PPS/Member Solutions, call them toll/free:

**1-888-277-4408**