



North Florida Tae Kwon Do Newsletter

June 2008

Bully, Bully Go Away

Speak when you are angry - and you'll make the best speech you'll ever regret. — *Dr. Laurence J. Peters*

When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.
— *W. Clement Stone*

We have two ears and one mouth so that we can listen twice as much as we speak.
— *Epictetus*

Setting an example is not the main means of influencing another, it is the only means.
— *Albert Einstein*

The way we communicate with others and with ourselves ultimately determines the quality of our lives.
— *Anthony Robbins*

Only when we are no longer afraid do we begin to live. — *Dorothy Thompson*

The old begin to complain of the conduct of the young when they themselves are no longer able to set a bad example.
— *Francois de La Rochefoucauld*

When you think of a bully, a larger, meaner kid usually comes to mind. Guess what? Some of those kids don't outgrow being bullies; some of them grow up to be adults who find pleasure in bullying or intimidating others. Just as they did when they were younger, these bullies attack those they see as smaller or lacking in self-confidence. In the movie *Joe Somebody*, Tim Allen portrays a grown man who seeks out a martial arts class to conquer the work bully. Although Joe fantasizes about beating up the bully, he learns the brain is the most powerful weapon of all for defeating the bully no matter how old he or she is.

Martial arts seems like the answer to the bully problem, and it can be. However, not for the reason the victim may think. Like Joe, victims think they will become a master at their art and physically attack the bully once and for all. They believe they will "learn to fight and protect themselves." That might be their original goal, but it's not what finally chases the bully away.

The physical portion of martial arts is definitely an important component of dealing with the bully problem, but it is really the mental benefits that begin with the first lesson that solves the problem. Do bullies give up bullying? No. They just realize that this self-confident person chooses to no longer be a victim. The former victim's

Continued on page 4



WHAT'S INSIDE

Special Events

Get That Harvard
Education Today

Drink to Summer

School Calendar

North Florida Tae Kwon Do

Get That Harvard Education Today

Many of us are so busy with work, family, exercise, commuting and other activities that fitting in continuing education may seem difficult. Not anymore thanks to broadcasts available from universities' Websites and from community-generated content available from places like YouTube and iTunes to name a few. Some of the top universities, including Harvard and Yale, have lectures and videos of classes you can download and listen to or watch.

The best news is that you don't have to pay tuition to watch or listen to these classes. Just go online and download a class in physics, economics, advertising, etc. You can multi-task by exercising your brain while working out the body. Now that is smart!

Congratulations to Miss Kim and Mr. Tringle for being accepted to test for your 2nd Dan Black Belt on the 20th. We will be closed that day to come and see you perform!

There are still a few spots left for the FEAR FACTOR camp on the 23rd-27th. Times will be from 8:30-6:00. The entire week will be filled with loads of Martial Arts fun!

Remember we will be having testing in Interlachen on the 18th of June! Be practicing now!

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Last Day of School	7
8	9	10	11	12	13	14
15 Father's Day	16	17	18 Testing Interlachen	19	Black Belt Testing! CLOSED!	21
22	23	24	25	26	27	28
Fear Factor Camp! Sign up now! Space is limited!						
29	30					

Drink to Summer

If you are thirsty,

then you may already be on your way to mild dehydration. Even if you are drinking the same amount of water you always drink, it may not be enough during the hot summer months or when you perspire more due to increasing your exercise routine or working outdoors. If you are thirsty before you get a drink of water, change that habit now since thirst is the body's way of telling you it is becoming dehydrated. Learn the signs of dehydration so you will know what to do if you or someone you know becomes dehydrated.

We all know water is essential for every living thing; the human body is 75% water and our brains are 85% water. When you don't get enough water, basically, your body goes to war and your cells and organs fight to steal it from each other, which will help explain some of the more severe symptoms. Thirst is the first sign of dehydration and most of us treat it right away with a glass or two of water. Our bodies metabolize the water so the cells can defuse it like a dry sponge on a spill and everybody is happy. In addition to thirst, unexplained tiredness, headache, dry mouth, dry skin and dizziness are some of the early dehydration signs that can be treated by drinking water and resting so you don't perspire.

Moderate signs of dehydration are lethargy, nausea, and little urine output. Again, the treatment includes drinking water, avoiding activities that cause perspiration, and avoiding dry foods that need water to metabolize. More severe symptoms include delirium, no urine output, fainting and even seizures, all of which require emergency medical attention.

Although everyone needs to be concerned about dehydration, athletes should always include periodic water breaks during workouts so that water input equals or is greater than water loss through perspiration. According to Anita Bean's *The Complete Guide to Sports Nutrition*, slight dehydration in athletes can cause a performance loss of up to 30% and increase the onset of fatigue.

As long as you drink frequently enough so that you are never really thirsty, you should stay hydrated and avoid the more serious symptoms of dehydration.



Get What You Want, Not What You Get!

Bully, Bully Go Away

Continued from Page 1

self-confidence comes from belt-testing, achieving goals, and knowing how to defend him or herself. That confidence shows in the voice, posture and the eye contact. In other words, it shows in all the things a victim is not.

When people sign up for martial arts classes, they are usually asked why they want to join. Some are too embarrassed to say they feel harassed at work, but the instructors are trained to help with this problem. In fact, some of them

originally joined classes because they, too, were being harassed.

It won't happen overnight, or even as quickly as a two-hour movie, but after a few months of classes, former victims will feel confident enough to use the martial arts' mental benefits to walk away, take a stance, ignore or confront the bully.

Random Fact:

This proves there are no airheads. Your brain weighs about 48 ounces, of which is 38 ounces water! That water helps you feel the pain in 1/50th of a second when you stub your toe.