



Gradings

Gup gradings will be held on the following dates:

6th June 2013

5th September 2013

5th December 2013

As always, students will be invited to grade dependent on their **attitude, effort and behaviour** during class time.

The Dan grading will be held on 9th November 2013

Competitions/Tournaments

Aberdeen Combat Tang Soo Do

2nd Invitational Tournament

Aberdeen Sports Village

Saturday 6th July 2013

10am – 4pm

Categories:

Forms, Weapons, Sparring & Breaking (each category £10.00 or all 4 for £35.00)

The first breaking board is free, additional ones are £2.00

Team forms will be £15.00 per team

Teams can be between 3 and 6 people

Entry forms will be coming out within the next couple of weeks

Seminars

Northern Budo Alliance Gathering

Saturday 20th April 2013,

11am - 4pm

Assembly Rooms, Wick, Caithness

Kempo, Ki Aikido, Kong Soo Do

This, as always, will be a good seminar, you will have the opportunity to see and learn different martial art techniques from different martial art styles.

Respect

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 means “taking someone else’s feelings, needs, thoughts and ideas into consideration”. It also means admiring others and honouring 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 better career.

Life is just plain easier!

10 Ways to Be More Respectful In and Out of Class

1. Answer up with, “Yes, Sir” or “Yes, Ma’am” when speaking to others (especially senior ranks).
2. Bow in before you enter and leave class.
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. Stand in ready stance when awaiting instruction.
6. Treat your seniors and juniors with honour – the way you would like to be treated.
7. Respect school rules and policies
8. Offer to help out with chores at home.
9. Listen to and do as you are told by your parents.
10. Respect other people’s feelings

This is a very short list of ways to be respectful...there are many many more ways.

TANG SOO!