

# Kick Back

Sharkey's Karate Studio's Newsletter February 2005

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## IN THE NEWS

### New Year New You by Jeremy Talbott

**Y**es, once again the new year is upon us and with it the many empty promises we make to ourselves to become better people. Sounds a bit harsh doesn't it? Well let's think for a minute, how many New Year goals have you set in the past only to see them wither away within few months or a few days, better yet a few hours? If I was to actually succeed in every resolution and goal I set up for the new year, I would be muscle bound Adonis who does flawless katas and plays the piano like Mozart. So don't worry you are not alone. Many Americans go through this very same ritual every year, and every year, they always end up failing.

When I sat back and thought about this I can't help but wonder why we fail and what we can do to help prevent future goal setting failures? So being the pseudo-techno geek that I am, I quickly resorted to my one-stop shop for information; Google. Upon my search for the ultimate truth in figuring out why many of us are not successful, I fell upon this site, the Goals Guy ([www.goalsguy.com](http://www.goalsguy.com)). Could these be the answers that I have been seeking? Well, let's start with my first question: Why do we fail in our goals? Here is the Goal Guy's top 10 reasons why we tend to fail at our goal setting:

#### **Taking Action Without Planning**

When it comes to your goals and future, impulsiveness is the mother of regret. Considerable thought must be given to the ends as well as the means of your strategy.

#### **Planning Without Taking Action**

Endless preparation is worse than action without planning. Accept that things will never be perfect. Questions will forever exist. Plan well and launch!

#### **Unrealistic Timeframes and Expectations**

Life is a process not an event. Nothing great was ever built easily. Exercise wisdom and learn to be patient. Unfortunately most things in life take longer and cost more than the best-laid plans anticipate.

#### **Reasons "Why" Are Unclear**

Why you want to achieve a goal is more important than the goal itself. Before taking action on anything it is imperative that you ask yourself this key question: "Why do I want to achieve this goal?"

#### **Denial of Reality**

It's far easier to deny reality than it is to accept it. And far too many people take what seems like the easy way out. Success is information dependent, when we deny reality for whatever reason, we devalue the integrity of our information, thus ensuring failure.

#### **Conflicting Values**

When we have not clarified our reasons why or defined what success means to us personally, we operate on someone else's definition. When that occurs values are sure to be in conflict and progress is short-circuited.

#### **Diffusion of Energy**

Attempting to do too much is a recipe for mediocrity. Rather than doing an excellent job at a few chosen goals we spread our energies over a vast terrain and diffuse what matters most; time and energy.

#### **Lack of Focus**

Success demands focus. It is the hallmark of all truly great people. Your ability to get and remain focused

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or lack there of is perhaps the key determinant of your success.

### **Trying To Do It All Alone**

Nobody goes through life alone, we all need the cooperation and assistance of others. Put your pride aside and learn to ask for help when you need it. Learn to leverage and share knowledge for your own well being as well as for others who are dependent upon your cooperation.

### **Fear Of Failure**

Fear of failure is The "Grand Daddy" of them all. Far too many dreams have suffocated and died because of it. Fear resides where knowledge does not exist; the more you know about anything the less intimidated that you feel. Replace your fears with knowledge and watch your performance leap.

As martial artists, one of our goals, whether it is a major or minor goal, is to achieve a black belt. It seems it will take forever if you think about all that it entails. The massive array of techniques, all those forms, hours of training, it becomes over whelming and eventually causes many to quit. However, if you take a step back and start to break up that massive goal into smaller achievable goals you would be surprise how quick you achieve that journey. For instance, instead of looking at the black belt, let's break that down your goal to achieve your next belt. Now within that goal let's break it down into sections you need to learn for that belt such as techniques, forms, self-defense, terminology, from there you can break it down further. Until you have something that is more

comprehensible to achieve. These smaller goals will eventually lead the larger goal. So now that we have some idea of why we fail, what is it that we can do to help ensure our success? Well once again, I referred myself back to the Goals Guy and took his 10 Commandments of Goal Setting.

### **Thou Shall Be Decisive**

Success is a choice. You must decide what you want, why you want it, and how you plan to achieve it. No one else can, will, or should do that for you.

### **Thou Shall Stay Focused**

A close relative to being decisive, but your ability to sustain your focus from beginning to end determines the timing and condition of your outcomes.

### **Thou Shall Welcome Failure**

The fundamental question is not whether you should accept failure. You have no choice but to expect it as a temporary condition on the path way of progress. Rather, the question is how to anticipate failure and redirect resources to grow from the experience.

### **Thou Shall Write Down Thy Goals**

Your mind while blessed with permanent memory is cursed with lousy recall. People forget things. Avoid the temptation of being cute; Write down your goals.

### **Thou Shall Plan Thoroughly**

Planning saves 10 to 1 in execution. Proper planning prevents poor performance.

### **Thou Shall Involve Others**

Nobody goes through life alone. Establish your own "Personal Board of Directors", people whose wisdom, knowledge and character you respect to help you achieve your goals.

### **Thou Shall Take Purposeful Action**

Success is not a spectator sport - achievement demands action. You cannot expect to arrive at success without having made the trip.

### **Thou Shall Reward Thyself**

Rewards work! Think of what you will give yourself as a result of your hard work, focus and persistence - you deserve it!

### **Thou Shall Inspect What Thy Expect**

The Shelf life of all plans is limited. No plan holds up against opposition. Everything changes. Therefore inspect frequently and closely, it's an insurance policy on your success.

### **Thou Shall Maintain Personal Integrity**

Maintain your commitment to your commitment. Set your goals, promise yourself that you will achieve them. Eliminate wiggle room and excuses. That's personal integrity!

Well there you have it. So start the new year right and set some realistic, achievable goals for yourself. Don't get frustrated if you seem to stumble a bit from a diet or if you miss a couple of days at the gym. Remember it is all about preservation and dedication, it's a new year so make it a new you.



# ANNOUNCEMENTS

## Beginners Elite program begins this March

**D**on't forget, beginning March there will be a beginner's Elite program starting from 11:00—12:30 Saturday and Sunday. Led by our very own world champions, Sensei Chris and Sensei Craig, these classes will introduce the student to the basic skills needed to enhance their performance in tournament competition. All those interested in trying are encouraged to take the complimentary introduction on March 5th. Ask a staff member for more details or to sign up today.

## Saturday 10:30 classes to end

**B**eginning March 5th, the Saturday All Ranks All Ages class will end. Please make note of this schedule change.

## Special Apparel Orders

**F**or those who did not get their special orders in on time for the February order, We will be placing our next special order on March 18th. With spring just around the corner, this is the perfect time to get your hooded sweat shirt and jack orders in. See Sensei Jeremy at the pro-shop if you have questions

## Dojo Days is back

**S**aturday February 26 marks the return of Dojo Days. Students can compete in the categories of sparring, traditional forms, weapons, creative forms and extreme forms. This is a great opportunity to test your skills against your fellow class mates. All students wishing to participate can sign up at the front desk.

# FEBRUARY BIRTHDAYS

Nino Deluca	02/01
Mike Stolz	02/05
Justin Lockhart	02/07
Ryan Sadler	02/07
<b>Jerry McDowell</b>	<b>02/14</b>
Scott Dandurand	02/17
<b>Christopher Huberts</b>	<b>02/22</b>
Osiris Valverde	02/25
Sue Wojnarowicz	02/28

**SENSEI JOHN SHARKEY**

**02/27**

**Happy birthday to everyone!**

