

KickBack

Sharkey Karate Studios Newsletter Nov. 2005

Learning From Flaws

Did you ever work for a miserable manager? If so, you probably hated to come to work. You tried to figure out how to work around them or to manage them. This can be a time of real growth if you can endure the pain long enough.

You can learn a lot from the worst managers. Tom, for example, had a way of killing motivation in employees. He was an army commander style of manager. Behind his desk, he had about thirty index cards on the wall with sayings indicating his management philosophy. One card declared, "No Credit for Effort." But success in any project is usually out of the control of any one individual's effort. If you do not give credit for effort in times of failure, you will never get the effort you need to continue projects until they succeed.

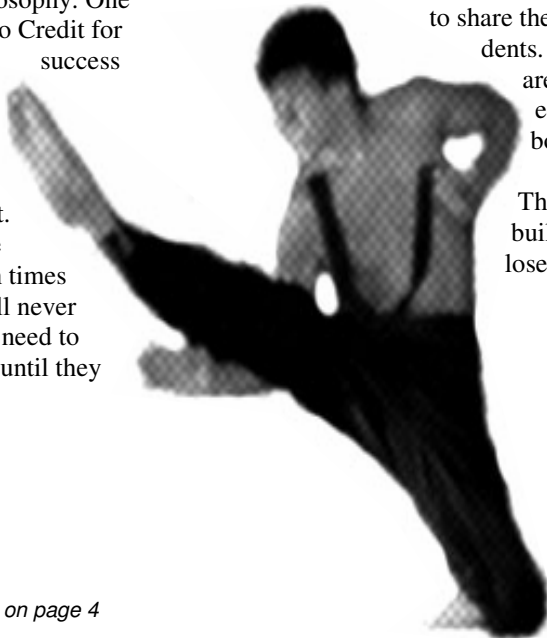
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Profitable Traits

The martial arts are touted as teaching integrity among other desirable traits, but of all the available traits why is integrity such a hot commodity? In today's world the media reports scandals in every walk of life, making honorable role models the exception instead of the rule. We must look diligently for men and women who display the characteristics we wish to see emulated. In martial arts, earning a black belt is more than just knowing physical skills; it is also demonstrating a black belt attitude. An attitude ingrained with traits such as honor, self-confidence, focus, respect, courtesy, self-discipline, leadership and above all, integrity.

Why are these traits so prevalent in martial arts? Because unlike other activities, there is a tangible progression through belt ranking, and each student is empowered with the ability to reach the rank of black belt. To reach black belt, a student doesn't have to climb over the competition, because it is an attainable goal for each student. It may take longer for some students, but the direction is always forward and it is seldom a lonely trek. As students learn new skills, they are encouraged to share their knowledge with newer students. By sharing their skills, they are reinforcing their own knowledge and forming friendly bonds with other students.

The bond building is essential to building trust and no one wants to lose it once it has



Quotes to Ponder

When we fail to praise someone who deserves praise, two sad things happen: We run a chance of driving him from the right road for want of encouragement, and we deprive ourselves of one of the very happiest of our privileges – the privilege of rewarding labor that deserves a reward. — John Ruskin

Tribulation will not hurt you, unless as it too often does; it hardens you and makes you sour, narrow, and skeptical. — Edwin Hubbel Chapin

Surely, in the light of history, it is more intelligent to hope rather than fear, to try rather than not to try. — Eleanor Roosevelt

One great cause of failure is lack of concentration. — Bruce Lee

Success --- seems to be connected with action. Successful men keep moving. They make mistakes, but they don't quit. — Conrad Hilton

The first thing is to love your sport. Never do it to please someone else. It has to be yours. — Peggy Fleming

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Profitable Traits

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been earned. Trust is necessary to comfortably practice and demonstrate the physical aspects of the sport. Every student should feel confident that a sparring partner would know the right amount of force to land a punch without causing physical harm. Celebrities, politicians and CEO's don't have that relationship with the average person, but martial artists see each other weekly.

As students get closer to earning their black belts, they realize family, friends and colleagues perceive them as being highly

responsible. By working years to accomplish a goal, black belts don't want to risk their integrity by doing anything to lose it. The belt will stay theirs, but the way people perceive them and the way they treat people reflects not only on them, but all martial artists. Few people take their first martial arts class hoping to acquire integrity, but after a few belt promotions they realize it is essential to earning the ultimate black belt.

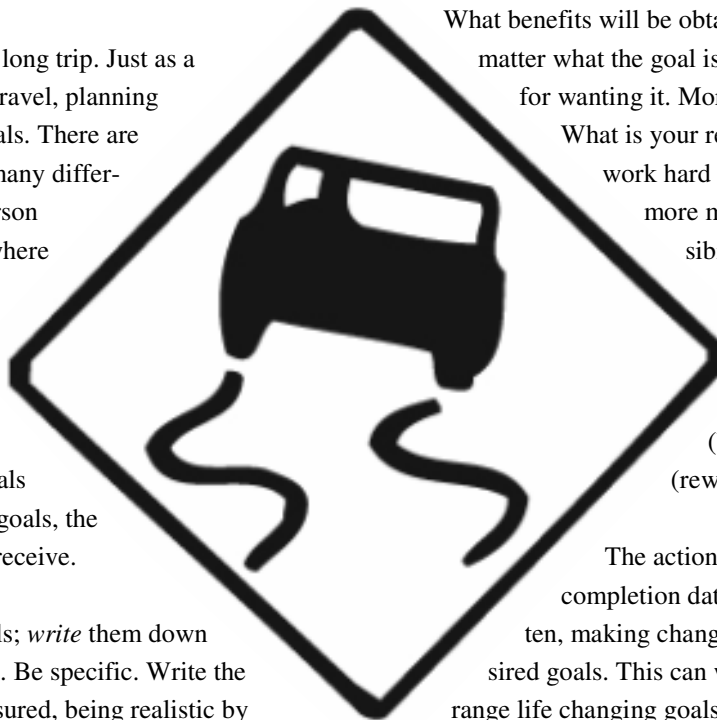
Follow a Reliable Roadmap

A man in Needles, Arizona decides to drive to Ocean City, Maryland. Should he just point the car northeast and keep driving? He might get there, but it will take longer than if he uses a roadmap to plot his course.

Setting goals is like plotting a long trip. Just as a reliable roadmap is needed to travel, planning steps are needed to achieve goals. There are many ways to map goals and many different types of goals that each person should establish. Some areas where goals are essential are family, finances, mental, physical, social and spiritual. One way to map those steps is to write an action plan that sets long-term goals, short-term goals needed to reach the long-term goals, the benefits and rewards you will receive.

Don't just *think* about the goals; *write* them down to make them important to you. Be specific. Write the goals in terms that can be measured, being realistic by setting goals that will be challenging, but still attainable. Once they are written, prioritize them and see if there are any conflicts. Where do you want to be in one, three and twenty years?

Break them down. What steps need to be taken to make them a reality? These are the short-term goals. What can be done in the next two to three months to bring the long-range goals closer?



What benefits will be obtained by reaching the goals? No matter what the goal is, there has to be a personal reason for wanting it. More time? Less stress? A promotion? What is your reward for doing this? It is easier to work hard when there is a reward such as more money, a vacation or more responsibility. Sometimes the benefits and rewards are the same, but sometimes the reward is something achieved through the benefit, such as using your extra time (benefit) to take a vacation (reward).

The action plan should be in writing, have completion dates and should be re-evaluated often, making changes as necessary, to reach the desired goals. This can work for small changes and long-range life changing goals. The first step is, of course, to sit down and write down what it is you want, and then all you have to do is follow your personalized roadmap.

Winter Camp VII

The AKA once again is setting the standard for the top training camps in the country for sport karate. The 2005 Winter Camp is set for December 26 – December 29 2005. Are you ready to train with the stars from Sideswipe Performance Team? Be prepared for AKA Winter camp VII, where we tell you to Own IT!

The Goal of the Winter Camp is to have each participant leave the camp feeling like they have learned something new and had a great time doing it. Now that holiday break is here, it is time to jump start everyone's engines and prepare for the new competition season. This camp is used as a launch pad for competitors to get a jump on their competition for the next year. The campers will have the opportunity to learn new forms (weapons, traditional, open, and musical) and work on a huge array of fighting drills and techniques. Our world champion instructors will also help the campers tailor their forms to meet their full potential. Through the week campers will experience and learn modern conditioning and training drills that will help them reach new levels.

Come Train with the Martial Art Stars from Sideswipe Performance Team! The busiest year for the team, included shows for Black Belt Magazine at Universal Studios, Hollywood, MAIA SuperShow Martial Arts Convention in Las Vegas, and the Tom Joyner Show on ABC!

Pricing for the camp is \$450.00 which includes food and lodging, and camp will be held at the Naperville location at 2916 W. Ogden Ave. #120. Sign up sheets can be found online at www.sharkeyskarate.com or at the pro-shop.

Sensei Chris Brewster to star in Final Fu

Sensei Chris Brewster will be participating in an MTV martial art reality series called Final Fu. Chosen from over several thousand applications, Sensei Chris will be competing against other martial artists for a grand prize to be determined. He will leave in December for Los Angeles to film his spot for the pilot show. We will keep you informed on the dates that the show will air. Congratulations Sensei Chris.

Dojo Days and Holiday Sale

Sunday December 11, we will be holding our inner-school tournament at the Naperville location. This is a great way to test out your skills against your fellow class mates as well as get an ideal of what tournament competition is like. Tournament starts at 11:00am .

Also at the Naperville location we will hold our annual Holiday gift sale starting at 10 am. This sale will feature many fine products that you can order from our Century holiday catalog. All items purchased that day will receive an additional 10% off the retail price and, those who spend over \$100.00 will received a free Sharkey's t-shirt, while supplies last. We will be placing orders on a weekly basis, or as needed up until December 19th. Catalogs are available at the pro-shop.

November Birthdays

J.D. Vinyard	11/1
Kevin Boyle	11/2
Eddie Schipman	11/3
John Vinyard	11/4
Anushka Rau	11/5
Arpan Rau	11/5
Ashrita Rau	11/5
Elsa Tobar	11/4
Eddie Silton	11/8
Matthew Mullins	11/10
Amy Velazquez	11/10
Safia Hannin	11/12
Ian Minter	11/14
Thomas Doud	11/16
Andrew Maya	11/18
Dave Rea	11/21
Alicia Velazquez	11/21
Dustin Bui	11/23
Suzann Wanket	11/26
Sanaa Raj	11/28
Bhavish Bhattar	11/30

Happy Birthday everyone!

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During a difficult start up, a problem developed one evening that prevented the start of production. One employee, Jason, stayed in the factory all night working on a solution. By 7:00 a.m., he had found a solution that allowed production to start on time and avoided sending 400 employees home.

His boss was so proud of Jason that he took him in to see the “big boss” to get the recognition he deserved. Tom looked at Jason and said, “You were lucky.”

Jason’s boss didn’t take any more employees in to see his boss. Instead, he took the time to copy down those sayings behind Tom’s desk and made a set for himself. He turned each saying around just a little to change the meaning, starting with “Credit for Effort.” Those index cards became one of his better management lessons. Of course, he waited until he worked for a new manager before putting them on the wall.

For more information on
**Bring this in for one
week of free
traditional karate
lessons**

Sharkey's Karate Studio
916 W. Ogden Ave #120
Naperville, IL 60540
(630) 690-8113

(Limit 1 per person. Valid for first time customers only)



Sharkey's Karate Studio

(place address here)

(place phone number here)

www.sharkeyskarate.com