



The first rule of holes:
When you're in one,
stop digging.

— *Molly Irvine*

If you want to be happy,
set a goal that commands
your thoughts, liberates
your energy and inspires
your hopes.

— *Andrew Carnegie*

To achieve happiness,
we should make certain
that we are never without
an important goal.

— *Earl Nightingale*

Never harbor grudges;
they sour your stomach
and do no harm to
anyone else.

— *Robertson Davies*

The truth needs so
little rehearsal.

— *Barbara Kingsolver*

I know for sure that
what we dwell on is
who we become.

— *Oprah Winfrey*

Choosing a goal
and sticking to it
changes everything.

— *Scott Reed*

Focus on your
potential instead of
your limitations.

— *Alan Loy McGinnis*



What's Really Important?

Have you set this year's goals? Most people set goals for losing weight, making more money, or getting a promotion, but have you set goals for what you can do to help others?

Ask yourself the following questions:

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five Miss Americas.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last 10 World Series winners.

How did you do?

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The point is that none of us remember yesterday's headliners. These are no second-rate achievers; they're the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Now ask yourself these questions and see how you do:

1. Think of five people with whom you enjoy spending time.
2. Name four people who have taught you something worthwhile.
3. List three teachers who inspired you in school.
4. Name two friends who have helped you through a difficult time.
5. Think of one person who makes you feel appreciated and special.



WHAT'S INSIDE

[New Class Schedule-](http://www.ustacademy.com/class-schedule)
[http://www.ustacademy.com/
class-schedule](http://www.ustacademy.com/class-schedule)

Is Martial Arts Right
for You?

Important announcement

- 1- Tip week will run through Jan.7th 2012 .
- 2- Swat meeting will be on Saturday Jan. 7th, & 21st. 2012@ 10:00am
- 3- Parents night out will be on Friday Jan. 13th 2012 @ 7-10pm
- 4- Buddy days Jan. 12th, 13th. & 14th. Bring a friend to class for free.
- 5- The deadline for the Test Form is Jan.18th 2012. (\$15 extra after the deadline)
- 6- Belt Testing—Tuesday Jan.24th 2012 @ 6:30pm (FULL TKD UNIFORM)
- 7- Graduation—Saturday Jan. 28th 2012 @ 11:45pm (FULL TKD UNIFORM)

Students of The Belt

The Student of The Month



Is Martial Arts Right for You?

Martial arts is a great vehicle for success for people of all ages. In other words, it's not just for kids. It's an activity with so many benefits that it transcends youth. It's for adults and children; it's for those who are in shape and those who simply want to get in shape. Want to learn focus, respect, or self-discipline? Martial arts teaches these basic skills in most of its programs. Looking for a place to channel energy? We can help there, too. The truth is, martial arts is not a placebo or cure all. However, with proper instruction, it is a great activity with so many benefits and programs that it can meet a wide variety of needs.

As a member of the Martial Arts Industry Association (MAIA), we subscribe to teaching quality martial arts, hosting safe classes with qualified instructors, and running a school with sound business practices. If you're a family member or friend of a current member, or you randomly came across this newsletter, we invite you to try an introductory class so you can see how martial arts can have a positive effect on your life. Although you never need a special invitation to join our school any time, we are using the New Year as a special time to grow our school.

Again, whether you are looking for yourself, senior classes, children's classes, fitness, or pure martial arts, we may have the program for you. Our professional enrollment directors are experts in helping understand your needs and constraints. Please call our school today and they will answer all of your questions and find a program that's a perfect fit for both your needs and your budget. Don't hesitate — call today and see how martial arts can change your life in 2012!



**Welcome to our New
Students**

Zhiruo Yang

Yamu Hu

Taylun Surles

What's Really Important?

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Was that easier?

The Lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones who care.

Would you want to be remembered as one of those people who cared? Keep in mind you can still be wealthy, be a Heisman trophy winner, compete for Miss America, win a Nobel Prize, win an Academy Award, or be in the World Series. Doing something for yourself will last for a while. Doing something for someone else will last forever.

NEW CLASS Schedule

<http://www.ustacademy.com/class-schedule>



UNITED STATES TAEKWONDO ACADEMY CLASS SCHEDULE MASTERS: ATUON & AL SHARIF



RANK	Monday A	Tuesday A	Wednesday B	Thursday B	Friday A	Saturday B	<i>Special Classes</i>
LITTLE NINJAS 3 - 6 Yrs old	4:00		4:00				Team Meeting Friday 4:00pm-4:30pm
White & H. White	6:30	4:00	6:30	4:00	6:30	11:00AM	
Yellow & H. Yellow	5:50	5:20	5:50	4:40	5:50	11:40	SWAT Meeting SAT. 10:00AM
Green & H. Green	5:50	6:00	5:50	4:40	5:50	11:40	'A' DAYS INCLUDE: FORMS, SELF-DEFENSE
Blue & H. Blue	5:10	6:40	5:10	5:20	5:10	11:40	'B' DAYS INCLUDE: TECHNIQUES, ARNIS, SPARRING
Red, HR	7:10	4:40	5:10	5:20	5:10	11:40	SWAT: GREEN BELT AND HIGHER (BY INVITATION ONLY).
Deputy Black	4:30	7:20	4:30	6:40	4:30		OLYMPIC TRAINING, & WEAPONS (Arnis, Bokken, Nunchucks & Bo-Staff): (Exclusive to Masters Club members, SWAT members; By special INVITATION.) Will be announced each month.
1st Dan BLACK BELT & HIGHER			7:10	7:20			
OLYMPIC TRAINING & Weapons				6:00			