

**INSIDE
THIS
ISSUE...**

DOJO NEWS

OCTOBER/NOVEMBER 2009

Health:

Always use a tishOOOO! Keeping you and the dojo healthy during the flu season.

Mind:

Willpower: Do you have it? Start building it today!

Dojo:

Take out your calendars & mark down the new events happening at the dojo!



Willpower
“A journey of a thousand miles must begin with a single step.”
Chinese proverb

Always use a tishooooOOO! GESUNDHEIT!

The H1N1 flu has received plenty of media coverage. School closings and warnings of pandemics are included in every nightly newscast. Whether you are an advocate of getting your flu shot or not, here are some simple steps to keeping yourself and your fellow MCFMers healthy during this cold and flu season.

1. Keep tissues available always. Cover your mouth and nose when you cough or sneeze and then throw the tissue away.
2. Wash your hands frequently during the day

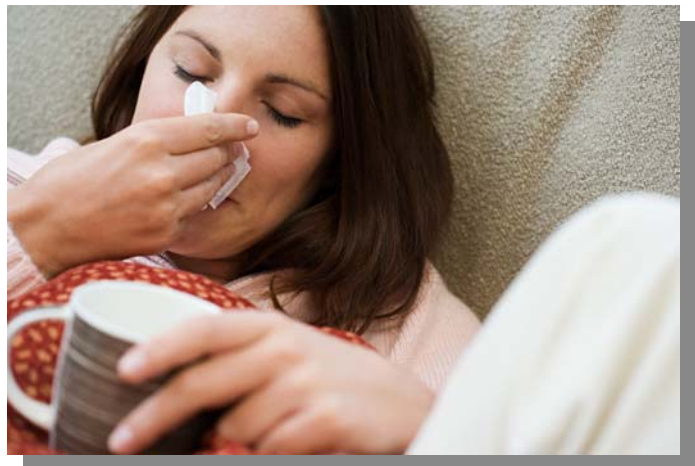
as well as before and after training.

3. Avoid touching your eyes or nose.
4. Stay at home if you are sick. If you have a fever, do not return to training until you have been without a fever

for 24 hours.

5. Be prepared with cold and flu medicine in your home and avoid crowds while ill.

By taking these precautions, the dojo and its members will remain a safe, germ free environment for all to enjoy!



Willpower: Do you have it?

We have all heard the expression “Where there’s a will, there’s a way.” But what if willpower is not your strongest trait?

Willpower by definition is the strength to carry out

one’s wishes, decisions and plans. Many of us have similar wishes. Losing a few extra pounds, learning a new language, or training for your next test in Aikido all take effort.

Our society praises and admires individuals who have the willpower needed to meet their goals. Celebrities proclaim on diet commercials how easy it was to lose the weight on plan X.

Willpower continued...



One lump or twd?

Advertisements proclaim that learning a language is easy with their DVD. We believe these advertisements because we want to achieve our goals without having to put too much effort into getting the end result. We want to be the person that people congratulate on passing their black belt test or losing three dress sizes. What we fail to see, however, is that a single diet, program, or class is not going to be the solution to achieving our goals. What is necessary is the willpower to succeed. So, what can you do if you lack willpower?

Willpower is a trait that can be strengthened, much like the muscles in your body. When lifting weights, you practice on lighter barbells before you move on to dead-

lifting heavy weight. Willpower can be created by frequently implementing activities that require willpower during your day. Below are a few examples of activities that build willpower.

1. Instead of hitting the snooze button on your alarm clock, resolve that for one week you will get up when your alarm sounds the first time.
2. If you normally take two sugars in your coffee, have one instead.
3. Pick one household chore you would normally put off until tomorrow and do it today.
4. Do not allow the couch to tempt you into not training or exercising. Instead,

use your willpower to overcome tendencies towards being lazy.

By building willpower in smaller increments throughout your day, your willpower will strengthen and grow. Truly successful individuals all have one trait in common: the willpower to succeed. So, whatever your goal may be, remember that champions in any area of life do not spontaneously occur overnight. Olympians practice a lifetime for a gold medal. Students who earn a black belt train years for their rank. It takes time, patience and practice on a daily basis to develop the willpower needed to achieve your goals. Start practicing willpower today and the reward for your effort will be a better, stronger, and happier you!

3 Tips for a Healthy Flu Season

1. Catch it! Sneeze into a tissue.

2. Bin it! Throw the tissue in a garbage bin.

3. Kill it! Wash your hands with soap and water.



now@the dojo

Check out the new Pro-shop at the dojo! We have uniforms, shirts, and some equipment. We will be adding supplements, protein bars & shakes...and a coffee bar!

There are closeouts on remaining MCFM Aikido & BJJ shirts...get them before they are gone!

Stay tuned for more info!

upcoming events

SPOOKY HALLOWEEN PARTY

ALL KIDS ARE WELCOME TO WEAR THEIR HALLOWEEN COSTUMES TO THE DOJO ON HALLOWEEN SATURDAY MORNING AT 9:15AM KIDS AIKIDO CLASS! CLASS WILL COVER HALLOWEEN SAFETY, GAMES, AND BEING RESPONSIBLE DURING THIS FUN AND SCARY TIME OF THE YEAR!

THIS IS A "BRING A FRIEND" EVENT!

JUST LET THE INSTRUCTORS KNOW BEFORE!

check it out

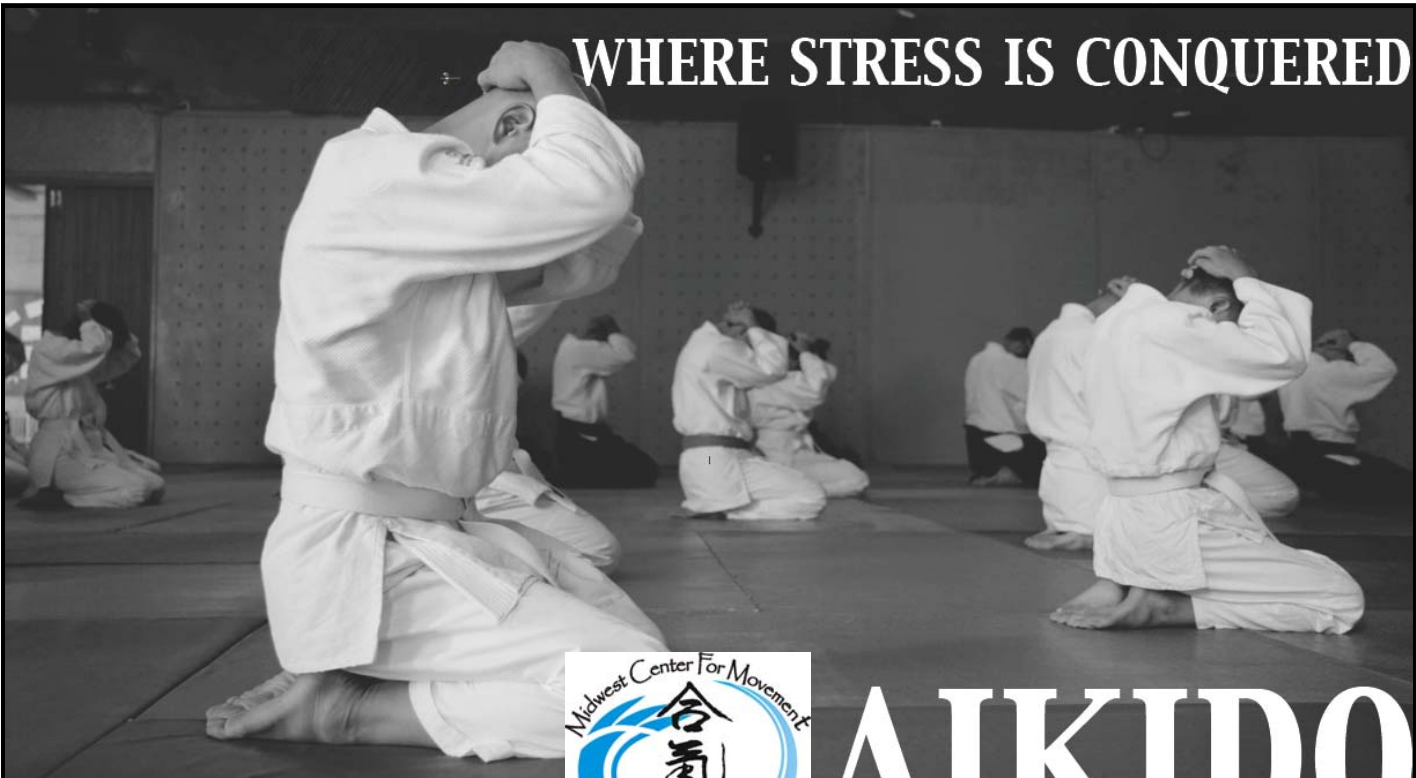
We have placed large hand disinfectant pumps in 3 places in the dojo for your use! At the check in stand, on the wall between mats, and on the Pro-shop counter.

WE WILL BE ORDERING NEW "KIDS AIKIDO T-SHIRTS" VERY SOON!
ANY ADULTS THAT WANT THEM, PLEASE PRE-ORDER AT THE PRO SHOP!

announcements



WHERE STRESS IS CONQUERED



**CALL
TODAY!**

715.377.1584



AIKIDO

MORE THAN JUST A MARTIAL ART.

TO:



DOJO NEWS

[Www.DoMartialArts.net](http://www.DoMartialArts.net)