



# The Roundhouse: Headlines from Around the Do-jang.

If you've ever read Stephen Covey's "The Seven Habits of Highly Effective People," you know that habits are things you do repeatedly and, depending on what they are, those habits will either make you or break you. So if, as Shaquille O'Neal once said, "You are what you repeatedly do," let's make sure that your habits are excellent ones.

In this edition of *The Roundhouse*, we want to help students develop habits for becoming highly effective -- both inside and outside the Do-jang.

**“Motivation is what gets you started. Habit is what keeps you going.”**

-- Jim Rohn

*My son's Scoutmaster likes to say, "You can't make a horse drink the water, but you can salt the oats." We want to make Taekwon-Do so fun and fulfilling that it becomes habit-forming! So here are four "Ps" for getting into the good habit of doing your personal best -- in every pattern, every drill, and every sparring match:*

Proactive: Change "I'll try" to "I'll do it."

Positive: Change "I can't" to "I can't YET."

Prioritize: Stop waiting until you have time and start making time.

Persevere: Turn your weaknesses into your strengths.

**“It is easier to prevent bad habits than to break them.”**

-- Benjamin Franklin

*How many times have you heard the instructors tell you to fix your stances, tighten your fists, bend your knees, chamber harder, add more intensity, lead with your eyes, and the list goes on. You're probably tired of hearing the same things over and over again, but if we don't correct the problems now, they'll become bad habits that are even harder to break later. Now's the time to be **Proactive** by doing whatever you need to do to fix your stances, tighten your fists, and all the other little things we keep nagging you about.*

**“Once you learn to quit, it becomes a habit.”**

-- Vince Lombardi

*Being **Positive** means you never let the fear of failure stop you from reaching your full potential. After all, some of the people we admire most failed many times. Michael Jordan was cut from his high school basketball team. Babe Ruth struck out 1,330 times. And Beethoven's music teacher said, "As a composer he is hopeless." Success is really nothing more than rising each time you fail. So make having a "can-do" attitude a habit. Because, as Wayne Gretzky put it, "You miss 100% of the shots you never take."*

**“Winners have simply formed the habit of doing things losers don't like to do.”**

-- Albert Gray

*A man by the name of Albert E. Gray spent years studying successful people to determine what was the common denominator for their success. It turned out that successful people are willing to do things they don't like doing in order to reach their goals. In other words, if you're really committed to achieving your next belt, you need to be willing to put forth 100% effort toward everything we do in class -- whether it's the knuckle pushups you hate or the sparring matches you love. It's equally important to **Prioritize** your time, so that you're focused on the things that are most important to you. If achieving your next belt is a high priority, make a commitment to block out time for TKD at least twice a week, and stick to it until you reach your goal. After all, sticking with something when you're not in the mood to do it is the true test of your character.*

**“Character is long-standing habit.”**

-- Plutarch

*Perhaps you are one of those gifted students to whom athleticism, coordination, flexibility and agility comes naturally. You are an inspiration to the rest of us. But did you know that students who must work that much harder to make up for the native physical gifts they lack can actually turn their weaknesses into strengths? The uphill battle you face when you make it a habit to Persevere helps you produce qualities that you couldn't develop any other way. This poem by Douglas Malloch says it all:*

The tree that never had to fight  
For sun and sky and air and light,  
But stood out in the open plain  
And always got its share of rain,  
Never became a forest king  
But lived and died a scrubby thing...  
Good timber does not grow with ease,  
The stronger wind, the stronger trees.