



ATA Taekwondo Center
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SEPTEMBER

Recipe for Success

1) Sleep is important!

Get a good night's rest to feel & perform your best at school & in class! Avoid distracting things at bedtime like TV & video games that can keep you awake!

2) Eat well to feel good!

Eating too much junk food & sugar can zap all of our energy & make us feel tired & cranky.

3) Make sure you get to at least 2 classes a week!

Not only will that help you know your Taekwondo material better, but it will give you a chance to let off some steam, workout your body & stay active after sitting at a desk all day! Regular exercise helps us sleep better & focus better when we go back to school!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please check the Lost & Found Box for any missing belongings! Items in the box after September 16th will be donated to Good Will.</p>						1 SPAR COMBAT BAHNG MAHNG EE
3 Week 3 6 Classes GOAL: Earn 1st Stripe!	4 CLOSED Happy Labor Day!	5	6 <i>Last Day to Sign Up to Compete at the Tournament at Kalahari on Saturday!</i>	7 Did you do your star worksheet yet? www.ata-k4k.com	8 CLOSED	9 CLOSED Regional Tournament @ Kalahari!
10 Week 4 8 Classes GOAL: Know Both One-Steps or Breaks All Your Boards in Less Than 3 Tries!	11 SPAR	12 SPAR Halloween Party Sign-Ups Begin after 2pm! This is our most popular event of the year & is typically full in under 48 hours, don't wait to sign up!	13 SPAR	14 SPAR ATA T-Shirt Day! Wear your favorite ATA T-Shirt to class and earn a star!	15 SPAR SPARRING GAMES	16 SPAR Slippery Rock VillageFest Demo at 2:30pm Classes Held as Usual
17 Week 5 10 Classes GOAL: Earn 2nd Stripe!	18	19	20	21	22 COMBAT BAHNG MAHNG EE	23 Butler Fall Festival Demo at 3:30pm Classes Held as Usual
24 Alameda September Fest Demo at 10:15am	25 SPAR	26 SPAR ATA T-Shirt Day! Wear your favorite ATA T-Shirt to class and earn a star!	27 SPAR	28 SPAR	29 SPAR POINT SPARRING	30 SPAR