



Fall Nationals

October 16-19th is Fall Nationals in Orlando, FL!

Not only can students compete with others from all over the country, but there is a special "Leadership Now!" workout for students enrolled in the ATA's official leadership program. The workout will be led by some of the ATA's highest-ranking masters, and the theme is "Break Like a Master."

Information about Fall Nationals is available here:

<http://www.ataonline.com/nationals>

The ESPN Invitational will be taking place during Fall Nationals. The competition will be broadcast on ESPN, so if you're unable to make it down to see it live, you'll still be able to watch from home.

Until the end of September, ATA has also lowered the cost of joining the official leadership program from \$150 to only \$99. Students enrolled in the program will be able to participate in our instructor training classes as well as being able to compete in the state champ program at tournaments. **The leadership fee is only paid one-time and is good forever!** Ask me for information on how to join!

Nick Zorn, 4th Degree Black Belt

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Tony DeSalvo Rocked at World Championships

For the first time ever in the history of our school, we had a Tiny Tiger make the journey all the way to Little Rock, AR to compete at World Championships. Tony DeSalvo did an awesome job representing our school and was the only Tiny Tiger in his ring to do his form from memory. We are extremely proud of his performance and we hope he will return someday to compete for World Champ!



Mrs. Kennerly Promoted to 4th Degree!

We are happy to officially announce that Mrs. Kennerly has been promoted to the rank of 4th degree black belt! She tested back in July while she was down in Little Rock for the World Expo, and we just recently received the results. **We are so proud of her achievement!**



Mr. Gonzalez Practices in Hawaii

Of all the photos we received of students practicing on vacation over the summer, this was definitely our favorite! Mr. Gonzalez was the ONLY brave adult that snapped a photo of himself practicing!

Don't forget, you can earn ATA Strong Coins for taking pictures of you practicing while on vacation. These coins can be turned in for special gear.

Did you know you can also earn coins for bringing buddies to class with their parents? If your buddy enrolls, you get a second coin!

WORD OF THE CYCLE: GOALS

MEANING: "Something you want to achieve."

STUDENTS OF THE CYCLE

Tiny Tigers (Beg)	Tony DeSalvo
Tiny Tigers (Int)	Morgan Montgomery
Beginner	Joey Johnsen
Intermediate	Abi Watgen
Advanced	Dan Clochon
Black Belts	Troy Baylor

Hail to the Chief... Instructor! (Now a 4th Degree!)

New beginnings. The kids are back at school, exercising their minds. Taekwondo is beginning a new cycle, exercising our bodies and minds. Some of you will be playing fall sports, or involved in other extracurricular activities. So many new, exciting things going on this fall!!! I am hoping that you will make the time to attend our classes regularly. There are so many benefits to taekwondo, things that can help in everyday life. Not the least of which is setting goals.

This is an excellent "word of the cycle" because goal setting helps us achieve great things. The important (and sometimes hardest) part is realizing what we want to achieve. The possibilities are endless because there are so many different types of goals - education, work, personal relationships, recreational activities, travel opportunities, martial arts rank. Once a goal is set, a path must be chosen. Just like driving to the grocery store, there are many roads that can be taken to achieve a goal. Unlike driving, goals cannot be put into a GPS. It is up to the individual to choose a path to their goal. This is why it is important to not only write down your goal, but your plan for achieving it!

There are different time-frame goals as well! Short-term and long-term are the ones with which we are most familiar. A child entering school for the first time may set a goal to graduate high school (or college), but that is so far away it can become overwhelming. There is nothing wrong with a long-term goal, but we need to set shorter-term goals along the way. Rather than waiting 12+ years to achieve that goal, it helps to set a goal to finish 1st grade, then 2nd and so on. The same is true of martial arts training. For a brand new student, the goal of black belt is wonderful. But it should be a long-term goal. Build in the short term goals and write them down. "My goal for orange belt is Nov. 9, 2013." The same short-term goal should be in place for every rank.

Goals should also be specific. Rather than "I want to be in better shape" (don't we all!!!), realize what it is you want most. To have more endurance? To build stronger muscles? To lose (or gain) weight? To eat healthier? All of these are great goals, so make your goal something specific, something that is meaningful to YOU!

ATA refers to goals as S.M.A.R.T. - Specific, Motivating, Achievable, Relevant and Trackable. If you want help setting goals, please ask! We would be happy to help in any way that we can so you can achieve your goal!

Charlotte Kennerly, 4th Degree Black Belt

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Mr. Zorn Running 2013 Chicago Marathon

Mr. Zorn is running the 2013 Chicago Marathon (10/13) for the American Cancer Society to honor his instructor's granddaughter, Ellie Cuiching. She has been battling a life-threatening brain tumor since the age of 7. Please support his cause with a tax-deductible donation. If you donate \$50 or more, he will wear a ribbon for someone you know that has been affected by cancer when he runs the race.

DONATION URL: <http://main.acsevents.org/goto/myataschool>



