

WEST OF THE MOON ATA

2013

Session #4

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

School Owner, West of the Moon ATA n.zorn@myataschool.com

WORD OF THE CYCLE: GOALS

MEANING: "Something you want to achieve."

STUDENTS OF THE CYCLE

Tiny Tigers (Beg)
Tony DeSalvo
Tiny Tigers (Int)
Beginner
Joey Johnsen
Intermediate
Advanced
Black Belts
Tony DeSalvo
Morgan Montgomery
Joey Johnsen
Abi Watgen
Dan Ciochon
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 toekwondo, 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 meaninaful 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

Chief Instructor, West of the Moon ATA c.kennerly@myataschool.com







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!







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.

 $\textbf{DONATION URL:} \ \underline{http://main.acsevents.org/goto/myataschool}$

TESTING CYCLE OVERVIEW

D O C

SUN MON TUES WED THU FRI SAT 25 26-AD Session Starts 27 28 29 30 31

SEPTEMBER

SUN	MON	TUES	WED	THU	FRI	SAT
1	2-JR Labor Day NO CLASSES	3	4	5	6	7
8	9-AD	10	11	12	13 PNO	14
15	16-JR	17	18	19	20	21 Regional Tournament NO CLASSES
22	23-AD	24	25	26	27	28 Kidz'n Power
29	30-JR Last Day to Wear Summer T-Shirts					

OCTOBER

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7-AD	8	9	10	11	12
13 Chicago Marathon	14-JR Columbus Day NO CLASSES	15	16	17	18	19
20	21-AD	22	23	24	25 PNO	26 Bullying Prevention
27	28-JR	29	30	31 Halloween Party		

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SUN	MON	TUES	WED	THU	FRI	SAT	
					1	2 Regional Tournament NO CLASSES	
3	4-AD	5	6	7	8	9 Rank Testing	

Parent's Night Out • 6:00-10:00p • \$20.00

PARENTS! Looking for a night off? Look no further! While you go out and enjoy a night to yourself, we keep your kids entertained with Nerf gun battles, video games, pizza and a movie.

Regional Tournament • \$35.00 TRADITIONAL COMPETITION

There are <u>TWO</u> regional tournaments that take place during this testing cycle. The first is near Champaign, IL, and the second is going to be held in Franklin Park, IL. We encourage all students to participate. Tournaments are one of the best ways to improve, and they're also a great way to make new friends.

Kidz'n Power • 1:00-3:00 • FREE!

September is national Child Safety Month. We'll be holding a free child safety class on 9/28 that's open to the public. Participants will learn breakaway self-defense, stranger danger, fire safety, and much more.

Bully Prevention • 1:00-2:30 • FREE!

We will be offering the "Agent G" bullying prevention course for FREE this session! Participants will learn how to identify and effectively deal with bullying. This is a great class recommended for students that are dealing with bullies, or just as a preventative course for those that are at risk for bullying.

Halloween Party • 6:00-8:00p • FREE!

The school will be transformed into a spooky place that we'd like you to visit while you're out trick-or-treating. Bring your friends and play some Halloween games for candy.

Rank Testing • Testing Times TBA

The culmination of our testing cycle is rank testing. Students that have been attending class regularly and have been working hard will be able to test for their next rank. We will also be bringing in a special guest judge to introduce to our students.

Summer T-Shirts may be worn through the end of September, Monday through Thursday in lieu of uniform tops! They're still OK Fridays & Saturdays!

	BASIC TIGERS	INT. TIGERS	BASIC	INTERMEDIATE	ADVANCED	BLACK BELTS
FORM	Songahm #3 First Half	In Wha #2 First Half	Songahm #3	In Wha #2	Choong Jung #1	Rank-Appropriate
LOW-RANK FORM	N/A	N/A	N/A	N/A	In Wha #2 1BR: Songahm #3	Songahm #3 In Wha #2
SPARRING	SA3 One-Step #1-2	IW2 Sparring Segment #1-2	SA3 One-Steps #1-2	IW2 Sparring Segments #1-2	Advanced Free-sparring	Advanced Free-sparring
SELF-DEFENSE	Bullying Prevention "High Cover"	In Wha #2 Self-Defense #1-2	Songahm #3 Self-Defense #1-2	In Wha #2 Self-Defense #1-2	Choong Jung #1 Self-Defense #1-2	S.H.A.R.P.
BOARD BREAK	N/A	Reverse Punch	Front Kick	Reverse Punch	High Jump Front Kick	Rank-Appropriate
PROTECH	N/A	N/A	N/A	N/A	N/A	Oh Sung Do