





# SEPTEMBER 2017

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	THEME OF THE MONTH:			
 <h2 style="color: red;">HAPPY BIRTHDAY</h2>  <p>TO THOSE WERE BORN IN THE MONTH OF SEPTEMBER</p> <p><b>**ATA Fall Nationals is being held in Orlando, FL @ ESPN Wide World of Sports**</b></p>				1	2	<p><b>LOYALTY</b></p> <p><i>"Loyalty to petrified opinion never yet broke a chain or freed a human soul."</i></p> <p style="text-align: right;"><i>Mark Twain</i></p> <p>To be a good leader is both a privilege and a responsibility, and only after being a good follower can we learn to be leaders. In our Songahm Spirit we recite that we will have Loyalty for our instructors. My instructor, Songahm Founder, the late Grand Master H.U. Lee committed to me and I committed to him. I learned how to be a leader by following. He was loyal to me and stuck with me and by me, and I made the choice to be loyal and follow.</p> <p>Loyalty is, in fact, a choice you make; it comes from within. It is not something you talk about; it is not a feeling. It is something you do. It is part of who you are. Loyalty is about relationships, commitment and trust, and cannot depend on situations or feelings. If you are only a friend to someone when you feel like it, then you are not really a friend. Being loyal means you stand BY others and stand WITH others, when they need it most. It is not conditional; it is not situational. It is a choice and an attitude.</p> <p style="text-align: center;"><b>"2017 REGION 116 FALL TOURNAMENT"</b></p> <p><i>"Just for Kicks Martial Arts"</i> will host the next Regional Tournament on <i>November 04, 2017</i>. This tournament will be located in <i>Ponchatoula, LA</i> at the <i>Ponchatoula Recreational Center</i>. We would like to help support this event by bringing as many competitors to this event as possible. Our school is noted for showing leadership so let's lead by example. If you would like more information please ask an Instructor or visit <a href="http://www.tournament.ataacademy.com">www.tournament.ataacademy.com</a>.</p>			
<p><b>4</b></p> <p><b>SCHOOLS CLOSED LABOR DAY</b></p>				<p><b>5</b></p> <p><b>ACTION WEAR</b> Wear Your ATA School T-Shirt &amp; Kicking Pants Ask about colored pants</p>	<p><b>6</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>		<p><b>7</b></p> <p><b>ACTION WEAR</b> Wear Your ATA School T-Shirt &amp; Kicking Pants Ask about colored pants</p>	<p><b>8</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>	<p><b>9</b></p> <p><b>BULLY PREVENTION</b></p> <p>SEE BACK FOR DETAILS</p>
<p><b>11</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>	<p><b>12</b></p> <p><b>ACTION WEAR</b> Wear Your ATA School T-Shirt &amp; Kicking Pants Ask about colored pants</p>	<p><b>13</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>	<p><b>14</b></p> <p><b>ACTION WEAR</b> Wear Your ATA School T-Shirt &amp; Kicking Pants Ask about colored pants</p>	<p><b>15</b></p> <p><b>COMPETITION WORKOUT</b></p> <p>SEE BACK FOR DETAILS</p>	<p><b>16</b></p>				
<p><b>18</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>	<p><b>19</b></p> <p><b>COMBAT SPARRING CLINIC</b> NO REGULAR CLASSES</p>	<p><b>20</b></p> <p><b>BLACK BELT TRAINING</b></p>	<p><b>21</b></p> <p><b>ACTION WEAR</b> Wear Your ATA School T-Shirt &amp; Kicking Pants Ask about colored pants</p>	<p><b>22</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>	<p><b>23</b></p>				
<p><b>25</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>	<p><b>26</b></p> <p><b>ACTION WEAR</b> Wear Your ATA School T-Shirt &amp; Kicking Pants Ask about colored pants</p>	<p><b>27</b></p> <p><b>FULL UNIFORM</b> You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b></p>	<p><b>28</b></p> <p><b>ACTION WEAR</b> Wear Your ATA School T-Shirt &amp; Kicking Pants Ask about colored pants</p>	<p><b>29</b></p> <p><b>SPARRING BASH</b></p> <p>SEE BACK FOR DETAILS</p>	<p><b>30</b></p> <p><b>PARENT'S NIGHT OUT</b></p> <p>SEE BACK FOR DETAILS</p>				

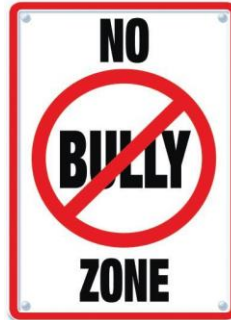
# BULLY PREVENTION

BACK TO SCHOOL CAN MEAN BACK TO YOUR CHILD BEING BULLIED. YOU CAN LEARN ALL ABOUT BULLYING AND WHAT YOU CAN DO TO STOP IT. HELP YOUR CHILD GET A HAND UP ON BULLY'S.

**DATE:** SATURDAY SEPT 9<sup>TH</sup>

**TIME:** 9:00 AM TILL 10:30 AM

**COSTS:** THIS IS A FREE SEMINAR FOR ALL STUDENTS AND PARENTS



# COMPETITION WORKOUT

**DATE:** FRIDAY - SEPTEMBER 15<sup>TH</sup>

**TIME:** 6:00 P.M. TILL 8:00 P.M.

**ATTIRE:** FULL BLACK OR WHITE UNIFORMS

**FOR:** ALL LEADERSHIP & LEGACY MEMBERS

DON'T LIMIT YOUR CHALLENGES  
CHALLENGE YOUR LIMITS



**THIS IS FOR ALL LEGACY & LEADERSHIP**

(NO CLASSES DURING THIS TIME)



# COMBAT SPARRING CLINIC

**DATE:** TUESDAY – SEPTEMBER 19<sup>TH</sup>

**TIME:** 7:00 P.M. TILL 8:15 P.M.

**FOR:** ALL LEADERSHIP & MASTER CLUB STUDENTS



(NO CLASSES DURING THIS TIME)

# BLACK BELT TRAINING

**DATE:** WEDNESDAY – SEPTEMBER 20<sup>TH</sup>

**TIME:** 6:00 P.M. TILL 8:00 P.M.

**RANKS:** OPEN TO ANY BLACK BELTS - 1<sup>ST</sup> - 4<sup>TH</sup> DEGREE

*WE WILL BE CLOSED AFTER TIGER CLASSES TO ALLOW ALL BLACK BELTS TO TRAIN WITH SR. MASTER DENDY. ALL BLACK BELTS ARE ENCOURAGED TO ATTEND THIS EVENT. WEAPON TRAINING ON YOUR RANK MATERIAL*

(NO CLASS DURING THIS TIME)

THERE'S ALWAYS MORE TO LEARN



OCTOBER 18-22, 2017 | ORLANDO, FL



# SPARRING BASH

**DATE:** FRIDAY - SEPT 25<sup>TH</sup>

**TIME:** 6:00 P.M. TILL 8:00 P.M.



SPACES WILL BE LIMITED

(NO CLASS DURING THIS TIME)

# PARENTS NIGHT OUT

**DATE:** SATURDAY – SEPT 30<sup>TH</sup>

**TIME:** 6:00 P.M. TILL 10:00 P.M. (MUST PREPAY)  
(YOU MUST REGISTER FOR THIS EVENT AT THE FRONT DESK)

**COST IS \$15.00 PER CHILD...**

**THIS WILL INCLUDE PIZZA & SODA  
MOVIE • VIDEO GAMES • FUN**

*THIS MONTH WE WILL HAVE A TWO TEAM NERF WAR*

