

# FALLBROOK MARTIAL ARTS

[FallbrookATA@aol.com](mailto:FallbrookATA@aol.com)

723-

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## AUGUST 2009 NEWSLETTER

### AUGUST CALENDAR

3<sup>rd</sup>-7<sup>th</sup> - Tiny Tiger  
Summer Camp  
14<sup>th</sup> - Leadership Party  
15<sup>th</sup> - Beach Workout &  
BBQ  
21<sup>st</sup> - Black Belt Testing  
28<sup>th</sup> - Family Workout

### FMA CLOSED

FMA Will Be Closed  
Saturday, August 15<sup>th</sup>  
For Our Annual Beach  
Workout And BBQ. All  
Students And Families Are  
Invited To Join Us!

### CONGRATULATIONS!!

The Instructors At FMA  
Would Like To  
Congratulate All  
Tournament Competitors!  
You All Did A Great Job  
And We Are Very Proud  
Of You!

*"To Compete Is To Win."*

- Eternal Grand Master H.U. Lee

### LEADERSHIP MEETING

August Leadership Event  
Will Take Place  
On August 14<sup>th</sup> At Mrs.  
Neal's House.  
Time: 11:30 - 2:00 p.m.

Bring Your Swimsuit And  
Appetite!!

\*Don't Forget Your  
Manuals!

### AUGUST LIFE SKILL: "PERSEVERANCE"

*"Never Giving Up Even When You Fail."*

Perseverance is a very important word. It's even more important when we chose what to do with it.

It can be used in your Taekwondo training when your instructor introduces a new technique or form. There have many times in my Taekwondo journey when I have tried to learn something new and thought, "I can never do this." A lot of times it was a technique or new move that I thought I wouldn't be able to perfect, but with hard work and perseverance, I perfected it and could then move on to a new level in my training. If it's worth doing, do it right, by showing perseverance.

Use perseverance in your values; the ones your parents and other respected people in your life have taught you.

Perseverance is necessary through your life as you strive to be the best person you can be. Whether it's being a valuable friend, teacher or student, we need to remember the values and persevere to set a good example for others to follow.

I'd like to encourage you to have fun, laugh often, train hard and always look ahead - not back! Be a positive person and never give up!

### PERSEVERANCE IN ACTION:

1. Deciding To Do Something And Sticking With It.
2. Making A Plan To Achieve Your Goals.
3. Practicing Something To Get Better At It.
4. Solving Your Problems In Creative Ways.
5. Finishing What You Start.
6. Doing What's Right, Not Just What's Easy.

Sincerely,

Merrilee Neal - Chief Instructor & Staff  
Fallbrook Martial Arts

**ATTENTION FMA PARENTS AND STUDENTS:**

**There Is Absolutely No Food Allowed Inside The Dojang. Please Comply With This Rule  
And Help Us Keep The Dojang Clean.**

**TINY TIGER SUMMER CAMP**

**August 3<sup>rd</sup> - August 7<sup>th</sup>  
9:00 a.m. - 12:00 p.m.**

**Join Us For A Week Of Tiny Tiger Fun!**

**Early Registration Fee: \$89.00  
Registration Day Of Camp: \$99.00**

**\*Any Questions Should Be Directed To  
Mrs. Neal Or Mrs. Lystra**

**BLACK BELT TESTING**

**Friday, August 21<sup>st</sup>, 6:00 p.m.  
At Fallbrook Martial Arts.**

**All Students And Families Are Invited To  
Attend!**

**\*Good Luck To All FMA Testers And  
Mid-Ranks!**

**FMA'S ANNUAL BEACH WORKOUT AND BBQ!**

**Saturday, August 15<sup>th</sup>  
(No Classes Will Be Held At FMA)**

**FMA Workout Will Begin At 8:30 a.m. At The Oceanside Harbor (Lifeguard Station #12)  
A Potluck Style BBQ Lunch Will Follow (10:00 a.m. - 2:00 p.m.)  
Sign-Ups Available Soon!!!!**

**FMA FAMILY NIGHT**

**Friday, August 28<sup>th</sup> At 5:00 p.m.**

**All Ranks Are Invited To Attend This Friday Evening Training Session With Their Family.  
Dobok Pants And T-Shirt Are Acceptable Attire.**

**We Will Meet For Dinner After The Workout For Any Family's Wishing To Join Us.**

**FMA Rules**

**Students Are Encouraged To Participate In Class Enthusiastically; However Students Should Avoid  
Unnecessary Conversation and Should Speak Only At Proper Times. If A Student Feels They Need To  
Speak, They Should Raise Their Hand And Wait To Be Acknowledged By The Instructor.**