

FALLBROOK MARTIAL ARTS  
FallbrookATA@aol.com 723-3323  
JULY 2009 NEWSLETTER

JULY CALENDAR

- 3<sup>rd</sup> - No XMA
- 4<sup>th</sup> - FMA Closed
- 6<sup>th</sup> - 10<sup>th</sup> -TKD Summer Camp
- 8<sup>th</sup> - 9<sup>th</sup> - Color Belt Testing
- 10<sup>th</sup> - Family Night
- 20<sup>th</sup> - Leadership Event
- 24<sup>th</sup> - Pre-Tourney Workout
- 25<sup>th</sup> - ATA Tournament

XMA INVITATION:

Any FMA Students 7 And  
Older Are Invited To Try  
An XMA Class!  
Fridays 3:30 - 4:45

FMA CLOSED:

FMA Will Be Closed  
Friday, July 3<sup>rd</sup> - Sunday,  
July 5<sup>th</sup> For The 4<sup>th</sup> Of  
July Holiday.  
See You Monday, July 6<sup>th</sup>.

FMA Closed Saturday,  
July 25<sup>th</sup> For Tournament.

LEADERSHIP MEETING

July's Leadership Meeting  
Will Take Place  
Monday, July 20<sup>th</sup>, At  
Solid Rock Climbing In San  
Marcos.

TIME: 12:00 - 2:30

FEE: TBA

\*Please Wear Enclosed  
Shoes.

JULY LIFE SKILL: "GOALS"

*"To Want Something And Be Willing To Work For It."*

Setting goals is the greatest and most useful attribute that will allow you to achieve and accomplish what you may desire. Long range goals may seem like an unscaled mountain and can discourage you from even attempting to reach for more. Therefore, you usually will start on a small or short range goal. If you can accomplish a small victory, that will encourage you to strive for the next level. Each baby step seems insignificant, however when you put them together and look back from the top of the mountain or where you started, then you fully realize that one simple step at a time is what got you there. Many other attributes are associated with the realization of your goal, but most importantly NEVER GIVE UP! This is known as perseverance. As you reach your goals, then you too can pass on your knowledge and one day help someone else.

My Goals As A Role Model:

1. Working to improve relationships with friends and family members.
2. Knowing others can trust and depend on me.
3. Showing a positive attitude when asked to help.
4. Following through with promises I make.

*"Having Goal Is A State Of Happiness." - E.J. Bartek*

Sincerely,  
Merrilee Neal - Chief Instructor & Staff  
Fallbrook Martial Arts

**ATTENTION FMA PARENTS AND STUDENTS:**

Please Remember That There Is Absolutely No Food Or Drink Allowed Inside FMA Other Than The Water Provided. Please Respect Our Rules And Help Us Keep The Dojang Clean.  
We Appreciate Your Help.

**ATA TOURNAMENT**

Saturday, July 25<sup>th</sup> At Pechanga Resort  
And Casino.  
(FMA Will Be Closed)

All Students Regardless Of Rank Or Age  
Are Invited To Attend This Tournament!

\* This Is Region 103A's First Tournament  
Of The Season!!

**COLOR BELT TESTING**

Color Belt Testing Will Take Place  
Wednesday, July 8<sup>th</sup> and Thursday,  
July 9<sup>th</sup>.

\*Student Accounts Must Be Current In  
Order For Students To Test.

\*Students Must Wear Full Uniforms To  
Test.

**FMA FAMILY NIGHT**

Friday, July 10<sup>th</sup> At 5:00 p.m.

Students Can Train With Their Families During This Hour Long Class. After Class, We'll  
Meet Up At Sourdough Pizza For Dinner!  
(Dinner Is Buy Your Own!)

Dobok Pants And FMA T-Shirt Are Acceptable Attire For This Event.

**UPCOMING SUMMER EVENTS**

August 3<sup>rd</sup> - 7<sup>th</sup> - Tiny Tiger Summer Camp 9:00 a.m. - 12:00 p.m.

August 15<sup>th</sup> - FMA Beach Workout/BBQ At Oceanside Harbor

August 22<sup>nd</sup> - Black Belt Testing At FMA

August 28<sup>th</sup> - Family Workout With Dinner To Follow

\*All Event Dates Are Subject To Change. FMA Will Do Our Best To Inform You Of Any  
Changes As Soon As They Occur.

**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.