



Mentor ATA

Newsletter

www.mentorata.com

March 2010

Happy St. Patrick's Day

NEW STUDENTS

Airiana Rowen	Brittany Braswell
Robert Gullatt	Charlotte Peterson
Caity Johnson	Nathan Carver
Darius Acree	Brad Backston
Paul Braswell	Jade Rodriguez
Andreas Reider	Jonny Jackson
Kayla Wheaton	Megan Wheaton
Chase Frieden	Tori Ohler
Kaitlyn Carver	Marc Jones Jr.
Sean Michalski	Thomas Michalski

HAPPY BIRTHDAY!

Kalina Phommarichi	Michael Dorsey
Zacary Newell	Ron Herbert
Max Smaretsky	Kasey Barbe

SHOW & TELL

Have you ever wanted to bring your instructor to school with you. Your instructor would like to come to your school to tell you class about karate. He will also show your class some karate moves. If you are interested please see you instructor to get a show and tell card to give to your teachers at school.

EARN YOUR ORANGE

BELT FOR FREE

Now is your chance for any additional family to earn their orange belt for free. This offer is good until April 24thst, 2010. For any questions or to sign up please see an instructor at the front desk.



SPARRING

Sparring is introduced at the camo belt level. All camo belts and higher must do sparring as a part of their belt testing. Sparring will be practiced in regular class as well as a weekly sparring class. Sparring is an important part of training and is necessary for self defense. Gear may be purchased here at the school. All gear must be ATA improved for insurance purposes.

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CHUX	2 CHUX	3 SPAR	4 CHUX	5 CHUX	6 SPAR
7	8 SPAR	9 SPAR	10 CHUX	11 SPAR	12 SPAR	13 CHUX
14	15 CHUX	16 CHUX	17 SPAR	18 CHUX	19 CHUX	20 SPAR
21	22 SPAR	23 SPAR	24 CHUX	25 SPAR	26 SPAR	27 CHUX
28	29 CHUX	30 CHUX	31			

CONFIDENCE LIST

Name: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

WEEK 1: CONFIDENCE WEEK

WEEK 2: ATTITUDE WEEK

WEEK 3: ETHUSIASM WEEK

WEEK 4: POISTIVE THINKING WEEK

Parents, please help your child fill out the monthly List to earn a Blue Star!