



# Mentor ATA

Newsletter

[www.mentorata.com](http://www.mentorata.com)

JUNE 2010

## World Championships!

### NEW STUDENTS

Dominik Honarvar	Lawrence Hunt
Zachary Nesbett	Anthony Albritton
Christian Snell	Jamari Snell
Sabrina Lin	Cameron Crossley
Christina Lin	Jeremy Mangum
Nikya Dudich	

### HAPPY BIRTHDAY!

Thomas Rapaszky	Connor Phillips
Joseph Wiener	Justin Herbert
Lance Stapleton	Romin Sorin
Cole Malek	Cierra Smith
Jarred Gerry	Alyssa Alemagno
Haley Becker	Sue Vernon

### NO CLASSES

May 31 <sup>st</sup>	Due To Memorial Day
June 21 <sup>st</sup> – 26 <sup>th</sup>	World Championships

### WE DO BIRTHDAY PARTIES!!!!

Ask An Instructor For More Information.

## SUMMER CAMP

July 19<sup>th</sup> – 23<sup>rd</sup>  
9:00 am – Noon

Cost: \$149.00

Any questions please see an instructor at the front desk for more information.

### LEADERSHIP STUDENTS

Weapons Sparring will be starting June 3rd. Weapon sparring is a lot of fun. If you have not yet purchased your sparring weapon please see an instructor for information.

### TESTING

Tuesday, July 6<sup>th</sup>, 2010

6:30pm – All Adults

Wednesday, July 7<sup>th</sup>, 2010

5:00 - Tiny Tigers All Belts

6:45 - All Karate Kids

### WORLD CHAMPIONSHIPS

World Championships is going to be June 23 – 27 in Little Rock, Ar. Anyone who is planning on attending will need to make hotel reservations soon. Online registration will be available this month at [www.ataonline.com](http://www.ataonline.com).



Please have testing card and fee turned in at least 1 day prior to testing.

# JUNE 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 STICK	2 DRILL	3 SPAR	4 STICK	5 DRILL
6	7 STICK	8 DRILL	9 SPAR	10 STICK	11 DRILL	12 SPAR
13	14 DRILL	15 SPAR	16 STICK	17 DRILL	18 SPAR	19 STICK
20	21 NO CLASS	22 NO CLASS	23 NO CLASS	24 NO CLASS	25 NO CLASS	26 NO CLASS
27	28 SPAR	29 STICK	30 DRILL			

WEEK 1: SELF-ESTEEM WEEK

WEEK 2: SELF-PERCEPTION WEEK

WEEK 3: POSITIVE SELF-TALK WEEK

WEEK 4: ACCOMPLISHMENT WEEK

## ACCOMPLISHMENT LIST

Name: \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

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