



Mentor ATA

Newsletter

www.mentorata.com

January 2012

Happy New Year!!!

NEW STUDENTS

Robert Puselja	Kolbe Hepker
Emily Bilavcic	Tyler Webb
Sam Smith	Kyle Smith
Ben Smith	Cole Rigsby
Cam Rigsby	Ryan Valore
Patricia Redmond	

HAPPY BIRTHDAY!

Daniel Longbons	Andrea Valaitis
Natalee Plautz	Zoe Edler
Jennifer Hayes	Ashley Weingard
Jennifer Stutzman	Stephen Straub
Brice Karl	Zoe Barninger
Karen Karl	

NEW SCHEDULE

We have changed the schedule to make learning more effective for everyone. Please come to the front desk to get your advanced copy of the new schedule today.

WE DO BIRTHDAY PARTIES!!!!

Birthday parties are available to our students. The parties are held on Saturdays. All parties are 1 ½ hours. Students will learn: Karate moves, play karate games, and enjoy pizza with their friends. Parties are extremely popular and dates fill up fast.

If you are interested in having a karate birthday please see an instructor for more info.



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.

January 2012

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

GOALS LIST

Name: _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

WEEK 1: GOALS WEEK

WEEK 2: DESIRE WEEK

WEEK 3: MOTIVATION WEEK

WEEK 4: SUCCESS WEEK

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