



WELCOME
TO **ATA** MARTIAL ARTS

**Inspiration ATA Martial Arts
Handbook for Parents and Students**



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MY JOURNEY

The journey of a thousand miles begins
with just one step.

I will test for my Orange Belt on _____

I will test for my Black Belt in _____

I understand that becoming an ATA Black Belt Leader will take perseverance and hardwork. I will follow the rules and structure of class. I will always do my best and remain positive. I know that I may not want to come to class everyday, but I will still come and do my best anyways, because this is where I grow my grit. I will take what I learn at ATA and apply it at home and at school. I will never misuse my martial arts training; it's for self-defense only. I will be a good leader and role model for others to follow. I know that "Quitters never Win and Winners Never Quit." I promise to be a winner both on and off the mat. I will become an ATA BLACK BELT LEADER!

Student Signature

As a parent of a future ATA Black Belt Leader, I promise to support my child throughout their journey. I promise to celebrate their wins, push them through their challenges and always encourage perseverance. I promise to be their biggest cheerleader, motivator and best role model.

Parent Signature

STRUCTURE

Structure is to obey what is right and follow the rules.

Students must learn how to recognize and respect authority. The instructors are the main authority in the school. It's their duty to set and enforce the school's rules; it's the students' obligation to follow them.

- Upon arriving at the school, students and parents bow at the door with a strong "Hello Sir, Hello Ma'am."
- Students then place their bags and shoes in the appropriate place, sign in to class and line up by height to prepare for class.
- Students bow and greet everyone they interact with in the school.
- Students arrive at least 5 minutes before class and leave no more than 10 minutes after the class finishes.
- If a student is late for class, he/she asks permission to join the class.
- No shoes are allowed on the mat, unless authorized by an Instructor.
- If students need to fix their uniforms or belts, they turn to the back of the class to make the necessary adjustments.
- Only students or guests participating in the class are allowed on the mat during class.
- Students memorize the Student's Oath and apply it in their daily lives.
- Students are allowed to drink water during water breaks, before class, and after class. Please bring a water bottle.
- Students should use the restroom before and after class. If there is an urgent need during class, they may ask the Instructor for permission.
- Students, parents and guests should refrain from talking to students participating in class.
- Respond "Yes/No, Sir", or "Yes/No, Ma'am", as appropriate, in all conversations with fellow students, parents, and instructors.
- When the student creed is recited, all students stand at attention and recite the pledge.
- Avoid profanity, smoking, use of tobacco products, and consumption of alcohol on the school premises or at any ATA function, class, or activity.
- Please do not eat, drink liquids other than water, or chew gum in the school.
- Turn away from the instructor and flags when adjusting your uniform or belt.

Uniform and Appearance

A student's appearance is a reflection of his or her self-esteem. Students must care for how they look by keeping their uniform clean and odor free. It's every student's responsibility to keep his or her equipment in good condition.

- Remove jewelry (other than wedding bands) before entering class.
- Students may wear red pants with their uniforms in classes.
- Black uniforms may be worn by Leadership students.
- Blue uniforms may be worn by Delta Team Members.
- If a student wears a T-shirt underneath the uniform, it must be white.
- Labeling students' equipment will prevent any items from being lost.
- Full safety equipment is required for sparring.



We recommend lining up the patches for placement while the student is wearing the uniform before sewing them in place. Do not use bleach on uniforms with patches since it will discolor them.

EMOTION

Emotion is having a positive attitude and a passion towards life.



Emotion is a decision; it's having fun with everything we do. Parents who show enthusiasm for their child's efforts during class help make their experience in martial arts training very special. Thumbs-up, clapping and cheering are all considered a normal part of class. In martial arts, we use our body motion to create emotion. ATA Martial Arts teaches students to put emotion in every move so they create the habit of doing everything in life at 100%. They must have a positive attitude and always be motivated. We have a special system to keep them motivated and help them follow through with their goals.

KNOWLEDGE

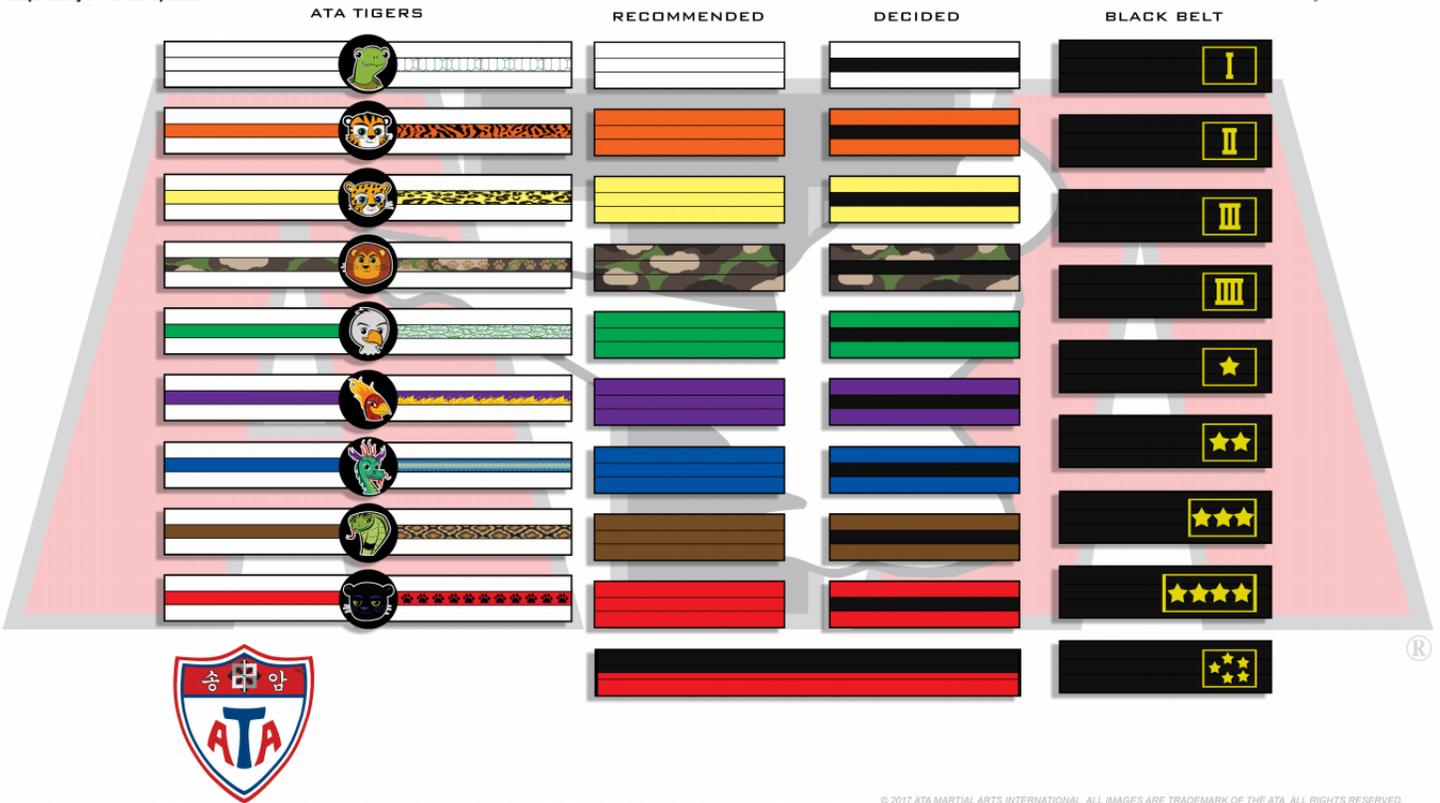
Knowledge is applying what you learn at ATA to your everyday life.

ATA students should always be on their best behavior. Students also show knowledge as they improve their martial arts techniques. Regardless of the degree of perfection in these techniques, the values reinforced at ATA Martial Arts, if applied correctly, will most likely prevent students from ever having to use their physical abilities. If students learn how to greet people, look them in the eye, speak properly, show confidence and demonstrate exceptional social skills, they may never need to use their self-defense skills outside of ATA.

Our goal is for all of our ATA Black Belts to become **PHYSICALLY STRONG** and **MENTALLY TOUGH**. This starts with goal setting. We consider goal setting to be the master skill of success. With proper long-term goals broken into smaller short-term goals to track your progress, you will have what it takes to become an ATA Black Belt. It will take grit and perseverance, but your instructors will be here along the way to guide you to become a great Black Belt Leader.



BELT RANKING SYSTEM



Testings and Belt Promotions

At ATA Martial Arts, we reward our students primarily for their knowledge of Life Skills rather than their physical prowess. These are, after all, the skills that will make them winners in life. The belt promotion is one of the most rewarding experiences that Martial Arts has to offer!

The expectations are different for a white belt beginner and an experienced black belt student. The ATA System is designed to recognize and reward each student's results based on their current level and personal abilities. It takes discipline to reach all of the requirements.

Below are some common questions about testing:

Why should students promote?

Just like at school where children advance to the next grade level as a reward for their accomplishments, in martial arts their efforts are rewarded by advancing to the next belt rank. All students who meet the requirements should always promote. Not promoting is likely to result in a sense of failure and may diminish the student's self-esteem.

What is the significance of changing belts?

Most people respond to positive reinforcement, and that is exactly what receiving a new belt is! Belt promotions teach our students to be goal-oriented and help them see their progress. This results in a stronger sense of self-esteem and confidence.

Why are testings held every two months?

Adults and children need to have constant and consistent supervision. The two-month time frame creates a sense of urgency to achieve the goal of learning the curriculum and practicing the lifeskills. People often tend to postpone or procrastinate. This is why the two-month time limit is so important: it gives our students direction and keeps them in check.

How will I know if I am ready to test?

The Stripe System is designed to break down your short-term goals into immediate goals. This is a great way to see your progress. If you have earned all of your stripes you are ready to test. See the stripe sheet for a detailed explanation of each stripe. The best way to earn stripes is to come to class. Our goal is for our student to come to 16 classes each testing cycle. (8 weeks X 2 Classes =16). With this they will develop the skills necessary to become a black belt.

What are the physical requirements?

1. Demonstrate COORDINATION and PROPER EXECUTION of: Blocks, Strikes, Kicks and Stances.
2. Execute specific BOARD BREAKING techniques designed for their level.
3. Perform SELF DEFENSE skills demonstrating the practical application of the techniques.
4. Develop fine motor skills and hand/eye coordination through the utilization of the TRAINING TOOL WEAPONS.
5. Utilize their techniques by focusing on distance, timing and precision in a SPARRING situation.

**Beginner students ARE NOT expected to perform at the same level as advanced Testing and Belt Promotions

ATA STRIPE SYSTEM

There are 7 stripes in total: four COLORED stripes, representing the ATA LIFE SKILLS PROGRAM, and three BLACK stripes representing the ATA PHYSICAL PROGRESS:

RIGHT SIDE OF BELT

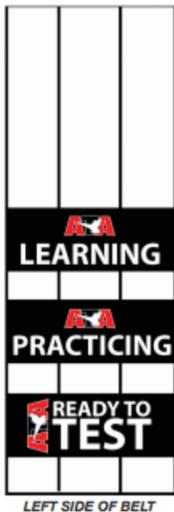


YELLOW STRIPE: Awarded when life skill paper is turned in. It represents PRACTICING LIFE SKILLS. Students must turn in the Life Skills Sheet for the cycle with comments about how they practiced the Life Skill at home, at school or at work.

BLUE STRIPE: Awarded during the 3rd week of the cycle. It represents CONSISTENT ATTITUDE. Consistency in coming to classes and participating 100%.

RED STRIPE: Awarded during the 5th week of training. Red Stripes relate directly to the Intent To Promote Letter, which must be turned in during that week. Students must turn in their letter and register for promotion to receive their Red Stripe.

GREEN STRIPE: Awarded to students who qualify as CANDIDATES to advance to the next program. This stripe is awarded after the instructor has conducted a progress check with the parents or the adult student and confirmed that the student is ready for a new level of training.



LEFT SIDE OF BELT

1st BLACK STRIPE: Awarded during the 2nd week of the cycle. Students must show that they are LEARNING the curriculum (not necessarily memorizing it yet). Students must be able to follow the instructor's lead.

2nd BLACK STRIPE: Awarded during the 4th week of the cycle. Students must show that they've been PRACTICING the curriculum. At this point, students may still make mistakes, as instructors will allow the students to perform on their own to gain experience and build their confidence.

3rd BLACK STRIPE: Awarded during the 6th week of the cycle. Students must be able to PERFORM the curriculum on their own, thus demonstrating their knowledge of the material.

Instructors have the authority to decide when the students get their stripes. Once the students have earned all of their stripes, they are ready to advance in rank. Students should never ask for their stripes; this is a privilege that must be earned.

ATA Reward System

We have developed a program based on traditional martial arts for children and adults to practice Life Skills, alongside technical martial arts skills. The monitoring method we use involves the ATA STAR Tag, and Stars. The Stars - which are placed on the ATA Star Tag - are rewarded to students for their achievements at ATA, at home and at school. These achievements may include:

- Improvement in behavior
- Following directions immediately
- Black Belt Attitude
- Tournament participation
- Practicing the ATA Life Skills(Discipline, Belief, Honesty, Respect,Communication, Self-Esteem)
- Enhanced Confidence
- Excellent Grades
- Demonstrating Leadership

The ATA Star Tag and Stars are components of the ATA Rewards System which has proven to be a valuable instrument in developing good habits in our students. Earn Stars to Collect The Star Tags and Victory Patches.

ATA Tigers (ages 4-7)

White: 0-25 stars
Blue: 26-50 stars
Red: 51-75 stars
Black: 76-100 stars
Gold: 100+ stars



ATA Kids (ages 7-12)

White: 0-25 stars (blue Victory patch)
Blue: 26-50 stars (Silver Victory Patch)
Red: 51-75 stars (Gold Victory Patch)
Black: 76-100 stars
Gold: 101-125 stars (Blue/Gold Victory Patch)
Grand Master Tags: 126+ Stars



These different colored stars are rewarded for outstanding performance in class, school, home or at a tournament. Students may receive the following stars for the following achievements:

 <p>Gold Star</p> <ul style="list-style-type: none"> • good grades • improved grades • special notes from teacher • special school awards (ex: Honor Roll) • 10 homework assignments with 100% 	 <p>Silver Star</p> <ul style="list-style-type: none"> • bring a friend to class
 <p>Blue Star</p> <ul style="list-style-type: none"> • Task Sheets • Practice at home sheets • Good Deed Sheet 	 <p>Red Star</p> <ul style="list-style-type: none"> • Compete in a tournament • Attend an ATA seminar • Help at ata demo or event

Korean Terms

Korean	English	Korean	English
Charyeot	Attention	Hana	1 One
Kyong Nae	Bow	Dhul	2 Two
Jhoon Bee	Ready Position	Set	3 Three
Shee Jahk	Begin	Net	4 Four
Keu Mahn	Stop	DaSeot	5 Five
Bah Roh	Return to Ready Position	YeoSeot	6 Six
Do Jahng	Taekwondo school	Il Gob	7 Seven
Do bok	uniform	Yeo Deul	8 Eight
Sah Bum Nim	Instructor	Ah Hob	9 Nine
Cam Se Ham Ne Da	Thank You	Yeol	10 Ten

THE ATA LIFE SKILLS



The 11 Components of Discipline

1. **Commitment.** Commitment is when we make a decision and follow through understanding the consequences. Without commitment, we cannot have discipline and without discipline we cannot have commitment.
2. **Punctuality.** Punctuality is being on time. Disciplined people are always on time and have the ability to use time to their advantage.
3. **Goals.** To have a goal is to want something and be willing to work hard for it. Disciplined people are motivated by their goals.
4. **Focus.** Focus is when we direct all of our senses and energy to something specific. People with discipline are able to maintain their focus on what is important.
5. **Persistence.** Persistence is to continue to attempt to succeed in our goals no matter what. Disciplined people have the persistence to try again and again—a million times if necessary, until their goal is met.
6. **Determination.** Determination is having the belief that we will somehow accomplish what we want. Disciplined people show determination when working toward their goals.
7. **Responsibility.** Responsibility is to hold ourselves accountable for our actions and our results. People with discipline always take responsibility for what they do and are able to find the best way to respond to their circumstances.
8. **Courage.** Courage is having the strength to face our fears. Disciplined people have the courage to face any situation and never give up.
9. **Fitness.** Fitness is taking care of our bodies and staying in shape. Disciplined people take care of their bodies, understanding that being fit will help in various situations.
10. **Vision.** Having vision is having the ability to see in our minds what we are working to achieve. Disciplined people are able to focus on their vision.
11. **Passion.** Passion is an incredibly strong feeling about something. People with discipline have great passion for reaching their goals.



Belief is having the “yes I Can” attitude always and no matter what. It is the ability to see the invisible and look beyond the obvious. Belief is the total commitment to a goal so that no possibility of any end, other than the desired one, exists.

Belief is our inner power with our core values towards the fulfillment of our goals. Absolutely everything we do in our lives, in fact, is based on our beliefs. Every action we take, every decision we make, and every single thing we do stems from what we believe. If we believe this, we do that; if we believe something else we do something different.

When we choose to use empowering beliefs, we are on the path to unlimited success. The sooner we choose this path, the more we will achieve in life. We must control our beliefs or they will control us. We become what we believe, and what we believe usually becomes reality in our lives.

Pillars of Belief

1. **Trust.** Trust is firm reliance on the integrity, ability or character of a person or thing.
2. **Consistency.** Consistency is the ability to maintain a particular standard or repeat a particular task with minimal variation.
3. **Dream.** Dream is a cherished ambition or ideal.
4. **Vision.** Vision is the ability to imagine how a country, society, industry, etc. could develop in the future and to plan in a suitable way.
5. **Determination.** Determination is firmness of purpose; resolve.
6. **Courage.** Courage is the quality of being brave; the ability to face danger, difficulty, uncertainty or pain without being overcome by fear or being deflected from a chosen course of action.
7. **Humility.** Humility is the state or quality of being humble; freedom from pride and arrogance.



Levels of Communication

1. **Look.** The first level of communication involves how we see ourselves, others, our community, and the world. Visual communication is a form of communication without speaking. We must remember that sight is perhaps the sense we rely on the most. For that reason, our appearance becomes very important in dealing with people. We can improve the quality of our relationships by understanding what our body posture and expressions show.
2. **Listen.** Listening is perhaps the most important piece of communicating. Great speakers have always been great listeners. The famous philosopher Socrates said that the person who listens is the person who controls the discussion. If we consider that we are all born with two ears and one mouth, it makes sense to conclude that we're meant to listen more and talk less.
3. **Talk.** The form of communication we are most familiar with is speech. Every day we practice verbal communication. As with everything else, verbal communication begins within ourselves.
4. **Lead.** Actions always speak louder than words. The ultimate and most effective form of communication is leadership by example. When we show our very best by demonstrating respect, cooperation, courtesy, and love for others, we are likely to awaken admiration in others. When others see our high standards of behavior and then try to emulate us, we exercise the most powerful form of communication: we communicate through our actions, through what we do, by being an example.



Respect is politeness, honor, and care shown towards someone or something that is considered important.

Principles of Respect

1. **Trust.** Trust is choosing to give a person a chance.
2. **Caring.** Caring is doing what is best for ourselves and others.
3. **Courtesy.** Courtesy is always showing good manners and kindness.
4. **Acceptance.** Acceptance is allowing others to be themselves without passing judgement.
5. **Kindness.** Kindness is giving without expecting anything in return.
6. **Confidence.** Confidence is believing in our abilities without putting others down.
7. **Listening.** Listening is the ability to pay attention and respond to what others say.
8. **Loyalty.** Loyalty is being accountable to our beliefs and also to our parents, teachers, and mentors.
9. **Adequate Communication.** Adequate communication is using appropriate words and body language to show respect for someone.

Levels of Respect

1. Respect for Ourselves
2. Respect for Others
3. Respect for Society
4. Respect for the World



Self-esteem describes how we see and value ourselves. When we feel good about ourselves - independent of the circumstances that surround us - we show self-esteem. We can build our self-esteem by making a choice to see everything in our lives positively. This way, in time, we develop a positive attitude towards life.

Self-Esteem Pillars

1. **Confidence** - Confidence is believing in our abilities. To improve our abilities we must practice over and over until we create a habit. Confidence makes it easier to take risks, try and learn new things.
2. **Positive Attitude** - A positive attitude is when we see every circumstance in our lives as a positive experience. It's a happy feeling about what we do, who we are and everything that happens to us.
3. **Self-Awareness** - Self-awareness is being aware of what we are doing and what is happening around us. It is understanding that our choices and actions (or lack of actions) affect the world around us just like the world as an effect on us.
4. **Accountability** - Accountability is following through with promises and the ability to accept the consequences of our actions.
5. **Gratitude** - We must be grateful for all the blessings we receive in our lives, like having our parents, family and friends. We must always express this feeling by showing respect and honoring those who have helped us in our lives. We can do this by telling them verbally, writing them a letter or showing them with our actions.
6. **Generosity** - Generosity is simply giving without expecting anything in return.
7. **Humility** - Humility is being open to the knowledge and experience of others. It is the ability to take responsibility for our actions and share the credit with others.
8. **Forgiveness** - Forgiveness is the absence of any negative feeling toward any person who has made a mistake, including us. First we must forgive ourselves, then we will learn to forgive others.



To be honest is to obey our conscience. It means to have courage to confront the consequences of our actions no matter what price we may have to pay. It is to take responsibility for our actions and to be accountable.

Pillars of honesty:

1. **Accountability.** Accountability is having the integrity to follow through with commitments and the willingness to face the consequences when we don't. It is to take responsibility for our actions. Honest people do what they promise to, and when they don't they are ready to face the consequences.
2. **Humility.** Humility is being responsible enough to accept that we are not perfect and we make mistakes. It is being open to the possibility that sometimes we are wrong, being prepared to recognize our errors and make it right. Honest people have the humility to accept their shortcomings and are prepared to admit their mistakes. Most importantly, people with humility will learn from their mistakes.
3. **Integrity.** Integrity is living consistently with our values and principles and making the right choices. It is when our thoughts, words, and our actions match and make sense. It means to speak what you think and do what you say. Honest people speak the truth and keep their word.
4. **Honor.** Honor is dignity; it is the biggest display of self-respect. Honor is a form of pride in who we are and how we behave. Honest people have a great sense of honor and understand that being dishonest would be to betray themselves.
5. **Courage.** Courage is strength is the face of pain or grief. Honest people have the courage to confront any suffering that may come from being truthful.
6. **Self-Esteem.** Self-esteem is the joy of being ourselves. Honest people value self-esteem so much that they hold themselves to the highest moral standards.



GOOD DEED SHEET

Student's Name: _____

Date: _____

1. _____	
2. _____	
3. _____	
4. _____	
5. _____	
6. _____	
7. _____	
8. _____	
9. _____	

Parent's Signature

This sheet is designed to reinforce and create positive behavior and good habits in your child when he/she is at home, school or in a public setting. Each time your child performs a good deed, write down the deed and place your signature on the form. At the end of each week, have your child bring this sheet to his/her instructor.



TASK SHEET

STUDENT'S NAME: _____

DATE: _____

TASK	sun	mon	tues	wed	thr	fri	sat
<input type="text"/>	<input type="checkbox"/>						
<input type="text"/>	<input type="checkbox"/>						
<input type="text"/>	<input type="checkbox"/>						
<input type="text"/>	<input type="checkbox"/>						
<input type="text"/>	<input type="checkbox"/>						
<input type="text"/>	<input type="checkbox"/>						
<input type="text"/>	<input type="checkbox"/>						
<input type="text"/>	<input type="checkbox"/>						

STUDENT'S SIGNATURE: _____ PARENT'S SIGNATURE: _____

Parents, we understand not all children are the same. Fill in the empty boxes with tasks that would encourage your child to improve his/her behavior or routine. Some suggestions include: "I show courtesy to my sibling(s).", "I went to bed without a fuss.", "I practiced my musical instrument.", "I was helpful to my parents.", "I made my bed." — *Please let a staff member know if there are other ways we can help encourage your child.*

ATA Tiger Oath (ages 4-7)

"I PROMISE:
To be a good person,
With knowledge in the mind,
Honesty in the heart,
Strength in the body,
To make good friends,
And to become a BLACK BELT LEADER!"



ATA Kids Creed (ages 7-12)

Each Day, I will live by Honoring my Parents
and Instructors,
Practicing to the best of my Abilities,
and by having Courtesy and Respect for
Everyone I meet.



Teens and Adults:

SONGAHM SPIRIT OF TAEKWONDO

As Taekwondo Class/Event Begins:
"Sir / Ma'am I will practice in the Spirit of
Taekwondo, with Courtesy for fellow students,
Loyalty for my instructor, and Respect for my
juniors and seniors, ...Sir / Ma'am!"

As Taekwondo Class/Event Ends:
"Sir / Ma'am I shall live with Perseverance in the
Spirit of Taekwondo, having Honor with others,
Integrity within myself, and Self Control in my
actions, ...Sir / Ma'am!"



LEGACY

Legacy is being a leader and role-model for others to follow.

To be an ATA Parent is to support your ATA school in creating the best atmosphere for your child to grow. Here are some guidelines on how to be a great ATA Parent:

- #1: ATA Parents support their child during class by offering signs of approval - such as cheering, applauding, smiling or showing "thumbs up" -when they see them doing their best. They refrain from reprimanding or criticizing their child during class and allow the instructors to be the ones to make any corrections when necessary.
- #2: ATA Parents lead by example by following the ATA rules. When parents follow the rules and regulations, their child is likely to follow their example. This starts at the front door by always bowing and greeting the instructors, students and their families out loud upon entering or leaving the school, showing courtesy, respect, confidence and discipline.
- #3: ATA Parents make sure that their future ATA Tigers (younger siblings that are not yet students) are quiet and well behaved during class so they do not create any distractions.
- #4: ATA Parents understand how important it is to be a part of their child's experience. They know that watching their child's class - or even better, participating in it - will broaden their understanding of the lessons taught at ATA so that they can practice with them at home.
- #5: ATA Parents avoid disrupting classes by abstaining from socializing during class and remembering to switch their phones to a silent mode upon entering their ATA school. When ATA Parents must use the phone or talk to another parent during class, they kindly step outside.

- #6: ATA Parents bring their child to the school 5 to 10 minutes before class starts and avoid leaving them by themselves after their class is over. If a student must unavoidably wait longer to be picked up, ATA Parents must make sure to alert the ATA team.
- #7: ATA Parents understand that each child is an individual who will progress at his or her own pace. They avoid comparing their child to their siblings or to other students and instead, encourage them to set realistic goals and achieve them.
- #8: ATA Parents keep in mind why they enrolled their child in a ATA program in the first place. They are aware that memorizing is only a small part of the big picture. When it comes to their child's performance, ATA Parents trust the instructor's judgment on what should be expected from them.
- #9: ATA Parents know that when they have a concern about their child's training, progress, or about the school, they should go directly to the instructors. The ATA team will address their concern and do their best to help.
- #10: ATA Parents show encouragement for all students during class, promotions and demonstrations. They know that through their example, their children will also learn to be supportive of their peers.
- #11: ATA Parents show courtesy and respect when attending tournaments and other martial arts events, and they make sure their child follows their example. If they do have a concern, they respectfully take it to their instructors, avoiding any confrontation with judges or other parents.
- #12: ATA Parents constantly help their child to set goals. They know that goal setting will help their child develop the perseverance and self-discipline needed to achieve great personal success.

Parent Secrets:

9 things to do daily to make your child's experience in ATA Martial Arts special

1. Be your child's audience and support. Your very presence during class raises your child's self-esteem and confidence.
2. All performances by students should receive the loudest and craziest cheers. This is a magical moment for them. Your cheers drive your child to SUCCESS and all of the rewards received by setting and accomplishing their goals.
3. Be sure to focus on your child's positive development throughout his or her training. Make sure you tell your child how proud you are of him or her after every class.
4. SMILE! It's contagious!
5. Be grateful for the magical person you brought into this world. This brief drift into gratitude is a magical moment for you.
6. Every class is an opportunity to applaud your child's self-discipline, their courage for participating, and their individual effort. Remember: it's their attitude, not their aptitude, that determines the quality of their effort.
7. Be alert to magical moments: they will occur.
8. When your child looks over to you during class, give them a thumbs up, a wink or a smile. Let them know how proud you are of them!
9. Congratulate yourself for making the right decision in giving your child the gift of martial arts, a vehicle to lifelong success.

Find us Online:

 <p>Facebook</p>	<p>Page Name: Inspiration Martial Arts Username: @inspirationtaekwondo https://www.facebook.com/inspirationtaekwondo/</p>
 <p>Instagram</p>	<p>Name: Inspiration ATA Martial Arts Username: inspiration_taekwondo https://www.instagram.com/inspiration_taekwondo/?hl=en</p>
<p>Mystudio App</p> 	<p>Step 1: Download the Mystudio app on Google Play or the Apple store Step 2: Create an account Step 3: Enter studio Code 3769 Step 4: Sign up for upcoming events, purchase ATA gear, and see our class schedule</p>
	<p>https://www.youtube.com/channel/UCHLIbqV-eLbzoyUxZNQ-eOg</p>
	<p>https://g.page/InspirationATA/review?mp</p>
	<p>www.inspirationata.com</p> <p>Student Section Password: ATA</p> <ul style="list-style-type: none">• See upcoming events and news• Find curriculum pdfs and videos<ul style="list-style-type: none">○ Find work out and training videos• Login to virtual classes with ease• Download documents

WE ARE *ATA* MARTIAL ARTS



ATA
MARTIAL ARTS