



ATA NEWS

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Mask Update

Unfortunately new Covid case counts are still on the rise. So as we head indoors for the colder winter months, we have reevaluated our mask policy for the safety of our students and their families.

Recommended: When students are in their boxes they do not have to wear their mask but are more than welcome to.

Required:

1. Any time students are working with partners or in lines (except during sparring) and while coming in or out of class (the lobby etc).
 2. ALL spectators including siblings and those fully vaccinated should have a mask on if they are sitting in the gym.
 3. All instructors and assistants when working within boxes or lines with students.
- *Chief Instructor may remove mask if fully vaccinated & within safe distance of the students (it is extremely hard to project across 3000SF with masks on).

No Classes On:

October 20-23- Fall Nationals

November 25th-Thanksgiving

December 20th-23rd- Testing

Dec. 24th-Jan. 2nd- Winter Break

**SATURDAY
OCTOBER 30TH**



**HALLOWEEN BUDDY/
SAFETY DAY**



Bring your friends, wear your costumes, and prepare for a scary good time! Staying safe and being aware of our surroundings is so important when trick-or-treating. Students and their friends will learn some basic self-defense techniques and then play some games. Friends will get a "Kick-or-Treat" pass for free classes and everyone will leave with something sweet. We will have 5 time slots for students: 10:00, 10:45, 11:30, 12:15, and 1:00pm. This is a FREE event, sign-ups will be posted soon.

If you love our program and want to share it with others, ask for a stack of kick-or-treat cards and you can hand them out with your candy this year. We appreciate your referrals!



**SEND ATA
MARTIAL ARTS
STUDENTS TO COLLEGE AND GIVE
HOPE TO FAMILIES IN THE FIGHT!**

*Join the
Pink Belt Revolution*

\$20 (donation)

October is Breast Cancer Awareness Month. In the martial arts world we've found our own way to financially contribute to the cause while raising awareness. By wearing a pink belt; you're helping a child feel empowered when they otherwise feel helpless, a mother will be treated to something special when she needs it most, and we can show our unity while remembering that we have to fight TOGETHER. Check out more information on their website www.wishingformommy.org

Wishing For Mommy partners with the ATA, so half of the proceeds from our school will go to the ATA's college scholarship program as well.

Belts may be worn in class the remainder of October and November.



Instructor Spotlight

Mr. Stephens

4th Degree Black Belt

Favorite Food: A "perfectly cooked" steak with creamy mashed potatoes, grilled Parmesan asparagus, and a soft (not hot) chocolate chip cookie for dessert.

Dream Car: 1967 Pontiac GTO

School: Graduated Willoughby South High School in 2009, Ohio State undergrad in 2014 (with a stint at North Carolina), and EMBA from Quantic School of Business and Tech this October!

Little known fact: Has recently taken an interest in some "whiskey business". He is launching a Bourbon and Rye Club

Favorite part of martial arts: Sparring and coaching students who also have a passion for Taekwondo.

Best moment as an instructor: "Seeing one of my students who had Cerebral Palsy achieve the rank of Black Belt.

New schedule

starting October 25th. Check the website for the PDF version

Black Friday Sale in November

ATTENTION ADULTS!

We are launching our "EARN YOUR ORANGE BELT FOR FREE" campaign. All classes through December testing are on us. If you decide to continue on a membership after,; your first testing is on us too!

Students should NOT BE WEARING their Summer Shirts

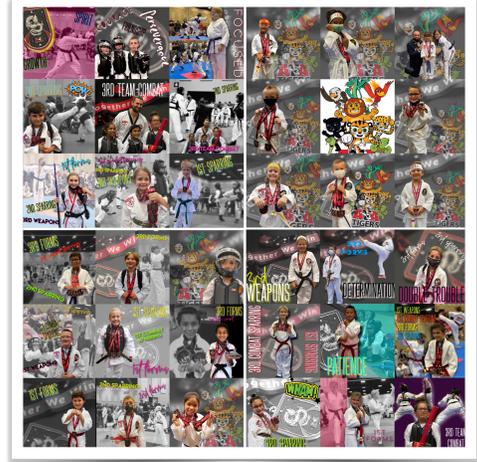
The order form for the long sleeve shirts will be coming out soon

Raffle Winners

2 of the 5 tickets have been claimed. Participants have until Nov. 1st to show us their winning ticket. The tickets left are: 3734255, 3734263, and 3734661.

Tournament Success!

Congrats to all of our students who competed at the kalahari tournament! You guys absolutely killed it. We sent 10 Tiger competitors who brought home 19 medals. And an additional 32 Rec/Champ students who brought home 38 medals!



Honesty is our November/December testing life skill

Honest people live their lives honorably; displaying humility, integrity, accountability, and courage. Honesty is the characteristic of being fair, truthful, and morally upright.

Pillars of Honesty:

Only you know if you are choosing to be your best and work your hardest. Honest people give their best effort (**Honor**).

Own up to the truth even when it leads to negative consequences. Be humble and learn from your mistakes (**Humility**).

Follow the rules; do what is right, even if no one is watching (**Integrity**).

Lead by example, your actions back up your beliefs. If you say you will do something, then follow through (**Accountability**).

Don't look the other way if you see injustice; stand up and speak out for what is right (**Courage**).