



# January 2012

# ATA Black Belt Academy

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## MONTHLY THEME: Goals in Martial Arts

A goal is something you want to achieve and are willing to work for. If you're not willing to work for it, then it's just a wish and not a goal. This month we want to set goals for our Taekwondo training. What are your goals in Taekwondo for 2011? Maybe you'd like to be more flexible, place in the top three at the next tournament, or earn your next belt at Graduation. What will your goal after that be?

Setting goals and writing them down is the first step to being successful in all areas of life. If you don't set goals, you have no plan for where you want to go in life. If you don't write them down, it's easy to make excuses for yourself later saying, "That really wasn't what I wanted anyway." One of the most effective ways to achieve what you want is to set a **S.M.A.R.T.** goal. The letters of **S.M.A.R.T.** each stand for a word. Using the system below, you can set a goal and make a plan to help you reach it.

**S- Specific:** If someone offered to buy you a lollipop, and you didn't tell them what kind, you may not get one you liked. Perhaps you tell them you want a red one. You still might not get the one you wanted because red lollipops could be cherry, strawberry, watermelon, raspberry or fruit punch! Stating you'd like a cherry lollipop is specific, and it gets you what you want. Just saying, "I want to be better at Taekwondo", won't really help you achieve what you want. Do you want higher kicks? Strong blocks? Better stances? If you are not specific, it will be hard to figure out what to work on to achieve your goal.

**M- Motivating:** You need to choose a goal that you'll be excited to achieve. Maybe your goal is you win a big trophy at the next tournament. You may be motivated to get to that goal because getting a trophy makes you feel special, makes mom and dad very proud or maybe it earns you a special reward at home. If you don't have a reason that makes you want to get to your goal, it will be much harder to get to it.

**A- Achievable:** If I set a goal that I would like to jump 3974 feet straight up in the air and sidekick, I may have a problem reaching it. Sure, it's pretty specific. And I may REALLY want to be able to jump that high and be motivated to do so. The problem is that I picked a goal that isn't able to be reached. Human beings cannot physically jump up that high, and even if we could, we'd probably get hurt when we landed! It's important to pick a goal that is actually possible to reach. Your goal can be a short range one, that you can complete in one day, or maybe in one class. It could be a mid-range goal that takes you a few days or even a few weeks. You could even have a long range goal that takes months or even years to complete., like getting your Black Belt

**R- Relevant:** If my goal is to be able to round kick head level, it won't do me much good to plan to play a fighting video game for an hour each day. Your plan to reach your goal has to be a way to make your goal happen. If I want to kick head level, maybe my plan should include stretching for at least 5 minutes each day while I watch T.V. and doing 10 kicks as high as I can each night before bed. Both of those activities will help me learn to kick higher, so they are relevant, or about my goal.

**T- Trackable:** There has to be a way for you to see how close you are getting to your goal, or to see if you have reached it. This is especially important if your goal is a long range goal, or one that takes a long time to be able to achieve. By writing down or checking off your progress, you'll know if you are working towards your goal, or if you're standing still. Printing out your form paper from our website and checking off the moves as you learn them can show you how close you are to knowing your whole form. Earning each new belt can show you how much closer you are to a goal of Black Belt. If you aren't sure how to track your goal, ask an instructor for help!

**Count how many stars you need in order to earn your next Victory Patch. You can earn those stars by doing your Blue Star Worksheets, bringing in report cards and special awards, good job notes from home or by attending the next tournament!**

## Upcoming Events

- Next Graduation Feb. 27-29
- Regional Tournament  
03/17 Murrysville, PA
- Regional Tournament  
04/28 Pickerington, OH

## Birthdays!

Taylor Swihart

Taylor Mitchel

Peyton Tolly

Jacob Martzaklis

**Please check the lost and found box. We have acquired quite a collection over the last couple of months, and want to make sure things get back to their owners.**

**If you think you are missing something there's a chance we may have it.**

**Items that are not claimed will be donated to Goodwill.**