



## August 2010

# ATA Black Belt Academy

4247 Portage Street • North Canton, OH 44720 • 330-497-5999  
[www.ata-k4k.com](http://www.ata-k4k.com)

## MONTHLY THEME: Perseverance

Do you think about this word when we say the Songham Spirit? At the end of every class we promise to “live in perseverance in the Spirit of Taekwondo”. We hope you mean those words each time you say them and leave the dojang.

If you are living in perseverance, you treat each day and every task as a new challenge to be conquered, like climbing a mountain. No one ever trips over a mountain, its the little rocks and pebbles along the way that cause us to stumble. If you decided not to continue each time you stumbled, you'd never reach the top of the mountain. The same thing is true in your everyday routine. If a task is tricky for you, keep at it. If you don't continue to try, you'll never get past it. You'd let that pebble on the road stop you. That seems like a silly idea doesn't it? To let a little pebble keep you from continuing on your way wouldn't make any sense. If you add up all the time we have in our life though, each task we try can be equated to small pebbles in our road. Perseverance means continuing to try, even when things do not come easy for us. Giving up never gets us to our goal. Eternal Grand Master H.U. Lee liked to say, “Today not possible, tomorrow possible.” Even if you can't get past that pebble today, keep working and someday you'll be able to step right over it.

Living in the Spirit of Taekwondo means that we bring all our life skills from class with us in everything that we do. We continue to be honest and respectful to everyone we meet, not just classmates and instructors. We have self control in our actions, even when we are frustrated or angry. We remember to keep integrity within ourselves and courtesy for others.

That's a big important promise we make at the end of every class! To live our lives as very good people who try hard and do not give up. Think about those words carefully each time you say them and do your best to keep that promise in everything that you do.

Don't forget your blue star worksheet! [www.ata-k4k.com](http://www.ata-k4k.com)

## Birthdays!

Tim Ehmer

James France

Gabe Niziolek

Jacob Voegele

Gurpreet Lealh

Paiton Swope

James Satrape

Sean Sedell

## Upcoming Events

- **Happy Labor Day!**  
**September 3-6th**  
**CLOSED**
- **Regional Tournament**  
**Morgantown, WV**  
**September 11th**
- **Regional Tournament**  
**November 6th**