



# MAY 2022

WWW.ATASTRONG.NET • WWW.FACEBOOK.COM/ATASTRONGMAA



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p><b>THEME OF THE MONTH:</b></p> <p><b>LOYALTY</b></p> <p><i>"Loyalty to petrified opinion never yet broke a chain or freed a human soul."</i>  <b>Mark Twain</b></p> <p>To be a good leader is both a privilege and a responsibility, and only after being a good follower can we learn to be leaders. In our Songahm Spirit we recite that we will have Loyalty for our instructors. My instructor, Songahm Founder, the late Grand Master H.U. Lee committed to me and I committed to him. I learned how to be a leader by following. He was loyal to me and stuck with me and by me, and I made the choice to be loyal and follow.</p> <p>Loyalty is, in fact, a choice you make; it comes from within. It is not something you talk about; it is not a feeling. It is something you do. It is part of who you are. Loyalty is about relationships, commitment and trust, and cannot depend on situations or feelings. If you are only a friend to someone when you feel like it, then you are not really a friend. Being loyal means you stand BY others and stand WITH others, when they need it most. It is not conditional; it is not situational. It is a choice and an attitude..</p>
<b>2</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>3</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	<b>4</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>5</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	<b>6</b> <b>NO CLASS TONIGHT!</b>	<b>7</b>	
<b>9</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>10</b> <b>NO CLASS TONIGHT!</b>	<b>11</b> <b>NO CLASS TONIGHT!</b>	<b>12</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	<b>13</b> <b>NO CLASS TONIGHT!</b>	<b>14</b>	
<b>16</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>17</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	<b>18</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>19</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	<b>20</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>21</b> <b>LEADERSHIP WORKOUT</b> SEE BACK FOR MORE DETAILS	
<b>23</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>24</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	<b>25</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>26</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	<b>27</b> FULL UNIFORM You <b>MUST</b> Wear Your <b>FULL KARATE UNIFORM</b>	<b>28</b>	
<b>30</b> <b>NO CLASS MEMORIAL DAY</b>	<b>31</b> ACTION WEAR Wear Your ATA School T-Shirt & Kicking Pants Ask about colored pants	 <p><b>HAPPY BIRTHDAY</b></p> <p>TO ALL STUDENTS BORN IN THE MONTH OF MARCH</p> <p><b>LET 2021 BE YOUR YEAR TO GET FIT!</b> Talk to an instructor for more information on <b>PARENT'S TRAIN</b> for <b>FREE!</b></p> 				

# LEADERSHIP *WORKOUT*

**DATE:** SATURDAY – MAY 21, 2022

**TIME:** 9:30 A.M. UNTIL 11:00 A.M.

**FOR:** OPEN TO LEADERSHIP STUDENTS ONLY

**REMEMBER LEADERS LEAD BY A GOOD EXAMPLE**



# **WOMEN'S** SELF-DEFENSE *CLASSES*

**NIGHT:** FRIDAY NIGHTS ONLY

**TIME:** 6:00 P.M. UNTIL 7:00 P.M.

**FOR:** WOMEN ONLY

FITNESS TRAINING AND SELF-DEFENSE TRAINING ALL IN ONE CLASS. WEEKLY CLASS.



***ARE YOU PREPARED FOR THE UNKNOWN?***



**EVOLUTION IS THE KEY TO STAYING AHEAD! WE WILL EVOLVE SO WE CAN WIN.**

