

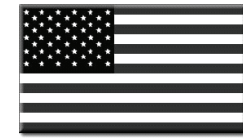


Leading Edge Martial Arts

January 2010

3239 Hamilton Blvd
Allentown
610 434 3343
www.leadingedgema.com

Give Yourself The Leading Edge!



God Bless the USA!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 <i>LEMA closed for Winter Break</i>	29 <i>LEMA closed for Winter Break</i>	30 <i>LEMA closed for Winter Break</i>	31 <i>LEMA closed for Winter Break</i>	1 <i>LEMA closed for Winter Break</i> <i>Happy New Year!</i>	2 <i>Normal classes resume!</i> <i>See you on the mat!</i>
3	4	5 <i>Tuition Due</i>	6	7	8	9
10	11 <i>LEMA T-Shirt Week</i>	12 <i>LEMA T-Shirt Week</i>	13 <i>LEMA TShirt Week</i> <i>Grappling Work Shop!</i> 8pm-9:30pm Adult Blue-Black <i>No Karate tops!</i>	14 <i>LEMA TShirt Week</i> <i>Grappling Work Shop!</i> 8pm-9:30pm Adult Yellow-Green <i>No Karate tops!</i>	15 <i>LEMA T-Shirt Week</i>	16 <i>LEMA T-Shirt Week</i>
17	18 <i>Flexibility Workshop</i> <i>All Adults</i> 8pm-9:30pm <i>No regular Adult Class</i>	19	20 <i>Tuition Due</i>	21	22 <i>Sempai Crystal B day</i> <i>Pizza & Movie Night</i> 5-8pm <i>(No Classes)</i>	23
24 / 31	25 <i>LEMA T-Shirt Week</i>	26 <i>LEMA T-Shirt Week</i>	27 <i>LEMA T-Shirt Week</i>	28 <i>LEMA T-Shirt Week</i>	29 <i>Graduation</i> Warm Ups 5pm Ceremony 5:30pm <i>No Classes</i>	30 <i>LEMA T-Shirt Week</i>



LEMA Pizza and Movie Night
Friday Jan, 22nd, 2010
5pm-8pm

Parents: Drop your children at LEMA for pizza and a movie with LEMA staff while you go out and enjoy some free time.
Children must be at least 4 1/2 years old.
All attending must be approved by Sensei.
Siblings are welcome.

5:00 Games

5:30 Pizza

6:00 Movie

8:00pm sharp! Child pickup.

1 Child \$20

2 Children \$30

3 Children \$40



Sign up to reserve a spot.
No cancellations accepted.

2010 Goals vs Dreams

2009 has come and gone. It was a great year here at Leading Edge Martial Arts. I want to thank all of you, our students, parents, and staff for helping to make 2009 such a great year here at Leading Edge.

With the start of a new year, it is customary for people to set new year's resolutions. At LEMA, we like to refer to these as New Years goals to which your commitment should be resolute.

So many new year's goals are made with great intent, but quickly are forgotten. Here are a few tips to help you keep your goals for the year 2010.

First let's start by understand the difference between a dream and a goal. Dreams and goals are both things that people would like to achieve.

The main difference between a dream and a goal is that with a goal, we have a plan of action on how we wish to achieve that goal.

For example, one can dream of being a black belt but until they sit down and come up with a plan of action to achieve this, it is still a dream. Once a plan of action is set, the dream becomes a goal.

This difference between dreams and goals is not only true in martial arts but in every aspect of your life, family, work, etc.

You can have short term goals and long term goals. You can have work goals and personal goals. You can have martial art goals and relationship goals. Regardless of what your goals are, when setting your goals, please follow these steps for each goal.

1. When setting a goal, always write your goal down. A word document on the pc is fine. Just make sure it is somewhere you will see it on a regular basis.
2. Decide why the goal is important you, and write it down beneath the goal. This helps you stay focused on the goal and reminds you why you set that goal in the first place.
3. Figure out a plan of action to help you achieve this goal. Follow the plan!
4. Lastly, set a target date for achieving this goal. This keeps you from pushing your goal off to a later date.
5. Make a commitment to yourself to let NOTHING stop you from achieving your goals. You are bound to encounter obstacles/goal barriers along the way. Whether illness, time, money, relationships, injury, or just laziness, something will undoubtedly challenge you not to accomplish your goals. Promise yourself now that you will overcome and you will!

See you on the mat in 2010!

Rob Wetmore
Sensei