



United Academy of Martial Arts

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Goal Setting: Week 2

Who wrote down some goals last week?

Let's talk about some ways to help you reach your goals. It can be helpful to make an action plan for the steps you will take while working toward your goal. If you have a big, long-term goal, it can be helpful to break down your journey into smaller steps. We call these short-term or mid-term goals. For example: If your martial arts goal is to earn your Black Belt, it is helpful to focus on the smaller steps that come first, like earning your next tip or your next belt. Your Black Belt goal can seem far away, but if you focus on short-term steps like putting in your best effort each class and learning the moves for your next test, you are taking positive steps toward your long-term goal of earning your Black Belt.

Don't forget to celebrate your victories along the way. Each time you accomplish one of the short-term goals, pat yourself on the back for completing that next step. Post your martial arts goal where you can see it each day

What are some other short-term steps in martial arts?

- Attending class twice each week
- Practicing at home
- Packing your gear and uniform the night before class
- Putting your next tip test on the family calendar

What are some of your home or school goals?

- Brushing and flossing your teeth daily
- Keeping your room clean
- Getting good grades

What are some of the short-term steps for accomplishing those goals?



This Weeks Events

This is a reminder that this weekend is Labor Day Weekend. There will be no school on Monday, September 7th. You can always go to our website and pull up upcoming events to see what is happening this week at UAMA.

Community

We are so glad the fires have slowed down and most people are home now. We send our thoughts prayers to all that have been effected by the fires and have lost their homes. We encourage people to go out and find a community outreach program to give back to. Whether it be a Food-Bank, Shelter, or donating clothing and necessities to those in need. We are so blessed to be able to help out and if someone has a need, please let us know, we are here to support.



We need your Help

We need your help in getting people to know we are offering virtual and in-studio training! If you have not done so, we are asking everyone to do one of the following. Give us a review on one of the review sites, like Yelp, Google or Facebook. Share our page or a post with your friends. If you have not done so, please follow us on Facebook and Instagram. Take pics, tag UAMA, or check-in when you train. During this time, it is harder to let people know we are open, and taking new students. We appreciate all the support from all of you!



Meet The Stapleton Family

Hi, we're the Stapletons- Adrian, Beth, Elainya & Samoa. Elainya is almost 11, is in the 5th grade at The Indigo Program, & has been training with Master Ramir for over 3 years. She loves reading, doing comedy, playing computer games & learning to code! Her favorite color is orange & she really wants a black cat for her birthday in September. She loves her fur brother, Samoa who is a chihuahua pitbull mix. He's full of big barks, but he's a scardy cat too. Beth is a substitute teacher & runs her own small business as an independent consultant for Lemongrass Spa. Lemongrass specializes in organic, fresh, hand & small batch made, farm to face skincare products. You can check her out on FB at [LemonG Beth's Lemongrass Spa Group](#). Adrian runs his own small business, Wingit Creative Solutions. Wingit specializes in providing personalized technical services for the events production industry. From corporate to classical Indian

dance, he does it all & makes sure it's done right. WingitCreative@gmail.com
The entire family loves to travel & have visited over 8 countries together as well as driven across most of the US.

We love The Mosqueda's & the fact that they treat everyone at their school as family. The other thing that drew us to Master Ramier was his emphasis on working with every child, no matter their abilities. We're so happy to be a part of the UAMA family.

COVID Reminders

Please remember that you are responsible for making sure you and your child are okay to attend any program at UAMA.

Wear a Mask: Masks are required to be worn at all times in studio. We will not be doing heavy cardio work to keep from heavy breathing into mask.

Tested Positive or been around someone that has?: If you have tested positive or come into close contact with anyone who tested positive in the past 14 days for COVID-19, please let us know and take virtual classes.

Have Symptoms or Fever?: Please check you and your child's temperature before you leave the house. If you recently felt feverish, had any symptoms of COVID-19 such as: cough, shortness of breath, sore throat, nausea, vomiting, diarrhea, tiredness, chills, headaches, muscle/body aches, confusion, or loss of taste/smell, please stay home and join classes virtually if you are feeling up to it.

