



# United Academy of Martial Arts

330 Digital Drive Morgan Hill, CA 95037

(408) 957-6820

## Week 3

On Week 1 of our goal setting cycle we discussed and define goal setting as something you want to achieve or attain. With our understanding of goal setting on week 2 learn the difference between long-term and short-term goals. We also discussed how the two types of goals helped each other out in achieving the goals we find to be important to us. As individuals we all have our own goals that we want to set for ourselves but one goal we should all have in common at UAMA is to set the goal of “Black Belt Excellence” for both color belts and black belts. “Goals we set are goals we get.”



As we move into week 3, another tip to help you achieve your goals is to share it with your support team. When many of us first begin to train in the martial arts it would appear training would be an individual pursuit. As we continue our training with black belt in mind, we quickly realize that “Nobody gets a Black Belt alone.” In our quest towards personal growth and Black Belt Excellence we have a team of support ranging from parents, siblings and friends. Telling your support team about your goals can help you stay on track. When your friends and family ask you how you are doing on reaching your goals, it will feel great to tell them what you have accomplished. They can even encourage you to stick with it. Who are the best people to help you stay on track to reach your goal?

Imagine how you will feel when you reach your goal. If your goal is important to you, you will probably feel

amazing when you accomplish it. So go ahead and visualize how you will feel at the end of your journey. If your goal is earning your Black Belt, imagine how you will feel when you tie your new belt around your waist after your Black Belt test. If your school goal is earning an A in Math, imagine how you will feel showing your report card to your parents.

Goal Setting Review:

Week 1: Goal Setting

Week 2: Set Short Term Goals

Week 3: Share Your Goals with your Support Team.



## This Weeks Events

Quick notice for candidates, earth and wind team and BBC

It was great to see many of you at our last outdoor training at Nordstrom park and we are excited to let you know will be doing it again on September 12, 2020. July 2020 Black Belts and January 2021 Black Belt Candidates are scheduled to meet and train between 8:00am to 11:00am. Black Belt Club member will be able to join our group between the hours of 10:00am to 11:00am. We are all very excited to see as many of you for another fun gathering and training experience.





## 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.