



Mastership

After 20 years of training with ATA, Mr. Shoup was awarded the title of Master Instructor at this year's ATA World Championships. Upon achieving the rank of 6th Degree Black Belt in July 2015, he became a Master candidate and was subsequently nominated by ATA's Masters Council for the title. The past year has been filled with personal physical and mental training, including training sessions at 3 national events with the Masters Council, a mountain climb, and a 9-day water fast.

"I was extremely fortunate to have started my training under Chief Master Phil Minton. He inspired me to set high goals but not to forsake the hard work that it takes to reach them. I'm blessed to have met my wife, Senior Master Kelli Shoup, and become part of an amazing ATA family that has supported me through so many years to reach this point. This past year has taught me that, even though I have reached the title of Master Instructor, it is much like when I received my first trainee instructor collar—the title is a yoke of responsibility that must be upheld, which I will strive to do."

- Master Keith Shoup, Equinox Masters Class 2016

New Schedule, New Opportunities

Beginning Monday, August 15, the class schedule includes opportunities for students to participate in ATA's newest programs—Leadership and Legacy. For a LIMITED TIME, ALL JUNIOR & ADULT STUDENTS may attend these classes on a trial basis. Special pricing will also be provided for a limited time to those wishing to continue in one of these programs.

- The revised ATA Leadership program focuses on teaching students the importance of leading by example and supporting their communities. For stepping up their physical and mental training, Leadership students will be rewarded with unique opportunities and advanced curriculum designed to bring out their best. They may also attend V.I.P. Workouts at national events to train with legendary Songahm Master Instructors.



- The foundation of ATA's Instructor Program, the Legacy Program is how we create Leaders and Coaches who motivate their students in class and also in the real world. This new program offers the most innovative, update-to-date system for elite students looking to grow above the Leadership Program. The four quadrants to the Legacy program—Structure, Emotion, Knowledge & Legacy—maximize the expertise of personal and interpersonal skills taught through Songahm. The cornerstones of this program will build skills needed to thrive in the real world. Graduates of the Legacy Program will continue Eternal Grandmaster H.U. Lee's vision as Certified Instructors and Future School Owners.



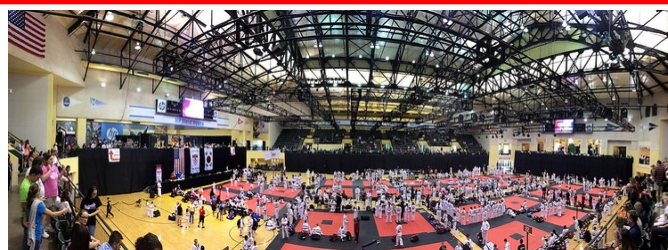
Leadership and Legacy Program Members Automatically Enrolled in the ATA Champion Program

Color and Black Belts alike can earn points for placing at ATA tournaments and compete for a State, District, and even World (black belts only) title!

Ask an instructor for more information!

WORD OF THE CYCLE: SELF-CONTROL

MEANING: "Controlling your body and your actions."



It's Time! Our Tournament!

Our Oswego school earned the right to host a tournament and were awarded the September 2016 date. To put on a spectacular show, we will need several important ingredients. And WE WANT TO SHOW YOU OUR APPRECIATION for helping supply those ingredients:

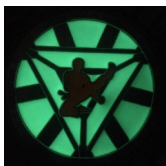
Volunteer "THANK YOU" Dinner—no event of this magnitude can be accomplished without the help of many volunteers. From set-up to take down, there are plenty of spots where you can lend a hand, including admissions, awards table, signage, and more. Immediately after the tournament, we will have a dinner at the Wade's Franklin Park school, about 10 minutes from the tournament site, for all volunteers and their families.

Earn FREE Competitions—of course, we want to come out in force and compete in our own event. To defray the cost of competition, we have a couple options:

REFER A FRIEND—for each friend you refer who signs up for our regular program between 8/1 and 9/10, you and your friend each get one free competition entry. More Friends = More Free Competitions!

SPONSORSHIPS—for each Gold or Platinum sponsorship you obtain for the tournament, you will receive one free competition entry. (Pick up Sponsor forms at the school!)

Bourbonnais Warriors



Congratulations to the following individuals who participated in the July 23rd Regional Tournament in Bourbonnais: Sophia Watt, Shaelynn McCabe, Maggie McCabe, and Connor McCabe.

A special shout out to Connor McCabe for successfully completing his Level 1 Judging test on the Friday prior to the tournament. Mr. McCabe was able to serve as a corner judge for color belt rings at the tournament.

STUDENTS OF THE CYCLE

ATA Tigers (Beginner)	Xavier Martinez
ATA Tigers (Intermediate)	Vaughn Amick
Beginner	Juan Magada
Intermediate	Shaelynn McCabe
Advanced	Kyle Maszak
Black Belts	Mira Saravia



AUGUST

SEPTEMBER

To

Fall Nationals 2016 (October 19-22 in Orlando, FL).—This is wonderful venue for families, as the event is hosted at Wide World of Sports in Disney World! Go to ATAonline.com/FallNationals for more info

Visit oswegoATA.com for current calendar.

	BEGINNER TIGERS	INT. TIGERS	BEGINNER	INTERMEDIATE	ADVANCED	BLACK BELTS
FORM	Songahm #3 First Half	Songahm #3 First Half	Songahm #3	Songahm #3	Choong Jung #2	Rank-Appropriate
LOW-RANK FORM	N/A	N/A	N/A	N/A	Songahm #3	Songahm #3 Choong Jung #2
SPARRING	SA3 One-Step #1	SA3 One-Step #1, Free-Sparring	SA3 One-Steps #1-2	Free-Sparring Combat Sparring	Free-sparring Combat Sparring	Free-sparring Combat Sparring
SELF-DEFENSE	SA3 Self-Defense #1-2	SA3 Self-Defense #1-2	SA3 Self-Defense #1-2	SA3 Self-Defense #1-2	CJ2 Self-Defense #1-2	#1-2 BME Disarms #2 Knife Defense
BOARD BREAK	Front Kick	Jump Front Kick	Front Kick	Jump Front Kick	Combo: Front Kick- Jump Front Kick	Combo: Front Kick- Jump Front Kick
WEAPON	Sshang Jeol Bong	Sshang Jeol Bong	Sshang Jeol Bong	Sshang Jeol Bong	Sshang Jeol Bong	1BD: SBME 2BD+: DBME