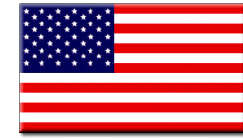




# Leading Edge Martial Arts



## April 2019

Give Yourself The Leading Edge!

God Bless the USA!

3239 Hamilton Blvd  
Allentown PA 18103  
610-434-3343  
www.leadingedgema.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8 LEMA T Shirt Week	9 LEMA T Shirt Week	10 LEMA T Shirt Week	11 LEMA T Shirt Week	12 LEMA T Shirt Week	13 LEMA T Shirt Week
14	15	16	17 <i>Women's Self Defense Workshop 7:45pm-9:15pm  No Adult Classes</i>	18	19 <i>LEMA Closed for Good Friday</i>	20 <i>LEMA Closed for Easter Break</i>
21  <i>Happy Easter</i>	22 LEMA T Shirt Week	23 LEMA T Shirt Week	24 LEMA T Shirt Week	25 LEMA T Shirt Week	26 <i>Graduation @ LEMA Allentown Warm ups 5pm Ceremony 5:30pm No Classes</i>	27 LEMA T Shirt Week
28	29	30	1	2	3	4

# Don't Let Bright Sunshine Blind You From Your Goals!

Spring has sprung! Don't let the sun and the nice weather blind you or your children from your goals. This time of year always concerns me because spring fever and spring sports run rampant. Both children and adult students can be distracted by the bright sunshine. Who wants to be inside when it is so nice outside? Who wants to work out and sweat when we can spend time on the patio, at the park, or in the pool? This is when it is most important to stay focused on our goals.

It is important to remember why you first started training at Leading Edge and of the different goals you set for yourself and your family. I encourage everyone to give themselves a set and consistent training schedule of twice a week. It is ok to back off a little if you were training more than that but don't let yourself fall completely off track.

Parents, this is very important for you. Spring and the beginning of the summer are the hardest times to get your children to class. Regardless of how much they loved training two months ago, they may kick and scream now when you say it is time to go. Even the most diligent and motivated student's interest can waiver in the spring.

If you or your children are really having a hard time staying on track with your training, schedule a conference with Sensei right away. It usually takes a simple pep talk or a few words of encouragement to help get everyone back on track.

Remember why you first started at Leading Edge Martial Arts. Stay consistent and diligent with your training and working towards your goals. Parents, remember to be supportive and positive guides in helping your children stick with what they started. It is during these times that you can help your children learn the importance of overcoming goal barriers and the true meaning of a non quitting spirit. Martial Arts is a Life Style and should be a long term compliment to everything else you do.

Enjoy the weather.

See you on the mat!

Sensei Rob and Sensei Bart



**Free**

## **Women's Self Defense Workshop**

**FREE!**

**Wed. April 17th 2019**

**7:45 till 9:15**

**Sign in at 7:30pm**

**In this 1 ½ hour class, you will:**

- 1. Receive tips on how to avoid being a target and potential victim.**
- 2. Learn how to deal with a situation once it has presented itself.**
- 3. Learn easy to use yet effective striking techniques.**
- 4. Learn hands on self defense moves when grabbed by an attacker.**
- 5. Have the opportunity to practice all these skills on volunteers from Leading Edge Martial Arts.**



**Call to register today!**

**Two Great Locations  
Allentown & Bethlehem**

**610-297-3343**

**[www.LeadingEdgeMartialArts.com](http://www.LeadingEdgeMartialArts.com)**