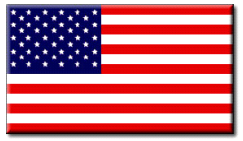
Leading Edge Martial Arts

January 2018

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
31	1 **No Classes.**	2 Classes resume. Time to attack those 2018 goals! See you on the mat!	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 Martial Arts Night At the Phantoms No Adult Classes	13 LEMA T-Shirt Week
14	15	16	17	18	19	20
21	22 LEMA T-Shirt Week	23 LEMA T-Shirt Week	24 LEMA T-Shirt Week	25 LEMA T-Shirt Week	26 Full Uniform Graduation Warm ups 5pm Ceremony 5:30pm No Classes	27 LEMA T-Shirt Week
28	29	30	31 Happy Birthday Sempai Scott	1	2	3 Board Breaking Order Forms Due

2018 Goals vs Dreams

See you on the mat in 2018!

With start of a new year, it is common for people to set new year's resolutions or as we refer to them as new year's goals.
Here are some tips in helping you stick with your goals and be successful in accomplishing them in 2018.

First you must understand the difference between a dream and a goal.
Both are things we would like to have, acquire, or accomplish.
The fundamental difference is, dreams we let happen and goals we make happen.

To be successful this year at making your goals come true, follow these steps. What-Why-When-How-Remind

1. What? - Decide on your goal.
2. Why? - Ask yourself why the goal is important you? Knowing why it is important will help you stick with it and not just dismiss it.
3. When? - Set a target date for achieving this goal. This keeps you from pushing your goal off to a later date.
4. How? - Figure out a plan of action to help you achieve this goal. Follow the plan!
5. Remind - Lastly, post the goal somewhere where you will see it on a daily basis to help remind you to stay on track. Post it on your fridge, bulletin board at work, or event daily reminders in your phone.

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 your obstacles and accomplish your goals.....and you will!

I count on some of you setting goals to return to the mat in 2018. Some of you got lost on your martial arts journey or fitness journey in 2017. I look forward to seeing your face in the coming weeks!

See you on the mat in 2018!

JOIN!
LEMA's 1st annual 90 Day Challenge with Sensei Rob

Superfoot Bill Wallace returns to LEMA!

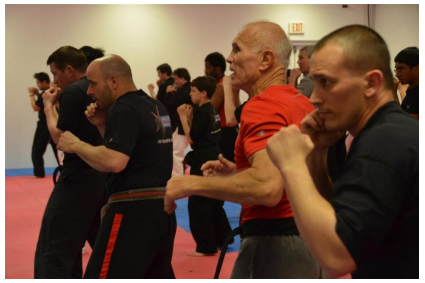
Saturday Feb. 17th

Don't miss the opportunity to train with this legend!

Event Schedule

At LEMA Allentown

- 10:00am -11:30am Children's Flexibility, Kicking, and Kickboxing Workshop $20
- 1:00pm-4:00pm Adult Flexibility, Kicking, and Kickboxing Workshop $30
- 4:00pm Public Autograph Session $10

*All sessions followed by Photo and Autograph Session *

Call LEMA Allentown
610-434-3343
Or visit our website to purchase tickets.
LeadingEdgeMartialArts.com