

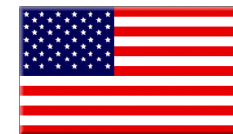


Leading Edge Martial Arts


January 2020

610-297-EDGE
www.leadingedgema.com

Give Yourself The Leading Edge!



God Bless the USA!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 LEMA Closed for Winter Break	31 LEMA Closed for Winter Break	1 	2 Classes Resume!	3	4
5	6 LEMA T-Shirt Week	7 LEMA T-Shirt Week	8 LEMA T-Shirt Week	9 LEMA T-Shirt Week	10 LEMA T-Shirt Week	11 LEMA T-Shirt Week
12 Star Wars Night at the Phantoms 3pm	13 Adult Full Gi Grappling 7:45pm	14	15	16	17 Pizza and Movie Night 5pm-8pm No classes.	18 Board Breaking Order Forms Due
19	20 LEMA T-Shirt Week Adult No Gi Grappling 7:45pm	21 LEMA T-Shirt Week	22 LEMA T-Shirt Week	23 LEMA T-Shirt Week	24 LEMA T-Shirt Week	25 LEMA T-Shirt Week
26	27	28	29	30	31 Graduation Warm ups 5pm Ceremony 5:30pm No classes @ LEMA Allentown	1

2020 Goals vs Dreams

See you on the mat in 2020!

With the 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 2020.

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 even 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!

Some of you got lost on your martial arts journey or fitness journey in 2019. I hope some of you will be setting goals to return to the mat in 2020.

I look forward to seeing your face in the coming weeks!

See you on the mat in 2020!

Pizza and Movie Night



Fri Jan. 17th

5-8pm



Fun, Food, and a Film

- 1 Child \$20
 - 2 Children \$30
 - 3 Children \$40
- Bring a "Buddy" for \$10



Board Breaking Coming this February Order Forms due by Jan 18th

