

KARATE ATLANTA

would like to congratulate all KA Team Members for another great year of growth and success! We could not do this without your dedication and effort. We would like to congratulate our 2016 award winners.

Thank you for all you do!

2016 Award Winners

School of the Year Brookwood

Instructor of the Year Mr. Chad Hill

Program Director of the Year Mrs. Bonnie Rhodes

Assistant Instructor of the Year Michi

Most Improved School of the Year Marietta

Grand Master Spirit Award Mr. Gerald Sonnichsen

Grand Master Effort Award
Mr. Evan Haley

Grand Master Attitude Award Ms. Abigail Stams





belief is "yes i can"

2017 LIFE SKILLS BELIEF T-SHIRT | BAHNG MAHNG EE

Belief is the total commitment to a goal so that no possibility of any end, other than the desired one, exists. Show your commitment with the NEW ATA Life Skills T-Shirts.

Life Skills T-Shirt: Deep Royal Blue cotton shirt available in Youth Small - Adult 3X-Large **Bahng Mahng Ee**: (L to R) Dragon Combat BME, Action Flex Combat BME, Dragon BME, and Protech BME





ATA LICENSEES AND INSTRUCTORS ARE INVITED TO JOIN THIS EXCLUSIVE NEW TRAINING



Introduced in 2014, the new ATA Tigers program has reinvigorated the way children ages 3-5 learn martial arts and life skills! New full day of training available with class planners, marketing materials, and instructional information designed to enhance the way you teach this program.



Since its introduction in 1986, the Karate for Kids program has helped children all over the world learn Discipline, Self-Esteem and Respect. In 2016, the class planners and extensive training tools were introduced to add structure and support to the already powerful program.

GAIN ACCESS TO EXCLUSIVE CONTENT INCLUDING SUPPORT MATERIALS AND VIDEOS!



Take your Leadership Program to the next level! Packaged together with 6 new life skills books, class planners, and a revamped ATA Xtreme curriculum.



Bring Structure, Emotion, Knowledge and Legacy to your students while introducing the new CIT program. Re-certification offered for instructors

2017 WORLD EXPO JUNE 19 TO 25 - 2017 FOR MORE DETAILS VISIT:

ATAWORLDEXPO.COM

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Reader submission guidelines:

ATA World welcomes submissions for the ATA Community section. Please submit materials for the Summer 2017 issue by April 18.

Include your name, address, phone number and email, plus the name of your instructor and school. We prefer electronically submitted items of fewer than 250 words.

Email materials to jenny.oconnor@ataonline.com with your full name in the subject line.

We prefer digital photographs of at least 300 DPI sent to the email address above. We cannot accept Polaroids, computer-printed photos, color copies, newspaper clippings or copyrighted photos. We can't return articles or photos; please send copies.

We can't guarantee placement or acknowledgement of any submission. We reserve the right to edit all reader submissions for content and clarity. We can't accept unsolicited articles, such as how-to articles.

Ad Deadlines: For all questions about advertising, including congratulatory ads, please contact Jenny O'Connor at jenny.oconnor@ataonline.com. The ad deadline for Summer 2017 is April 28.

Disclaimer: ATA and Arkansas Business Publishing Group accept no responsibility for injuries that may result from attempting the instructional information provided in this publication.

CORRECTION: the previous issue of ATA World was misidentified. It was the Winter 2016 issue.



UNLOCK YOUR POWER POSE

HOW TO OPEN AN ATA MARTIAL ARTS

SCHOOL OR CLUB

The Executive Licensing Team is hosting two special events during The World Expo:



- Tuesday, June 20, 2017, 10:00 AM 2:00 PM, ATA HQ Classroom
- ATA International's VP of Licensing will offer a detailed seminar on how to become an ATA licensee.
- Open to anyone who wants to become an ATA Licensee!
- Register at ataonline.com/worlds_discovery_registration

FUTURE LICENSEE WORKOUTLevel 2 or Level 3 Certified Instructor Only

- Thursday, June 22, 2017, 7:00 AM 8:00 AM, ATA HQ Training Room
- Join this workout hosted by Chief Master Al Dilegge and learn about the opportunities and advantages of owning your own ATA licensed facility!
- Enjoy a light breakfast while hearing how Top Ten Licensees got their start and how they made it to the top!
- Limited to 50 participants only. Register now at ataonline.com/worlds_future_registration





FROM GRAND MASTER

Big Things Begin In Spring

Many say that spring is a time of renewal and growth. So as the weather begins heating up, let your passion for martial arts heat us well! It's hard to believe that the annual ATA World Expo is merely a couple of months away, but our team of leaders are working hard to make this event an unforgettable one with plenty for you to enjoy. Whether you are a student, instructor, family member or friend, there will be so much to take part in and we hope that you will join us for this celebration!

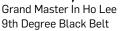
During the World Expo Masters' Ceremony, we will welcome Chief Master G.K. Lee as our newest Grand Master! His persevering journey and dedication to this sport is truly epic and one that has received respectable recognition from people in all facets of the industry. As he prepares for one of the most exciting times in his Taekwondo career, we wanted to share more of his story with you and let you get to know this ATA International superstar on a deeper level. In addition to the Masters' Ceremony, there will be tons of amazing seminars, high rank testing and, of course, dynamic competition. If you've never been to a Worlds ... or if you never miss one ... make plans now for the hottest ticket in martial arts.

One of the things that excites me the most about the World Expo is seeing our ATA International family from all across the globe. ATA Europe continues to expand and it's so motivating to see their growth and know that they have their sights on even more going forward. We truly are a worldwide organization and seeing Songahm reach so far and touch so many lives reminds me of our founder's original goals to make the world a better place through Taekwondo. I can't wait to see what the future holds!

This spring, stay focused on improving and building a better foundation for YOU. Let the energy of the season keep you striving for greatness and continue to take action. I look forward to seeing you at Worlds and I would love to hear about how you are making a difference in your own life and in your community through martial arts. Take advantage of all that this organization and your fellow ATA peers have to offer. Together, we are ATA Strong.











SPRING 2017

WEB EXTRAS



ATAonline.com... and beyond!

World Expo is just a

The 2017 ATA International couple of months away so make plans now to be part of the high intensity training, dynamic competition and welcome 9th Degree Black Belt, G.K. Lee, as ATA's newest Grand Master! Go to ATAOnline. com/World_Expo for a complete schedule of events and get ready for spectacular martial arts action!

Before Worlds, ATA International will be hosting the annual District Championships. May 13 and 20, practitioners from around the U.S. will compete for District titles and a last minute shot at making it into the Top Ten. Visit ATAOnline.com/Districts for the most up-to-date information.

Want to see live tournament videos? Get motivational quotes to keep your Taekwondo goals in focus? Then join the thousands of followers at Facebook.com/ATAWorldwide for live tournament videos, motivational ATA International members. Give us



quotes and feedback from your fellow a LIKE!

The H.U. Lee Scholarship Foundation recently selected its 2017 award recipients. Remember that the applicants in your region are awarded even more based on your fundraising efforts. For more on how you can help raise money and awareness for HULF, go to HULeeFoundation.org.

ATA World magazine is the official publication of ATA International. It is an excellent source to reach the Songahm community to share news about your tournament and special events, as well as finding out what is heating up this spring in our martial arts community. Catch up on previous issues and find out more about advertising at ATAWorldMagazine.com.





The ATAOnline.com/ **Newsroom** is a great place to keep up with testing scores, featured news stories and more regarding our worldwide Songahm community. Get your latest headlines straight from Grand Master and more!

Attention instructors: MyATAToday.com is your central hub for the latest news and information on ATA International headquarters. Take advantage of all that this tool has to offer and stay updated on what is happening with your Songahm family.



Want to see more "Transformation Tuesday" pics or check out your friends at the latest national competition? Visit Instagram.com/ **ATAWorldwide** and use #ATAWorldwide #ATAStrong and #ATAInternational among others so we can follow you on your martial arts journey.

LEGACY SPOTLIGHT



Chief Master Cesar Ozuna

An ATA Pioneer In South America

When Chief Master Cesar Ozuna began his martial arts journey, it was 1969 and he was training under Master Duk Sun Myung Asuncion-Paraguay. As a college student in Stockton, Calif., and training in Sacramento, he tested for this 3rd Degree Black Belt in front of the panel's special guest — Eternal Grand Master H.U. Lee. Chief Master Ozuna's life would never be the same. He has met many fierce opponents in his day and his recent battle with cancer was no exception. He is now preparing for his new role and continuing to make a difference through his ATA Legacy.

You have been instrumental in the growth of Songahm in South America since its inception. What does it mean to you to see how far STF has come over the years?

A Honestly, I love helping my students reach their goals.

How do you prepare for your future goals in Songahm?

A I want to continue learning and setting goals as an honor to Eternal Grand and my loyal juniors and followers who have supported me over the last 40 years. Training with my mentors like Eternal Grand Master Soon Ho Lee always teaches me lessons in humility.

What do you tell your students who are interested in leaving their own ATA Legacy?

Keep on practicing, and be the best you can be for yourself, your family and your students. Always create new instructors and teach them to be humble. No matter what you say, people will follow what you do, so be the greatest model possible.

Who do you consider some of your biggest Songahm Legacies?

We have 36 Masters, over 50 A 5th Degrees, over 300 certified instructors, over 230 schools in Latin America. That is at least 200 people that make their living and support their families, teaching Songahm every day. Some of the most successful instructors in the US are my juniors and I am very proud of them. Eighty percent of my instructors are already better than me and that is the ultimate goal of a leader: reproduce, multiply in a better way!

What do you want your ATA Legacy to be?

A legacy is a true martial artist, a leader you can trust, a great father, husband, son, brother, partner and friend! It has been an honor to open the international door for ATA. I have had the privilege as an instructor to open the eyes of those who would not have a better chance if it was not for ATA Martial Arts.



CONGRATULATIONS TO AAMA 2016 - 2017 MARTIAL ARTS LEGENDS



GRAND MASTER CLARK



CHIEF MASTER VON SCHMELING



SENIOR MASTER MOORE



MASTER GIMENEZ



MASTER APOLO



MASTER NOMINEE ALFARO

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ATA COMMUNITY

LIFE-CHANGING MASTER

I met Master Sam Phrumjuntun at a Christian men's retreat that neither one of us wanted to go to. To say that I was at a low point in my life would be an understatement. My lifelong friend, Mike White, hounded me relentlessly about going with him. He knew that I was at the end of my rope and the knot that I had tied was slipping fast.

My senior year in high school a car accident left me in a coma for eight weeks and incomplete quadriplegic. Then four years before I met my Master, I broke my paralyzed leg so severely doctors told me it would never support weight again. If ever I needed a miracle it was now.

In my darkest hour that miracle came in the form of an Asian man named Sam Phrumjuntun. Master Phrumjuntun saw into my troubled soul and told me he wanted to train me for free. At my first practice, I was so insecure, thinking the kids and the parents thought me and my power chair were in the way. Then my Master asked the kids, "who wants to spar Jimmy?" Their response was overwhelming and I found the family I never had.



Now, I am a camo belt going for black and not only will my right leg support weight, I can walk again. What people tell you about yourself does not matter, but what you believe about yourself means everything. My Master made me believe in myself again. ATA Taekwondo saved my life.

Jimmy Drew

Phrumjuntun's Taekwondo USA Family Center Longview, Texas



LEAVING A LEGACY

Today is the one-year mark from my first class at Coffrin's Martial Arts. I have gained SO much and I am proud of myself for taking that step onto the mats a year ago. It is more than a place I work out and work; it is a place that I love going to. I have gained friends, some of whom are more like family filling me with self-confidence and self-esteem. When I was a kid, I wanted so bad to take martial arts classes ... mom can tell you of my obsession with "The Karate Kid." What once was a dream is now a reality.

I have also lost 54 pounds, which is an added bonus. I started the journey to lose weight, and I have an ultimate goal in that regard, but I have gained so much more that the weight loss is not my main reason for doing this anymore.

[Master Corey Coffrin wanted to add: "Ms. Ehlers is a member of the ATA Legacy team and also an assistant instructor who runs the after school program. She is a mother of three and an outstanding example of what ATA stands for."]

Ayreille Ehlers

Coffrin's ATA Martial Arts Bloomington, Ill.



Photo by Xnapshots Photography

A FUTURE OF GREATNESS

Xander Ysaac Javier, 12, began his training at only 8 years old when his family joined Shaolin Kempo at Georgetown, Ky. It was a unique system of self-defense with the combined structure of Shaolin Kung-Fu, Kempo Karate and Jui-Jitsu.

When we moved to Ponte Vedra Beach, Fla., we joined Karate America and trained Taekwondo under Master Daniel Gimenez and Ms. Amber Smith. They are Xander's mentors as they have not only taught him the art of self-defense, but also helped develop leadership skills, self-discipline and helped him become one of the elite competitors to represent the "Karate America-Ponte Vedra Beach Team."

He is now a Black Belt Recommended and is looking forward to testing for Black Belt Decided very soon. When asked what he loves about ATA, Xander replies, "ATA provides a family oriented environment. My mom does kickboxing while I train in Taekwondo with my dad. The students, parents and instructors in our school are very friendly and we all treat each other like one big happy family. ATA helped me to be a leader, an elite sportsman and to be respectful and strong."

He is inspired by his instructors and the organization's Grand Masters who motivate him to never give up and always do his best. He is also inspired by Jackie Chan, Jet Li and IP Man.

When Xander isn't kicking and punching, he is reading, playing basketball and guitar and working with computers (he types 96 words per minute)!

As for receiving his black belt soon, Xander says, "A lot of kids want a black belt and think they deserve it. But only few have the discipline, dedication and determination to earn one. I don't want to just wear it; I want to act and live my life like a true black belt."

Xander Javier (by way of Master Daniel Gimenez) Karate America-Ponte Vedra Ponte Vedra, Fla.

SONGAHM SISTERS

Chief Master Laura Kowkabany and Senior Master David Kowkabany have been so influential in our lives. In the over 10 years that we have trained under them, we've both gained immeasurable confidence and strength. Chief Master Kowkabany is the best role model a young woman could have, her wisdom and strength inspire us. Senior Master Kowkabany challenges us and provides us with life lessons worth every word. The Kowkabanys have written us countless letters of recommendation, provided invaluable advice, and supported all of our endeavors. We would not be who we are today without their guidance and support. We would like to thank them for their dedication to our growth and success. We love you Chief and Senior Master!

Per the girls' mom, Maria, this excerpt from Ana's common application essay she wrote when applying for college sums up the girls' experience with ATA:

"I look up and catch the eyes of my two instructors. They ground me; when I look at them I catch an air of reassurance. Years of training under their stern yet loving command form a part of my being. They've taught me everything from how to form a proper fist to the importance of respect. I must now put into effect the most important lesson they've taught, an athlete's greatest asset: perseverance."

Paula, too, wrote what Taekwondo shows her:

"Right leg back hands up and yell! My instructor's mighty voice echoes. I wonder if he is preparing me to perform my sparring combinations, the ultimate cardio workout, or a sidekick. Either way, I trust that I will soon break into a sweat. Training is priceless, but I think Taekwondo rises above all other activities because of



its everlasting life skills. I learned leadership; I assist classes, lead testings, and judge at tournaments. I learned integrity; my elbows bend to 90 degrees with each push-up, even when my instructor's gaze turns elsewhere. I learned perseverance; reaching black belt was just the first of many goals I work every day to achieve. And most importantly, I learned passion; my devotion to this sport will remain for years to come."

Ana and Paula Rescala (and Maria Rescala)

Kowkabany's Family Martial Arts Tampa, Fla.

FOR KICKS

ATA INTERNATIONAL MEMBERS CONTINUE TO TAKE HOLLYWOOD BY STORM WHILE THE ORGANIZATION ENCOURAGES THE BUDDY SYSTEM APPROACH TO TRAINING.

ATA SUPERSTAR!

ATA athletes and supporters from around the world were thrilled this past March when Marvel released its much anticipated, latest blockbuster hit, "Logan." Though many martial artists were pumped about the high intensity action thriller, what was really exciting was seeing our very own ATA X5 member, RISSA KILAR, doing stunts for the film and getting much deserved attention for her growing talent. The film, which broke records by grossing over \$237 million globally on its opening weekend, was Kilar's first major project following a stunt performance in the 2015 television series, "Daredevil."

Kilar began martial arts at age 5. Coming from a military family, she has moved every few years until finally settling in Los Angeles, Calif. In Los Angeles, she further pursued her martial arts career as an instructor and ATA World Champion competitor and performer. After a couple years in L.A., acting and stunt work sparked her interest, and with her connections through the martial arts industry she has been set on the path toward exciting opportunities in the entertainment industry.

Congratulations ma'am! Your ATA International family is so proud of your success and we look forward to seeing what your future holds!

EVERY DAY IS BUDDY DAY!

We all know that doing training of any kind is usually more fun with a friend or buddy. So ATA International wants to remind you that "Every Day is Buddy Day!" Invite your friends or family to participate in a martial arts class, seminar or special event so that you can motivate one another as you move through the ranks. Each quarter will have a different focus and this spring, we want to focus on Family Fitness. Ask your instructor if your ATA licensed school will be hosting any buddy day activities in the coming weeks and make plans now to spread the message of Songahm to inspire others in your life. Train hard to play hard and remember "Today Not Possible: Tomorrow Possible."



Exciting Ways to Support the H.U. Lee Foundation

The H.U. Lee Memorial Foundation is proud of our growing partnerships with Wishing For Mommy, Amazon Smiles and Kroger Community Rewards Program.



Join the Pink Belt Revolution

When you support Wishing For Mommy by purchasing a pink belt, half the proceeds will be used to grant wishes to survivors of breast cancer. The remainder will be donated to the H.U. Lee Foundation scholarship fund. As a result of pink belt sales, Wishing For Mommy donated over \$12,000 to the scholarship fund in 2016.

Connect With Kroger Community Rewards!

Through the Kroger Community Rewards Program, ATA members living in Texas, Arkansas, Louisiana, Missouri, Mississippi, western Tennessee, and Virginia are now able to contribute to the H.U. Lee Scholarship Fund just by swiping your Kroger Rewards Card as you purchase groceries. The 10 easy steps to get enrolled are on the Foundation website. Supporting a great cause has never been easier!



Shop with Amazon Smile

The H.U. Lee foundation is proud to our partnership with Amazon Smile! Amazon Smile offers the same vast product selection as Amazon.com, however, a portion of each purchase goes to the H U Lee Foundation.

Visit huleefoundation.org/amazon-smile for details.





Your efforts to support our partners directly contribute to the mission of the Foundation. For more information on how you can get involved in these remarkable organizations go to www.huleefoundation.org under the PARTNERS tab.

Break Boards for College Scholarships!

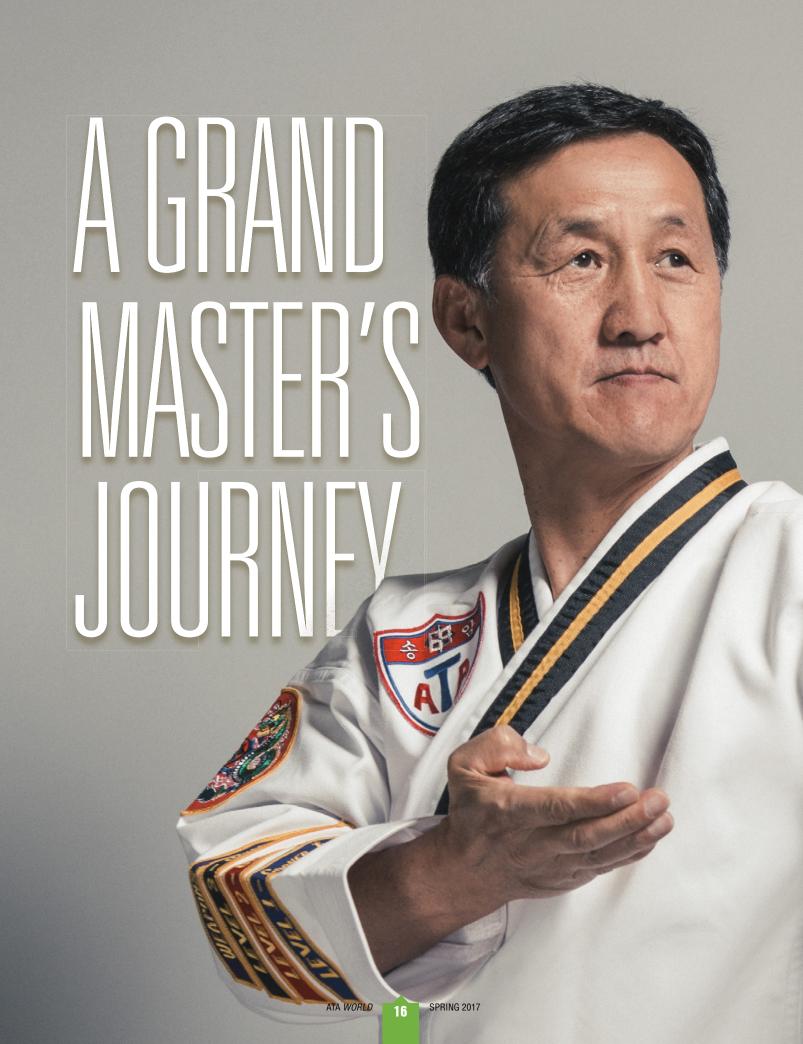
Host a Board Break-A-Thon event at your school this month or anytime throughout the year. It's a great way to gain exposure as well as potential students for your school. When you raise money for the H.U. Lee Foundation, you're helping your students go to college. 75% of the funds raised by licensees is awarded to your region.















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Colorado Springs, CO

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3 Days of training to improve your martial arts and weapons training skills! With an average temperature of 75 degrees, Colorado Springs is a beautiful place to train with your fellow Instructors from around the world.

Recertify in most 1st – 4th Degree Protech training tools, get updates on training procedures, prepare for your mid-term testing at this camp and LEARN FROM TOP ATA MASTERS! Open to Licensees, your staff members, and 1st Degree BB and above members, 18 or older. Special visit to the Olympic Training Center.



GREASONS TO ATTEND



- ~
- 1. Improve YOUR martial arts skills
- 2. Train with your ATA friends in beautiful Colorado
- 0
- 3. Add value to your programs by improving technique
- 0
- 4. Learn to teach Protech clinics to increase revenue, retain students, and get new members
- W ①
- 5. Teach your students the best technique to win at tournaments
- 6. Network with Top Licensees and Instructors
- 686
- 7. Tour the Olympic Training Center in Colorado Springs
- **2X**
- 8. Earn Double Leadership Points
- P
- Reserve a semi-private lesson with Grand Master Nominee G.K. Lee or other members of the National Protech Staff



IT'S A STAPLE OF THE BIG HOLLYWOOD EPICS. A YOUNG PERSON ON A QUEST COMPLETES A LIFETIME'S WORTH OF TRAINING, CONFRONTS AN OLD MENTOR AND SUDDENLY THE STUDENT IS NOW THE MASTER.

Except it doesn't work like that. Not for Chief Master G.K. Lee, anyway.

For Lee, Grand Master Nominee and head of the ATA Protech weapons division, it is important to always continue to be a student, no matter what your rank.

"I feel I have a major responsibility. As long as I can wear my uniform, I hope I can help my juniors receive the life benefits of martial arts," he said.

His thirst for knowledge has kept Lee on a constant

journey of self-improvement even as he has improved the lives, not to mention martial arts skills, of the many students he has taught along the way, from Korea, to Florida to Little Rock, Ark., as well as points around the globe.

Having already tested for 9th Degree Black Belt, Lee awaits the greatest honor of all — being elevated to Grand Master at this year's ATA World Expo in Little Rock. In a solemn and traditional ceremony he will join just a handful of other Songahm leaders to receive the honor, and despite a career full of accolades, it stands out.

"This is the highest honor I could receive in martial arts," Lee said. "I'm lucky to have made it this far."

Friend and colleague, Sr. Master Sean Smith, has been learning from Lee since Smith was 8 years old. He can vouch that the soon-to-be Grand Master believes in teaching to learn and learning to teach.

"He's really the epitome of a martial artist, of a master instructor and of a student," Smith said. "He's everything I've always tried to be in all those realms. Everybody's an instructor and everybody's a student and it's really easy to forget one side of that."

A member of the Masters Council charged with maintaining and carrying forward Eternal Grand Master H.U. Lee's vision, G.K. Lee also helped change the ATA for all time when Eternal Grand Master summoned him from Panama City, Fla., to Little Rock to operate the new weapons division in the early 1990s.

"We'd been married one year and he said 'I need Mister

G.K. to move to Little Rock," said G.K. Lee's wife, Chief Master Kathy Lee. "And I said 'Why sir, for what?' I was at attention while we were talking on the phone."

Eternal Grand Master said "I need someone to run the weapons program and I can trust him," Chief Master Kathy Lee recalled.

But despite the honors, accolades and responsibilities invested in him, Chief Master G.K. Lee has maintained his enthusiasm for his sport and exploring its possibilities, learning new things with a student's approach and accomplishing new goals.

"He's always on the hunt to work and learn and train and develop and improve things from lots of points of view," Chief Master Kathy Lee said. "It's almost like he never sits still. He's always working on the next big thing, the next big project."

PÉNINSIII A TO PANHANDI F

Born in Korea, G.K. Lee discovered martial arts the way many American youngsters did, and still do, by seeing some form of it on TV. His father was a veterinary caregiver, frequently traveling Korea to tend to a diverse collection of creatures ranging from honeybees to cattle, and young G.K., influenced by the cousins he'd stay with, began to really develop an interest in martial arts.

"When I was young, wrestling and karate chops were very popular on black and white television," he said. "It really was like a mixed martial style back then in entertainment. I became more interested in martial arts at this time. Because of my father's career, he was gone a lot so I stayed with my cousins often. It was then I started training and learning martial arts from them. I was in the second grade. My first instructor at a commercial martial arts school was Master Ri Kwan Lee."

In three years of Korean military service, G.K. Lee continued to train and compete and also taught American servicemen at the U.S. Army base in Yongsan. Relationships between American military members and Korean martial artists influenced the growth and popularity of martial arts in the United States. It was such a relationship that led Grand Master Richard Reed to

"IT'S ALMOST LIKE HE NEVER SITS STILL. HE'S ALWAYS WORKING ON THE NEXT BIG THING, THE NEXT BIG PROJECT."

__CHIFF MASTER KATHY I FF

sponsor Eternal Grand Master to the U.S. in 1962, leading to the eventual founding of ATA.

Early in his training, G.K. Lee showed a student's curiosity about other forms of martial arts beyond Taekwondo. And he developed his interest in weapons, a traditional Taekwondo element that was nudged aside somewhat during martial arts' popularity boom.

"In the 1970s and 80s, movie stars used empty hand styles in the movies predominately," he said. "A major part of martial arts was missing there. We revived that in the early 1990s with the introduction of Protech in the ATA. This was to help complete our martial arts and bring back a traditional aspect of Taekwondo that was missing."

G.K. Lee describes his move to the United States in 1984 as one of his biggest challenges. But it didn't stop him from rising to become a vital member of the ATA organization soon after he made his first stop in Panama City, where he worked and taught at the school operated by future Grand Master Emeritus Soon Ho Lee.

G.K. Lee also met his future wife, business and teaching partner in Panama City.

"He moved from Korea and I was already working there at the school. I was a 3rd Degree Black Belt," said Chief Master Kathy Lee, who married G.K. in 1989. The couple now has two children, Lauren and Grant, who also train.

Chief Master Kathy Lee has traveled with Grand Master Nominee





G.K. around the nation and the world helping to conduct seminars and teach. Watching his approach up close, she said it was clear G.K. has a knack for connecting with students and teaching at their level.

"He's always eager to learn too, so he gets down on a student level and trains with the guys," Chief Master Kathy Lee said. "He's a black belt in jiu jitsu. He's very modest about that. He doesn't boast about anything. He gets down and grapples and trains with all the young guys. He doesn't have any problems doing what they do."

WEAPONS AND BEYOND

In the evenings at Panama City, after the students had left, Kathy Lee would watch her husband go to the closet and pull out his cherished weapons, one of the passions he carried to the U.S. from his days in Korea.

When, in the early 1990s, Eternal Grand Master decided to expand the Protech division it seemed a natural fit to bring Chief Master G.K. Lee to Little Rock after seven years in Florida and put him in charge and he was equal to the task. He also helped develop self defense systems and the black belt curriculum.

In revitalizing a traditional element of Taekwondo, Chief Master G.K. Lee also opened the door to a new wave of young martial artists attracted by the flash and beauty of the nunchuks, bo staffs and other weapons the ATA now was teaching.

"It's given everybody something that they can find and love about training," said Smith, who rejoined Chief Master G.K. Lee in Little Rock 12 years ago. "When I started there were no weapons and if you didn't like forms or sparring or board breaking there wasn't anything else for you to really love in class."

Chief Master G.K. Lee traveled extensively, developing a system of seminars, video tutorials and manuals that paved the way to weapons becoming a part of ATA competition.

"Originally, Taekwondo used to train with weapons," he explained. "Korean military systems had 18 weapons and six different kinds of infantry skills (a total of 24 skills in their system). I wanted our Protech System to be similar to this."

Smith noted that weapons may appeal to the young, but because they can take some of the physical stress out of contact they can also keep a person involved and competing and elongate a career past one's peak physical years.

"I think the organization would look completely different than what it looks like right now if he wasn't a part of it," Smith said.

"You couldn't even tell that they were the same organization if he wasn't there and developed the things he did in the Protech Department and the weapons training and the black belt curriculum."

Along with his own accomplishments, Grand Master Nominee G.K. Lee said he is fortunate in his career to have witnessed the opening of both the original and new ATA headquarters and the construction of the H.U. Lee International Gate and Garden in downtown Little Rock. And he is a proud member of multiple martial arts halls of fame.

But nothing compares to last summer, when he tested for 9th Degree before an audience of five living Grand Masters (a first), thousands of World Expo competitors and a worldwide audience streaming the event or watching it on social media.

"To see the support of the global martial arts community during my testing was an amazing honor," Chief Master G.K. Lee said.

Already the type of man who walks two miles after dinner and begins each new year with 1,000 kicks of every kind, G.K. Lee focused his efforts even more intensely in preparing for his test, Chief Master Kathy Lee said.

"I watched him step it up even more," she said. "I always thought he had done all he could and in this case, wow, I just remember the discipline he had."

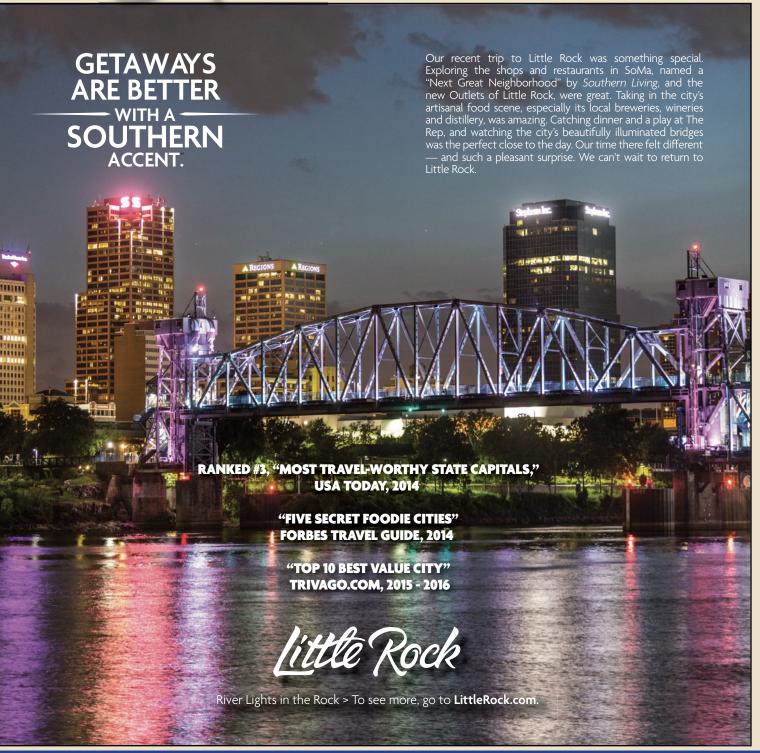
The World Expo this summer will be a time for old memories and for making new ones. Certainly Chief Master G.K. Lee's installment as a Grand Master will be one of those memories, but in his true humble fashion he paused to give credit to others he can't forget. "It has been a long journey and without my family and seniors in the ATA, I would not have been able to make it this far," he said. "I'm so lucky that this has been the only job I have needed to

support myself and my family. ... Without them, this would not have been possible."





ENTRAL





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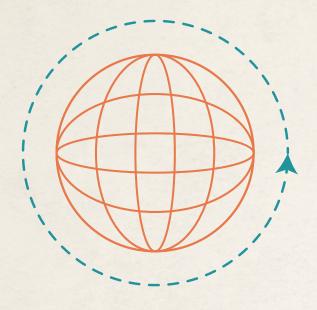
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'OLD WORLD,' NEW OPPORTUNITIES

ATA INTERNATIONAL CHARTS IMPRESSIVE GROWTH IN EUROPE

BY TODD TRAUB



here is no language barrier that can stand up to a good front kick.

After founding the ATA in 1969,
Eternal Grand Master H.U. Lee quickly expanded his vision to include memberships and schools in other countries. His goal of a building a world-class organization became a literal one, and, beginning with a presence in South America, the ATA has expanded into six continents and 21 countries.

And that includes the Old World — Europe, where the organization has schools in nine countries.

"Martial arts is very much a universal language. Europeans, they are highly educated and many, they speak two or three different languages," said Chief Master Von Schmeling, ATA's director of European development.

"The culture is not different also because martial arts is the

main culture. The culture of martial arts is very universal."

The European wing of ATA International is part of the World Traditional Taekwondo Union (WTTU), which Eternal Grand Master founded in 1990 to cover schools outside the United States and South America, the latter of which already had its own union, the Songahm Taekwondo Federation (STF), established in the 1980s.

The WTTU now includes Canada, Asia, Africa and Australia as well as Europe. Growth on the European continent began the way it did for ATA in other parts of the world-through the interest of American service men and women who founded clubs and the passion of several motivated individuals.

The organization found a foothold in 1990, when Brazilian instructor Jose Pedro Reyes relocated to Portugal to open the country's first club in Lisbon. ATA International is now in Spain, Portugal, The Czech Republic, Italy, the Netherlands,

EUROPEAN HIGHLIGHTS

1990

Eternal Grand Master H.U. Lee creates the WTTU to cover the schools outside the United States and South America, which will include schools in Europe.

1991

Jose Pedro Reyes opens the first ATA school in Europe, in Lisbon, Portugal.

Late 1990s-Early 2000s

U.S. military personnel influence the spread of ATA by opening clubs on bases and in nearby towns and cities.

2000

First International Camp for Scandinavia held.

2007

First WTTU International Training Camp and Competition held in Lund, Sweden, beginning ATA's European unification.

7008

First official European Leadership Camp (ELC) takes place in Cascais, Portugal.

2008-present

With help from traveling ATA representatives supporting clubs and school owners, the European infrastructure grows and strengthens and the ATA now has a presence in nine countries.

"MARTIAL ARTS IS VERY MUCH A UNIVERSAL LANGUAGE."

- Chief Master Von Schmeling

Holland, England, Scotland and Sweden. By the late 1990s and into the early part of this century, the American military personnel were opening clubs on bases or in nearby towns and cities, beginning the rapid spread of the ATA on the European mainland. These fledgeling entrepreneurs were supported by visits from ATA traveling representatives and backed by the organization's worldwide network.

Von Schmeling credited pioneers in Europe like Reyes and Natalie Busca, who has been a force for growth in Spain.

"She is now working on her fourth location," Von Schmeling said.

Von Schmeling also singled out Pedro Tanger, who was part of a growth phase in Portugal. Tanger opened the Songahm Taekwondo Academy Tanger in Lisbon, growing a base of 500 students in Portugal and Italy. He also helped with the development of Songahm Taekwondo in the Netherlands.

Jamie Freeman followed her husband and his job to Prague, Czech Republic, in 2012 and opened a WTTU club at her son's school. She is now behind Songahm Taekwondo Academy Prague.

"And that's the way we're going to grow,"

Von Schmeling said. "We're going to grow through instructors moving from one area to another just like we do here in America."

Von Schmeling said Europe was seen as a ripe continent for ATA growth because of the education level and financial resources of its people. If there is a challenge, he said, it is impressing upon the new school owners and members that Songahm Taekwondo and the ATA is about more than just a sport; with its organization and curriculum that includes leadership training and life skills, it

"Not just doing it as a second job," Von Schmeling said. "I want them to learn how to operate a successful business in the martial arts."

An example of ATA's success in Europe is the Leadership Camp, begun in 2008, which has become a big draw not just among those on the continent, but throughout ATA's worldwide structure.

"Every year we break records in the quantity of participation," Von Schmeling said. "This year we're going to have people going from South America and people going from the United States. ... It's a very attractive training place and not just a tournament of the Europeans."

Because Eternal Grand Master insisted on a professional organization, new ATA school owners have a blueprint which includes standardized policies and procedures as well as computerized membership rosters, plus the support of traveling ATA instructors and leaders who help new school owners get underway.

Also, the unified system of 18 Songahm forms Eternal Grand Master introduced and developed from 1983 to 1990 give the ATA its common language, easily translatable in schools ranging from Portugal to the Czech Republic.

A kick is a kick is a kick, no matter what country you're in.

"Little by little I believe that we are really making a statement that ATA is a worldwide organization and we can prove it not just by saying it but by the participants," Von Schmeling said. "From Europe, Australia, India and South America, South Africa and Asia. ... Me coming from South America and immigrating to the United States, and now we're emigrating to Europe, it's a sense of pride for me also."

is way of life.





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SPARRING COMBAT SCOREKEEPER







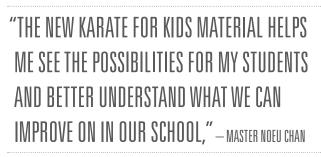
Seminars started the week's activities and once again practitioners had the opportunity to train with some dynamic Songahm leaders. The headquarters training division offered continued education for the ATA Tiger, Leadership, Legacy and NEW Karate for Kids Programs. Master Noeu Chan, owner of iXL Martial Arts in Overland, Kansas, who attended the ATA Karate for Kids this fall. explained why these seminars are so crucial for licensees to stay motivated and do more.

"The new Karate for Kids material helps me see the possibilities for my students and better understand what we can improve on in our school," he said.

The Protech seminars were also a hit with sword seminars from

Degree Black Belts and higher.
Each Master and instructor was
also treated to a VIP Licensee
reception on Thursday evening.
As Grand Master Emeritus Soon
Ho Lee says, "We are always
growing — even me! I love to train
with my son and our instructors
so it shows humility for these
higher ranks to find ways to
improve each day."

Following rank testing on Friday, competition for the 6th and 7th Degrees was held, as was the Creative and Xtreme forms and weapons. A new competition picking up speed has been the ATA360 and this year's Spring Nationals attendees were able to experience specialized training in this area to improve in forms, weapons, sparring and combat weapons sparring. The day ended



Chief Master Vincent Raimondi, Jee Pahng Ee with Chief Master Ken Reynolds, SHARP with Chief Master Michael Caruso and many more.

"Being able to train with these leaders is an honor and privilege," Grand Master In Ho Lee said. "I am always constantly challenging you to focus on your growth as an individual and these national and world events give you a chance to do just that."

Others who were focused on

their martial arts growth were those testing, mid-terming and participating in Masters training. This year's group of testers looked strong and poised as they hit the mats and worked toward their goals for the future. There was even training for 8th

with another competition gaining popularity with its speed and excitement — junior and adult team weapons. Grand Master expressed how much fun it is for him to watch and see more teams getting involved with each event, noting that the crowd support is "electric."

Saturday wrapped up competition with ATA Tigers, color and black belts through 5th Degree.

"One of the things people don't realize about these competitions is that they are open to students of all ages and ranks so everyone is invited to take part," Grand Master said. "And when you get to get top-notch martial arts training in the City of Lights, no one wants to miss out!"























THE STAGE IS SET

Congratulations to *Demo Team* winners: Team Legend; and *Sync Team* winners: Team Winners for Life. These teams secured the final spots for the world champion title during this year's Spring Nationals. Now it's time to hit the big stage and see which teams will come out on top. Don't miss out on the Team Sync and Team Demo finals during the 2017 World Expo!





GIVE IT TO GET IT

RESPECT, as they say, isn't given. It is earned. But to earn it, you have to show it.

Respect is one of the six life skills the ATA Leadership Program teaches. Like the other life skills, respect is developed and shown in different ways and is comprised of different principles. But the primary thing, as with most important goals in martial arts and elsewhere in life, is that to develop and earn respect you have to work at it the way you work at perfecting your technique on the mat.

"Just like we teach martial arts forms, we teach them how to kick and punch, we teach practical applications for that" said Master Nominee Nathan Carroll, of his students

at Palmer's ATA Martial Arts in Niceville, Fla. "And we also teach practical applications for respect and how to show it to their teachers and parents."

In the Leadership Program, "Respect is not what you know; it's what you do." Its nine principles, as stated in the ATA Leadership Program "Respect" booklet are trust, caring, courtesy, acceptance, kindness, confidence, listening, loyalty and adequate communication.

Not surprisingly, those principles overlap with some of the other Life Skills taught in the leadership program. Complementary principles comprise the building blocks of a good leader's character.

RESPECT IS NOT WHAT YOU KNOW; IT'S WHAT YOU DO.

"I think the books really give you good guidelines to explaining the life skills to them," Carroll said of his students. "And of course everybody learns a little bit differently. The books are really good with the parents as well. You're saying what you want to say and it comes from you and it just magnifies the importance of the life skills. ... The books are good in that they give you a guideline."

A more active definition, as stated in the "Respect" booklet is "Respect is not what you know, it's what you do." A person's days are full of numerous opportunities to actively show respect, as the leadership booklet states, for ourselves, for others, for society and for the world.

Respect for oneself is seen when an individual makes the choices that are good for him, taking care of one's physical fitness and personal appearance, making good choices like staying away from drugs or unhealthy habits.

Keeping in shape through martial arts and learning the mental disciplines of the sport help to enhance that self respect. A person with self respect will care about appearance, proper gestures, expressions and eye contact and he will make choices reflecting the teachings of parents and mentors rather than give in to peer pressure.

"We are the bridge between the parents and students," Carroll said. "We take what we teach and apply it to everyday life."

In the after school program and elsewhere, Carroll sees his students demonstrate respect for others on a daily basis. Recognizing authority, obeying laws and rules, helping out when asked – these are all signs that respect is alive and well Carroll said.

"I see siblings holding bags for each other, I see kids ${\sf h41}$

olding bags for their parents, saying 'Yes ma'am' and 'Yes sir.' ... Also, when we drop the kids off at the school, for them to come in we have kids that open the door for other kids, helping them out of the van. Before they go in the school they take their shoes off, they shake out all the sand and dirt into a trash can so they can show respect for our school."

Respect for school and institutions is a demonstration of respect for society. Knowing the rules and obeying them, especially when visiting other places, following cultural traditions and being courteous are ways to show respect for society, and showing respect for one's society creates a habit that can be carried over when encountering other societies.

A child who learns to show respect by taking off his dirty shoes before entering his ATA school will be much more disposed to learn the proper way to treat a temple, a library or a museum when traveling away from home.

And that of course leads to an understanding of respect for the world. To become a leader is to take the initiative in trying to make the world a better place. Whether picking up litter, taking part in a food drive or volunteering at a shelter, a good leader learns about

his world and the best ways he can go about showing his respect for it.

"As a student you're learning how to respect other people and how to get that respect back," Carroll said.

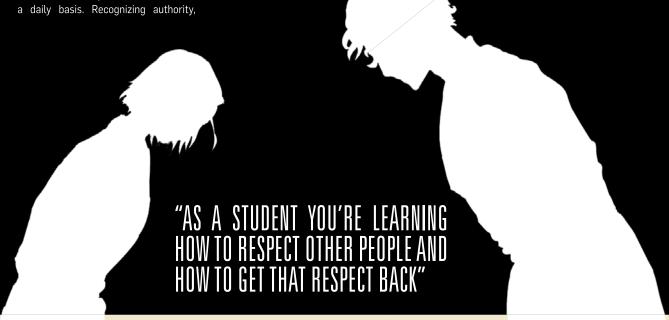
Sometimes Carroll said, students are more willing to learn life lessons from their instructors because "We get to be cool. We're the guys that wear 'pajamas' and kick and punch." But, he said, if respect is going to be learned, students have to take their lessons home, and demonstrate respect for their parents and family members, even if they don't like going to bed early or helping to do the dishes.

"To be a good student you have to practice the life skills at home too," Carroll said. "To be really good here you have to do the same thing at home."

Teaching life skills, even if they are sometimes abstract concepts isn't hard in and of itself, Carroll said. After all, just by being in martial arts his students are showing a willingness to improve.

It only gets difficult in the rare times the parents don't engage and help reinforce respect at home. When teachers and parents and mentors are on the same page, respect is going to happen.

"You get a little bit of influence, but when the parents repeat what you say and support what you say and you're right behind them and they're right behind you, that's the best environment," Carroll said.



MIND BODY SPIRIT



aking hits is just part of another day in Taekwondo, but the latest innovation in the workout world can help when it's time to return the favor. HIIT, or high intensity interval training, is all about building strength, speed and endurance through the most efficient methods to help you put more into your punches and kicks.

"To be your best martial artist, you must do work off the mat — like plyometrics, power, speed training — as part of your overall fitness plan," says Master Edd Abasolo, 6th Degree Black Belt and member of the ATA Headquarters team. And HIIT is a great way to up that fitness game.

So how does it work? The method behind HIIT is to

alternate between low or moderate intensity moves and high intensity moves, providing both an aerobic and anaerobic workout. The intervals help combine the high heart rate benefits of cardio with sculpting targeted areas of the body — like quads, core, etc. — all while cutting down on lactic acid buildup.

"High intensity interval training is a great method to improve cardiovascular capacity and to potentially make you faster and more explosive," Abasolo says. "It's beneficial to a martial arts athlete if you want to perform moves with more power and confidence both in sparring and form."

If done properly, Abasolo says, HIIT can even help fight illness and prevent fatigue, two of the martial artist's worst enemies.



"A GOOD FOUNDATION WILL MAKE YOU A MORE EFFECTIVE MARTIAL ARTIST. THAT STARTS WITH LEGS."

One key point for HIIT is that the timeframe is set, but the repetitions are not. The goal is to complete as many reps of a certain move as you can within a designated time, but without sacrificing good form. For instance, you might do as many squat jumps as possible for 30 seconds, then rest for 30 seconds and repeat until you notice your body alignment is off.

Another added bonus is that the majority of HIIT is done entirely with body weight, so you don't need any equipment to reap the benefits. Although, if you want to amp things up, you can add in weights at any time.

If you're looking for a more directed HIIT workout, many ATA International gyms now offer additional training through kickboxing and Warrior X-Fit classes. These sessions ensure a workout that varies from the average Taekwondo training, but is designed with the martial artist in mind.

As always, it's important to be smart and safe when changing up your workout routine. That means incorporating HIIT into your routine slowly, depending on age and fitness level. For example, if you simply wish to fold HIIT into your daily run, begin with adding one minute of sprinting to every two minutes of your normal speed.

Other popular HIIT moves include jumping jacks, bicycle crunches, high knees, mountain climbers and pushups. Abasolo's favorites

include 10-yard sprints to get the heart rate up, reverse lunges, burpees and squat jumps.

You may notice that many of these moves are focused on the lower body. While generally beneficial, this provides a specific advantage for practitioners of Taekwondo.

"Kicks, twists and even punches come up from the legs and feet," Abasolo says.
"A good foundation will make you a more effective martial artist. That starts with legs."

A word of warning, however: Don't overdo it. The same rules apply to HIIT that apply to most exercises. It's important to maintain a well-rounded and thought out exercise regimen, to which HIIT acts as a supplement. Abasolo suggests breaking it up with pad drills and stretching to avoid overuse injuries.

Abasolo also recommends taking a few moments before or after each training session to meditate, concentrating either on what you want to get out of the day's training or how to transport the good will from your postworkout endorphin high into the community outside the gym walls.

But first, you have to earn those endorphins. Whether you do so through official classes or your own carefully crafted health plan, for Abasolo, the same ATA spirit stands behind it all:

"Use your imagination and challenge yourself. It's all about reaching your own personal goals."

NOT SURE WHERE TO START INCORPORATING HIIT INTO YOUR EXERCISE ROUTINE? BASE YOUR MOTIONS ON THE SIX BASIC MOVEMENT PATTERNS:



SQUAT



LOADED CARRY



LUNGE



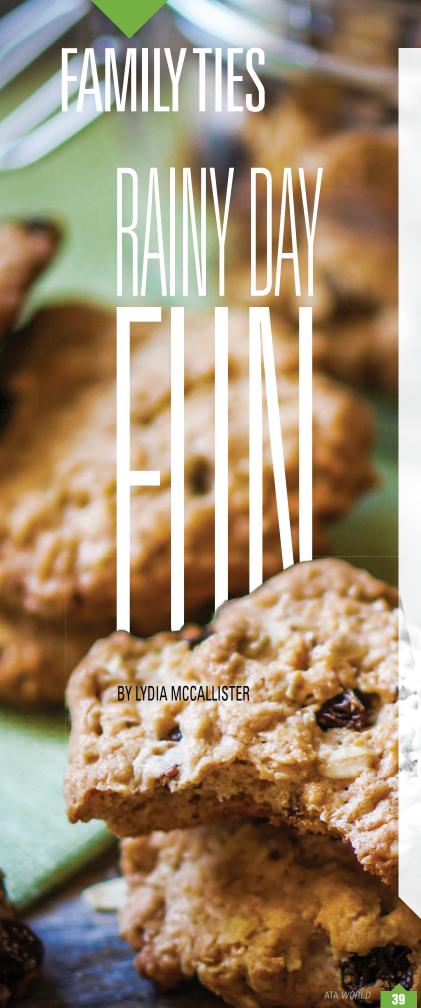
PUSH



PULL



HIP Hinge



DON'T LET SPRING SHOWERS DAMPEN ACTIVITY

As the saying goes, April showers do indeed bring May flowers. But those showers can mean plenty of days stuck inside trying to entertain your brood between Taekwondo tournaments and trips to the gym. So as you battle through the spring rainstorms, here are some tips your family can use when you can't get out and enjoy the sunshine.

PRACTICE MAKES PERFECT

A practice tournament or talent show where you let your children show off their awesome Taekwondo skills is a perfect way to pass the time. Parents, you can join in too by showing off those ssahng jeol bong skills.

BAKE IT UP

There's quite a selection of healthy recipes on Pinterest, but here's one that's not only good for you, but is a perfect on-the-go snack to make in advance for a busy day of school and Taekwondo practice. These oatmeal raisin cookies from MarthaStewart.com are a great option for those who need something gluten-free:

GLUTEN-FREE OATMEAL COOKIES

Prep time: 45 minutes Total time: 1 hour Yield: 3 dozen Ingredients:

- 4 1/2 cups gluten-free old-fashioned oats, divided
- · 2 tablespoons cornstarch
- 1 1/2 teaspoons ground cinnamon
- · 1 teaspoon gluten-free baking powder
- 1/2 teaspoon fine salt
- · 2 sticks unsalted butter, room temperature
- ¾ cup granulated sugar
- ½ cup packed light-brown sugar
- · 2 large eggs
- · 2 teaspoons pure vanilla extract
- ¾ cup chocolate chips
- ¾ cup raisins

Directions:

- 1. Preheat oven to 350 degrees. In a blender, process 1 1/2 cups oats into a fine meal. Whisk together ground oats, cornstarch, cinnamon, baking powder, and salt.
- 2. In a large bowl, using a mixer, beat butter and sugars until light and fluffy. Beat in eggs and vanilla. With mixer on low, gradually add oat mixture, beating until combined. Fold in chocolate chips, raisins, and remaining 3 cups oats.
- 3. In batches, drop dough in 2 tablespoonful mounds onto a parchment-lined baking sheet, 2 inches apart. Bake until cookies are golden brown at edges, 15 -18 minutes. Let cool on sheet on a wire rack 2 minutes, then transfer to rack and let cool completely.
- 4. Store in an airtight container, at room temperature, up to five days, or in freezer, up to one month.

FAMILY TIES

TACKLE A PUZZLE

Rainy days are a perfect time to bring out those puzzles that tend to pile up in closets. They also make a great activity to start in the morning and work on throughout the day. While you're at it, it's a great opportunity to teach kids about problem solving and finishing what they start as the puzzle slowly comes together.

PRACTICE LEADERSHIP DRILLS

With a game like Follow the Leader, your kids can practice leadership skills that can carry into other aspects of their life, including Taekwondo. Other fun options include Simon Says or "playing school," where one child is the teacher and the others are students.

GET <u>CRAFTY</u>

Gather art supplies you have around the house and let your children set to work creating their own masterpieces. Better yet, task your kiddos with drawing or painting their favorite Taekwondo move and watch their imaginations go wild.

TEACH A CARD GAME

Grab a deck (or two) of cards and teach your kids the simple joys of Rummy, Go Fish or Crazy Eights. Once kids have the games down, they're a great option for keeping boredom at bay during long lines or downtime during competition.

GET ACTIVE

Rainy days don't have to mean lazy days. Keep heart rates up with Wii Fit or Xbox One games. If you don't have either of those handy, you can create an obstacle course in the living room or play the classic Lava Floor game, in which kids have to maneuver around the living room without touching the floor (the "lava" in this case).

PATTERN PLAY

Another bad weather activity is to help the kids run through their training patterns and practice their kicks and punches. Set up a practice space in front of a mirror so the kids can check their form as they go.

MOVIE TIME

Let's be honest, a rainy day does tend to make a great nap opportunity. Hopefully after tackling a few items on this list the kids will be ready for some shut-eye. All you need to do is pop in a movie and watch (and hear) the quiet unfold.



recipe from PBS.org, are quick and easy treats that kids of all ages can help make when the weather keeps you indoors. It's a no-bake treat packed with a balance of complex omega 3 fatty acids.

EASY NO-BAKE PROTEIN ENERGY BITES

Prep Time: 5 minutes
Chill Time: 30 minutes Total Time: 35 minutes Servings: 24

Ingredients:

- 1 cup oats (use gluten-free oats
- 1/2 cup unsweetened desiccated

- 1/4 cup chia seeds
- 2 tablespoons vanilla protein powder (use gluten-free if needed)
- 1/4 teaspoon cinnamon

Directions:

- 1. Mix all ingredients together in a bowl until evenly distributed.
- Roll the dough into 24, 1 1/2 inch
- Refrigerate the bites for 30





Why do you feel good leadership is important?

Being a leader is important to become the best I can be, and a good person, when I grow up.

ATAN LEADERSHIP

How do you try to show leadership in martial arts or elsewhere?

As a leader, we set a positive example for others to follow, in the way we act, treat each other, speak, even the way we dress. I show leadership by being respectful, having responsibility and being positive. The positive leadership skills I learn in martial arts are where it starts, but most importantly from the age I am now, and when I am older, I want to set a good example for everyone around me.

Why did you start ATA?

My whole family has taken Taekwondo and kickboxing with Master Gimenez and Mrs. Smith. My dad started in 1999. I started because I wanted to be like my sister and brother mostly. My twin brother and sister started when they were 3 years old. My sister, Sydnie is a 3rd Degree and a Karate America Camp Leader and helps as instructor sometimes, and my brother, Davis, is a 2nd Degree Black Belt. He takes Warrior X-Fit now to help him get stronger and stay flexible for golfing; he competes in golf tournaments all over the United States.

What would you tell someone thinking about joining ATA?

I would tell them ATA karate is amazing and all about leadership skills, being responsible and hard work on fitness.

Why do you like ATA?

I mostly like ATA because they have led me to be a Black Belt and now I won't be afraid of bullies or bad people. I will be able to fight back, but most importantly, to use good words to talk about the situation.

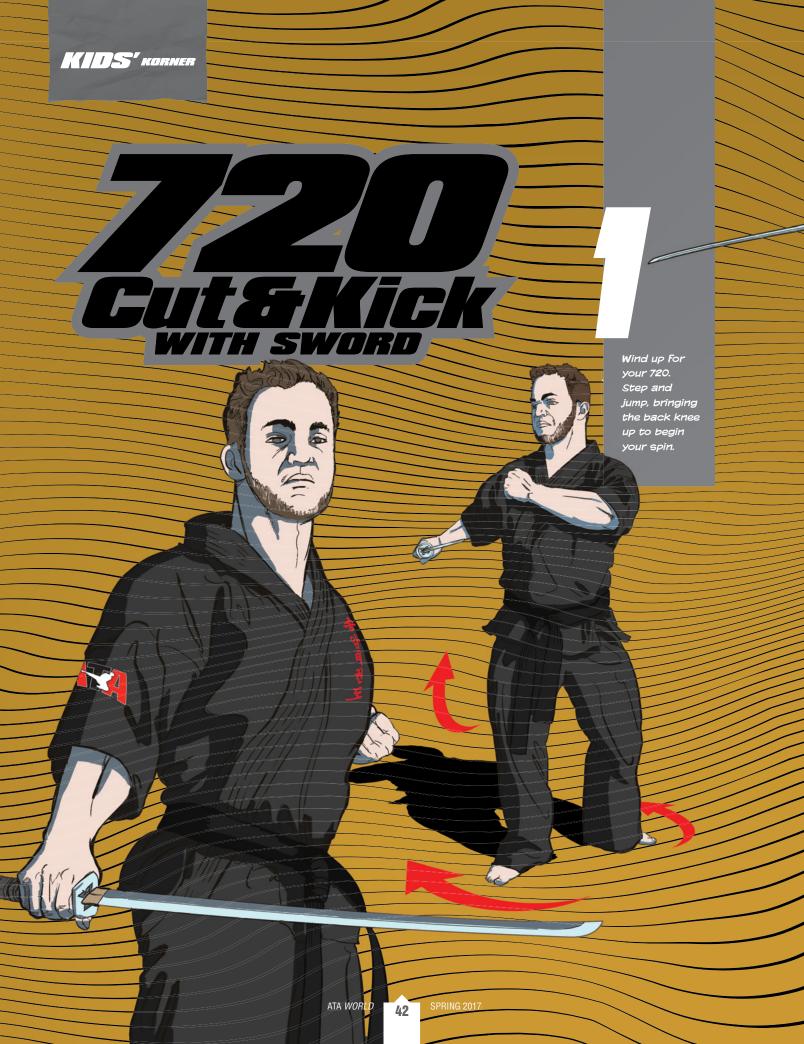
Inspiration?

I am very inspired by karate because when I was a white belt I always wanted to be a black belt. And now the instructors have led me to be good black belt leader. Also, the things I have been taught have led me to today, to being the best black belt I can be.

AVA LEE, 8

Ava Lee may be just 8 years old but she is already a veteran martial artist. The 1st Degree Black Belt has been attending classes at Karate America, in Ponte Vedra Beach, Fla., since she was six weeks old. She would sit nearby in her baby carrier while her parents and brother and sister (twin siblings) worked out, and she began training herself as an ATA Tiger before she turned 3. A student at PVPV Rawlings Elementary, she has been focusing on perfecting her skills in training before she begins competition. "My dad says we should build the sculpture and then refine the shape before polishing," Ava says. "And that once our shape is formed, we should consider competing to gauge our strengths and weaknesses."

While waiting to compete, she has nonetheless been able to practice leadership by trying to set a good example and sometimes helping her instructors, Master Daniel Smith and Mrs. Amber Smith, with the young ATA Tigers. "That makes me feel very responsible and happy," Ava says. She hopes to win plenty of trophies someday and ultimately become a doctor. Meanwhile Ava enjoys reading, drawing, art, science, snow skiing, the beach, surfing with her father David, playing with neighborhood friends and her dog, George.







Maxwell Van Eek Duluth, Georgia, 25

Fourth Degree Black Belt and Xtreme martial artist Maxwell Van Eck is one of the pioneering members of the X5 demo team, an elite group that serves as the ATA's ambassador for Xtreme Martial Arts (XMA) founded by the legendary Mike Chat.

Van Eck has won multiple world championships, most recently in Creative and Xtreme forms in 2016, and also manages and operates Karate Atlanta in Duluth, Georgia.

He has been partial to the sword as his weapon of choice because of its traditions and the inspiration he gained following the exploits of the Teenage Mutant Ninja Turtles and various samurai and ninja as depicted in popular culture.

Van Eck likes weapons for the extra challenges they pose, another element beyond one's own body to use with precision. He also feels privileged to be a member of X5 for the opportunities to share his experiences and witness up-andcoming martial artists progress on their own career paths.

His instructor is Master Mark Burns, and Van Eck also counts among his martial arts heroes a number of teachers, teammates and fellow ATA members with whom he shares a wealth of experiences.

"So, so, so many others whenever I watch them compete or teach class I'm always inspired," Van Eck said.

His creativity is not limited to martial arts. Van Eck enjoys drawing, painting, reading and cooking, among other things, "but 90 percent of my life is martial arts."



What do you enjoy about ATA?
The leadership skills it gives people to achieve their hopes and dreams in all parts of their lives

What do you enjoy most about X5 and Xtreme Martial Arts?

I love being a part of X5 because it allows me to share my martial arts journey with others that started just like me. It's so exciting to watch the next generation of Xtreme martial arts. I love performing Xtreme martial arts because it's always a challenge and a push to be better than yesterday.

I enjoy the extension and challenge of manipulating something else other than my body and trying to make it look as if it were part of my body.

What advice would you give someone beginning

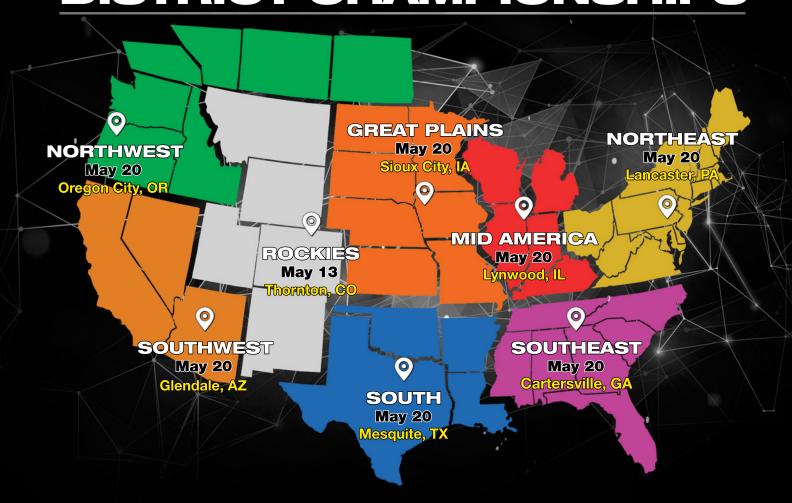
Go out there and have a blast and remember you don't have to be great to start but you do have to start to be great.

the secret to becoming a weapons

Belief and perseverance. Never stop believing and never stop trying; and the sky is the limit.

SPRING 2017

EXECUTION SHIPSDISTRICT CHAMPIONSHIPS



NORTHWEST MAY 20

MAY 20 OREGON CITY, OR

SOUTHWEST

MAY 20 GLENDALE, AZ

ROCKIES MAY 13 THORNTON, CO **GREAT PLAINS**

MAY 20 SIGUX CITY, IA

SOUTH

MAY 20 MESQUITE, TX



MID AMERICA

MAY 20 Lynwggd, IL

SOUTHEAST

MAY 20 Cartersville, GA

NORTHEAST

MAY 20 Lancaster, Pa

IN FOCUS

YOUNG BLACK BELT RUNNING TOWARD ATA SUCCESS

BY LYDIA MCALLISTER

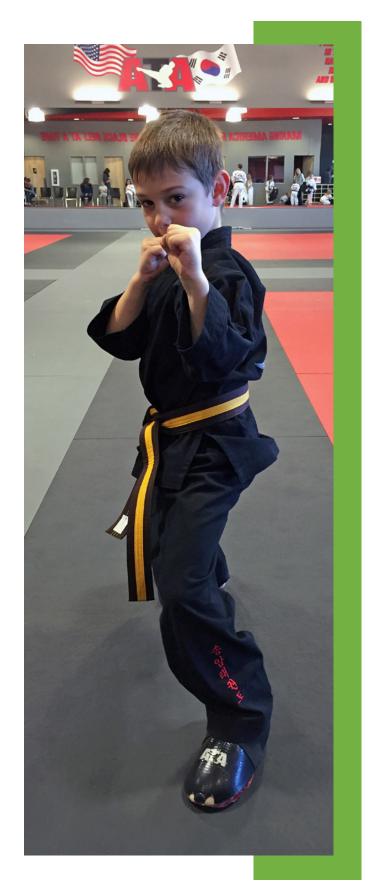
orn to the owners of one of the most successful running businesses in Arkansas, eight-year-old Miles Rush found his passion in something other than hitting the pavement. After a Taekwondo instructor visited Miles' school to teach about bullying prevention, Miles decided to start taking lessons at ATA Martial Arts in Bentonville. Since then, he's progressed immensely — securing himself a black belt and gaining a sense of self-confidence that Taekwondo has helped foster.

Putting his own, youthful spin on the language, Miles says "I have grown stronger because I have versed harder people."

Miles' mother, Alison Rush, can elaborate on her son's growth through the sport.

"Taekwondo is special," she says. "It's more individual than traditional team sports, so it parallels well with the nature of running. He learns to collaborate well with other students, but the achievements are individual."

Alison and Miles' father Mike opened Rush Running in Bentonville in 2008. The two began running in middle school and haven't looked back. Mike continued his running career at the University of Arkansas and has coached local runners in all distances. Alison also ran for Arkansas, finishing her senior year as the women's





outdon to make the



team's top runner and qualifying for the Olympic trials in the 10K.

After a lifelong love affair with running, Mike and Alison decided to open a store to provide northwest Arkansas with a running store staffed by experts seeking to encourage other runners in their community. Since 2008, the Rushes have expanded to include three Arkansas locations in Rogers, Fayetteville and the flagship store in Bentonville.

"About midway through our business planning, we found out that we were expecting," Alison says. "It wasn't perfect timing, but we were ecstatic. When we opened our first store in March of 2008, I was seven months pregnant with Miles. In July of 2013, Miles became a big brother to our second son, Trail. They have literally grown up in the store and it has been great for our family."

Since the Rushes opened Rush Running, the store has catapulted into the most popular destination for runners in northwest Arkansas and surrounding areas. In 2016, Rush Running took home an award for being one of the top 50 running stores in the country, as chosen by *Competitor* and *Running Insight* magazines.

"Our local running community in Bentonville is more supportive than I could have ever imagined," Alison says. "They have embraced our family and many have transitioned from customers to life-long friends. Some of Miles and Trail's best friends are families we meet through our store. They all support the boys in any endeavor including when Miles received his black belt."

Growing up the son of avid runners, Miles has been encouraged by Alison and Mike to lead a healthy, active lifestyle. After the happenstance encounter with a Taekwondo instructor at school, Miles has been in the world of ATA for three years. He says his favorite part about Taekwondo is that he gets to spar and he enjoys breaking boards during competitions.

"Mike and I have always believed in allowing our children to find their own passion," Alison says. "We would love for them to be as passionate about running as we are, but we want them to be able to explore their options. We think being active young sets up a healthy lifestyle. Miles has always been competitive and Taekwondo has allowed him to bring out his competitive spirit."

From a parent's perspective, Taekwondo has proved to be more than just a fun sport for their son. Because of Miles' smaller stature, Alison and Mike discovered that Taekwondo is an invaluable sport, not only for the physical aspect but for the confidence the sport instills in its participants.

"Miles hasn't had many bullying experiences because I feel like he carries himself with confidence," Alison says. "He is small for his grade, but isn't a target. One of the reasons we chose ATA was for him to be able to defend himself if need be; what I didn't expect was that the confidence he learned has prevented it, in my opinion."

Mike and Alison have enjoyed seeing their son grow in his Taekwondo abilities over the years. Alison commends Master Adam O'Connor of ATA Bentonville for doing a great job of helping parents understand the processes of the sport, so they can help their children as needed.

"I HAVE ALWAYS BELIEVED IN ALLOWING OUR CHILDREN TO FIND THEIR OWN PASSION"

"It's been pretty awesome watching him go through these belts and to see him beam with pride at each new belt he attained," Mike says. "It's made me very proud as a father."

When it comes to his future with Taekwondo, Miles is already working toward becoming a second degree black belt. He can count on the support of his parents and his fans in the running community of northwest Arkansas to cheer him on every step of the way.

"If you are about to quit don't give up," Miles says. "Keep persevering."



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CALENDAR



APRIL 2017

DATE	CLASS	LOCATION	HOST	CONTACT
April 7-8	В	Fayetteville, N.C.	Region 111	919-710-0343
April 8	В	Ponchatoula, La.	Sr. Master Jason Dendy & Rachel Dendy	225-665-3301
April 8	Α	Terre Haute, Ind.	Region 106	812-841-6335
April 8	В	Helena, Mont.	Elena Frederick	406-442-6499
April 8	В	Las Vegas, Nev.	Bobby & Christina Erdman	702-567-5425
April 9	В	Newark, N.J.	Chief Master Vincent Raimondi	908-241-5444
April 15	Α	Atlanta, Ga.	Chief Master Arcemont & Master Sul	770-427-8400
April 15	В	McKees Rocks, Pa.	Master Michael Estep	412-331-6260
April 15	В	Castle Rock, Colo.	Chief Master Dan Thor	832-643-7471
April 15	A	Columbia, Mo.	Master Jade Hockman	573-874-2926

MAY 2017

DATE	CLASS	LOCATION	ноѕт	CONTACT
May 13	District	Thornton, Colo.	Rockies District	501-568-2821
May 20	District	Mesquite, Texas	South District	501-568-2821
May 20	District	Sioux City, Iowa	Great Plains District	501-568-2821
May 20	District	Cartersville, Ga.	Southeast District	501-568-2821
May 20	District	Lancaster, Pa.	Northeast District	501-568-2821
May 20	District	Oregon City, Ore.	Northwest District	501-568-2821
May 20	District	Glendale, Ariz.	Southwest District	501-568-2821
May 20	District	Lynwood, III.	Mid-America District	501-568-2821

JUNE 2017

DATE	CLASS	LOCATION	HOST	CONTACT
June 19-25	AAA	Little Rock, Ark.	Worlds Expo 2017	501-568-2821

JULY 2017

DATE	CLASS	LOCATION	HOST	CONTACT
July 15	В	Fargo, N.D.	Sr. Master Michael Beyer	www.ATAfargo.com
July 15	В	ldaho Falls, Idaho	Joshua Schultz	atamartialarts@cableone.net
July 22	В	Bettendorf, Iowa	Anthony & Tonya Linnaberry	309-792-0066
July 22	В	Slidell, La.	Jude Grayson	985-288-0395
July 29	В	West Chester, Pa.	Master Mark & Maria Jouan	atapennsylvania.com
July 29	А	Atlanta, Ga.	GM Soon Ho Lee	678-274-5006
July 29	В	Cadillac, Mich.	Matt Ticconi	231-218-4782
July 29	В	Avondale, Ariz.	Master Nick Keene	623-561-5425

UPCOMING EVENTS

DATE	EVENT	LOCATION
April 7-8	ATA Xtreme Leadership Experience	Magnolia, Texas
April 14-15	Olympic Sparring Competitive Rules Workshop	Little Rock, Ark.
April 28-30	ATA European Camp	Barcelona, Spain
July 15	Region 103B Certification Camp	Las Vegas, Nevada
Aug 3-5	Protech Certification Camp	Colorado Springs, Colo.



SCHOOLS — CLUBS NEWTO ASSA

REGION	SCHOOL	CITY/STATE	COUNTRY
101A	ATA Black Belt Academy	North Little Rock, Ark.	United States
101B	Wilson ATA Martial Arts	Milan, Tenn.	United States
103A	760 Martial Arts	Encinitas, Calif.	United States
104	Life Skills Martial Arts-ATA	Temple Terrace, Fla.	United States
104	Champion Martial Arts of Live Oak	Live Oak, Fla.	United States
105	Longoria's Black Belt Academy	Lincoln, Neb.	United States
106	Dupont Taekwondo	Fort Wayne, Ind.	United States
110A	Kickquest Martial Arts & Fitness	Flemington, N.J.	United States
115	Empower Martial Arts	Wichita, Kan.	United States
119A	Armstrong's Martial Arts	Oak Harbor, Wash.	United States
119D	Legacy ATA Martial Arts	Meridian, Idaho	United States

FOR THE MOST **UP-TO-DATE CALENDAR** AND SCHOOL INFORMATION, go to ataonline. com. To learn more about ATA tournaments and events. talk to your instructor or call ATA headquarters toll-free at 866-282-8721. All dates are subject to change.

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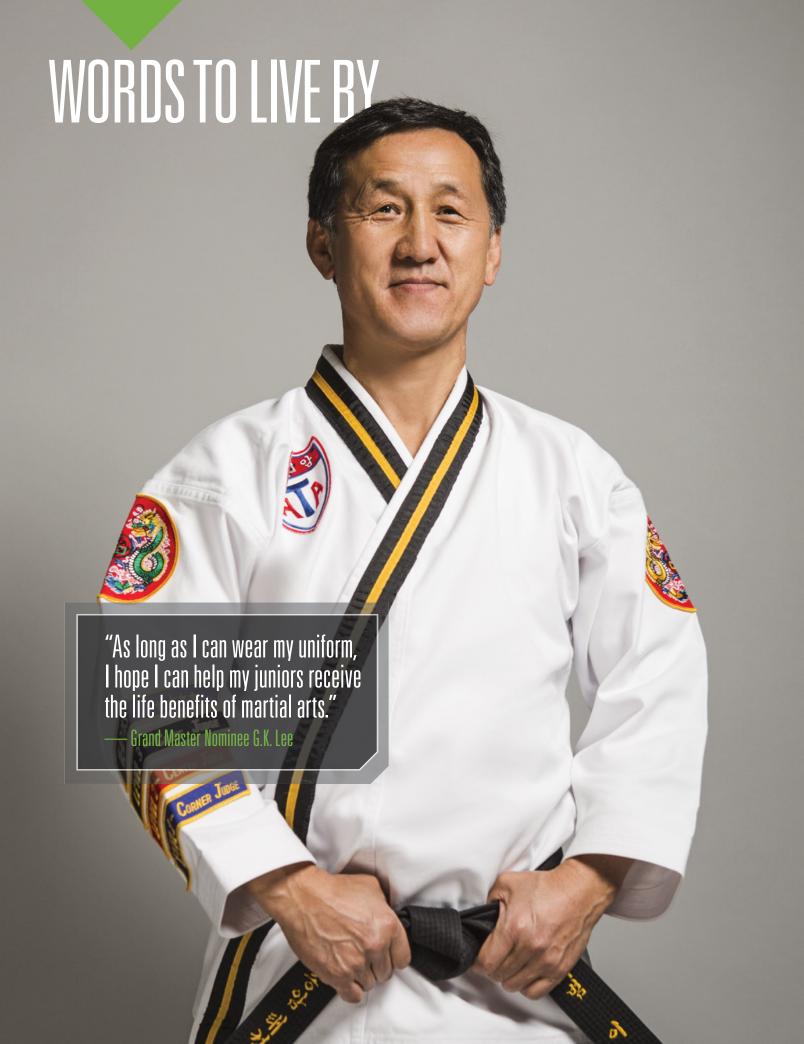
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SPECIAL GUEST: **GRAND MASTER EMERITUS SOON HO LEE**





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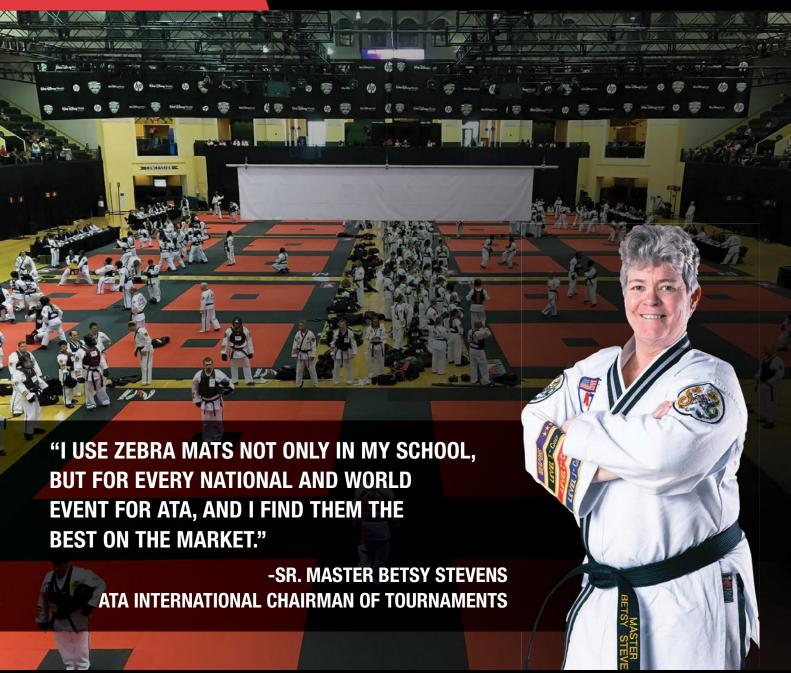




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