

Diamond Blast

3/26/2015

Newsletter of the Boca Raton ATA Taekwondo Club: Issue 115 (Online at: www.bocaata.com)

Birthdays in Mar/Apr

Mar 03: Ludvik Saladzius
Mar 04: Jack Forney
Mar 04: Christopher Colella
Mar 06: Ron Lewis
Mar 21: Michael Garcia
Mar 25: Michael Brown
Mar 25: Giovanni Ruiz
Mar 26: Victoria Lucia
Mar 27: Josh Hecht
Apr 05: Michael Robustelli
Apr 09: Jessica Wartberg
Apr 11: Asiel Wertheimer
Apr 12: Naji Wehbe, Jr.
Apr 12: Grant Cullen
Apr 13: Jamie Steinberg
Apr 14: Andrea Bracy
Apr 17: Sean Willocks
Apr 18: Sophia Rose
Apr 20: Jean Forney
Apr 21: Patrick Oliver

Upcoming Events

Apr 11: Boca "C" Tournament
Apr 25: Ft. Lauderdale Tournament
May 13,15: Next rank tests
May 31: District Championships
Jul 11-12: World Championships
Oct 24: Orlando Nationals

Thank you!!!!

Hosting an event like a regional tournament takes a lot of planning and is, honestly, a lot of work. There are many contributors to a tournament -- instructor, student, judge, parent, and sponsor -- all of these roles are vitally important, and many of you made multiple contributions. Master Nelson and your staff of instructors thank you for all that you did to make the tournament a success. We deeply appreciate it.

Self Esteem or Self Control?

A recent article in Scientific American described research on the importance of self-control. Self-esteem is still considered important, but it is a result of the benefits that flow from having a high degree of self-control. People with self-control tend to be more successful than those with poor self-control. This validates the importance that the ATA has placed on self-control.

Student of the Month

Isaac Costa
Congratulations!!!

Boca Tournament

We held our biennial regional tournament on February 28. The event went very well, and there were so many people who contributed to this success -- students, instructors, parents, and sponsors -- **THANK YOU ALL!!!**



January Rank Testing

Students tested for higher rank on January 21 and 23. Congratulations to all who tested and best of luck to the students testing this week!

