

June Events

TESTINGS

6/5
Black Belt Testing

EVENTS

6/6, 12 & 19
SWAT Team
getting ready for
Little Rock
@ PC ATA

TOURNAMENTS

6/24-27
Little Rock

LIFE SKILL

Attitude

T-SHIRT DAY

Tuesday

Check out the
NEW LEADERSHIP
Program

Shuman's ATA
Martial Arts

3 locations in
SW Florida

Port Charlotte
18350 Paulson Dr
941.255.KICK

Cape Coral
211 Hancock Bridge Pkwy
239.574.KIDS

Venice
1045 US Hwy 41
941.486.0330

www.ShumansATA.com

ATTITUDE

Feeling good about yourself and what you are doing!

Live on the Healthy Edge ...

SO what's in that 12 oz. can of soda anyway? What about your 44 oz. soda? How much nutritional value do you think they have? ZERO.

According to Luise Light, MS EdD, sweetened foods and drinks should make up no more than 10% of daily calories. Walter C. Willett, MD, at Harvard School of Public Health, also says there are two words to define sugar: empty calories.

Refined white flour, sugar and sweets are digested rapidly, releasing large amounts of glucose into your bloodstream. This in turn triggers a release of insulin and other hormones in an attempt to normalize blood sugar. Besides making you fatter (excess sugar is stored as fat), these foods can lead to metabolic syndrome and eventually Type 2 diabetes.

Beware of soft drinks, Light warns. Normally only about 2 teaspoons worth of sugar (glucose) is present in your bloodstream. A single serving of soda can dump up to 12 teaspoons of sugar into your bloodstream all at once, creating blood-chemistry chaos. Ouch! Remember to choose wisely.



SONGAHM SPIRIT

Beginning	End
Sir/Ma'am, I will practice in the Spirit of Taekwondo, with Courtesy for my fellow students, Loyalty for my instructor and Respect for my juniors and seniors, Sir/Ma'am.	Sir/Ma'am I shall live with the Perseverance in the Spirit of Taekwondo, having Honors for others, Integrity for myself and Self-Control in my actions, Sir/Ma'am

SUMMER CAMP

July 12 - 16

Port Charlotte ATA & Venice ATA

MAY
COLOR BELT
OF THE MONTH

Marissa Schuler - PC ATA
Elvis Santana - CC ATA
Jim Dooley - V ATA

MAY
BLACK BELT
OF THE MONTH

Cathy Valade - PC ATA
Julia Signorelli - CC ATA
Karen Frajerman - V ATA