

Monthly Theme: Perseverance

Do you think about this word when we say the Songham Spirit? At the end of every class we promise to “live in perseverance in the Spirit of Taekwondo”. We hope you mean those words each time you say them and leave the dojang.

If you are living in perseverance, you treat each day and every task as a new challenge to be conquered, like climbing a mountain. No one ever trips over a mountain, its the little rocks and pebbles along the way that cause us to stumble. If you decided not to continue each time you stumbled, you’d never reach the top of the mountain. The same thing is true in your everyday routine. If a task is tricky for you, keep at it. If you don’t continue to try, you’ll never get past it. You’d let that pebble on the road stop you. That seems like a silly idea doesn’t it? To let a little pebble keep you from continuing on your way wouldn’t make any sense. If you add up all the time we have in our life though, each task we try can be equated to small pebbles in our road. Perseverance means continuing to try, even when things do not come easy for us. Giving up never gets us to our goal. Eternal Grand Master H.U. Lee liked to say, “Today not possible, tomorrow possible.” Even if you can’t get past that pebble today, keep working and someday you’ll be able to step right over it.

Living in the Spirit of Taekwondo means that we bring all our life skills from class with us in everything that we do. We continue to be honest and respectful to everyone we meet, not just classmates and instructors. We have self control in our actions, even when we are frustrated or angry. We remember to keep integrity within ourselves and courtesy for others. That’s a big important promise we make at the end of every class! To live our lives as very good people who try hard and do not give up. Think about those words carefully each time you say them and do your best to keep that promise in everything that you do.

Renew Rumble

Saturday Sept. 26 Kalahari Resort

Open to all Ages and All Ranks.

**Scan the QR Code to see tournament info
or reserve a room with the group rate.**

The block of rooms will sell out!



Upcoming Events

- **Graduation August 26-27**
- **Friday Evening Classes Start 9/5**
- **Labor Day - Closed 9/7**
- **Tournament September 26th
Kalahari Resort, Sandusky**

☀ Why You Should Compete in an ATA Tournament ☀

Stepping onto the tournament floor isn’t just about winning—it’s about growth, community, and confidence.

Challenge Yourself, No Matter Your Belt

- Beginners are encouraged to jump in—white belts have gone on to become world champs! Tournaments aren’t about winning or losing—they’re about watching, learning, and improving.

Pick Your Passion – Forms, Sparring, or Weapons

- You don’t have to do everything! Trying new events like sparring helps build a well-rounded martial artist and boosts your confidence.

Compete Within Your Own Division

- No need to worry about age or rank differences—divisions are matched by age, belt level, and gender so everyone competes fairly.

Supportive Environment for All Ages

- From little Tigers to black belts in their 50s, everyone is welcomed, encouraged, and celebrated.

Make Friends & Learn From Others

- ATA tournaments are just as much about connection as they are competition. Come for the Taekwondo—stay for the friendships.