This month at Link’s Martial Arts students will train their 30 Day Martial Arts Fitness Challenge. During October Students were asked to create a personalized Martial Arts Fitness Challenge for themselves and their fellow students to achieve.

Students identified a goal or purpose for their challenge. The act of setting an ultimate goal is a powerful motivation for achieving success.

**Have your challenge ready for action! Inspire and motivate your group daily!**

Creating a series of mini goals within the ultimate goal is much the same as following a roadmap to get from point A to point B. As you complete each daily mini goal you can clearly see that you are much closer to your ultimate goal.

Students were asked to encourage at least 1 or more fellow students to take part in their Martial Arts Fitness Challenge. Working with others is a great way to achieve a goal. TEAM Together Everyone Achieves More” Making a pledge or commitment to the ultimate goal is required for success. A 30 day Martial Arts Fitness Challenge requires a pledge to take part in the challenge on a daily basis for 30 days.

All challenges begin November 1 and end on November 30. We are excited to see what challenges have been created by our students and look forward to the outstanding results of their efforts!

This type of activity helps a student learn to keep their motivation focused on success. It is a valuable training tool to help a student identify their greater purpose, stay on track, and never give up.

**Goal Setting Basics**
- A goal must be specific.
- Set short term goals that will lead you to your ultimate goal.
- Visualize yourself reaching your goal.
- Track your progress.
- Set a target date to complete your goal.
- Believe in yourself & Never, Never, Never, Give up!
- Surround yourself with positive people.

**Dream the Dream, Set the Goal, Refuse to Give Up & Success Will Be Yours**

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**Upcoming Events**

**NOVEMBER**

**GUEST INSTRUCTORS**
November 1 & 2
Check your calendar for Schedule information

**NOVEMBER**

- Milwaukee Open
  - November 10
- Rank Test
  - Saturday, November 23
  - 11:30AM
  - No JJ or TKD Classes

**THANKSGIVING HOLIDAY CLOSED**

November 27-November 30
Enjoy your Family Time!
“A Plant Based Diet has a Positive impact on Your Body, Mind, & Spirit”

Link’s Martial Arts supports healthy behaviors through martial arts training, outstanding opportunities, and our LMA family/Moai. Sharing is a great way to create friendships. We hope you will enjoy these great Autumn Recipes and become inspired to share your healthy recipes with others.

**Autumn Recipes**

**Maple Chili Butternut Squash**
1 Butternut Squash  
1/2 tsp Chili Pepper  
3T 100% pure Maple Syrup  
Grated Ginger  
Pre-heat oven to 350 degrees  
Clean and cube the butternut squash  
Toss with all ingredients  
Spread single layer on baking sheet.  
Bake for 20- 25 minutes

**5 Minute Pumpkin Tahini Soup**
1 clove of garlic peeled and minced  
1 Can of Pumpkin Puree  
1/4 C. Tahini  
1 C. Water  
1 tsp Curry Powder  
Salt and pepper to taste  
Mix all ingredients in soup pot  
Heat throughly  
Serve with your favorite bread and side salad

**Pumpkin Pancakes**
1 C. Oat Flour  
1/2 C. Vanilla Almond Milk  
1/2 C. Pumpkin Puree  
1/4 C. applesauce  
1 tsp cinnamon  
1/2T baking powder  
1T apple cider vinegar  
1 1/2T Honey  
Mix together all dry ingredients  
Add in the wet ingredients  
Let batter sit for 4 minutes  
Heat a non stick pan over medium heat  
Oil pan lightly  
Pour batter to the size you want  
Cook approximately 2 minutes on each side  
Serve with 100% Pure Maple syrup

**Pumpkin Cookies**
1/2 C. Earth Balance Butter  
1/2 C. Coconut Sugar  
1/4 C. Brown Sugar  
1 tsp Vanilla extract  
1/3 C. Pumpkin Puree  
1 1/2 C. Oat Flour  
1/2 tsp tsp Baking Powder  
1/2 tsp Baking Soda  
1 tsp Cinnamon  
1/4 tsp Nutmeg  
1/4 tsp salt  
Pre heat oven to 350  
Cream butter and sugar together  
Add in vanilla and pumpkin  
Mix all dry ingredients together  
Add dry ingredients slowly into the wet ingredients  
Mix by hand  
Scoop 2 T spoon size onto a parchment lined cookie sheet.  
Flatten with a fork  
Bake for 15 minutes . Cookies will be soft. Let them cool on the tray before moving them.  
Serve cookies with a maple glaze - 1C. powdered sugar, 2T 100% pure maple syrup, 2T almond milk, 1 tsp vanilla, Mix well and drizzle over cooled cookies.
Mr. Jeff Krukar
First Degree Black Belt

Make memories that last! Enjoy the many Link’s Martial Arts Opportunities available to you along your journey to Black Belt!
Mr. Keagan Crago
Junior Black Belt
“A Black Belt is a White Belt who never quit!”
**2019 Tournament Season**

As dates and activities are announced, tournament and special event information will be posted in the LMA Newsletter and on the LMA bulletin boards. Grandmaster Link is available to help with registration.

**COMPLETED EVENTS OUTSTANDING!**
First Point Earning Event
LMA Competitive Edge Tournament & LMA Honor Awards Banquet

**FANTASTIC!**
Infinity Nationals Kalahari
Team LMA bring home 6 - 1st place, 3 - 2nd place and 3 - 3rd place trophies

**EXCELLENCE IN ACTION!**
Elite Martial Arts Tournament
Team LMA bring home 3 - 1st place, 1 - 3rd place, 3 - 4th place trophies

**WAY TO GO TEAM!!!!**
LMA Competitive Edge
Way to go Team. Check the point board for updates!!

**EVENT PENDING**
October 25, 26, & 27 - Walt Disney World, FL
International Martial Arts Festival

**THIS MONTH**

- **November 10**
  - Milwaukee, WI
  - Milwaukee Open

Registration is open for this event

**SAVE THE DATE**
December 8 - Middleton, WI
Battle for Badger State

December 21 - LMA Mayville
Last Point Earning Event of 2019
LMA Competitive Edge Tournament & Christmas Party

2019 Point Champions will be awarded at the LMA Honor Awards Banquet kicking off the 2020 Season.

**NOW IS YOUR TIME!**
Train Hard! Again & Again
Then Succeed!

“Champions are Forged Through Dedicated Practice!”

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**EXCITING NEWS!**
**EXTREME TRICKSTERS COMING TO LMA WAUPUN!**

Watch for recommendation letters to be handed out this November!

**LINK’S MARTIAL ARTS EXTREME EXCELLENCE TRAINING PROGRAMS**

**EXTREME TRICKSTERS**
Chase G. - Reegan A. - Brady C. - Tessa S. - Layton W.

**EXTREME EXCELLENCE Members**
Olivia K. - Connor C. - Owen M.

**EXTREME AIR Members**
Rena D. - Katy K. - Andy C.

**FULL FORCE AIR**
Keagan C.

**FULL FORCE AIR RAID**
Miss Link

**REMINDER**

***EXTREME AIR CLASS IS RETURNING TO ITS ORIGINAL TIME SLOT ON MONDAYS 5:30-7:00***

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**Little Ninja Monkeys Parent & Me Class**

***Saturdays 11:00-11:30 Mayville***

This program is for our youngest students, 2-3 years of age. Parents and children learn introductory martial arts techniques while children enhance their basic motor skills and develop positive social behavior. Our program is designed to inspire with the use of martial arts equipment and fun martial arts activities. Come play, learn, and spend quality time with your child. Each class is 30 minutes in length.

**Instructor, Miss Link**

**MONKEY POWER!**
# November 2019
## 30 Day Martial Arts Fitness Challenge!

### Be Dedicated!
### Work Hard!
### Repeat Daily!

### Reap the Rewards!

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**Closed for the Holiday**
HAPPY NEW YEAR 2020!
Link’s Martial Arts Special 6 Hour Lock In Event
Location: LMA 7 S. Main St. Mayville
Parents opportunity to go out and celebrate the New Year!

December 31, 2019
Drop off 7:00pm
January 1, 2020
Pick Up by 1:00am

$65.00 per student

Glow Stick Extravaganza
Martial Arts Challenge Events
Awards & Special Prizes
Fun, Food & Friends!

See Grandmaster Link to register for this event.
Payment due at the time of registration - $65.00
Register for this event by December 17, 2019.