

TKDAMERIS.COM

Proudly Serving the Community Since 1977

Discipline and Respect are the cornerstone of Taekwondo

Important Dates:

Monday, December 4th @ 6:00 pm
Testing - no regular classes. All students welcome to attend.

Closed for Christmas -
December 25th thru January 1st
Classes resume, January 2, 2024

Fit 2 Fight Dates:

Dec. 2nd: F2F Open House
 Dec. 9th: F2F Ends
 Jan. 9th: 2024: F2F Begins



From Grandmaster Ameris

Merry Christmas to all of our students and their families. As we get busy during the holiday season, planning your workout is a must to relieve stress and keep in shape. Remember, failing to plan is planning to fail. Below I will give some tips on an abbreviated training routine that you can do anywhere with no equipment. These short, effective workouts will do wonders.

- Walk, if possible, outside. Take a walk in nature or around your neighborhood or town. This not only clears your mind, but will provide excellent cardio without any risk of injury.
- Stretch when watching TV, reading a book, or just hanging out . Get in a stretching position and relax as you increase your flexibility. Again stretching is an excellent way to relax and release stress
- Calisthenics, push ups , leg raises , sit ups , squats, and chair dips.
- Hyung's work your patterns.
- Shadow sparring - set the clock for 3 - 3 minute rounds (you can get a ring timer on your cell phone for free)

What is Traditional Taekwondo?
 A metaphor for self improvement

Reminders:

- **AIMAA YEARLY MEMBERSHIP DUES ARE Due BY DECEMBER 20TH \$30.00 for the year mandatory for all students. (Can be a nice Christmas gift)**
- **If you are sick, PLEASE STAY HOME.**
- **With it getting dark earlier, parents PLEASE come inside to pick up your child(ren) after class.**
- **Website with great martial arts interviews - martialforce.com. Several interviews with outstanding martial artists from different styles.**
- **AIMAA Headquarters Trip - August 2024**

● Important Note

TO ALL STUDENTS & PARENTS

It is imperative that all students have both the AIMAA student handbook and the supplemental curriculum book. Without these books, it is literally impossible to advance and succeed in your training. Everything students will need, and all requirements, are explained in detail in both of these publications. Both books are available at the office.

Don't Miss Santa!

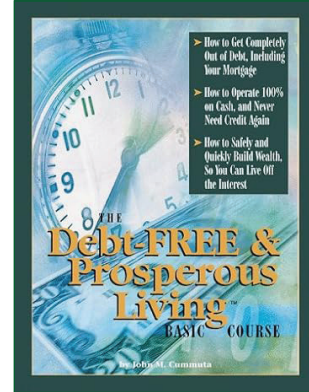
TUESDAY, DECEMBER 12TH

AT 5:30PM



NO CLASSES ON THE DAY OF THE PARTY

BOOK OF THE MONTH



DEBT FREE & PROSPEROUS LIVING:
by John Cummuta

This is one of the best financial books I have ever read. I read this book years ago, and if you follow the system, you will definitely reach all of your financial goals.

FIT 2 FIGHT HOLIDAY GEAR

HOLIDAY HOODIES STILL AVAILABLE THRU DECEMBER 4TH

Check out fit2fight.com/shop for all orders

MERRY CHRISTMAS



— AND —
HAPPY NEW YEAR!