

# TKDAMERIS.COM

Proudly Serving the Community Since 1977

*Discipline and Respect are the cornerstone of Taekwondo*

## Important Dates:

**Black Belt Testing - Friday, October 20<sup>th</sup>**

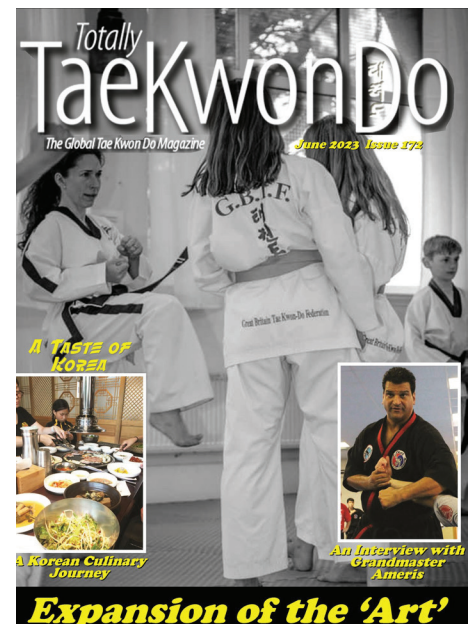
**Coming Soon - Patterns in the Park**

## Important Reminders:

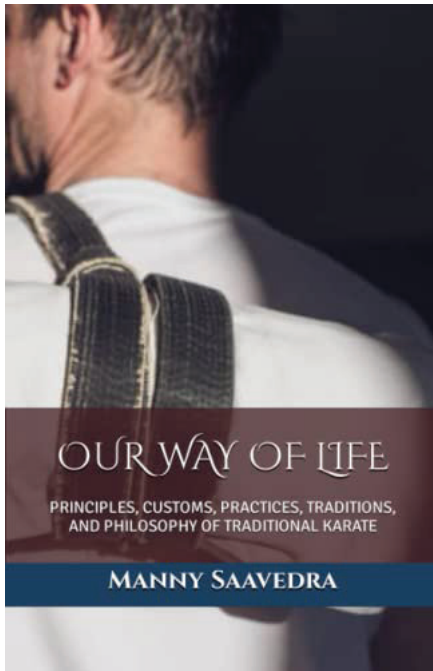
- If you have signed up to receive the newsletter via email, and you are not receiving the email, please check your SPAM folder and/or check with your email provider to see if they are filtering the email. We also still provide printed copies of the newsletter at the dojang, if the email option is not working.
- We still have a few people who have not switched over to our new billing system. As you know, Black Belt Billing is no longer active, and we need you to stop in the dojang, and sign up on our new system. Please take care of this ASAP to avoid future billing problems!

## Updates

- Summer is here. Please be aware of the heat and bring a water bottle with you, or get a water at the dojang. Stay hydrated. In addition please put a pair of running shoes in your bag, Training in the outdoors is great.
- Please only wear a dojang t-shirt to class. No other t-shirts are part of the uniform requirements.
- **Summer camp is filling up. DO NOT wait! Sign up ASAP to assure your spot.**
- Grandmaster Ameris is featured on the cover of Totally Taekwondo Magazine this month. Check it out at <https://www.totallytkd.com>.
- Please do your part in keeping dojang clean. Take all personal items home and put equipment back in order. Also, be sure to clean all equipment with the sanitizer towels at the dojang.
- THANK YOU to all the black belts for stepping up and teaching while Grand Master Ameris' work schedule has increased. Hopefully, soon things at work will slow down and Grand Master will be here more than 2 or 3 days per week.



## BOOK OF THE MONTH



### Our Way of Life

Principles, Customs, Practices, Traditions, And Philosophy of Traditional Karate

by Manny Saavedra

## UPCOMING SUMMER EVENTS

### June 26-30— AImAA Around the World, TKD Camp.

We will be looking at the countries that AImAA is present in. We will briefly learn about the country, we will be doing crafts related to that country, play games, have snacks, and of course do TKD. Each child will get a passport for the week and we will stamp every country we visit. It will be fun learning about our fellow TKD families. We hope to maybe get some pen pals out of this.

### July 30-August 4— “Paws”itively TKD, TKD Camp.

We will be learning about different animals with paws. We would like to collect for our local animal shelter. We will do games, crafts, have snacks, and do some Yoga and TKD. We will incorporate caring for pets and learn about the responsibilities that it entails.

- Hours for both camps will be from 9am-12pm
- Cost will be \$100/ week, second child \$85
- Children must be pre registered at least 10 days before it starts.
- There will be 24 spots for each camp.
- Any questions please contact Miss Pam at the Dojang or 724-882-9110



*Congrats*  
**GRADUATES**  
*Class of 2023*

**HAPPY.**  
**FATHER'S**  
**DAY.**