

# TKDAMERIS.COM

Proudly Serving the Community Since 1977

*Discipline and Respect are the cornerstone of Taekwondo*

## Important Dates:

**Closed for Thanksgiving -  
Wed & Thurs, Nov 22<sup>nd</sup> & 23<sup>rd</sup>**

**Monday, December 4<sup>th</sup> @ 6:00 pm**  
Next test - no regular classes

## Fit 2 Fight Dates:

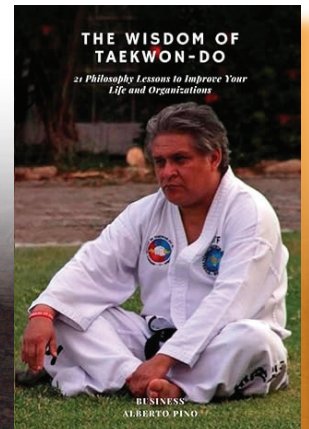
Nov. 24<sup>th</sup>: Black Friday Sale (Online Only)  
Nov. 27<sup>th</sup>: Cyber Monday Sale (Online Only)  
Dec. 2<sup>nd</sup>: F2F Open House  
Dec. 9<sup>th</sup>: F2F Ends  
Jan. 9<sup>th</sup>: 2024: F2F Begins

HAPPY  
*Thanksgiving*  
From Grandmaster Ameris

Happy Thanksgiving to all of our students and their families. We thank each one of you for your continued support of our Dojang. With the holidays quickly approaching, be sure not to neglect your training. Make attending class an important part of your schedule. Not only will you improve your Taekwondo skills, but by making class an important part of your schedule, you will reduce stress and be able to truly enjoy the holidays.

## BOOK OF THE MONTH

**THE WISDOM OF TAEKWONDO:**  
21 Philosophy Lessons to Improve Your Life  
by Jesus Alberto Pino



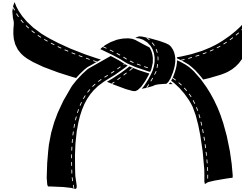
## Reminders:

- **Be sure to bring your equipment to every class. In addition please be sure to take all personnel items home with you.**
- **AIMAA YEARLY MEMBERSHIP DUES ARE Due BY DECEMBER 20<sup>TH</sup>, \$30.00 for the year mandatory for all students. (Can be a nice Christmas gift)**
- **Full uniform is required for all classes.**
- **IF YOU ARE SICK, PLEASE STAY HOME.**
- **PLEASE SANITIZE ALL EQUIPMENT YOU USE. WE HAVE PLENTY OF THE DISINFECTANT WIPES.**

# CONGRATULATIONS TO ALL STUDENTS WHO PASSED THEIR BLACK BELT TEST

Our newest Black Belts:

- Betty Leibert
- Jaime Schott
- Kiersten Kandel
- Colton Kandel
- Maisie McLaughlin
- Brady Salego



3rd Degree Black Belt

- Pam Key
- Messiah Key
- Matthew Shibley
- Jeannie Lippert



Congratulations! Your hard work and dedication paid off. Thank you also to the parents of those who tested. We could not have the success we have without the constant support of parents, and grandparents.

## THE VALUE OF TAEKWONDO HYUNG'S ( PATTERNS).

One of the most important aspects of Taekwondo is the traditional hyungs. The practicing of hyungs will develop both the physical body and will increase mental discipline and cognitive abilities. Below is a short list of the endless benefits of Taekwondo's hyungs

### Physical

1. Develops both sides of the body
2. Develops all stances in Taekwondo syllabus
3. Develops both punching and kicking techniques
4. Develops blocking techniques as well as movement and balance
5. Develops power, speed coordination
6. Develops endurance
7. Enhances endurance
8. Enhances flexibility
9. Enhances awareness
10. Enhances every other facet of Taekwondo

### Mental Personal Development

1. Builds concentration
2. Develops razor sharp focus
3. Enhances memory
4. Builds self discipline and self reliance
5. Enhances the Taekwondo Code of Discipline