

# TKDAMERIS.COM

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*Discipline and Respect are the cornerstone of Taekwondo*

## Important Dates:

### Black Belt Testing -

**Friday, October 20<sup>th</sup> @ 6:00 pm**

Black belt testing is one of our annual events that we encourage all of our students to attend. This not only shows support of our fellow students testing, but it also is a great learning opportunity for all students to see what is required to test for black belt. **Be sure to be a part of this very important event in our dojang,**

I hope to see all our students here on the 20th of October.

**Black Belt Candidates:** Betty Leibert, Jaime Schott, Kierstan Kandel, Colton Kandel, Brady Salego, Maisie McLaughlin

**Testing for 3rd Degree Black Belt:** Mrs. Pam Key, Mr. Messias Key, Mrs. Jeannie Lippert, Mr. Matt Shibley

## From Grandmaster Ameris

### Weight Training and Martial Arts

Grandmaster Cho was one of the early pioneers that incorporated weight training into his workouts. If done correctly, weight training will enhance your martial arts skills, as well as improve your fitness and conditioning. There are literally thousands of references on weight training and Martial Arts.

I recommend the following books and resources:

- Grandmaster Hee III Cho - **Man of Contrasts**
- Grandmaster Hee III Cho - **The Complete Martial Artist** (vol 1) Grandmaster Hee III Cho - **The Complete Master's Jumping Kick**
- Grandmaster Hee III Cho - **Dynamic Weight Lifting** DVD
- Shihan Marco Lala - **All DVD's**
- Bradley J Steiner - **Complete Guide to Effective Barbell Training**
- Peary Rader **Any books**
- John Saylor - **Strength and Conditioning Secrets of the World's Greatest Fighters**
- Loren W. Christensen - **Any books**
- Grandmaster Leo Fong and Ron Marchini - **Power Training in Kung-Fu and Karate** (vol 1 and vol 2). two of the best books on this list.



## Reminders:

- Beginning October 2nd, please wear your full uniform to all classes.
- As we enter fall, and it is getting dark earlier, parents please come inside to pick up children after class.
- Be sure to bring sparring equipment to every class. We will be sparring more often, and it is required for all students to take part.
- Since we don't know what will happen with Covid, or the cold & flu season, we want to remind everyone to STAY HOME if you are feeling sick. If you miss and feel you need to make up some time, please see Master Ameris.
- Black Belts - please be sure to keep track of your teaching responsibilities, when you sign up to teach - it is your responsibility to remember what you signed up for.