

TKDAMERIS.COM

Proudly Serving the Community Since 1977

Discipline and Respect are the cornerstone of Taekwondo

Happy Easter to All of Our Students and Families



Events in April

Testing - Next test will be at the end of May

Dojang Closed - Monday, April 1st for Easter

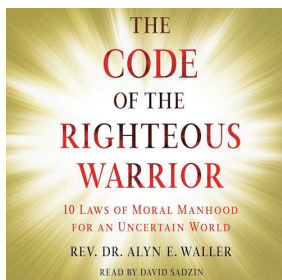
Uniform Changes - Beginning May 1st t-shirts can be worn to all classes with uniform pants and belt (new t-shirts will be available this month).

Coming Events

Kid's Summer Camp 2024

- **June 24th through June 28th**
- **July 29th through August 3rd**

BOOK OF THE MONTH



by Rev. Alyn E. Waller

Messages From Grandmaster Ameris

Health Update

Thank God my last surgery was a success. God willing, I will be back teaching in May. Words cannot express my gratitude to all of our black belts for stepping up with teaching classes. Without their dedication, there would have been no way we could have kept the dojang open during my illness. I would also like to thank all of the students and parents for your thought and prayers. They have made my recovery much easier. I cannot wait to get back and begin training and teaching again, but more importantly, I can't wait to return to my taekwondo family.

Updated website

Please visit our newly designed website at tkdameris.com. While on the site, please sign up to receive our monthly newsletter via email.

Also be sure to keep updated on our social media sites on facebook: [Philip Ameris](#) and [TKD Ameris](#).

Training Tips

Getting in great shape by working your curriculum

One way to get into great condition is to incorporate the following workout routine using the AIMMA Curriculum.

Program #1 - Line drills, then add in conditioning. Begin with a good warmup and be sure to get your leg muscles stretched before beginning training. Start with your required blocking techniques. Do 5 reps moving forward and 5 reps in the opposite direction. Complete all blocking and traditional techniques. Go right into squat thrust. Do 10 reps, followed by push ups, then leg raises. Next move on to the next section of the curriculum, which is fighting techniques. Again, repeat the same number of reps. When complete, add weight lifting techniques, such as curls, overhead press, flys, and tricep kickbacks.

Program #2 - Hyungs and One Step Sparring. Begin doing all of your forms from white belt to your current belt level. Do all forms right after one another with very little break (max 20 sec). Be sure to execute hyungs as you would during a test. Next, you want to do one minute of kicking techniques in the air, take a 20 second rest, then do all forms (hyungs) again, this time facing the opposite direction.

One Step Sparring - do all in the air, then add push ups in between each 10 one step sparring techniques. This workout will not only get you in phenomenal shape, your taekwondo techniques will drastically improve.