

# TKDAMERIS.COM

Proudly Serving the Community Since 1977

*Discipline and Respect are the cornerstone of Taekwondo*

*Happy New Year!*

To all of our students and their families. We wish you health, happiness and prosperity in the new year!

## *Important Dates:*

**Tuesday, January 2<sup>nd</sup>**  
Regular classes resume

**Testing -**  
**Next test is scheduled for the end of March**

## **Fit 2 Fight Dates:**

January 9<sup>th</sup> 2024: F2F Begins

## *Books of the Month*

- ***The Debt Free & Prosperous Living Course*** by John Cummuta
- ***Fat Loss Happens on Monday*** by Josh Hillis and Dan John
- ***A Better Human: The Stoic Heart, Mind, and Soul*** by George J Bradley
- ***Taekwondo: A Path to Excellence*** by GM Doug Cook
- ***Old School*** by Bill O'Reilly
- ***Wei Kuen Do*** by GM Leo Fong
- ***Solo Training, Book 3: 50 and Older*** by Loren Christensen
- ***Zen and The Art of Street Fighting*** by GM Jack Sabat
- ***The Budo Karate of Mas Oyama*** by Cameron Quinn
- ***My Journey in Karate: The Sabaki Way*** by Joko Ninomiya
- And of course, ***any books by Grandmaster Cho***

## *From Grandmaster Ameris*

### **New Year's Resolutions**

Every year, we all want to improve our lives. Whether it be to lose weight, get a better job, or any other self improvement goal, everyone wants to be a better version of themselves. As I get older, and hopefully wiser, I sincerely believe in the mantra that one drop of water, over time, will penetrate a rock. When we overload ourselves with drastic changes, we are in essence setting ourselves up for failure. In order to achieve lasting goals, one must have a concrete and specific plan in place to achieve successful results. Remember, failing to plan is planning to fail.

I have included some great books that I have read in regard to goal setting in several avenues. Some of these books are on finance, others are on exercise, and some are self improvement based. I hope these books help you as much as they did me. I hope and pray that each of you have a wonderful and great new year.

H A P P Y  
2024  
new  
Y E A R