



Master Philip Ameris Cho's Taekwondo Center

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July 2009 NEWSLETTER

CALENDAR:

July 3 and 4 School Closed for Fourth of July Holiday

July 9 & 10 AIMAA Guest – Mr. Stoian, from New York.
Two Day training.

Black Belt Candidates please make plans to stay after all Tuesday nights' class, as someone will be calling testing curriculum. Pick up your training pace – it is only 3 months away to Black Belt Testing!

AIMAA Summer Camp 2010

We've made contact with the university. If you go on our website and click the university website and click on accommodations, there are several hotels near the facility. I have spoken to the Director of Housing and it's \$75 for single occupancy with shower and air conditioning per night. We are contacting the university to see how to make reservations. All reservations must be made individually by the student. Please note that flyers will be posted on the bulletin board shortly. Remember that this is Grandmaster Cho's 70th birthday celebration, the 30th year anniversary of the AIMAA, and Master Ameris tests for 8th degree Black Belt (the first one in AIMAA history).

The camp's basic schedule will be testing on July 11th; from July 12-16 camp will begin at 8 a.m. and run until noon. The rest of the day is allotted for sight-seeing in our nation's capital.

More details to follow....

- All students, please remember the Code of Conduct and respect of answering commands loudly to instructors. In the last few months, we seem to be lacking in this respect.
- Now that summer is here and we are wearing T-shirts, please make sure your shirt is tucked in and you have a clean and neat appearance.
- Happy Birthday to Mr. Como. Thanks for your dedication and help. Everyone should look as good as you at 40!

- Consistency in your training over the summer months when it is hot and a lot of outside activities, feel free to schedule a private lesson so that you will not get behind in your training. Also, be sure to stay hydrated while working out at the school.
- The new book by Master Doug Cook, which will be a requirement for Black Belt theses, will not be available until October. As a replacement, you are required to read his first book, Taekwondo: Ancient Wisdom for the Modern Warrior, which is available at any book seller on online at Amazon.com when writing your thesis.
- I have come across an outstanding product called Kink Ease. This is a salve that reduces pain and discomfort and really works. It is a high potency MSM cream and is used for muscle pain and joint stiffness. It is available through Master Bob Maxwell. You may email him at bobmaxwell@mchsi.com. If you wish to order with a credit card, go to www.FoxTag.net website and enter the name "maxwell" in the ProMoCode section for discount pricing. When you order, tell him Master Ameris sent you and you will receive a discount.
- Check out our website; we have two new excellent interviews with Ishmael Robles and Bob Maxwell. Ishmael Robles is a World Kickboxing Champion and Tae Kwon Do Master. Bob Maxwell, a martial arts pioneer, is a master in the effective fighting art of Bando. Master Maxwell was instrumental in promoting tournaments and being one of the key people to form the rules for the Professional Karate Association in the late 1970's. Both of these individuals are outstanding and true martial artists. I want to personally thank both of them for giving us their time, their infinite insight, and wisdom. Visit their websites at www.galvestonkarate.com and Master Maxwell is on MyFacebook as a friend.