



GrandMaster Philip Ameris Cho's Taekwondo Center
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August 2010 Newsletter

Calendar

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| August 3, Tuesday | Demo in Parnassus. See Mrs. Ameris if you are interested in participating Mr. Connor will lead the demonstration. |
| August 5, Thursday | Grandmaster Ameris 8 th degree Black Belt and Celebration School Picnic
6-9 p.m. at the school. No classes this evening. |
| Saturday, August 7 th , | Black Belt Pretest, 10:00 a.m. sharp
Mandatory for all Black Belts and candidates for Black Belt. |
| Saturday, August 21 | Testing at 10:00 a.m. |
| Saturday, August 28 th | Brazilian Jiu Jitsu Seminar with Mr. Ed Vincent.
10:00 a.m. - Noon Free to all of our students. |

Coming Next Month...

September 11th Black Belt Testing

Required book for Black Belt Testing: *Taekwondo, A Path to Excellence* – Doug Cook. All students should read this book to truly understand the meaning of traditional Taekwondo. Available on Amazon.com and in bookstores everywhere. Also highly recommended for all students, not just Black Belts.

Message from Master Ameris

I would personally like to thank all of our students for their tremendous support of my recent test. As an instructor, I could not be more proud and honored to have such great students. It meant so much to Mrs. Ameris and me that all of you made the trip to Washington, D.C. to watch my grading. I know many of you traveled down and drove right back after the exam was over; that makes for a long day and again I thank you for your dedication and support. Grandmaster Cho, as well as the other AImAA masters, were very impressed by the showing of the number of students that attended. Thank you all, and God bless.

Report of AIMA Summer Camp 2010:

Once again, the AIMA Summer Camp was a huge success. Grandmaster Cho's class and philosophy of the martial arts reflects what has made him one of the world's greatest martial artists. At 70 years of age he is not slowing down his technique. His conditioning is unparalleled and his love for his art is personified by the example he sets. As always, the AIMA masters stepped up to the plate and demonstrated the diversity in the AIMA curriculum and innovated teaching methods.

In addition to the outstanding classes not only from Grandmaster Cho and the AIMA masters, the AIMA International Instructors from around the world did an outstanding job in teaching everything from weapons to curriculum. One of the most meaningful things about AIMA Summer Camps is the camaraderie among the students and instructors throughout the week. Students from around the world developed friendships and many of our students here are planning to travel to Europe to train and socialize with their newly acquired friends. Start making plans now for 2012; Summer Camp will be in Orlando, Florida!

Announcements

- **AIMA New Student Handbook has been completely updated. Now available in the office for \$20. All students are required to have a student handbook.**
- **New do-jang T-shirts are available! Check them out in our pro shop display.**
- **We have some back-to-school items for our children: book bags and water bottles can be purchased at the do-jang pro shop.**
- **Check out our Do-jang webpage at www.taekwondo-ameris.com for several updates as well as our Facebook page.**
- **Look for the upcoming article in TaeKwonDo Times about AIMA Summer Camp and Grandmaster Ameris's testing!**
- **Grandmaster Ameris is featured in Taekwondo Korean Martial Art Magazine in a cover story. There is a great article on street self-defense and Taekwondo effective fighting concepts.**
- **WELCOME TO ALL OF OUR NEW STUDENTS – We're glad you're here!**
- **Recently we've had an influx of new students. Please make them feel welcome to our do-jang. This is a great opportunity for all high belt students to get their teaching assistant requirements in. Please see Mrs. Ameris to sign up for some teaching time. WE NEED YOUR HELP!**

- We would like to thank all of our sponsors for their participation in our Seminar series. The first seminar is Brazilian Jiu Jitsu with Mr. Ed Vincent. Mr. Vincent is an outstanding instructor of this art. This seminar is free to all of our students. Take this opportunity to train with one of jiu jitsu's most respected instructors.

School Picnic Details – Thursday, August 5th, 6-9 p.m.

This year we will also be celebrating Grandmaster Ameris's 8th degree Black Belt at our annual picnic, which will be on our school grounds this year. As usual, we are asking everyone to bring a covered dish. There is a sign up posted on the bulletin board.

We are also going to use Michelle's Dance Studio next door for all the food, and their facility. Upon arriving, please take your covered dish directly to the kitchen in Michelle's facility. She is also allowing us the small parking lot to the left of her building for parking. The rest of the street will be blocked off to local traffic. You may need to park along the side streets for the event and walk over. We will have tents and tables set up outside also. Our school will be open for presentations, demonstrations, and a slide show. There will also be a DJ and fun for all. Please keep in mind, this was posted in the newspaper as an Open House. We are asking all students to bring their full uniform with belt in preparation to do a demonstration. In advance, we thank you for all of your help and please keep in mind that at the end of the evening we will need to clean everything up.