



Master Philip Ameris Cho's Taekwondo Center

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February 2010 NEWSLETTER

CALENDAR:

February 27th Testing, 10 a.m. Sharp. Be sure to know your curriculum thoroughly and have the appropriate class time in that is required for testing.

March 13th First Degree Black Belt Curriculum Class. All Black Belts first degree and higher are encouraged to attend to concentrate on the revised Student Handbook that Grandmaster Cho has written. It will be 9 -10 a.m. on Saturday.

Important Student Notices

Childrens' Sparring Class: It is a requirement that all children 13 and under attend Friday night Sparring Class at least twice per month. Younger students will not be eligible to test if they do not meet this requirement. Sparring is an integral part of Tae Kwon Do training. In order to build true self-confidence, students **MUST** regularly participate in sparring class.

What is Sparring? Sparring is NOT fighting. Although it may look like a fight, there are several rules and regulations that are required for the students' safety and learning progress.

1) **Self control.** We teach that if you cannot control yourself, there is no way you will be able to control an opponent. Self control is imperative during sparring, not only for safety reasons, but for the discipline that it requires to obey rules and safety practices.

2) **Rules.** Rules are set to enhance the student's skills as well as teach them what works and what doesn't. Our do-jang emphasizes practical fighting concepts. However, Tae Kwon Do is not a mixed martial arts fight, nor is Friday Night Fights. It is a Childrens' Sparring Class that teaches students how to effectively use their Tae Kwon Do techniques under the rules and regulations of our do-jang. Sparring is not a competition, it is a learning process. While we do believe in the Four Zones of Fighting – punching, kicking, throws/takedowns, and ground grappling - students must learn to walk before they run, and have a solid foundation of the striking skills that are required.

3) Parents may want to know why we do not encourage them to watch sparring. First and foremost, there is nothing that we are trying to hide by discouraging parents to watch class; to the contrary, we want parents involvement, but parental involvement must be done in a positive way to improve your child's development. Many times, when parents are watching, the sparring class turns into a competition among the parents watching the class. Children also use the parents as a crutch and will not do their best and are more prone to cry or want pampered. Remember, safety is our number one priority. When comparing other sports, Tae Kwon Do is a very safe activity. We will not let the children get hurt. Please encourage your child to listen to the instructor and please do not self-coach.

4) **Consistency.** The only way anyone training in martial arts will improve is with consistency. Some weeks they will do great, some weeks not so good. By being consistent, this is a sure way to help them achieve overall success.

5) All children yellow belt and above are required to participate in sparring class. All sparring equipment must be purchased through the school. See Mrs. Ameris for proper fitting.

AIMAA Summer Camp Update:

Trinity College – Rooms are going fast. Please call as soon as possible if you are interested in staying at the college. Staying at the college is the most economical package you will find in the Washington, DC area. All the information is on the school bulletin board and will be posted on our website soon.

If you are planning to stay at a hotel, make your reservations now. Being our nation's capital, Washington, DC is a popular destination for tourists and business, especially in the summer.

Also, when booking your hotel, remember that the traffic in DC is quite heavy, so try to book as close as possible to the university.

Tuition Payments

It is extremely important that all students fulfill their obligations regarding paying tuition. Our do-jang has expenses and obligations that must be made each month and it is necessary that you do your part in fulfilling your tuition payment schedule. Our fees are very affordable. For those students whose programs may be expiring, please see Mrs. Ameris to update your program.

Testing

Be sure to remember that *all* students orange belt and above are required to spar at testing. Please bring proper equipment.

Students blue belt and above are required to break boards during testing. See Mrs. Ameris to be sure you have your boards before testing date.

Message from Master Ameris

This year marks my 40th year as a martial artist. It is also the year that I will be testing for my 8th degree Black Belt at AIMAA Summer Camp in Washington, DC. As your instructor and the AIMAA Technical Director, I sincerely hope all students will participate in this year's monumental AIMAA Summer Camp. I am humbled to be Grandmaster Cho's first student to test for 8th degree, and will do my utmost to be at the top of my form for this grading.

My thesis for testing will be The Three Attributes I Have Found are the most important to me as a person and as an instructor to pass on to my students. In all my years of training, teaching, and studying the martial arts, I have found that the 3 most beneficial aspects I have learned and strive to achieve are:

Self-Discipline, Self-Reliance, and Self-Control.

Although never will I achieve total mastery of these important traits, it is my goal and desire to continue to strive towards these goals. When my thesis is complete, I will post it in a newsletter as well as on the school website.