



Master Philip Ameris Cho's Taekwondo Center

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MARCH 2010 NEWSLETTER

CALENDAR:

March is curriculum month. Every Monday and Tuesday we will focus on curriculum for each individual belt level. We will go over in detail the AIMA curriculum from White Belt through 4th degree Black Belt. Each belt level will get a detailed explanation of all techniques required under our curriculum. Be sure to attend classes.

March 19th Kickboxing class – bring a friend for a free class. This workout will not be as intense as our regular Kickboxing class, but will be challenging and everyone will get a good sweat going.

March 22 Mrs. Ameris will teach Chong Ji through Yul Guk in detail.

March 23 Mrs. Ameris will go through Chung Gun through Yu Sin.

Mrs. Ameris' expertise in Patterns will give the student a clear understanding of the proper execution of technique and how to perform the patterns most effectively.

Black Belt Excellence

The meaning of a Black belt in recent years has lost its prestige. It is more common today to lower the bar than to strive for improvement.

The model that “everyone is a winner” or that it does not require consistent years of dedication to achieve success in any endeavor has led our society to become weaker. Personal responsibility has been replaced with blaming everyone from parents to teachers to circumstances. As a result, we have many people claiming to be Black Belts in multiple styles with little or no years of dedication or training experience.

With the popularity of mixed martial arts through the media and the Ultimate Fighting Championships, many people feel today that traditional martial arts are ineffective and obsolete. Mixed martial arts are an extremely effective form of fighting. Although recently popular, mixed martial arts has been practiced for generations. Many of the founding masters of martial arts studied and trained in multiple styles, thus improving their martial arts skills. Today's marketing of the martial arts has led to a glorified misrepresentation of the true meaning of martial arts, which is self-improvement.

Black Belt excellence is more than winning a tournament, achieving victory over an opponent, or being the deadliest fighter alive. Black Belt excellence is a person who is striving to achieve harmony, peace, health, happiness, and to make themselves more productive and successful in Life.

Through the physical techniques of any martial art system, one should be able to defend themselves in a self-defense situation, but in reality, how many times a week or a day does this occur? So if the sole objective of training in the martial arts is for self-defense

only, students may want to look for a more effective method to defend themselves, such as learning how to use a firearm. However, if you apply the principles of traditional martial arts to your way of life, you will use these skills every day. The basic tenets of Tae Kwon Do will aid you in becoming more focused, more disciplined, to have self-control, and be self-reliant. Every day these important aspects of your training will be used in dealing with people, circumstances, and life.

Whether you are a Black Belt or striving to become a Black Belt, it is imperative that each day you put to use your Tae Kwon Do training by the way you conduct your life in and out of the do-jang. In constantly striving for improvement, your health, your relationships with others, your character, and spiritual development will be enriched.

Master Ameris Comments of Past Testing

Overall the test was very good. Again, some of the points to remember:

- All students should concentrate on a proper forward stance, with the front knee bent to where you cannot see any part of your toes and the back leg straight and locked. The weight distribution 70%-30% with 30% on the back leg. Hips and shoulders straight ahead. The most common mistake on a forward stance is bending the back knee when moving into a technique.
- Hyungs: Slow them down, be more explosive in each movement, mentally visualize defending and attacking a live opponent.
- Student Handbook and Supplement books are your roadmap to success. Please make sure each student studies thoroughly the physical techniques as well as the questions and terminology.

NEWS

Dealing with the snow as with everything we can complain or adjust. We only had to cancel class once during last month's blizzard. Again, our policy is to always stay open and train, however, safety is first. Use your best judgement. If it is really bad, check our website or call the answering machine to check for school closing. I would like to thank Mr. Fair and Mr. Bamrick for helping with snow removal. Also, a huge thanks to Uncle John for all the help he gives each day at our school.

Uniforms: Many of the students' uniforms are restricting their movements during training. Pants should be hemmed to prevent twisting the ankle or falling and the uniform top should be long enough that it stays tucked in the belt. No turtlenecks or sweatshirts are to be worn under the uniform.

Uniforms are not that expensive; it is suggested that everyone has two uniforms that properly fit with patches sewn on and neatly kept.

AIMAA Summer Camp 2010

It is coming quick! Only 5 months to go! We have been promoting this camp for over a year now. Trinity University has informed us that all private rooms are sold out. There are still rooms available for doubles. One of Mr. and Mrs. Farrell's students from Albuquerque, NM – Mr. Robert Uffer – is looking to room with someone. Anyone interested in sharing a room with him, please email the Farrells at

www.chosnewmexico.com. (They are on our link). Register directly with AImAA headquarters ASAP.

- Last month we announced that there would be a Black Belt class on March 13th; this class is replaced with Mrs. Ameris's classes March 22-23.
- We need students to participate in a demonstration at the Lower Burrell Police Station in March. If you are interested in participating, see Mr. Ameris, Jr.
- AImAA yearly membership – There are a few outstanding AImAA renewals due. Check the bulletin board to see if you are one of them.
- All students – be sure that we have a current Enrollment form with all your updated information. This will enable us to be able to contact you with any important information that you may need as a student. In addition, if you change your address or billing information it is imperative that you let Mrs. Ameris know so that we can keep your membership current. All students must honor their responsibility of paying tuition on time and remain current.
- We would like to compliment all the parents and children who stepped up with the Children's Sparring class on Friday nights. The class has been well attended and the students are really improving. Keep up the good work!
- Coming in April....
- Student drive – prizes and awards – details coming