



GRAND MASTER PHILIP AMERIS  
**CHO'S TAEKWONDO CENTER**  
NEW KENSINGTON, PA

*Proudly Serving the Community Since 1977*



**JANUARY 2012 NEWSLETTER**

**CALENDAR FOR 2012**

<b>Holiday Closings:</b>	April 6	Good Friday
	May 25 and 28	Memorial Day Weekend
	July 4 <sup>th</sup>	Independence Day
	August 31 <sup>st</sup> and Sept. 3 <sup>rd</sup>	Labor Day weekend
	November 21 and 22	Thanksgiving
	December 24 through January 1	Christmas Break

**TENTATIVE TESTING SCHEDULE FOR 2012**

Several of our students and instructors requested moving the testing day from Saturday to Wednesday evenings. We will accommodate this request for 2012 to see how this works; if it works, we will keep it, if not, we will return to Saturday Testing.

February 8 <sup>th</sup>	Testing 6 p.m.
May 23 <sup>rd</sup>	Testing, 6 p.m.
August 22 <sup>nd</sup>	Testing, 6 p.m.
October	Black Belt and Black Belt testing; dates TBA after Annual Black Belt Meeting
November 14 <sup>th</sup>	Testing, 6 p.m.

**NEW FOR 2012 – 6 SEPARATE Black Belt Seminars with Grandmaster Ameris:**

The first seminar will be February 4<sup>th</sup>, at 9:00 am. All Black Belts, children and adults, are strongly encouraged to attend all six seminars.

**PRELIMINARY EVENTS FOR 2012**

<b>March</b>	Master Kirkland, AIMAA Scotland, will be at our school and conduct seminars. Mr. and Mrs. Farrell, AIMAA New Mexico will be visiting our do-jang and instructing in March.
<b>June</b>	Annual School Boot Camp. Guest instructors will be announced. There will be some different disciplines of martial arts.

**All Dates TBA:**

- Annual Kids Summer Camp
- PHILIP AMERIS JR'S FIT 2 FIGHT PROGRAM HAS GROWN BY LEAPS AND BOUNDS. HE WILL OFFER SEVERAL PROGRAMS THROUGHOUT THE YEAR. BE SURE TO FOLLOW OUR WEBSITE, FACEBOOK, NEWSLETTERS, AND BULLETIN BOARD. If you want to get in shape, read the testimonials on these sites!
- AIMAA International Summer Camp, in the Island of Jersey, British Isles
- As mentioned above, six Black Belt seminars conducted by Grandmaster Ameris.
- And, as always, we will have tournaments, picnics, parties, our annual run/patterns in the park, and outdoor training. Be sure to check the monthly newsletters for these events and the dates.
- Master Darcy, AIMAA Ireland, will visit our do-jang – Date TBA.



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**MORE NEWS FOR 2012**

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Ms. Stephanie Trainer, one of our Black Belts, has been studying film abroad in London. One of her projects is a documentary film of Grandmaster Ameris that will be shot through 2012. We thank Stephanie for her dedication to this project and all of our students who participate in this documentary.

Grandmaster and Mrs. Ameris sincerely thank all of our students for the wonderful gifts, treats, and cards received throughout the holiday season. More importantly, thank you so much for your support and dedication to our do-jang. Our school is a success because of the Black Belts, instructors, and students. We cannot be more proud and honored for all of you to be training with us.

2012 AIMAA Membership dues are DUE NOW. As a part of our Action International Martial Arts Association Certified School designation, it is mandatory for all students to renew the \$30 membership annually.

Safety and Hygiene: Safety is our number one concern. Please make sure you have the proper sparring equipment that fits right, is well padded, and is not worn out. In addition, as everyone knows, in the winter months, to avoid passing germs, please wash your hands regularly. Also, have pride in yourself by keeping your uniform, your equipment, and yourself clean and odor free. It is offensive to people.

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**MESSAGE FROM GRANDMASTER AMERIS: NEW YEAR'S RESOLUTIONS**

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This time of year everyone goes through the ritual of making resolutions about diet, fitness, and setting goals. As a martial artist, fitness, goal-setting, and balance living are the aims of what martial arts stand for – which is self-improvement. As Grandmaster Cho has stated many times, “One drop of water over time will penetrate rock.”

Consistency is the most important thing in your development as a martial artist and person. Day in and Day out, week by week, month by month, year by year, decade by decade, one must always strive for self-improvement. There are no shortcuts to success in anything. If you watch TV and see infomercials on diet, fitness equipment, etc. that promise results, the truth is you won't look like the models in them. The simplest way to achieve any goals, whether fitness, financial, or anything you want to achieve is simply disciplining yourself. Consistently working toward reaching your goals is the only way to achieve them.

We live in a society where “more is better” and this definitely shows in the current mainstream of martial arts. One current trend of thinking is the more titles you have after your name makes you a superior martial artist; however, all the titles in the world will not get you in shape, make you a better instructor, make you a better martial artist, or give you real confidence and results. It is like a cake that has icing and no substance underneath it. It's all fluff and artificial.

Simplicity in your training does not mean you are stifling your growth. Quite the contrary; simplicity means doing the things that need to be done in the most effective way in order to achieve results.

So, for the New Year, a suggestion is, instead of making mega-resolutions, simply eliminate negative and non-producing methods and replace them with disciplined effective training.

May God Bless everyone for 2012.