

To Grandmaster Ameris,

First off, congratulations for receiving your eighth degree black belt and the title grandmaster. I know that you, as much as anyone, have worked for this and deserve it. Secondly, I want to apologize for not writing this letter earlier. It is long overdue.

I will be a junior at Leechburg High School next year and the editor in chief of the student newspaper. (We are online at [www.trottyveck.com](http://www.trottyveck.com). We also have a link from the school's home page. Check us out!) I will be playing football in the fall on the varsity team for the third year in a row. I worked my first job this summer and just received my driver's license.

Throughout every day of my life I am impacted by what you and the rest of the Cho's Tae Kwon Do family have taught me. I use the lessons I learned from tae kwon do every day and I am sure that tae kwon do (as well as some excellent parenting) has made me into what I am today. Modesty and courtesy have helped me to make more than a few good impressions. Integrity is a lesson I use almost daily in high school. Self control is a lesson everyone should learn and is one of the most valuable lessons I learned with you. And lastly perseverance and indomitable spirit are lessons I will never forget.

Also, you taught me that black belt isn't the last step. At first, I only saw it in that respect. Now, however, I see that it can be applied to more than just tae kwon do. Learning that black belt isn't the last step has taught me not to just reach my goals, but to surpass them. It has taught me to strive to be the best I can be at everything I do.

In short, the lessons I learned at tae kwon do are the most important and most valuable lessons that I have learned. I regret everyday that I am unable to train right now, but I also look forward to being able to come back one day. I also realize now that you truly are one of the best at what you do and that we are all blessed to have had an instructor as phenomenal as you.

To all of the students at Cho's Tae Kwon Do: I miss all of you. I have learned that you will never find a better group of people than the tae kwon do family. You are all wonderful people and you all have taught me something I will never forget.

To all of the young students: stick with it! I know there are times when you will hate it, you don't want to go because you would rather be out with friends, or you don't want to practice your patterns; but quitting will be the worst decision you make. Stay with it and you won't regret it. Hopefully you will be able to walk away with some of the lessons I learned.

I hope that this letter finds you well and lets you know that I haven't forgotten any of you. Also I hope this shows you, Grandmaster Ameris, that what you do matters. You have changed so many people's lives for the better. I could never thank you enough for everything you have done for me and I am positive that I would not pick any other instructor to train with.

Daniel Rzewnicki