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Proudly Serving the Community Since 1977

Discipline and Respect are the cornerstone of Taekwondo

Important Dates:

Closed for Labor Day - Monday, September 4th

Testing - Monday, September 11th

Black Belt Testing - Friday, October 20th

Important Reminders:

- For the month of August, bring running shoes to each class.
- Please only wear a dojang t-shirt to class. No other t-shirts are part of the uniform requirements.
- All students should have their own equipment and bring it to every class.
- Please do your part in keeping dojang clean. Take all personal items home and put equipment back in order. Also, be sure to clean all equipment with the sanitizer towels at the dojang, and make sure to remove your shoes when you come in.
- Please remember that testing is a formal event and all students should wear their full uniform and belt, as well as having all the proper patches.
- Remember to stay hydrated during these hot months! Either bring your own water, or \$1 to buy water.

RECOMMENDED MOVIE FOR ALL ADULT STUDENTS

A true story about child trafficking - **A MUST SEE!**

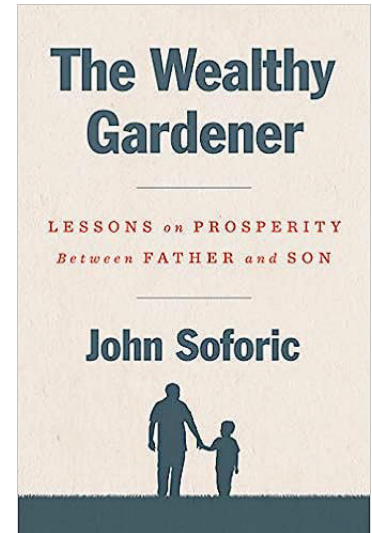
From Grandmaster Ameris

This past month, we have had some outstanding classes.

Master Belgacem from AIAA Scotland, as well as Mr. Nico Stoin from AIAA New York, visited our dojang. It is always great to have our AIAA family come and train and socialize. As I have stated in the past, Taekwondo should be a positive metaphor for improving your life. Using the teaching of traditional taekwondo will give practitioners the tools to achieve any of their goals. Remember anything of value requires hard work and discipline. You must take action to change and improve. If you are doing the same thing over and over, and not seeing results, it is imperative to reevaluate your plan and get to work.

One of the most important skills to develop is a strong mind and a non-quitting spirit. Developing a strong mind enables one to be calm when needed, to think before speaking, to have a calculated method to resolve problems and conflict, and to be in control of what you can control. The second component of a strong mind is the never give up, never back down, attitude of controlled aggression - when needed. This aspect of a strong mind shows courage and commitment. It is standing up for what you believe in, and what is right. It is the Yin and Yang approach, or in Korean, eum yang ohaengseol. Opposite forces working as one. You cannot possess a strong mind by talking. One must constantly pursue the traits, and put them into action. When GM Cho formed the AIAA, the first word he used to name his newfound association was Action. Without Action, nothing can be achieved. Join the Action and be your best!

BOOK OF THE MONTH



The Wealthy Gardener

*Lessons on Prosperity
Between Father and Son*

