

TAEKWONDO-AMERIS.COM

Proudly Serving the Community Since 1977

Discipline and Respect are the cornerstone of Taekwondo

Happy Valentine's Day

A Message from Grandmaster Ameris

Dear Students:

I would first like to thank all of our Black Belts for assisting with class during my recent surgery. In addition, thank you to all of our students and parents for being so understanding, and for all your prayers and well wishes.

My hernia surgery went well, but I will still remain under doctor's care. This unfortunately means I will not be able to teach, most likely, until May.

I would hope that all of our students continue to train. Our Black Belts are extremely capable, and each one has their individual strengths and teaching abilities. As all of our students should be well aware, when you reach Black Belt level, it is part of your responsibility to give back and pass on this beautiful art of Taekwondo. I will do my best to come and oversee classes, as soon as I am able; and I will be giving the Black Belts some lessons plans that will keep everyone sharp and motivated.

Thank you and God Bless,

Grandmaster Ameris

Events in February

Watch Facebook - All updates will be posted. We had originally planned to close in February, but please check Facebook for possible closures.

Mandatory Black Belt Meeting - Date to be announced

Coming Events

Kid's Summer Camp Dates for 2024

- June 24th through June 28th
- July 29th through August 3rd

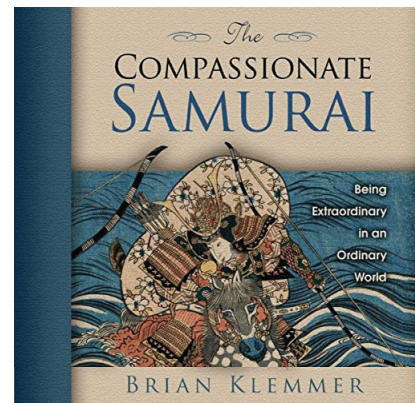
Other News

Training Tips and Updates

One of the best and most important elements to good health and wellness is stretching. Although doing splits and high kicks are great to perform, and can be very impressive, overall body stretching is what is essential for health and safety. A great book is **Stretching: 40th Anniversary Edition** by Bob Anderson.



BOOK OF THE MONTH



THE COMPASSIONATE SAMURAI
by Brian Klemmer

Reminders

- If you have not paid your AIMAA membership dues for 2024, please see Grandmaster Ameris ASAP to get your dues paid.
- During tax season, please respect our neighbors, and do not park in the accountant's lot.

SPECIAL NOTE TO ALL PARENTS:
PLEASE COME INTO THE SCHOOL TO PICK UP YOUR CHILDREN, AND DO NOT WAIT FOR THEM IN YOUR CAR. IT IS DANGEROUS FOR THEM TO BE IN THE PARKING LOT OR CROSSING THE STREET.