

# TKDAMERIS.COM

Proudly Serving the Community Since 1977

*Discipline and Respect are the cornerstone of Taekwondo*

## Important Dates:

**Closed for Labor Day -**

**Monday, September 4<sup>th</sup>**

**Testing -**

**Monday, September 11<sup>th</sup> @ 6:00 pm**

No class for children and adults -  
there WILL BE PANTHER CLASS

**Fit2Fight (Fall) -**

**Tuesday, September 12<sup>th</sup>**

**Black Belt Testing -**

**Friday, October 20<sup>th</sup> @ 6:00 pm**

## Reminders:

- Beginning October 2nd, please wear your full uniform to all classes.
- All students should have their own equipment and bring it to every class.
- Please do your part in keeping dojang clean, and make sure to remove your shoes when you come in.
- No student under the age of 12 can participate in an adult class without the permission of either Grandmaster Ameris or Master Ameris.

## F2F Saturdays

### ATTENTION Adult TKD Students

If you are looking to supplement your current training and take your conditioning to the next level - be sure to join us for F2F on Saturday Mornings!

Our proven conditioning program combines authentic kickboxing training with progressive strength training and is a perfect complement to your current Taekwondo Routine.

F2F (Saturday's) is an exclusive offer for current TKD Students (ages 14+)

Please see Philip Jr for class details

F2F (Saturday's) tuition is \$125 for 12 classes and must be paid with cash only.

## From Grandmaster Ameris

Respect in traditional taekwondo is paramount. Without the the code of Ethics (page 83 of student handbook) taekwondo would be no more than street fighting. In our student handbook, which was written by our Grandmaster Hee Il Cho, he goes into great detail of the importance of Attitude (page 27) Discipline (page 28) and Respect (page 30). All students must read and apply what our Grandmaster is teaching, in order to fully understand the complete meaning of learning and training in Taekwondo.

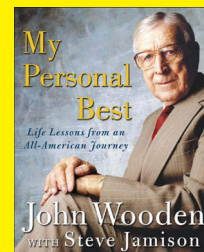
One very important element in taekwondo is addressing senior black belts by their proper title. All black belts should be referred to as Mr. or Miss or Ms. Black belts 6th Dan and higher should be referred to as Master. There are four (4) masters currently at our dojang: Master Jeanne Ameris, Master Mary Crawford, Master Jason Napier and Master Dave Kalina.

Grandmaster is 8th degree and above, and Grandmaster Ameris holds the rank of 9th degree black belt. Everyone should take note and show respect for the rank.

We live in a world today that lacks respect and discipline. Taekwondo can greatly improve the lives of its participants by teaching these values. Your life will be more successful if you follow simple codes of conduct that make up the core of traditional taekwondo. Grandmaster Cho told me years ago, when I was competing, "You are a champion for a day. However, you are a martial artist for a lifetime."

The goal of martial arts is self improvement. Whether you are a senior black belt or a white belt, you should be following the principles.

## BOOK OF THE MONTH



### My Personal Best

Life Lessons from  
All-American Journey  
by John Wooden