

# TKDAMERIS.COM

Proudly Serving the Community Since 1977

*Discipline and Respect are the cornerstone of Taekwondo*

## Happy St. Patrick's Day



### Events in March

**Watch Facebook** - We will post changes and updates here, as information becomes available. Please check it regularly. Search for Philip Ameris.

[Philip's Facebook Page Link](#)

**Testing** - We will be checking eligibility for all students, and anyone who has the requirements for testing will test. More information is coming.

### Coming Events

#### Kid's Summer Camp 2024

- June 24<sup>th</sup> through June 28<sup>th</sup>
- July 29<sup>th</sup> through August 3<sup>rd</sup>

### Reminders

- If you have not paid your AIMAA membership dues for 2024, please see Master Ameris ASAP to get your dues paid.
- **During tax season, please respect our neighbors, and do not park in the accountant's lot. You will be towed at your own expense.**

### A Message From Grandmaster Ameris

#### I'll Be Back

The famous quote from Arnold Schwarzenegger is for sure how I feel. Since 1977 when I started our dojang, I have never been off of the mat this long. However, thank God, things are moving along well with my surgery, and I will be making a full recovery soon. My next scheduled surgery is scheduled for March 14<sup>th</sup>. I once again would like to thank all the black belts for stepping up and keeping the dojang running. Also, to all the students, your thoughts and prayers and gifts are truly appreciated. In addition, I cannot thank my AIMAA family worldwide enough. The emails, calls and concerns for my health are something I will never forget.

As Grandmaster Cho told me years ago, you are a champion for a day, but a martial artist for a lifetime. This simple but profound statement has personified my appreciation for all of the years of Taekwondo training. Life will knock every one of us down at one time or another. How we deal with this adversity makes all the difference. With my recent health issue, I once again applied the tenets of Taekwondo to enhance dealing with a serious issue.

I have been so fortunate in my life. God has blessed me with the best family anyone could ask for, a rewarding career, and a passion for the martial arts since the age of seven. Studying Traditional Martial Arts has prepared me, not only to defend myself, but also to provide a roadmap to succeed in any situation.

One may question how is this possible? The answer is quite simple. Marital arts should be a positive metaphor for living. It should make you a better husband, father, employee, student, and every aspect of your being must be enhanced through your study of the marital arts.

The time tested attributes that traditional marital arts teaches, if practiced with sincerity, will guarantee success.

#### BOOK OF THE MONTH

### The Man Behind the Legend

by Robert Koga



ROBERT KOGA -  
*The Man Behind the Legend*

JOHN WINTERLE & DAVID YANCEY