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# TAEKWONDO-AMERIS.COM

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Proudly Serving the Community Since 1977

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## Important Dates

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**Sept. 4:** Do-Jang Closed  
(Labor Day)

**Sept. (9 am):** Black Belt  
Pre-Test

**Sept. 12:** Fit 2 Fight  
Round 3 Begins

**Sept. 30 (10 am):** Color  
Belt Testing

**Oct. 2:** Full Uniform  
Required

**Oct. 6 (6 pm):** Annual  
Black Belt Testing

## Note to Parents

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With the summer coming to an end and the days growing shorter - make sure to come inside the Do-Jang to pick up your child. We do not want any children sitting in the parking lot during the dark hours of the evening.

## Let Me Be The Judge

*A message from Grand Master Ameris*

It is important that students, parents, and even black belts do not judge someone else's rank or progress. Each student has a unique, individual personal story that is often times not known to the group. Whether that be an injury, family responsibilities, personal anxieties, or something else - may times these issues are personal and often times kept private. Always remember Taekwondo students are a small fraternity and family - **we are here to help and support each other**, not meddle in other people's lives, invade personal space, and **never insult or embarrass anyone**.

Quite honestly, some students are more physically talented than others, but **that is only a portion of Taekwondo** training. One must be dedicated, show discipline, and a legitimate effort towards doing their best. I know each student personally and judge them on their individual progress - **I do not compare any of my students**.

As I've said in the past, I am very fortunate to have several students that have been with me for over 20 years - many of them now in there 60's. How could I expect them to perform as well as a student much younger or the same as they once did when they were much younger. These "senior" ranks have every attribute that a true martial artist aims to achieve.

My goal as your instructor is that training in our Do-Jang will be an enjoyable experience that will enhance every aspect of your lives. There are several paths to achieve success - **the road is different for all of us**. Respect each other's journey and as the saying goes **if you do not have nothing good to say do not say anything at all**.

**Back to School – Back to Training:** It has been a really busy summer, now that school is back in session I hope that everyone will get back to some normalcy. There are many events coming up to enhance your training and learning experience. In addition with the new school year, we have several new students enrolling in our Do-Jang - be sure to welcome all of them and high belts be sure to help assist with class.

**Black Belt Testing:** Our annual Black Belt and High Degree Testing is on **Friday, October 6 (6 pm)**. This is one of the biggest events in our Do-Jang calendar and all students should make a priority to attend and support their fellow classmates and instructors as well as see what to expect first hand for a black belt test.

**New Equipment:** During my recent trip to San Francisco I went to a martial arts supplier that had excellent equipment that we will now be offering in our Do-Jang. Be sure to check out bulletin board and samples in our Do-Jang office. We **highly recommend each student has two uniforms** and sparring equipment that properly fit and are well maintained.

**New Items!** We have new lunch bags as well as new duffle bags for purchase check them out in the Do-Jang office.

**Fit 2 Fight Round 3:** Our proven 12 week conditioning program resumes after Labor Day (Tuesday, Sept. 12). Be sure to register online ([fit2fight.com](http://fit2fight.com)) to enroll, space is limited.