
TAEKWONDO-AMERIS.COM

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Important Dates

July 3 - 4: Closed

July 11: Fit 2 Fight Ladies Edition

July 13 (6 pm): Patterns in the Park

July 31 - Aug. 4: Kid's Summer Camp (Ms. Sandy Gianella)

Fit 2 Fight Ladies Edition

We are excited to announce our newest addition to the Fit 2 Fight Line Up - **Fit 2 Fight Ladies Edition (July 11 - August 19)** This class will feature kickboxing and circuit training aimed at tightening and toning the body for the summer months. Classes will be held on **Tuesday (7:45 pm - 8:45 pm)** and **Saturday (9 am - 10am)**. This 6 week camp's cost is **\$75 (cash only)** and must be paid by Tuesday, July 11.

A Message from Grand Master Ameris

On behalf of our entire Do-Jang and my family - I would like to sincerely **thank all of our students, families, friends, and surrounding community** for making our 40th Anniversary Celebration such a special day.

We couldn't be more grateful for the continued support and appreciative for all the volunteers that helped put together this incredible day. We are looking forward to the next 40 years!

In honoring the traditions of our school, we'll be having our annual **Patterns in the Park** on **Thursday, July 13 (6 pm) - Memorial Park**. This event is open to students of all ages and belt levels - there will be no formal classes at the Do-Jang this evening.

Training outdoors has always been one of my favorite forms of working out. I remember when I could not afford to rent a space for a Do-Jang and would hold classes at Memorial Park. There were just a few students back then, but we always managed to train hard in the Do-Jang that mother nature provided. **All students should wear their uniform pants, school t-shirt, belt, and sneakers - no sandals, crocs, or flip flops.**

In addition to keeping up with the many traditions of

the Martial Arts - **all students should be sure to read our AImAA Student Handbook** - specifically pages (28 - 31). Never forget that our Do-Jang is a school, not a gym and we just adhere to certain standards and practices that reflect all aspects of traditional Tae Kwon Do.

Lastly, I would like to **welcome the many new faces** who have joined our Do-Jang over the last month. We hope that you have enjoyed your training so far and look to be with you throughout our entire Martial Art's journey. I would also like to **thank all the assistant instructors** for helping with all new members as well as **Mrs. Pam Key**, who did a outstanding job with our kids summer camp this past month.

As always, be sure to keep up with your training over the busy summer months. If you are unable to make classes, look into scheduling private lessons with our Do-Jang office.

God Bless,

Grand Master Philip Ameris