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Important Dates

Jan. 2: All Classes
Resume

Jan. 9 (7:45 pm): Fit 2
Fight Begins

Jan 13 (9 am): Fit 2
Fight Power Hour

Jan. 13 (10:30 am):
Black Belt Class

Instructors Needed

We will need instructors and assistants for all classes from **Feb. 12 - 23**. Please see Mrs. Ameris immediately for scheduling and availability.

Happy New Year

First off, on behalf of myself and family I would like to wish all of our students, their families, and our surrounding community a Happy New Year. We wish you the best in health and happiness in 2018. We would like to also extend a very special thank you to all our students for remembering us during the Christmas Holidays and the overwhelming amount of nice gifts they presented to our entire family.

We would also like to pay tribute to all of our students, your support and commitment to our Dojang is what makes our school so successful. To our many Black Belts - words could not express the appreciation we have for your prolonged dedication to both yourselves and your fellow classmates. Our Black Belts personify the meaning of "True Martial Artists".

In 2017, our Do-Jang celebrated its 40th Anniversary. This outstanding event including former students, friends, and local businesses. This will be a day that my entire family will always remember. I would like to thank all of our sponsors for their support - their contributions to our Do-Jang's scholarship program helps more people than they even realize.

With such an outstanding year in 2017, we are looking forward to keeping the momentum running through 2018 and beyond. I've had many people question our location, the size of our town, and our unwillingness to jump on every fad in the the martial arts "industry". My response has and will always be simple.

Our students personify hard work, they do not make

excuses, and continue to rise to the standard that has been demanded. Our program speaks for itself. I've always believed that if you teach with compassion, stick to your values, and are consistent - people will come and students will stay.

Thanks again for your tireless effort and always rising to the standard (on and off the mats) - we look forward to sweating alongside you and furthering real Martial Arts in 2018, and beyond.

- Grand Master Philip Ameris

Black Belt Class (Jan. 13, 2018 - 10:30 am): The first of many stand alone Black Belt Classes of 2018, ***this class is for Black Belts Only***. In Black Belt Class, we will concentrate on our advanced curriculum, introduce new techniques, as well as focus on how to set up, instruct, and teach class. This is a great opportunity to get clarifications on any questions that you may have in regards to curriculum or teaching methods. ***Please bring all of your equipment*** in order to fully participate. After class, there will be light refreshments for anyone that can attend. Lower belt students may attend, but only as a spectator. ***Black Belt students of all ages should make this class a priority in their training.***

Notes & Reminders:

AIMAA Membership dues must be paid immediately - see Mrs. Ameris for details.

Parents, please be sure to come inside the Do-Jang to pick up your children.

All students, be sure to **do your part in keeping the Do-Jang clean** - the little things add up. Any help is much appreciated. Part of keeping our facility clean is **remembering to take all of your equipment and belongings home**. All equipment that is left at the Do-Jang will be placed in our lost and found - after one week it is donated or thrown away.

All students, **be sure to have all of your patches properly sewn on your uniforms** as well as **labeling your sparring equipment, uniforms, and bags** - this cuts down on the amount of gear that can get misplaced.

SALE! Grand Master Hee Il Cho's Books are available at discounted rates in the Do-Jang office, see Mrs. Ameris for details.

To teach is to learn! We are encouraged **all Brown, Red, and Black Belts** to help assist with classes - **particularly our children's program**.

Interested in competing? We have been contacted by a **local Kickboxing Promoter** looking for **competitors ages 14+**, see Grand Master Ameris for details.