
TAEKWONDO-AMERIS.COM

Proudly Serving the Community Since 1977

Important Dates

February 12th – 15th

Dojang closed

Annual Winter Break
(no classes in Taekwondo, Fit 2
Fight will run on regular
schedule)

Next Test - March TBA

Instructors Needed

We will need instructors and assistants for all classes from **Feb. 19th - 22nd**. Please see Mrs. Ameris immediately for scheduling and availability. ALL black belts are responsible to teach and pass on the Art of Taekwondo. Please do your part in fulfilling your obligation to instruct.

February News

Reschedule of Black Belt Class –

Please sign bulletin board and indicate what day fits your schedule. The most Black Belts who sign will determine the day of class.

All Black Belts –

Please, if you do not have a white uniform, purchase one from Mrs. Ameris at the office. The white uniform for black belts should be worn to all testing and special events.

Our Condolences –

Our deepest condolences to the Regoli family. Nico, Giana and Marla Regoli. Their father, John, recently passed away. Both Nico and Gianna are black belts and long-time students of our Dojang. Our thoughts and prayers go to you and your family during this very difficult time. God bless.

All students –

Please read bulletin board and visit our website and Facebook page for tons of information and news.

The stretching routine that we have added to all of our classes is going great. We see that many of our students are kicking better and becoming more flexible.

Here is a break down for solo training at home

- Split legs - hold 3 minutes
- Front split right - hold 2 minutes
- Front split left - hold 2 minutes
- 10 Front leg raises
- 10 side leg raises
- Repeat for 2 or 3 sets

All Black Belts –

We would like to feature one Black Belt in every newsletter. Please write this up and give or email to Grandmaster Ameris (pameris@taekwondo-ameris.com). We will post on first come basis. It is very easy, and you can follow this format: Name / occupation or student / age / year began taekwondo/ belt rank / favorite training method or technique/ how taekwondo has impacted your life

This Month's Black Belt Feature - Grandmaster Hee Il Cho

All of our students are well aware of Grandmaster Cho as our Chief Grandmaster, but here are a few things we thought may interest our members.

Name: Grandmaster Hee Il Cho

Occupation: President and founder of the AImAA and Martial Arts instructor

Age: 77

Belt Rank: 9th Degree black belt

Favorite Technique: Jump back turning kick

Favorite Pattern: Choon Jang

Favorite Taekwondo: bag training/ lifting weights

Goal: to pass on his knowledge to enhance his students lives

- In 1980 Grandmaster Cho Founded the Action International Martial Arts Association.
- Grandmaster Cho has written some of the bestselling martial arts books on the market. Not only have his books been classics in Taekwondo, Martial artists from literally every style have benefited from his teachings.
- Grandmaster Cho was one of the first Taekwondo instructors to incorporate boxing, weight lifting and innovative methods of training into his traditional curriculum. He has taught his effective and realistic style around the world.
- Grandmaster Cho has been inducted into every major martial arts hall of fame including Black Belt for instructor of the year, and then again for Man of the Year.
- Grandmaster Cho was one of the first martial arts masters to produce video instruction and has over 70 instructional videos.
- Grandmaster Cho is known as one of the best kicking martial artists of all time.
- Grandmaster Cho has been on the cover of over 80 marital arts magazines around the world.
- Grandmaster Cho still trains and teaches every day in his dojang in Hawaii.