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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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**Friday, July 13<sup>th</sup>**

**6:00p**

**All Color Belt Testing**

Be prepared train hard, even when on vacation.

**July 19<sup>th</sup> – 23<sup>rd</sup>**

**Kick-Boxing Clinic**

with Philip Ameris, Jr.

**Friday, September 14<sup>th</sup>**

**6:00p**

**Black Belt Pre-Test**

**Friday, October 26<sup>th</sup>**

**6:00p**

**Black Belt Testing**

## June News

### Upcoming Events

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#### Children's Summer Camp

**June 25<sup>th</sup> - 29<sup>th</sup>**

Registrations will be taken on Mondays and Wednesdays at the school. If you have questions, please call Mrs. Pam Key at 724-882-9110. This will be a great camp for all children. Mrs. Key and her assistants make the week fun, a great workout and a wonderful learning experience.

#### Fit 2 Fight Power Hour

**Saturday's from 9:00a – 10:00a**

If you are looking for some extra conditioning to supplement your training – be sure to check out the Fit 2 Fight Power Hour. Power Hour classes are held on Saturday morning, and are open to all adult students (ages 18 and up). The cost of Fit 2 Fight Power Hour is \$10 per class (cash only).

#### UFC Fighter and Champion Wrestler Chris Dempsey Summer Camp Seminar

Coming in July and will be free to all students. This camp is sponsored by our annual program book. More details to follow.

#### Patterns in the Park

Coming in August – time and place will be announced.

#### Pro-Style Kick-Boxing Clinic w/ Philip Ameris, Jr.

**July 19 - August 23:**

For the first time ever - we are opening up our regularly scheduled classes to people "outside" of the Do-Jang. Our 6 Week Kickboxing Clinic will be held on Thursdays from 6:30 pm - 7:30 pm.

This clinic will be free to all current adult Taekwondo-Ameris students and \$100 for martial artists or combat sports enthusiasts (ages 12+).

Throughout this 6 Week Clinic, Philip will breakdown the fundamental aspects of kickboxing, including defensive tactics and offensive proficiency, in an easy to understand - user friendly approach. Philip's system based teaching has proven effective at the highest levels of competition (UFC and Bellator MMA) and is specifically designed to highlight an individual student's strengths, while rapidly developing their deficiencies. Each week will feature a new topic - expanding upon the previous weeks lesson in order to quickly improve students in a limited time frame.

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## Upcoming Events continued

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We are very excited for this 6 week program to help improve and introduce our system of kickboxing to all attendees. We look forward to seeing you on the mats - don't miss this opportunity to learn from a veteran, professional coach and lifetime martial artist.

### STUDENTS WILL NEED:

#### Sparring Equipment

- Boxing Gloves (NO MMA Style Gloves)
- Full Shin Pads
- Optional Equipment: Mouth Piece, Hand Wraps, Cup

#### Pre-Requisites

- Ages 12+
- Participant must have previous experience (NO Beginners or First Timers)

**About the Instructor:** Philip Ameris, Jr. has been actively involved in Martial Arts since he was three years old - he has competed and coached throughout the United States and abroad. Philip holds the rank of 4th Degree Black Belt (AIMAA Taekwondo) while continually exploring all aspects of martial arts.

Philip's vast array of coaching experience includes years of teaching children and adults AIMAA Taekwondo to serving as the head striking coach for professional MMA fighters Dom Mazzotta (Bellator MMA) and Chris Dempsey (UFC).

Philip currently devotes most of his time teaching and developing "Fit 2 Fight" - a 12 week fitness based boot camp combining authentic kickboxing and traditional strength training.

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## Reminders

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- **New T-shirts are available at dojang for \$20.00 ea.** Please remember only Cho's Taekwondo T-shirts are permitted in class.
- **Special note to parents** - Please be sure to monitor your children on their behavior inside and outside. We are trying to avoid mud being tracked into our dojang and bathrooms. Keep in mind, we are all barefoot, and students are tracking the mud onto our mats.
- **Stay Hydrated** - Drink plenty of water with the hot weather. If you need a water break, bow out and get one.
- **All Black Belts and Instructors** - Please do your part in helping to assist with classes. Especially this month with Mrs. Ameris being out for surgery.

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## Training Tip from Grandmaster Ameris

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**Want to get in great shape, while working your Hyungs? Try this simple drill...**

Perform a pattern (Hyung) full power with everything you have. Each move - make it your strongest. As soon as you are done, do a set of squat thrusts (burpees). Do 10 reps to start, and increase as your condition improves.

Next, split legs for one minute (side split). Repeat with another pattern and another exercise, such as push-ups or weight training. This time do the front split left side forward for one (1) minute / again repeat sequence. Then change legs to right front split.

Do each of your patterns, and a different exercise in between each pattern. Keep alternating stretches as mentioned above.