

## Five Years!!

Yes, it's been 5 years since the opening of the West Windsor TaeKwonDo & Kickboxing Academy! It's been great. It's been hard work. It's been a learning experience. And it's been a lot of fun working with such an incredible group of children and parents.

I want to especially thank GrandMaster Choi, Mr. Crocco and Sensei José – I have only been able to accomplish so much because of them. Master Choi has always served as the best and most important role model in my life – his inspiration, guidance and advice have helped me become the man I am. Mike Crocco's business advice, support and guidance has been essential in developing the programs here at the Academy. And it was José Sulsano's training that helped me win Five Kickboxing Belts – one State and Four World Championships. Their friendships have seen me through the tougher times and kept me moving forward.

As I look ahead to the next 5 years, I'm very happy to have so many wonderful students and families along for the ride. Your continued support of the [West Windsor TaeKwonDo & Kickboxing Academy](#) is very much appreciated and I hope that you know how much you mean to me personally.

Thank you,

*Master Steven*

Happy Birthdays

### August Birthdays

- 10<sup>th</sup> - Allen Gong
- 13<sup>th</sup> - Phillip Kellam
- 14<sup>th</sup> - Aatish Varma
- 15<sup>th</sup> - Ivan Sotos
- 16<sup>th</sup> - Giselle Buchwald
- 18<sup>th</sup> - Hamza Khan
- 26<sup>th</sup> - Pranav Yalamanchili
- 27<sup>th</sup> - Aditya Krishnaswamy
- 27<sup>th</sup> - Alan Mathew
- 27<sup>th</sup> - Kunitaka Tai
- 30<sup>th</sup> - Eli Herbst
- 30<sup>th</sup> - Varun Nair



### Upcoming Events

- August 6<sup>th</sup> & 7<sup>th</sup> – Belt Testing – No Regular Classes**, only the Special [Grappling Clinic](#) on Friday night.
- August 9<sup>th</sup> – No Regular Classes - Closed**
- August 10<sup>th</sup> – West Windsor TaeKwonDo & Kickboxing Academy 5<sup>th</sup> Anniversary Celebration!!**
- August 10<sup>th</sup> - Make up Test** for those who couldn't make the Testing on the 6<sup>th</sup> & 7<sup>th</sup> - **No Regular Classes**
- August 13<sup>th</sup> – Belt Ceremony – No Regular Classes**, only the [Grappling Clinic](#) at 7:30pm.
- September 3<sup>rd</sup> thru 6<sup>th</sup> – Labor Day Holiday – West Windsor TaeKwonDo & Kickboxing Academy Closed**
- September 7<sup>th</sup> – 1<sup>st</sup> Day of School – West Windsor / Plainsboro School District**
- September 9<sup>th</sup> – Rosh Hashanah**

## Black Belt Club



In August, the **Black Belt Club** will be working with Nunchakus. July 29<sup>th</sup>, the Black Belt Club was lucky enough to have Mr. Crocco demonstrate his skills with the Nunchaku!

The **nunchaku** (also sometimes called "nunchucks", "numchuks", or "chain sticks" in English) is a traditional weapon of the **Kobudo** weapons set and consists of two sticks connected at their ends with a short chain or rope. Beginners start out with the rope nunchaku so as to avoid serious injury while they're learning to master the weapon.



**Please be careful about leaving small objects lying about on the floor. We have small children who will pick things up and put them in their mouth.**

## Antonia & Valentina

The girls are doing great – enjoying their weekends at the beach with Dad and getting into a regular routine with Mom now that she's back to a regular work schedule. In July they had their first experience with a Movie Theater when they joined their parents and a bunch of families from the [West Windsor TaeKwonDo & Kickboxing Academy](#) at Juliet Bost's movie – SALT.

Major milestones this month include a 1<sup>st</sup> tooth for Valentina, who is now able to sit up all by herself. And Antonia continues to progress at a very rapid pace – please be careful what you say around her as she is in that 'parrot' stage and looking to learn new words every day!



## New Students

The West Windsor TaeKwonDo & Kickboxing Academy welcomed the following new students in July:

- TaeKwonDo**
- Aparna Loecher
  - Sachin Loecher
  - Alan Mathew
  - Isha Patwardhan

In addition we want to acknowledge Dylan Blake, Advait Hari, Agraj Joshi, Shiv Rastogi and Ved Karamsetty who graduated from the Little Dragon to the Beginner Class – Congratulations guys!

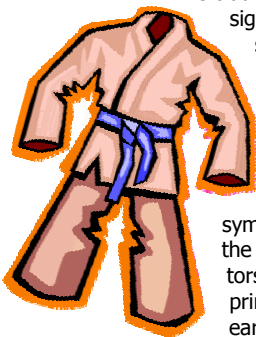
We also graduated a Township class in July, and the following students have elected to continue their martial arts studies here at the West Windsor TaeKwonDo & Kickboxing Academy:

- Faith Falkowitz
- Abbas Faisal
- Ahmed Faisal

## Welcome

### The Uniform – Dohbak

The TaeKwonDo uniform is called a "dohbak" and, like everything else in TaeKwonDo, it is steeped in tradition and history. The *dohbak* consists of a jacket, trousers, and belt. It is derived from traditional Korean clothing called "hanbok." The *dohbak* is not only for wear during TaeKwonDo training, it is the required uniform for tournaments.



The traditional *hanbok* was based on **three shapes** that signify the foundation of the universe - the **circle** symbolizing heaven, the **square** symbolizing earth, and the **triangle** symbolizing man. The circle is associated with the number "one," the square to the number "two," and the triangle to the number "three" and the combination (unity) of the three shapes is called "*han*." These three shapes are symbolized in the *hanbok*: the waist is the circle, the legs and sleeves are the square, and the hip or torso area is the triangle. In comparison to the principle of *Eum-Yang*, the trousers are *Eum* or earth, the jacket is *Yang* or heaven, and the belt is man, who ties everything together.

Traditional *dohbaks* are all white to symbolize oneness with the universe. White also represents purity, beginning, or novice, and is an outward sign of the humility students are supposed to show as they seek (never-obtainable) perfection through training in the martial arts. They have an open jacket that overlaps in the front from left to right.

Students should keep their *dohbaks* clean, ironed, and in good repair. They should understand its historical significance and wear it with pride and proper respect and etiquette.

Sundays at the  
West Windsor TaeKwonDo & Kickboxing Academy

## Hindustani Classical Music

609-279-2710

[www.SWARMUSICSSCHOOL.com](http://www.SWARMUSICSSCHOOL.com)

(609-3SWAR-10)

[swarmusicschool@gmail.com](mailto:swarmusicschool@gmail.com)

Divya Yerraguntla, mom to our students Easha and Shravya Nandyala is now offering instruction in Hindustani Classical Music, here at the West Windsor TaeKwonDo & Kickboxing Academy on Sunday afternoons.

Hindustani classical music is the Indian classical music prevalent in northern India. It is a tradition that has been evolving from the 12th century AD and is as old as Vedas. Music was first formalized in India in connection with preserving the *sruti* texts, primarily the four *vedas*, which are seen as *apaurasheya* (lit. un-created by man). Not only was the text important, but also the manner in which they had been enunciated by the immortals. Prosody

and chanting were thus of great importance, and were enshrined in the two *vedangas* (bodies of knowledge) called *Shiksha* (pronunciation, chants) and *Chhandas* (prosody); these remained a key part of the brahminic educational system till modern times.

Divya trained for 19 years and has been teaching for 9 years in the United States. She has a "Alankar" (equivalent to a Master's Degree) in classical vocal music. She is trained in both the Harmonium and Tabla, and is affiliated with Akhil Bhartiya Gandharva Vidyalaya in Mumbai, India. All classes follow the curriculum prescribed by the Institute. Classes are held on Sundays - each class is one hour long. Enrollment is now open for Beginners and Intermediates.

Beginners do not need any prior experience with any instruments. For intermediate and advanced students, basic harmonium knowledge is preferred. The Harmonium is an instrument similar to accordion; a manual keyboard where the sound is produced by a set of reeds that are supplied by air with hand operated bellows. Bhajans are semi classical devotional songs. these are sung in groups in temples and for meditation.

Classes are offered in Bhajans, Lite Music and Harmonium. Tae Kwon Do students get a 10% discount. If you or your children are interested, please contact Divya Yerraguntla at [swarmusicschool@gmail.com](mailto:swarmusicschool@gmail.com).

