



All Stars!!

What an amazing job our students did at Master Choi's Tournament!! Even though we had some issues with some of the judges not being real knowledge-able about how to award points and trophies, all of the 57 students from the [West Windsor TaekwonDo & Kickboxing Academy](#) who competed, did a fantastic job. I was very proud to see you wearing my uniform.



From the Left: Juliet Bost, Amey Kapadia, Anjali Bhatia, Shrey Kapadia, Shivam Raval, Yash Shroff and Rahul Bhatia

Miss Jenn was particularly impressed by the way you all celebrated each other and cheered each other on. So was I, and I want to really **thank all the parents** and the **brothers** and **sisters** who give up their weekends to bring the children to these tournaments and make us all feel like a big family. I want to especially mention **Juliet Bost** and **Yufei Tian** who **won Grand Championships** in Pee Wee Black Belt Sparring and Weapons (respectively). WOW!!!

Congratulations to all the competitors! I hope that you and your family will be coming to the **All Star Banquet** - December 18th - here at the [West Windsor TaekwonDo & Kickboxing Academy](#). Everyone who competed in a tournament during the year - and their families - are welcome to attend. It's a fun evening and a great opportunity to get to know everyone better.

Wishing everyone a very happy holiday and a great 2011!

Master Steven

December Birthdays

- 1st - Abbas Faisal
- 5th - Anudeep Reddy
- 6th - Anirudh Pappu
- 11th - Ranga Bharadwaj
- 11th - Christine Liang
- 15th - Jack Cucchiara
- 18th - Ansh Gadodia
- 19th - Stephanie Wu
- 22nd - Anurag Bakshi
- 24th - Barath Ramanathan
- 25th - Joseph Shan



Black Belt Club

In December, the **Black Belt Club** will be studying Grappling and Ground Fighting. New to the **Black Belt Club** this month are **Andrew Bryant, Ayra Khan** and **Ibrahim Khan**.



Welcome!

Upcoming Events

- December 1st - Hanukkah Begins
- December 5th - Breakfast with Santa - Community Middle School, 9am to Noon
- December 11th - Bollywood Dance Open House - 2pm
- December 11th - Martial Arts Madness Movie Night
- December 18th - All Star Banquet - 5pm
- December 21st - Valentina's 1st Birthday
- December 23rd thru January 3rd - Christmas Holiday - Wednesday thru Saturday, WWTKD will be **CLOSED**
- December 25th - Christmas
- December 27th thru 31st - Winter Break Camp
- January 1st - Happy New Year - 2011



HAPPY NEW YEAR

Outstanding Student of the Month

This month, Master Steven has selected **Jocum Schabacker** - a Senior Green Belt. Jocum has shown a lot of progress lately - he has done a great job improving his technique and has really impressed us with his focus, dedication and determination.



Jocum, who has just turned 6 years old, is in Kindergarten at Princeton Montessori School - he loves soccer and skiing as well as TaeKwonDo. **Congratulations Jocum!!**

Bollywood Dance Classes

We are very happy to announce "Bollywood" dance classes starting January 2011, Saturdays from 1 to 5pm (various age groups). Bollywood dance is an extremely popular, colorful, and energetic dance form combining various Indian and Western dance forms inspired by the "Bollywood" Indian film industry. A typical Bollywood dance class combines: lyrical & expression-based Indian film moves, traditional energetic Indian folk dance steps (Bhangra & Garba), and popular fusion style mixing western dance styles - jazz, hip-hop, salsa, etc. Learn super-cool moves - hand gestures, footwork and expressions unique to Indian dancing.



Come join us for a trial class at our **Open House - 2pm, Saturday, December 11th**.



Antonia & Valentina

Well, in addition to sometimes teaching the Teen Class, **Antonia** has been to her 1st Tournament and been awarded a medal. Here she is with all the kids and Mr. Crocco, stretching before the competition. She was so excited and, as always, a wonderful cheerleader for our team!

This has been a very busy month for both girls – starting out with a move to a new house, which took place the same day as Master Choi's Tournament! Master Steven and his wife, Vanessa, worked very hard to get the house ready – painting, buying new furniture, installing ceiling fans and microwaves – and then the furniture move was the *same day* as the tournament ... it was a miracle that they managed to pull it off.

And then, on the 28th, it was Antonia's Third Birthday.

For her part, Miss **Valentina** has also been making great strides. In a period of less than 10 days, she figured out how to stand unsupported and took her first tentative steps! Valentina is a cruiser – moving around with one hand resting on some sort of support – and she's so great at crawling that this is her pre-ferred, fastest way to get to where she wants to go. She helps with the filing in the office and rearranging the magnets on the 'fridge - there's no keeping her still anymore – she wants her freedom!



New Students

The **West Windsor TaekWonDo & Kickboxing Academy** welcomed the following new students in November:

- Little Dragon** - Trisha Patel
- TaeKwonDo** - Arjun Chaparala
- Vinayak Dhanawade
- Sarina Khan
- Karan Kumar
- Adil McDonald
- Ria McDonald
- John Nevers
- Kickboxing** - Jamal Atif

Welcome

Comments, suggestions, questions are most welcome.
Please send them to the Editor at
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www.WWTaeKwonDo.com

One year ago....

It happened at the end of summer 2009. And I wasn't proud of it, I actually was quite embarrassed. So embarrassed that I even didn't tell my wife, Yuh.

I had taken my suits and pants to the tailor to get them adjusted for my growing waste line. The additional pounds had crept up on me. Slowly, deceptively and of course for good reason: I was busy, traveling a lot, ate too much, had problems with my knees, and I had had a disc prolapse the year before: all perfectly good reasons for becoming lazy and a coach potato.

So at the end of the summer I stood at a solid 220 pounds at 6 feet and didn't feel comfortable wearing my bathing trousers at the pool anymore not to mention that Yuh eventually found out what I had done and told me "I can't believe you did that". Did I mention that my kids had been teasing me about my "fat belly"?

I am not sure what the actual tipping point was, but one Saturday in October last year when I was sitting for two hours watching my boys Josca and Jocum working up a sweat at Master Steven's class, I did it.

I am a pretty competitive guy and I need a goal to keep myself motivated and I knew I needed a commitment to get me started and going.

So I popped the question to Master Steven: "Can you get me in good enough shape to become a Black Belt before I am 50?"

Master Steven wasn't sure if I was joking or not but then he became serious.

"Well, that really entirely depends on you: you will have to come to class regularly, when you travel you will have to keep up with your fitness and you will have to change your diet."

There I had it, sounded pretty reasonable. We discussed the details on what I would do when traveling, the kinds of things I had to stop eating and we agreed that for the next few weeks I would try it out.

One year later I have lost almost 50 pounds, my knee and back problems have vanished (knock on wood), I have an ideal Body Mass Index and percent of body fat, I just received my Senior Green Belt, participated in two tournaments, can practice together with my boys instead of just watching them and I feel better than I have in a long, long time.

It didn't all come easy: At first, it was tough to change my eating habits, I came home sore every time after practice, I labored through classes and I had to force myself to go to the gym when I was traveling rather than sitting in my hotel room and watch TV.

But I had and have great support, Yuh adjusted our meals so that I could reduce my carbohydrate intake and she makes sure I can attend classes when I am home, the boys help me with learning the forms and kicks, Master Steven pushes me appropriately but never so much that I get frustrated and my fellow students encourage me and teach me. It is a great camaraderie and we have a lot of fun. I am now at a point where I am really looking forward to going to class and I get antsy if I can't go for a week.

The only downside is that I had to take my suits back to the tailor, but this time I did it proudly and openly as my waistline had gone from 36 to 32 inches.....



8 December 2009



10 November 2010

Marcus

