

## Getting Stronger

What a great time of year this is – all the trees are green, the fireflies are out, lighting up the night, the beach is hot and not too crowded ... I just love the summertime! It is a great time to be outdoors. But while we're relaxing at the beach, reading some good books and refreshing ourselves in the pool, it's important to stay in shape and even, if possible, get stronger!

That's why, in class, I'm having you work hard on your stances and a variety of lower body exercises – I'm trying to help you build strength in your legs. So that you can jump higher, run faster and improve your endurance. So, work hard, concentrate and get stronger!

*Master Steven*

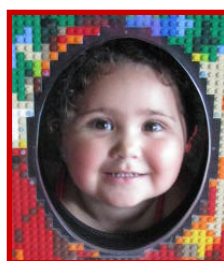


## Black Belt Club

In July, the **Black Belt Club** will be working on Boxing and doing a little Grappling with Mr. D whenever he's available.

## Antonia & Valentina

Well, Valentina has had a busy month – she's discovered her feet, has learned to blow raspberries, can roll from her back to her front and from front to back at will and she sings! Her favorite thing in the world is her big sister – Antonia ... she lets out a wonderful deep belly-laugh whenever the two of them are wrestling or hugging.



Miss Antonia also had a busy month with a trip to the Philadelphia Zoo with Miss Jenn & George. Did you know that Philadelphia was the 1<sup>st</sup> Zoo in the United States? She saw lions and tigers and bears, hippopotami, a rhinoceros, swans, monkeys, gorillas, a baby orangutan, penguins, a polar bear, kangaroos, snakes, frogs, lizards, tortoises, alligators and crocodiles, and, of course, giraffes!!

The girls had a special treat this month – although Vanessa has gone back to work, she's enrolled in a special training program that allows her to get done by 4pm, so many days she's able to come to West Windsor and pick up Antonia & Valentina to take them home for dinner. And, of course, now that summer is here, Master Steven is spending the weekends on the beach with the girls – playing in the sand and surf.

## July Birthdays



Amey Kapadia	-	7 <sup>th</sup>
<b>Master Steven</b>	-	<b>7<sup>th</sup></b>
Karla Dimatulac	-	8 <sup>th</sup>
Tanay Parnaik	-	8 <sup>th</sup>
Glenn Robbins	-	9 <sup>th</sup>
Maxwell Davis	-	12 <sup>th</sup>
Sharon Vogel	-	13 <sup>th</sup>
Ajaja Moji	-	14 <sup>th</sup>
Melinda Chen	-	14 <sup>th</sup>
Shiv Rastogi	-	14 <sup>th</sup>
Charlotte Birnbaum	-	16 <sup>th</sup>
Conrad Balicusto	-	17 <sup>th</sup>
<b>Vanessa Phillips</b>	-	<b>17<sup>th</sup></b>
Sameer Singh	-	18 <sup>th</sup>
Carter Mudgett	-	25 <sup>th</sup>
Michael Ravikovitch	-	25 <sup>th</sup>
Marcus Schabacker	-	26 <sup>th</sup>
Aishwarya Chaparala	-	27 <sup>th</sup>
Phumi Nkuta	-	27 <sup>th</sup>
Tracey Campbell	-	29 <sup>th</sup>



# Happy Birthday

## Upcoming Events

**July 5<sup>th</sup> – Independence Day Celebration** – West Windsor TaeKwonDo & Kickboxing Academy **Closed**

**July 7<sup>th</sup> – Master Steven's Birthday**

**July 14<sup>th</sup> – Bastille Day** – start of the French Revolution

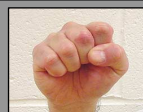
**July 17<sup>th</sup> – Martial Arts Madness**

**July 20, 1969** - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind."

**July 23<sup>rd</sup> – Juliet's Movie** – SALT – opens in theaters

**August 6<sup>th</sup> & 7<sup>th</sup> – Belt Testing**

**August 10<sup>th</sup> – West Windsor TaeKwonDo & Kickboxing Academy 5<sup>th</sup> Anniversary Celebration!!**



## Making a Fist

It's important that when you make a fist, your thumb is bent the proper way.

If it is inside your fingers or sticking up, it will *break* when you hit something.

## Summer Camp

Summer Camp is here at the **West Windsor TaeKwonDo & Kickboxing Academy**. It's not too late to sign up.

Dates: July 12-16, 19-23 and 26-30.

Times: 9:00am – 4:00pm Daily

Cost: \$250 per week

Campers must be 7 years old or older.

**Bring a brown-bag lunch or send \$\$ for pizza.**



## New Students

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

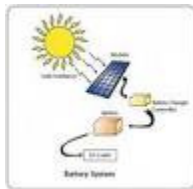
- Little Dragon** - Jason Chiang
- TaeKwonDo** - Matt Weinberg
- Kickboxing** - Brooke Grzywacz

## Welcome



### Mr. D

Please welcome **Mr. D** – Sebastian Vogel's uncle, **Steve DiSebastian** – who will be helping out teaching some classes over the summer. Mr. D is a 1<sup>st</sup> degree black belt in TaeKwonDo, a 2<sup>nd</sup> degree black belt in Hapki-do, and a Cage Fighter. But this is his secret identity – to the general public, he appears to be a High School English Teacher. He will be teaching a special *5 week Grappling Course* for Beginners through Adults – on Friday evenings here at the [West Windsor TaeKwonDo & Kickboxing Academy](#). It should be great fun and I hope all of you will get a chance to work with this very talented Martial Artist.



### sky high energy

Sky High Energy is a local Solar provider in the West Windsor area. Working with PSE&G, the Federal Government and the State of New Jersey, we can offer a complete solar system for no out-of-pocket cost to qualified home owners.

Sky High Energy is setting up advertising homes in the area to promote our services. Building word of mouth advertising is a much more effective use of our resources.

To learn more and see if you qualify, call Bert Stanger at 801.721-4755 or 800.791-0458.

Comments, suggestions, questions are most welcome. Please send them to the Editor at [WWTaeKwonDo@comcast.net](mailto:WWTaeKwonDo@comcast.net)

For more information, call (609) 799-0088 or visit [www.WWTaeKwonDo.com](http://www.WWTaeKwonDo.com)

## Silver Jewelry from Peru



Host a private showing - Call Miluska at (609) 672-8024 – [Sebastian Torrico's Mom](#).

[www.BoletindeNewYork.com/Divas2/htm](http://www.BoletindeNewYork.com/Divas2/htm)

## Martial Arts Madness

This month Movie Night will be July 17<sup>th</sup>. We'll be showing Karate Kid III.

As always, minimum age is 7, drop off is 6:30pm and pick up is 9:30pm and the cost is \$15.



## Farewell

Sadly, we are saying goodbye to three of our Black Belts who have been students at the [West Windsor TaeKwonDo & Kickboxing Academy](#) for many years. They are heading off to college -

**Athena Wu** – University of Rochester

**Sagar Bohra** – Penn State University

**Dharin Navavati** – Rochester Institute of Technology

We wish you much success and happiness and hope that you'll be able to stop in and visit with us whenever you're home on break.



Where did we get the phrase "the dog days of summer?" Webster's dictionary defines it as the sultry part of summer marked by little activity. But the phrase actually refers to the brightest star in the night sky. During the summer, Sirius —the Dog Star — rises and sets with the sun. Ancient astronomers believed that this conjoined rising of both star & sun caused the extremely hot days in July and August.

## Don't forget our 5<sup>th</sup> Anniversary Celebration Tuesday – August 10<sup>th</sup>

Yes, Master Steven opened the [West Windsor TaeKwonDo & Kickboxing Academy](#) in August 2005! This will be an all day celebration – there will be no classes – with spectacular performances by demonstration teams and perhaps Mr. Crocco & some of his students. In addition to basic American barbeque fare, we'd like to include a sampling of foods from the home countries of our students. If you'd like to help and/or participate, please get in touch with Jennifer as soon as possible.