

Summer at Last

Finally, summer is here! I know there's still another 3 weeks of school, but at least the temperature is warm, the sun is shining and people are generally in a much happier mood. And, you are all looking forward to the end of school – swimming every weekend in the local pools and planning your summer trips to China, India, Disney World and the Jersey Shore. For those of you who will be away for a week or more, you should be practicing your form and exercising every day. You can pick up a list of exercises that you can do each day while you're away, from Miss Jenn in the office. I'm looking forward to an exciting Summer here at the [West Windsor TaeKwonDo & Kickboxing Academy](#) with a day camp during July, a Belt Test at the beginning of August and our Grand 5th Anniversary Celebration on August 10th. Hope to see everyone here for the party.

Master Steven

June Birthdays

Tyler Lane	-	3 rd
Suresh Menon	-	6 th
Henry Clement Onyuka	-	6 th
Stephanie Bancroft	-	8 th
Shivam Raval	-	8 th
Alain Jean-Baptiste	-	9 th
Devesh Malik	-	14 th
Akash Kura	-	15 th
Tim Dix	-	15 th
Darren Blake	-	16 th
Kesav Kosana	-	18 th
Moriah Rivera	-	18 th
Ved Karamsetty	-	21 st
Brian Buchwald	-	22 nd
Dhruv Iyengar	-	24 th
Roma Bhatt	-	29 th



Happy Birthday
Happy Birthday

Upcoming Events

June 3rd – Township Class Begins thru July 22nd

June 11th – The Karate Kid in movie theaters

June 12th – 1898 Philippines declared its independence.

June 14th – Flag Day

June 16th – Smile Train Fundraiser at *Pump It Up* in Hamilton – Attend a special class for just \$15 and help raise money for cleft palate operations for under-privileged children. This event is sponsored by Mr. Crocco from Hamilton UTA – 609.586-1227

June 18th – Last day of School – West Windsor Plainsboro Regional School District

June 20th – Father's Day

June 21st – Summer Solstice

July 5th – Independence Day Celebration – West Windsor TaeKwonDo & Kickboxing Academy **Closed**

July 7th – Master Steven's Birthday

July 23rd – Juliet's Movie – SALT – opens in theaters



The Impact of TaeKwonDo By: Ganesh Selvanathan - Age 9

"Hi ya!" Tae kwon do can teach you the spirit of three things: fun, self-defense, and of course, the respect. This Korean martial art has been seen in the Olympics.

I feel that you can protect yourself by learning self-defense in a fun way. Developing your body lets you strike with your weapons: your hand, legs or the head. Weapons require training. Follow safety or you'll get hurt! You must train to break a brick. Now hold on, this could mean serious injuries. OK, now it's time to get down to business. First, you must get through three steps on your way to the great quest. See you at the finish. So you're off now!!!

Self-Defense

Pow! The power of your leg is 60 degrees of muscle power. Have you seen black belts go strong? Do you think you can do it too? With a little practice. Self-defense is not all about powerful moves. But wait, self-defense requires respect. Weird, right! It's also not all about muscles either. It can be great but can you imagine having muscles, it would take a long time. You can be a champion without muscles and get trophies. And most of all improve by learning self-defense and respect! One more thing, don't forget to have fun!

How Tae Kwon Do Is All Respect

Wow! About 23 kids bow to a master a class. Respect is something that can make you better as a person. Being calm is important even when fighting an enemy or friend. Fighting still requires respect. Bowing shows that you respect a higher rank (master). To respect, you must obey someone. You do not obey a stranger. You only obey someone you trust and know. Have you ever won a bet? You don't go crazy. After you win a game, you congratulate your opponent for their effort. Respect can make your life better. It is a good way you can show someone that you obey them. Training requires respect. Respect can change yourself. Imagine being a master and bowing to another master. We still do it today!!!

Practice Makes Perfect

You also have to pre-train. If you're interested in martial arts, you have gotta be in good shape for improving yourself. Fresh air and a good view plus a good stretch. Being in good shape can help you get so flexible. Like I even go through a long stretch routine. Believe it! Yes it's true!!! Bicycles are a good way to get fun exercise while you cruise around and stretch those feet muscles. 1-2-3 blast off into those stretching routines!!! Can you imagine yourself at the finish line like a black belt? It can come true. Respecting yourself is basically just improving but also remember to have fun too.

"Yeah!" "Wasn't that a workout?" "Glad you made it through!" Well now you're in tip-top shape. Keep on working til you reach your dream. Now onwards. "10, 9, 8, 7, 6, 5, 4, 3, 2, 1, blast off!" I hope you're feeling muscular. Hope you become a master of tae kwon do.

**"Spring being a tough act to follow,
God created June." ~ Al Bernstein**

Black Belt Club

In June, the **Black Belt Club** will finish up work with the Shinai – a bamboo sword used in Kendo.

In May, the **Black Belt Club** welcomed **Amev Kapadia** as a new member.



- Zen Sarcasm -

If at first you don't succeed,
Skydiving is not for you.



Antonia & Valentina

What a month May was!! With the formula situation sorted out, Valentina is gaining weight ... she's almost pudgy!! She sings – a lot - and, now that she's found her voice, is quite loud when she's ready to be fed! And what a beautiful smile!! Love those dimples.

Miss Antonia, had a very busy May – starting off with her 1st lacrosse game where she went to cheer on George – she almost got run over by some of his teammates chasing each other down the field very close to the sidelines! She had a great time following around a couple of older girls who were also spectators, learning the intricacies of the undersides of bleachers. But, most of the month was spent with her Mom – shopping, cooking, playing in the sunshine and just enjoying some 'Mommie & Me' time.

The end of May was a great road trip for the entire Phillips family as they took the camper all the way to Key West – stopping to visit relatives along the way.

New Students

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

TaeKwonDo - Aditya Krishnaswamy
- Adithi Ponakampalli

In addition, the following students have completed the Township Introductory Class and have elected to continue their TaeKwonDo studies here at the **West Windsor Tae KwonDo & Kickboxing Academy**:

Jocelyn Babitz
Minho (Joe) Byun
Christine Liang
Carter Mudgett

Welcome

Martial Arts Madness

This month Movie Night will be June 19th. But, we're going to have a competition of sorts. The 1st week of June, everyone is asked to submit the name of a Martial Arts Related Movie that they'd like to see. The 2nd week, we'll vote to see which one wins. Recommendations must be in by Saturday, June 5th and we'll vote the next week, with the final decision being made on Monday, June 14th.

Since this will be the 1st weekend after school gets out, we're hoping for a lot of participation and a great party for Martial Arts Madness!!

Summer Camp

Yes, we are going to run a Summer Camp here at the **West Windsor TaeKwonDo & Kickboxing Academy** for the month of July only:

Dates: July 6-9, 12-16, 19-23 and 26-30.
Times: 9:00am – 4:00pm Daily
Cost: July 6-9 = \$200 / Other Weeks = \$250

Campers must be 7 years old or older.

Registration deadline (with 50% deposit) June 30th!!

Pick up an Application in the Office.



Congratulations



To **Satyajeet Pal**, a Black Belt at the **West Windsor TaeKwonDo & Kickboxing Academy**, who helped High School South's Science Bowl team place 9th in the National Science Bowl Tournament. The tournament, in which 68 schools competed, involved a jeopardy-type game focusing on science and mathematics. The team won a \$1,000 prize for the South science department.

Comments, suggestions, questions are most welcome.
Please send them to the Editor at
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For more information, call (609) 799-0088 or visit
www.WWTaeKwonDo.com