

Spring

Well, it doesn't look much like spring yet, with snow flurries still around. But the crocuses and daffodils are trying to peek out of the ground. I hope they get here soon to brighten up the countryside.

Speaking of brightening things up – this year, Mister Crocco has selected Smile Train as the charity he will be raising funds for. This is an organization that funds travel and surgery for children born with cleft palates. In the fall we will be doing a Kick-a-Thon and another fund raiser to collect money for this wonderful cause. Check out the new website www.MILLIONKICKS.com – send a donation today.

Mr. Crocco will also be helping us with a Leadership Academy to be held here at the West Windsor TaeKwonDo & Kickboxing Academy beginning March 11th. The course will be held on Thursday nights, during the 6-7pm time slot when the Township Class is not in session. This special program is designed to train our students to be instructors and/or judges at tournaments. The class size will be limited to 20, so get your applications in early!

This year's **All Star Competition** kicks off with Master Yi's Championship March 27th – like Master Choi's tournament this is a large venue with a lot of different schools represented. Unlike with Master Choi, I don't have a close relationship with Master Yi, so I will not be collecting applications. You can either mail in your application – there is a \$5 discount if the application is mailed by March 15th – or simply hand it in along with everyone else on the day of the tournament. There will not be a Spring UTA tournament this year, so the next one will be our **Battle of Champions VII** here at the West Windsor TaeKwonDo & Kickboxing Academy on April 25th. We will keep an eye out and let you know of any other tournaments that would be appropriate for our students to participate in. I hope many of you will be able to participate this year in pursuit of the All Star Uniform and trophies.

Master Steven

March Birthdays

Rishima Kasi	-	March 1 st
Ritvik Vaish	-	March 1 st
Ibrahim Khan	-	March 1 st
Padma Koneru	-	March 3 rd
Lyne Simpson	-	March 4 th
Anjali Bhatia	-	March 8 th
Bharat Kumar	-	March 13 th
Maciej Kadlowski	-	March 15 th
Athena Wu	-	March 15 th
Harshith Tenepalli	-	March 16 th
Rajiv Thummala	-	March 16 th
Tanay Parnaik	-	March 20 th
Evan Chan	-	March 24 th
Tushar Dubey	-	March 28 th
Pratyush Tulsian	-	March 28 th
Ryan Morris	-	March 28 th
Shantanu Nair	-	March 30 th



Happy Birthday

Antonia & Valentina

Valentina is here every day now, bringing a smile to everyone's face! What a good baby she is – gurgling and smiling at everyone. And her big sister Antonia has been getting more involved with the classes – showing the Intermediate class how to do a proper round-house kick on the heavy bags, and the Beginner class how to do those Spiderman crawls. She is speaking in full sentences and is quite articulate ... and a mimic – so watch what you say around her ☺



As Spring arrives, we ask again that *if you are sick, please stay home* ... Valentina has just gotten her first immunization shots and Antonia has been having quite a hard time with ear infections – she will soon be having an operation to put tubes in her ears so that she doesn't get so many infections. We want everyone to be healthy and happy and the fastest way to get better is to stay home and rest – eat chicken soup and take care of yourself.

Upcoming Events



- March 6th – Iditarod Dog Sled Race in Alaska
- March 14th – Daylight Savings Starts – Spring Ahead
- March 15th – The Ides of March
- March 17th – St. Patrick's Day
- March 20th – Vernal Equinox – Beginning of Spring
- March 20th – Martial Arts Madness
- March 27th – GrandMaster Yi's Garden State Invitational Championship – Thorofare, NJ
- March 28th thru April 1st – West Windsor Plainsboro School Closed for Spring Break
- April 1st – Good Friday
- April 1 & 2 – Easter Holiday – TKD **Closed**
- April 3rd – Easter Sunday
- April 25th – Battle of Champions VII at West Windsor TaeKwonDo & Kickboxing Academy
- April 30th & May 1st – Belt Testing



Black Belt Club

In March, the **Black Belt Club** will continue Tournament Training – Master Yi's Championship is at the end of March! Those of you who have been training in Board Breaking might want to think about competing in Breaking at Master Yi's Tournament. Also, those Black Belt Club members who have developed a Nunchaku form – could compete in Weapons at the Garden State Championship.

In February, the **Black Belt Club** welcomed **Devesh Malik** and **Shantanu Nair** as new members.





New Students

In February, the [West Windsor TaeKwonDo & Kickboxing Academy](#) welcomed the following new students:

- Little Dragon** - Tanay Patel
- TaeKwonDo** - Jack Cucchiara
- Ansh Gadodia
- Brittany Gill
- Harshith Tenepalli
- Kickboxing** - Moji Ajaja
- Katie Hansen
- Edward Humes
- Vijay Venuutopal

Plus, the following students from the Spring Township Class have elected to continue their martial arts training here at the [West Windsor TaeKwonDo & Kickboxing Academy](#):

- | | |
|---------------------|----------------|
| Renuka Ravinder | Eli Herbst |
| Henryclément Onyuka | Isabelle Lee |
| Marilyn Zhang | Melinda Chen |
| Subhasish Mukherjee | Micaela Soler |
| Gautam Vaidya | Lewis Griffith |
| Priyank Deshpande | Tyler Lane |

Welcome



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LEADING REAL ESTATE COMPANIES OF THE WORLD

Why do we Practice?

Development of technique is essential to understanding of purpose. Once a specific technique has been understood, the warrior stops using it on a conscious level because in combat having a conscious identity imposes limitations. Knowing how to do something and actually doing it are not at all the same thing.

Stephen F. Kaufman
Hanshi 10th Dan



Practice is the act of rehearsing a behavior over and over, or engaging in an activity again and again, for the purpose of improving or mastering it, as in the phrase

"practice makes perfect". Sports teams practice to prepare for actual games. Playing a musical instrument well takes a lot of practice. It is a method of learning and of acquiring experience.

In addition to being a great form of exercise, TaeKwonDo is about training your body and mind to respond to whatever life might put in your path. You will find that learning to focus your mind in TaeKwonDo will help you to stay focused for homework projects, reading assignments and tests that you might have at school. This will also help you later in life when you have long-term projects in college or at work that require you to set aside minor distractions and concentrate on the complex task in front of you.

Likewise training your muscles and body by constantly repeating the same movements until you get them right, will keep you prepared for anything. For example, learning to focus on target areas and kick high enough to reach an attacker's head, will greatly help you if you are ever in a fight. Or, learning the proper way to fall down and practicing the movements correctly may save you from injury. We all know someone who fell the wrong way at school and broke their arm or twisted their ankle – training in TaeKwonDo improves your balance, your stamina, your agility and your self confidence.

So, keep practicing until you've got it right and it becomes part of who you are.

*What is difficult is not to know,
but to put knowledge into effect.*
Sun Tzu



PERFECT MAKES
Perfect

Comments, suggestions, questions are most welcome. Please send them to the Editor at WWTaeKwonDo@comcast.net

For more information, call (609) 799-0088 or visit www.WWTaeKwonDo.com