



Progress!!

Congratulations to all those who tested for their new belts and were rewarded for their hard work by earning the next level. We had 97 students testing along with another 40 or so of Mr. Crocco's students. It was an exciting day at a new venue, culminating with the awarding of Belts to the **2010 Black Belt Class**. If you see these students in class or out and about, please congratulate them on their outstanding achievement:

Juliet Bost
Maxwell Davis
Shrey Kapadia
Shivam Raval
Yash Shroff
Rohith Vasa

Hung-Wei Chuang
Lauren Frullo
Sheetal Mohanty
Aradhika Sarda
Ivan Sotos

In this newsletter is **Shrey Kapadia's** essay that he wrote as part of his Black Belt requirements. I hope everyone will get a chance to read it as this is the kind of spirit we're looking for in our students – Shrey exemplifies the best of what we're trying to teach here at the [West Windsor TaekwonDo & Kickboxing Academy](#).

These new Black Belts, along with many more of you, will be competing at Master Choi's 36th Annual Invitational Championship on November 13th. This will be the last of the tournaments for the year and performances here will determine the winner of the 2010 All Star Competition. Good luck to everyone.

Master Steven

November Birthdays

Mike Suls	-	1 st
Anne Balicusto	-	4 th
Shrey Kapadia	-	5 th
Caleb Birnbaum	-	10 th
Jeffrey Fearon	-	11 th
Sweda Rajaram	-	17 th
Nitin Reganti	-	19 th
Andrew Bryant	-	20 th
Tatyana Petrovicheva	-	20 th
Ronak Ramachandran	-	22 nd
Micaela Soler	-	23 rd
Wynston Stanback	-	27 th
Antonia Phillips	-	28th
Sathvik Daaram	-	30 th
Aman Sharma	-	30 th



Happy Birthday

Black Belt Club

In November, the **Black Belt Club** will continue work with the Bo Staff with a focus on Tournament preparation. New to the **Black Belt Club** this month are **Devansh Chauhan, Hung-Wei Chuang, Eric Lin** and **Jocum Schabacker**.

Welcome!

Upcoming Events

November 2nd – Election Day – VOTE!!

November 4th and 5th – West-Windsor / Plainsboro Schools closed for NJEA Convention

November 5th to 9th – Diwali – Hindu Festival of Lights ... in case you thought some folks were perhaps putting up their Christmas lights early, know that it's just your neighbors celebrating Diwali.

November 7th – Daylight Savings Ends – Fall Back ... set your clocks back 1 hour on Saturday night.

November 13th – Master Choi's Tournament

November 18th – Township Class Graduation

November 20th – Martial Arts Madness – Karate Kid

November 24th thru 27th – Thanksgiving Holiday – Wednesday thru Saturday, WWTKD will be **CLOSED**

November 28th – Antonia's 3rd Birthday

December 1st – Hanukkah Begins

December 11th – Bollywood Dance Open House – 2pm

December 11th – All Star Banquet – 5pm ★★

December 18th – Martial Arts Madness Movie Night

December 21st – Valentina's 1st Birthday

December 23rd – January 3rd – Christmas Holiday – Wednesday thru Saturday, WWTKD will be **CLOSED**



Outstanding Student of the Month

Sebastian Torrico, who is 8 years old and just earned his Senior Blue Belt, is the first ever Outstanding Student of the Month at the West Windsor TaeKwonDo & Kickboxing Academy. Recently, at the beginning of an Intermediate class, Master Steven was busy talking with a parent, and – without waiting or asking what to do – Sebastian collected the attendance cards, lined up all the students and led the class in warm-up exercises. This caught Master Steven's attention because the room was so quiet and everything was running smoothly. Thank you, Sebastian, for stepping up and showing us your leadership skills.



Winter Break Camp

Miss Jenn and her son George will be running a day camp here at the West Windsor TaeKwonDo & Kickboxing Academy during the Christmas Holiday –

When: December 27th thru December 30th
Plus a ½ day on New Year's Eve, December 31st.

Time: 9am – 4pm Cost: \$50 / Day / Child

Deadline: Sign Up by Tuesday, November 30th

Don't sit home playing video games – come join the fun!





Antonia & Valentina

As we head toward birthday time, Antonia is getting very excited. She's telling everyone who will listen about the big birthday cake and ice cream she's planning on. She really is growing by leaps and bounds – have you seen her sit down and read a book? She makes all kinds of noises as if she's actually reading and, when she

gets to the last page, she says "The End" and puts the book down.

Valentina has a whole bunch of teeth and is eating real food – well, baby food. She's moved on to regular (2%) milk and is weaning away from the specialized formula she's been on for the reflux...this is a big step. Speaking of steps, she will be walking any day now. She stands on her own for a few seconds and pulls herself up to standing whenever she can. She is still the fastest crawler around though, so Watch Out!!



on the mountain of challenges in life. For me, the color of the belts merely represents your progress in attaining the objective set forth and Black Belt is the final step that lets you verify your personal victory in imbuing these tenets in your way of life.

A black belt means a commitment you are making as a way of life to endure the great responsibilities set forth by the tenets.

My journey of Tae Kwon Do Training began five years ago when I joined the WWTKA through a township class. I was probably too young to decide or even understand the significance of this undertaking. I am glad my parents did it for me. I had seen those amazing fight scenes in films and I dreamed of doing those myself one day. I remember my second tournament I participated in. I was a green belt at that time. I had seen Master Steven fight, challenging an opponent in our Academy. That was my first and up-close experience to any real challenging bout. This was an inspiration for me to participate in the tournament. On the eve of my first tournament I had cold feet. My size was a cause of concern. I was OK with Forms but I just could not think of fighting anyone and stand up to it. Well I did not have the courage to go to Master Steven and say that I am afraid. My family came to support me. I can not forget the anxiety I experienced that night. Next day in the tournament, I decided to focus on just one point at a time. I was not afraid of defeat. I just wanted to do my best. And I won the Gold in Sparring! I couldn't believe it! And that was the turning point I feel in my life. I just felt so confident since then. Everything seemed possible. I know if I would try hard enough then nothing is impossible. Ever since, I have enjoyed participating in tournaments. My only focus is to better my own score every time I perform. It just gives me immense satisfaction and boosted my confidence to the next high. Winning and losing does not affect me much. I experienced this in my last tournament a week ago when I got the 2nd place in forms. I was competing but to achieve my personal objective of getting 8 points for my forms in a tournament assessed by the judges who don't know me. That was amazing and not winning the Gold meant that I still have a lot of room to improve which will keep me going.

I feel Tae Kwon Do has helped me bring out my best in everything I have pursued. I can take the step with confidence whether I know it or I am going to try it for the first time. Leadership class was another confidence building experience. I feel so satisfied taking class and sharing my knowledge and experience with others. I love taking the class and I look forward to every Monday to teach others.

Master Steven's dedication to the Tae Kwon Do is the biggest source of inspiration. He takes care of his family responsibilities along with his commitments with a smile on his face. I have never seen him tired or bored. He has never compromised in giving his best. I also want to acknowledge the inspiration I received from the Kick-a-thon last year. Mr. Crocco's display of strength and focus has left a lasting impression. His visits to our academy and sharing of his knowledge with us, is another testimony of this art of living. WWTKA has almost become my second home. My parents also feel part of the institution and not a place where they drop me off for a one hour class. I like it when I see them involved and helping out during tournaments. I have made many good friends and I enjoy helping at the academy. We are not told to but we do it out of respect. My brother is now a blue belt. I have seen him grow exactly how I was transformed from being shy to being confident about everything I pursue.

Finally I am here at the last leg of my training and appearing for the Black Belt Test. After so many years, for the first time I have the same anxiety that I had at my first sparring in the tournament. The difference is that I am enjoying this anxiety. I am one step away from the dream I had five years ago. I am about to fulfill my commitment to something I started five years ago. The full size has finally hit me. I am a fist away from the accomplishment of the commitment that I made to myself five years ago.

I did it!



New Students

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

Little Dragon

Aryan Bhasin Liam Connaughton
Jayan Doshi Jack Kemnitzer

TaeKwonDo

Reuben Abilius Ranga Bharadwaj
Pranav Doshi Ayush Gaggar
Roberta Gogiu Ria Gurram
Sophia Khan Hunter Nigro
Parker Nigro

Welcome

THE MEANING OF A BLACK BELT

By Shrey Kapadia (11years old)

The sheer thought of having a black belt tied around my waist rises curiosity. How does it feel? I want to feel it so bad. That amazing "majestic piece of cloth" brings so much responsibility and need of focus to continue your journey through the art of Tae Kwon Do. Being a black belt means so much to me. It is impossible for me to explain in a few words. But let me try.

The premise of Tae Kwon Do is based on the five tenets - Courtesy, Integrity, Perseverance, Self Control, and Indomitable spirit. The summary of the five tenets can be defined in one word – Personal Victory. The objective of this martial art is to prepare one and all to channel their energy for good purposes rather than succumbing to ill will. It is these five qualities of spirit that will keep the martial artist