



All Stars!!

The **2010 All Star Competition** is going very well – the list of competitors is posted in the Waiting Area. But remember, we're only half way through ... we have two more tournaments – our own Battle of Champions this month and Master Choi's Tournament in November. The winner of the All Star Competition will receive a new uniform jacket with their Name & "All Star Champion" embroidered on the back.

I'm thrilled to kick off the Fall Tournament Season with our own **Battle of Champions VIII** on October 2nd. We have over 80 (yes eighty!) participants signed up and, this time, we'll have **Weapons** competitions. It should be really exciting, so if you can stay after your own competition, stick around to see some of the higher belts competing in weapons. We're also really happy to have so many of **Mr. Crocco's** students from **UTA Hamilton** joining us as competitors. And, of course, we must thank Mr. Crocco and his advanced students for their help in organizing and judging the tournament – we would not be able to hold our tournament without them!!

I also want to thank **Mr. Chris Singer** and **Ms. Raelynn Sypher** – two of Mr. Crocco's senior Instructors who helped me out during September when I was out of town for a couple of days. From the feedback I've received from students and parents, they did an excellent job of instruction and I'm happy with how well-behaved and welcoming our students were to these new teachers.

Coming up at the end of the month will be **Belt Testing** – this time we will go outside of the Academy and combine forces with **UTA Hamilton** students. At the same time, we will also be testing the **2010 Black Belt Class**:

Rohith Vasa
Rahul Bhatia
Yash Shroff
Juliet Bost
Shrey Kapadia

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

I hope everyone will work very hard during the month and wish you all the best of luck in earning your belt promotion.

Master Steven

October Birthdays

Michael Redavid	-	2 nd
Lyndon Zhu	-	2 nd
Sheetal Mohanty	-	4 th
Jack Lemmond	-	5 th
Pam DeSalvo	-	7 th
Jocum Schabacker	-	7 th
Vedansh Chauhan	-	15 th
Samantha Immidiseti	-	23 rd
Faith Falkowitz	-	25 th
Mary Simpson	-	25 th
Toni-Anne Blake	-	29 th
Krishna Sivakumar	-	31 st



Happy Birthday



Black Belt Club

In October, the **Black Belt Club** will begin work with the Bo Staff.

A **bō** is a long staff, usually made of tapered hard wood, and is sometimes called a *rokushakubō*. This name

derives from the Japanese words *roku* meaning "six"; *shaku* a Japanese measurement equivalent to 30.3 centimeters (0.994 foot); and *bō*. Thus, *rokushakubō* refers to a staff about 6-*shaku* (1.82 m; 5.96 feet) long. The Japanese martial art of wielding the *bō* is *bōjutsu*. The basis of bo technique is *te*, or hand, techniques derived from kung fu and other martial arts. Thrusting, swinging, and striking techniques often resemble empty-hand movements, following the philosophy that the *bō* is merely an "extension of one's limbs". As in Okinawa-te, attacks are often avoided by agile footwork and returning strikes made at the enemy's weak points.

The *bō* is typically gripped in thirds, and when held horizontally in front, the right palm is facing away from the body and the left hand is facing the body, enabling the *bō* to rotate. The power is generated by the back hand pulling the *bō*, while the front hand is used for guidance. When striking, the wrist is twisted, as if turning the hand over when punching. *Bō* technique includes a wide variety of blocks, strikes, sweeps, and entrapments. The *bō* may even be used to sweep sand into an opponent's eyes.

New to the **Black Belt Club** this month are **Lauren Frullo**, **Hung-Wei Chuang** and **Jacob Leland**.

Welcome!

Upcoming Events

October 1st – No Regular Classes – Tournament Preparation

October 2nd – Battle of Champions VIII - West Windsor TaeKwonDo & Kickboxing Academy Fall Tournament

October 4th – Full Uniform Required (Jackets)

October 16th – Martial Arts Madness – this month is **Wendy Wu: Homecoming Warrior**

October 23rd – Belt Testing – Black Belts included – no regular classes

October 29th – Belt Ceremony – no regular classes

October 31st – Halloween

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





Antonia & Valentina

Both Antonia and Valentina are doing great! Valentina is eating very well ... can't get enough of those bottled sweet potatoes!! Occasionally she'll hold her water bottle and give herself a drink. And she's very, very anxious to be

walking .. shouldn't be long now. She remains one of the happiest babies you ever want to see. Just a delight to be around.

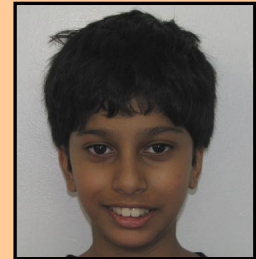
Antonia is teaching her little sister how to play catch and watching out for her at all times – she's very protective. And she started formal TaeKwonDo training this month. She went shopping with Dad for some TaeKwonDo gear and found a **PINK** belt So, now that she's properly equipped, she has joined the Little Dragon Class. She does extremely well – is often the loudest with the "yes, sir" and always remembers to "ki-ap" when she kicks the paddle pad. Her Dad is very, very proud and Antonia is thrilled!!



We want to specially recognize Barath Ramanathan, a 1st Degree Black Belt here at the West Windsor TaeKwonDo & Kickboxing Academy, who has never missed or been late to his duties as Assistant Instructor.

Barath, aged 11, is in the 6th Grade at Community Middle School.

In addition to TaeKwon Do, Barath is a Boy Scout, studies the Keyboard and has recently begun Indian Yoga studies. Quite an outstanding young man!!



Thank you Barath for your dedication and dependability. You are an excellent role model.

Are you Stronger?

Do you remember back in July, Master Steven started working with all the classes concentrating on stances and special lower body exercises? This was to help you build strength in your legs. Have you noticed that now you are able to jump higher and run faster? You will also see that you have better endurance – you can exercise for a longer time before you get tired or need a break.

Congratulations – keep up the good work, exercise and keep getting stronger.

*Some days you're the bug;
Some days you're the windshield.*

New Students

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

- | | | |
|----------------------|---|------------------|
| Little Dragon | - | Karan Chandra |
| | - | Benjamin Knepper |
| | - | Robbie Sifon |
| TaeKwonDo | - | Janey Chiang |
| | - | Matt Devine |
| | - | Srishti Gaddodia |
| | - | Christine Liang |
| | - | Carter Mudgett |

Welcome

Happy Halloween



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