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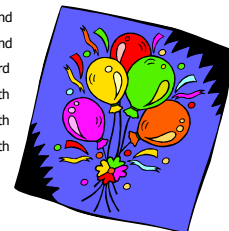
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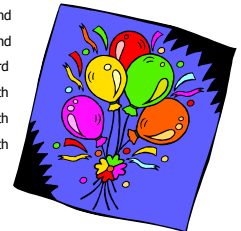
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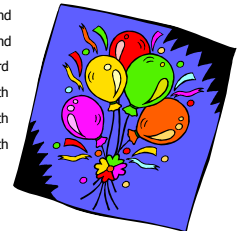
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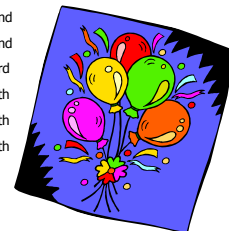
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- Parin Arora
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- Hamza Khan  
- Anish Budhi  
- Srishti Gadodia  
- Brooke Rosenberg

# Welcome

Comments, suggestions, questions are most welcome.  
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## Stances

Why are stances so important? Stances are the foundations or basic building blocks of TaeKwonDo. All the kicks, blocks and strikes are launched from a stance. If your stance is not correct and strong then the technique will become weak and pointless. Performed correctly a stance can improve:

- the power of your punch or kick
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**Fighting Stance - Kyerugi Seogi.** Feet should be on same line about 1½ shoulder widths in length, toes forward facing at 45 degrees. Body is side on and weight distribution is usually 50-50. This is the fighting / sport / kicking stance of TaeKwonDo. It is relaxed, light of foot and maneuverable.

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## Celebration!!

What a bunch of talented students we have!!! I was so very impressed with the performances at our 5<sup>th</sup> Anniversary Celebration on August 10<sup>th</sup>. We had students performing musical pieces, weapons forms, synchronized forms and a special choreographed piece by [Mary & Felice Simpson](#) and [Karla Dimatulac](#) as the Grand Finale. Wow!!! We were all blown away by that exciting routine. Musical performance were given by:-

Bryan Mottley who sang and played electric Guitar  
Easha Nandyala who sang classical Indian music  
Akanksha Tripathy on the electric Keyboard  
Sameer Singh on the Indian Drums  
Josca Schabacker on the Violin  
Shravya Nandyala who sang classical Indian music  
Hannah Dimatulac singing with an acoustic Guitar

TaeKwonDo performances were given by:

Sebastian Torrico – Nunchaku  
Akanksha Tripathy – Nunchaku  
Ivan Soler – Nunchaku  
Akanksha Tripathy & Josca Schabacker – Forms  
Ivan Soler & Glenn Robbins – Forms  
The Red Team – Synchronized Forms:  
Juliet Bost  
Lauren Frullo  
Sheetal Mohanty  
Andrew Bryant  
Rahul Bhatia  
Yufei Tian  
Shrey Kapadia  
Yash Shroff



Glenn Robbins – Board Breaking

Thank you to everyone who came, the special students who performed and the parents who so generously brought great food for us all to enjoy. It was a very fun evening and, again, I am always amazed at the level of talent of our TaeKwonDo students. Keep up the great work!

*Master Steven*

## Black Belt Club

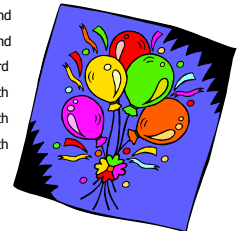
In September, the **Black Belt Club** will continue working with Nunchakus – creating and documenting their own original weapons form. Hopefully some of them will perfect their forms enough to compete in a Weapons Division at one of the Fall Tournaments.

New to the **Black Belt Club** this month are **Pratyush Tulsian** and **Lauren Frullo**. Welcome!

## September Birthdays

Amolika Bharti	-	2 <sup>nd</sup>
Kiran Chandra	-	4 <sup>th</sup>
Yash Shroff	-	5 <sup>th</sup>
Yufei Tian	-	10 <sup>th</sup>
Devansh Chauhan	-	14 <sup>th</sup>
Erin Bonafede	-	14 <sup>th</sup>
Wayne Fisher	-	14 <sup>th</sup>
Akash Bhardwaj	-	19 <sup>th</sup>
Allison Chen	-	19 <sup>th</sup>
Eric Simon	-	19 <sup>th</sup>
Zoah Carreras	-	20 <sup>th</sup>
Eric Lin	-	21 <sup>st</sup>
Ayra Khan	-	21 <sup>st</sup>
Nikhil Kota	-	21 <sup>st</sup>
Akanksha Tripathy	-	21 <sup>st</sup>
Liam Sawchuk	-	22 <sup>nd</sup>
Ronit Deshpande	-	22 <sup>nd</sup>
Jocelyn Babitz	-	23 <sup>rd</sup>
Aradhika Sarda	-	24 <sup>th</sup>
Rohan Patel	-	28 <sup>th</sup>
Hung-Wei Chuang	-	30 <sup>th</sup>

Happy Birthday



## Upcoming Events

**September 3<sup>rd</sup> thru 6<sup>th</sup> – Labor Day Holiday – West Windsor TaeKwonDo & Kickboxing Academy Closed**

**September 4<sup>th</sup> & 5<sup>th</sup> – Indo-American Festival** at Mercer County Park

**September 7<sup>th</sup> – 1<sup>st</sup> Day of School – WWP School District**

**September 9<sup>th</sup> – Rosh Hashanah**

**September 18<sup>th</sup> – Martial Arts Madnes**

**September 18<sup>th</sup> – Yom Kippur**

**September 23<sup>rd</sup> – Autumn Begins**

**September 23<sup>rd</sup> – Township Classes Begin**

**October 1<sup>st</sup> – Full Uniforms Required**

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