



2010 All-Star Competition

What a great way to kick off this year's **All Star Competition!** We had 19 West Windsor TaeKwonDo & Kickboxing Academy students compete at Master Yi's Tournament at the end of March – up from just 6 last year. They were:

- Dylan Blake** – Yellow Belt - 3rd place in Forms
- Juliet Bost** – Red Belt - 1st in Forms & 2nd in Sparring
- David Churinskas** – Blue Belt
- Karla Dimatulac** – Brown Belt - 1st Forms & 1st Sparring
- Hannah Dimatulac** – Brown Belt - 1st Forms & 1st Sparring
- Dylan Lim** – Red Belt – 1st in Weapons
- Barath Ramanathan** – Black Belt
- Michael Ravikovitch** – Blue Belt – 3rd Forms, 2nd Breaking & 3rd Weapons
- Jocum Schabacker** – Yellow Belt
- Josca Schabacker** – Sr. Blue Belt – 3rd in Sparring
- Ganesh Selvanathan** – Sr. Green Belt – 3rd in Sparring
- Yash Shroff** – Red Belt
- Eric Simon** – Brown Belt – 1st Sparring, 3rd Breaking & 2nd Weapons
- Lyne Simpson** – White Belt – 2nd in Forms
- Mary Simpson** – Blue Belt – 3rd in Forms, 2nd in Sparring, & 3rd in Breaking
- Kunitaka Tai** – Blue Belt – 3rd Sparring & 3rd Weapons
- Yufei Tian** – Sr. Brown Belt – 2nd Forms, 1st Sparring & 3rd in Weapons
- Sebastian Torrico** – Sr. Yellow Belt – 3rd in Forms
- Akanksha Tripathy** – Sr. Blue Belt – 3rd in Forms, 3rd in Sparring, 1st in Breaking & 3rd in Weapons



Clockwise from Left: Sebastian Torrico, David Churinskas, Barath Ramanathan, Eric Simon, Mary Simpson, Kunitaka Tai, Dylan Lim, Juliet Bost, Yufei Tian & Jocum Schabacker

I am so very proud of how well these students represented our school – there was one division of over 24 competitors, where the **West Windsor TaeKwonDo & Kickboxing Academy** took 1st, 2nd AND 3rd place trophies.

Check out www.WWTKD.Shutterfly.com for the pictures Miss Jenn took. If anyone took photos that they can share, please send them to us at wwtaekwondo@comcast.net.

The next event will be our own **Battle of Champions VII** here at the Academy on April 24th. I'm looking forward to a great event with a big turnout of competitors.

Master Steven

Happy Birthday

April Birthdays

- 1st - Shivani Srivastava
- 4th - Bobby Hackett
- 6th - Andrew Krapivin
- 11th - Dylan Lim
- 12th - Akila Saravanan
- 13th - Vijay Rao
- 16th - Rahul Bhatia
- 16th - Shravya Nandyala
- 17th - Advait Hari
- 18th - Ganesh Selvanathan
- 21st - Apoorv Sharma
- 22nd - Dylan Blake
- 23rd - Nasir Rivera
- 23rd - Sincere Rivera
- 24th - Carson delaRosa
- 25th - Kabir Kapur
- 28th - Ajita Kaushik
- 30th - Ivan Soler
- 30th - Chaitanya Parwal



Antonia & Valentina

Antonia and Valentina are doing great! Antonia had successful surgery to put tubes in her ears on March 20th and we are looking forward to way fewer ear infections in the coming months. This will, of course, make her a much happier girl to be



around. She continues to delight with her class participation and boundless energy.

Valentina still has those blue eyes and is growing very fast – at just 3 months she seems to think she's getting teeth!

Vanessa is doing well. Thanks every-one for your warm wishes and prayers. She is recovering well and plans to be back at work by May.



Black Belt Club

In April, the **Black Belt Club** will begin work with the Shinai – a bamboo sword, very much like a Light Saber from Star Wars. The Shinai is used in **Kendo**, meaning "Way of the Sword", a modern Japanese martial art of sword-fighting.

In February, the **Black Belt Club** welcomed **Akila Saravanan** as a new member. And in March, we welcomed **Easha** and **Shravya Nandyala** as new members.

Upcoming Events

April 2nd – Good Friday

April 2 & 3 – Easter Holiday – TKD Closed

April 4th – Easter Sunday

April 4 & 5 – Qingming (Ching Ming) Festival –

a public holiday in China, Taiwan, Hong Kong and Macau, this is a time for people to go outside and enjoy the greenery of springtime and tend to the graves of departed ones. People sweep the graves and burn paper gifts to honor their ancestors.



April 8th – Township Class begins – through May 27th

April 17th – Leadership Academy Special – 10am to 1pm ... We will join the 10am class then have a formal classroom discussion / testing for the 11 to Noon time slot, and then another hour of martial arts lessons. Everyone participating in the Leadership Academy is encouraged to attend.

April 17th - Martial Arts Madness – 6:30 to 9:30pm

April 22nd – Earth Day

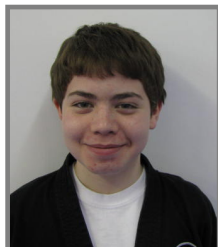
**April 24th – Battle of Champions VII at West Windsor
TaeKwonDo & Kickboxing Academy**

April 30th – Arbor Day

April 30th & May 1st – Belt Testing



Congratulations



Ivan Soler, a 1st Degree Black Belt at the West Windsor TaeKwonDo & Kickboxing Academy has been selected as one of only seven students from Community Middle School for the NJ All State Orchestra. The WWP students competed against musicians from grades 6 to 9 from all over New Jersey. They will be performing May 8th at a site to be determined. We will let you know when

we know, so that you can go see Ivan play his Viola. Congratulations Ivan!!

New Students

In February, the **West Windsor TaeKwonDo & Kickboxing Academy** welcomed the following new students:

- | | |
|----------------------|---|
| Little Dragon | - Nasir Rivera
- Sincere Rivera |
| TaeKwonDo | - Erin Bonafede
- Andrew Krapivin
- Moriah Rivera
- Julia Wainwright |
| Kickboxing | - Valentina Grant
- Sarita Vaidya |

Welcome

Take the time to do it right,
otherwise you will have to
take the time to do it over.
Chinese Fortune Cookie

Kia! Why We Shout

In Martial Arts lessons, students are taught to shout 'Kia' at certain points – when they perform a strike with their hand or their foot. Why is this? Well, the first, and most important reason, is to protect yourself. When you strike your opponent, your opponent is likely to hit you back. If you've shouted 'Kia' and emptied your lungs of air, it won't hurt nearly so much when you get hit and you will be able to recover much more quickly and counter-strike.

Three Fierce Shouts

There are only three times when you can scream fiercely in combat: before, during and after. Shouting and screaming are the same as long as they fulfill their purpose, which is to terrify the enemy. At the beginning of a battle, you should shout to unsettle the enemy. During the battle, you should shout during each attack to maintain your own resoluteness of spirit. After you have slain the enemy, you should shout to indicate your winning resolve to honor the 'spirit of the thing itself.' You should practice with a strong inner to outer shout at all times, as loud and as forcefully as you can. Never shout before or after a particular technique is executed, but rather at the moment you are making the strike. This helps to maintain rhythm. The shout and the strike are not two different things. They are both parts of the same thing. Think this through. It is most important to understand. When breathing, concentrate on pulling air into the lower abdominal area to develop a powerful source of energy, and never hold back on your shout for any reason. This will build up internal stress that can steal power away from you. On the other hand, do not always go around shouting because this will make you seem to have no control over what you are trying to accomplish with your shout. Always shout when you go into an attack. Always shout when you are defending an attack prior to reversing the situation. And always shout in victory after you have finished killing the enemy; in this way, you will be able to quickly relax from the tension of battle.

From Musashi's Book of Five Rings:-

As the above excerpt explains, the other reasons for shouting are to intimidate (scare) your opponent, to keep your own spirits up – to keep yourself feeling strong, and to celebrate your success. So, remember to practice your shouts – be strong and be fierce! Kia!!

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