

Focus

(a point toward which light rays are made to converge)

Well, the New Year is off to a great start. We began with a new class of Township students – 29 TaeKwonDo students and 8 Kickboxing students – they're all doing very well and I'm hoping that many of them will elect to continue their martial arts studies here at the Academy in March. We've also had 10 new students sign up this month! That's just great! We're always excited to have new students.

TaeKwonDo & Kickboxing are *individual* sports, meaning that you are competing against yourself. You begin with a goal in mind and work towards it – whether that's getting the next belt, improving your physical condition or training for a tournament or fight. Attaining this goal requires **focus** - keeping the objective in sight & then working hard in each & every class to make progress. *You* are solely responsible for reaching the goals that *you* have set. You can't look to another student to see how they might do their form – that won't help – all that matters is how strong, powerful and precise *your* movements are, whether or not *you* are getting stronger, whether *your* stamina is improving, whether *you* are learning, and how much progress *you* are making towards reaching the goals that *you* set for *yourself*. This is why I'm constantly reminding you to focus in class – don't look around to see what others are doing – concentrate on why it is that you're in class and work on improving your strength, or stamina or those skills that will help you move towards your goals.

Excellent focus was clearly on display at the end of the month when we had 96 students pass their belt test and earn a new TaeKwonDo rank. Congratulations!!! As you know, with a new belt comes new responsibilities and new goals to focus on ☺ Speaking of goals, we will be kicking off this year's **All Star Competition** with Master Yi's Championship at the end of March – I hope many of you will be able to participate this year in pursuit of the All Star Uniform.

Master Steven

If a word is misspelled in the Dictionary, how would we know?

February Birthdays

Lauren Frullo	-	February 2 nd
Rylan Christopher	-	February 3 rd
Sebastian Vogel	-	February 4 th
Sebastian Torrico	-	February 5 th
Mihir Adurti	-	February 10 th
Jacob Leland	-	February 16 th
Easha Nandyala	-	February 17 th
Aiven Sawchuk	-	February 18 th
Ayushi Vijay	-	February 25 th
Nicole Buchwald	-	February 28 th
Sameer Jaywant	-	February 29 th



Happy Birthday



Antonia & Valentina

We had a surprise visit from Valentina this past month – and what a beauty she is! Thanks for bringing her in Vanessa. She is different to Antonia in that she still has those blue/grey eyes and her face seems longer. But a sweet baby who still spends most of her time eating and sleeping. Miss Antonia, on the other hand, continues to delight us – recently joining in with the Intermediate class to show them how to do their high blocks.

Upcoming Events

February 2nd – Ground Hog Day – If the Ground Hog sees his shadow, he will duck back into his burrow and continue his hibernation – there will be another 6 weeks of Winter! (Until about March 21st.)



February 12 – 15 – President's Weekend – WWP Schools Closed – WW TaeKwonDo is **OPEN**



February 14th – Chinese New Year
February 14th – St. Valentines Day
February 20th – Martial Arts Madness - Balto
March 6th – Iditarod Dog Sled Race in Alaska



The **Iditarod Trail** in Alaska began as a mail and supply route from the coast towns of Seward & Knik to Iditarod, and then to Nome. The trail was about 1,850 km (1,150 mi) long. First mapped & marked in 1908 by a four-person crew supported by dog teams, the trail was made a National Historic Trail in 1978. You probably have heard the story of a deadly outbreak of diphtheria in the winter of 1925, which struck fear in the hearts of Nome residents. Winter ice had closed the port city from the outside world and they didn't have enough serum to inoculate the residents. Serum from Anchorage was rushed by train to Nenana and picked up by a sled dog relay. Twenty of Alaska's best mushers and their teams carried the serum 674 miles (1,078 km) from Nenana to Nome in less than 5½ days. This was to be one of the final great feats by sled dogs and is the story celebrated in the movie **Balto** – this month's Martial Arts Madness movie. The 38th Annual Iditarod race begins on March 6th - From Anchorage, in south central Alaska, to Nome on the western Bering Sea coast, each team of 12 to 16 dogs and their musher cover over 1,150 miles in 10 to 17 days.

March 27th – GrandMaster Yi's Garden State Invitational Championship – Thorfare, NJ



Congratulations

To Alexis Davis – big sister of our own **Max Davis** – who has just published her 1st book:- Juke Joint, The Rhythm of Relationships. Alexis is a Junior at the Princeton Day School (PDS), where she serves as a contributing writer on the Spokesman, a Student Ambassador, the winner of the PDS Poetry contest 2010, a PDS Study Buddy, and a Model UN representative. Her novel explores the impact of alcohol abuse on school friendships. It was just released and should be available on Amazon by the end of the month.

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Black Belt Club

In February, the **Black Belt Club** will begin Tournament Training – Tournament season will soon be upon us! This will focus on **Board Breaking** in February. If you have not already ordered your boards, please get your form in by Wednesday, February 3rd. You will NOT need to be breaking boards at home – if you want to practice outside of class, use a piece of paper to work on **targeting** and **speed** ... along with **technique** and **power**, these are the factors that determine whether or not you'll be able to break your board.

In January, the **Black Belt Club** welcomed **Sebastian Torrico** as a new member.



New Students

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

- Little Dragon** - Melinda Shu
- TaeKwonDo** - Stephanie Bancroft
- Rylan Christopher
- Carson dela Rosa
- Jeffrey Fearon
- Ayra Khan
- Nehal Narahari
- Brendan Roy
- Kickboxing** - Toni Blake
- Phumi Nkuta

Welcome

Comments, suggestions, questions are most welcome.
Please send them to the Editor at
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For more information, call (609) 799-0088 or visit
www.WWTaeKwonDo.com

Setting Goals

We all have dreams of a better life. We follow our dreams as we follow the path that perhaps we didn't choose to be on! What would life be without them? Dreams are goals that we set and proceed to achieve, some happen more quickly than others. The goals that aren't as easily obtained can only be achieved with patience, determination and a positive mental attitude.

A positive mental attitude is the process by which you can begin to change your life for the better, for you are the only person on earth who can control your attitude. A positive mental attitude is the right attitude to have in any given situation. It is a conscious effort to replace negative, self-defeating thoughts with positive, self-fulfilling thoughts. You must know where you are going if you are to ever have any hope of arriving there. It is more than just goal setting, it is your road map to achieving an overall career objective.

As Martial Artists, to maximize our growth, we learn to set our goals high. Through self-discipline and a fit mind and body, we maximize our spiritual strength and happiness. Goals are to be achieved. Without them, we would be circling, unsure of our path, our beliefs and the purpose of our existence.

The arrow flies in the sky swiftly.
It has direction.
It can see the target clearly.
Its mission is to fly through the air and continue
with its speed till it successfully hits its target!

What does the target do?
The target stands still without purpose,
waiting to get hit!

We all have the choice of being an arrow or a target, waiting to get hit by life.

Which one will you decide to be?

How can we become an arrow in our lives? The answer is simple Set goals and learn how to achieve them! Through Martial Arts this process becomes achievable.