

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 North Testing – Grinnell – 6:30 p start	7	8	9	10 Good Friday BB workout – ISU 7 PM. Mock testing – ISU – 8 PM	11
12 Easter Sunday	13	14	15	16	17	18 BB workout – POG – noon – 2 PM
19	20	21	22	23	24	25 Black Belt Testing - ISU
26	27	28	29	30	May 1	May 2
May 3	May 4 South Testing – Falcon – 6:30p start	May 5	May 6	May 7	May 8	May 9

Upcoming dates to remember:

- May 4: South Testing @ Falcon TKD – Osceola
- May 16: Iowa Governor’s Cup Tournament.
- May 29-31: Leadership Seminar – Y-Camp – Boone
- June 2: North Testing - Norwalk
- June 13: Voorhees TKD Family Picnic – Yellowbanks County Park (southeast of Pleasant Hill)
- July 14: South testing - Creston
- July 19: Iowa Games TKD Competition
- July 25: Black Belt Testing – ISU - Ames

Voorhees Taekwondo, Inc. Newsletter

From ABCC

The last month was quite busy and is continuing this month. Not only has there been the Martial Arts Awards Banquet but the Ames Park & Rec/Red Dragon tournament but individuals have been preparing for testing (both colored belts and black belts). Congratulations to all who received awards, including Mr. Nathan Boden who was recognized as the Outstanding Rookie Referee of the Year.

From Falcon TKD

Congratulations to Sherry Burke and Amanda Berryhill who received the Outstanding student award at the Martial Arts Awards banquet that was held the first weekend in March.

From Grinnell TKD

We have several students who have been preparing for testing in April. Congratulations to those who were recognized as Outstanding students from our club at the Martial Arts Awards Banquet.

From Norwalk Family TKD

Wow, the weather is finally starting to get nice outside! We're getting folks ready for the upcoming testing. Both colored belt and Black belts! Congratulations to Jade Iliff for earning at he Norwalk Family Taekwondo Outstanding Student of the Month!

From POG

Those who were recognized as the Outstanding students were Kyli Stewart and Miss Ashley Werner from our club.

From POG Pee-Wees

We have 5 new students that have signed up in the past month or so. Welcome!

Annual Leadership Seminar

Our annual Leadership Seminar is scheduled for May 29-31. All students who are green belt and above, (ages 16 and over), you need to be attending Leadership Seminar. This is where we help people learn what it takes to be a good leader and a good instructor. We also use this weekend as an opportunity to share additional training that we simply don't have the time or opportunity to share during our regular classes. Please see your instructors for registration materials, or go to our website and print off the registration packet from there. Early registration postmark deadline is May 1st. After that, cost will increase by \$50. All participants must be pre-registered. No registrations will be accepted with a postmark after May 12th. Special Guest Instructor will be Dr. Mani Mina.

Voorhees Taekwondo, Inc. Newsletter

A Note From...

Master Voorhees

Greetings, Family!

Are we there yet? Spring, I mean. ☺

Ames Park and Rec Tournament:

Congratulations to everyone that participated in the Ames Park and Rec/Red Dragon tournament. We had around 25 people from our various clubs in the family playing, along with several of our black belts serving as referees. I hope everyone learned a couple things from the tournament: First, we work on conditioning in class because it takes being IN condition to handle multiple rounds of sparring. Second, that we are all part of a huge family of martial artists, and it's really exciting to be a part of that family.

I'm very proud of all the players, and my congratulations to you all, and to your local instructors.

Kids' Fest:

Thank you to everyone that assisted with Kids' Fest this year. We handed out over 6,000 fliers and wrist-bands to people, and have seen new folks either coming into the clubs or emailing/calling almost every week. Keep up the good work!

Our next Family Get-together:

Our next TKD Family Get-together is scheduled for Saturday, June 13th, at the Yellowbanks County Park, just southeast of Pleasant Hill. We have Shelter #1 reserved, and will have a huge potluck picnic that day, play softball, and enjoy the fellowship of our extended TKD family. Mark your calendars, and look for more updates in the future newsletters!

Black Belt Workouts:

Our 1st April Black Belt Workout will be on Friday evening, April 10th, from 7-8 PM, at the ISU *dojang*. Black belts (and red belts that will be testing for black at the April 25th testing), plan on being there, please. Class is held in the Forker Building on ISU campus. Also, there will be a "mock testing" held beginning at 8 PM. Don't be late! We will have a 2nd black belt workout in April on Saturday, April 18th, from 12 – 2 PM, at the POG *dojang*.

Next Development Program Fundraiser:

We will be participating in our second big Development Program fundraiser in September. We will be doing a Gold Canyon Candle Sale. Please watch the newsletters in July and August for more information about this event!

I look forward to seeing you at all these events, and especially at class! See you soon!

--Master V.

**Don't forget to visit our online store at www.cafepress.com/voorheestkd.
Get one of our fabulous t-shirts or polos!**

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Or visit the Voorhees Taekwondo Facebook page!