

Voorhees Taekwondo Monthly Newsletter – April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Good Friday	3
4 Easter Sunday	5 Color Belt Testing @ Grinnell – 6:30p	6	7	8 Intro to sparring @ PCCC – 5:30p Weapons class – 6:30p	9	10 Black Belt Testing @ ISU
11	12	13	14	15 Black Belt Class @ PCCC – 6:30 – 8:00 pm	16	17 NCTA National Tournament – Denver, CO
18 NCTA National Tournament – Denver, CO	19	20	21	22	23	24
25	26	27	28	29	30	May 1
May 2	May 3	May 4	May 5	May 6 KKW Instr. License Course – Chicago, through May 9.	May 7	May 8 BB Class – noon – 1:30p @ POG. Special guest instructor.

2010 Calendar – Mark these dates!:

- Apr 5: Local Testing – Grinnell TKD hosting – 6:30 PM start
- Apr 10: Black Belt Testing – Ames
- April 15: Black Belt Class – 6:30 – 8:00 pm - PCCC
- Apr 17-18: NCTA Championships – Denver, CO
- May 6-9: Kukkiwon Instructor Licensing Seminar – Chicago, IL.
- May 8: Black Belt Class – noon – 1:30 pm – POG – Special guest instructor
- May 15: KC Classic Tournament – Blue Springs, MO
- May 22: Iowa Governor’s Cup TKD Tournament – ISU
- May 31: Memorial Day – no classes at PCCC – Center is closed.
- June 5-6: Annual Leadership Seminar – Y-Camp - Boone
- June 8: Local Testing – Norwalk Family TKD hosting - 6:30 PM start (note: this is a **TUESDAY**)
- June 12: Voorhees TKD Family Picnic – Yellowbanks County Park (southeast of Pleasant Hill)
- July 18: Iowa Games TKD Competition
- July 22-25: US Open Hanmadang – Chicago, IL
- July 31: Black Belt Testing – ISU
- Aug. 2: Local Testing – Falcon TKD (Osceola) hosting – 6:30 PM start
- Oct 4: Local Testing – DSM – PCCC hosting – 6:30 PM start
- Oct 9: Black Belt Testing – ISU
- Oct 23: ISU TKD Championships tournament – ISU
- Dec 4: Black Belt Testing – ISU

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From PCCC

Whew! What a month March has been. We had over 34 new people of all ages come and “play” with us. I want to take the time to say not only “Thank you” to these students but “Welcome.” I hope I touched your lives in a positive way as much as you touched mine. I enjoy watching the light bulbs go on as the mind and body begin to grasp Taekwondo for the first time. I am proud of all the new students and their perseverance to keep going and learning. I am also humbled at the indomitable spirit ALL our students demonstrated over the past month. It is not always easy to be someone’s mentor and teacher when you only outrank them slightly. Way to go upper ranks! You have some good teaching experience under your belts. Way to go new students! You have made new friends and found a place to belong. Spring is here and so are new beginnings. The entire staff at Pioneer Columbus hopes you will take this opportunity of Taekwondo and make it a permanent part of you. See you in class.

Mrs. Ratekin

From Falcon TKD

We are very excited about the prospect of our first student from Falcon testing for black belt in April. Miss Amanda Berryhill will be testing for 1st Dan, Recommend, at the April 10th black belt testing in Ames. Way to go, Amanda!

From Grinnell TKD

We are looking forward to another of our students testing for 1st Dan, Decided. Mr. Tim Brown will be testing at the April 10th black belt test. Mr. Brown has been very instrumental for the Grinnell club over the past year, and we wish him the best of luck.

From Norwalk Family TKD

Norwalk Family TKD had an awesome time at our first "Lazer Tag Mania!" Nothing says love and fun like blasting someone with a laser! And in the three games I played the old guys beat the young ones 2 out of 3 games!!! Something to be said about the deviousness and treachery a person learns as they get older, oh wait, I mean wisdom!

Mr. Michael J Wagenknecht

From POG

HAPPY SPRING FROM POG!!

What an incredible month we had here at POG! First of all we offered our second board breaking workshop that was fantastic to say the very least!! The improvement from each and every one of you was amazing!! We had individuals that broke every single technique from a front snap kick to a hand break to a drop ax kick and jump spin side!! Very, very impressive work!! I think everyone went home with a pretty big stack of broken boards. ☺ A special thanks to Miss Ashley Werner, who graciously volunteered her time to be a board holder & assist...thank you very much!

This month we will once again start getting into sparring drills and working on our footwork as tournament time is right around the corner. I’m planning on having a couple weekend classes this month devoted to sparring; I know many of you have been asking for that!! ☺

I am also planning a scavenger hunt for a class!! I promise you want to be at every class so you don’t miss out...the date of this will not be announced! And it shouts out fun & exciting!!

As mentioned last week in class we will be starting candy bar sales shortly!! Together we set a goal of selling 20 cases, something I believe with team work and enthusiasm we can accomplish! I will be handing the candy bars out in class so please be coming to class.

Lastly our word for the month of April is ENCOURAGE! I would like all of you to encourage others to come to class and experience POG...other family members, friends, or even people you may not know so well. By the time most of you read this, our white belts we have will either be just getting ready to test or have already tested, which means we won’t have anyone new to infect taekwondo with. So please, please ENCOURAGE everyone to come try class out and hopefully they have as much fun as we do and stick around for a very long time!

Thank you for your continued hard work & being such a wonderful class!!

Mrs. Reynolds

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From POG Pee-Wees

Congratulations to all of the Pee Wees! They have been doing a great job and we had a wonderful promotions! I also want to welcome Cole Lee to our class.

Miss Sarah

Fundraiser

We are kicking off our first family fund-raiser of the year, our “World’s Finest Chocolate” sale. Please see your local instructor for details. Funds raised are placed with the local clubs to assist students with financial needs, and/or to help grow the local club with equipment that benefits all the members.

Annual Leadership Seminar

Is scheduled for Saturday and Sunday, June 5-6, at the Y-Camp in Boone. The registration and information material is available on our website, or from your local instructor. We will have several awesome instructors this year, including Grandmaster Pak. Also, Master Dana Hee will be back with us again this year! I received a briefing of the segments Master Hee will be leading, and they deal with stage-fighting, and setting up fight scenes for film. Participants will be able to actually work out scenes, and film them! Leadership Seminar is for students and instructors who are or will be 16 and over, and green belt and above by June 5th. Get registered early, as we have limited enrollment, and places fill up quickly!

A Note From...

Master Voorhees

Seasonal Sport:

With the weather getting warmer (finally!) people begin thinking about seasonal changes. We all know of “seasonal sports”. Baseball, football, soccer, tennis, basketball and others all come to mind. These sports generally have a “season” they are played in. Many students look at these sports and think “I’d like to try that”. Or, parents will say to themselves, “I think we should have Johnny play soccer this season.”

But with each of those sports, they are a part of a person’s life for exactly that... a “season”. They generally have a finite starting and ending date. Taekwondo, on the other hand, is not a “seasonal sport”. Instead, it is a life-long pursuit. I know, it’s hard to think of anything that lasts for a person’s lifetime. But it’s true. With football, eventually, a person’s body simply cannot handle the stress and strain one puts on it to play that game. Almost all other seasonal sports are that way. But Taekwondo is not. It is an individual activity that is tailored to the individual. While we don’t expect people in their 50’s to be sparring competitively with the 20-year-olds, we *do* have opportunities for those in their 50’s who wish to continue competing with people at their level. We have people who started this art in the elementary years that are still active into their 20’s and 30’s. What changes is the individual, not the art. The person grows and matures and becomes the broader, more well-rounded martial artist. Some go on to teaching. Some go on to development of the art. Some continue in the competitive arena as referees. Some are gifted to administrate. But all have a place. NO one is cast aside from Taekwondo because they’re too old, too out-of-shape, or anything else. The student of the martial arts quickly becomes a student of *life*, because that is what Taekwondo teaches us...how to live.

As the weather gets warmer, it’s easy to say, “Oh, I’ll just take a break for a week/month/the summer, and then come back.” It has been my experience that when a person takes “a break” from Taekwondo, they rarely come back. Why is that? Because when we are in class regularly, we are working with and developing muscle skills. When we are out of class, those skills and that flexibility quickly erode. Then, when we come back to class after “a break”, we find that we aren’t where we were. This tends to frustrate many people. “Gee, I *used* to be able to kick over my head. I *used* to be able to handle one of Master V’s classes without dying at the end.” And people get discouraged when they’re not in the exact same place, physically and mentally, as when they left to “take a break”. And the higher in rank you are, the tougher it is to come back after a break. Take forms, for instance. If you don’t practice them regularly, you’ll forget them. Well, if you’re a yellow belt, it’s not that hard to re-learn 2-3 forms, if you’ve forgotten them. If you’re a black belt, it’s really a pain to try and re-learn 16-20 forms, once you’ve forgotten them. It’s easy to become discouraged.

My advice to you all is: don’t take “a break” from TKD, any more than you would take a break from breathing. Both of those have detrimental effects on a person. ☺

Deadlines for the July Black Belt Testing:

Those that are considering testing for Black Belt ranks at the July 31st Black Belt testing, your testing applications, test fees, and Black Belt papers must be turned in to your local instructor no later than **Wednesday, June 16th**. Local Instructors, I will need those from you,

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along with your written recommendations, no later than Saturday, June 19th. GM Pak was quite adamant about the deadlines for turning in testing requests. If those dates are not met, the student will have to wait until the next testing cycle (October).

Tournaments:

We have 2 tournament opportunities coming up in May for those that would like to do some competition in forms and sparring. May 15th is the Kansas City Classic, in Blue Springs, MO, and May 22nd is the Iowa Governor's Cup, in Ames, IA. Please see your local instructors for information on these tournaments as it becomes available.

Black Belt Workouts:

Our April Black Belt workout will be held on Thursday, April 15th, from 6:30 – 8:00 PM at the PCCC club in Des Moines. I hope all of our black belts can attend this Black Belt workout. In addition to a workout, we will be going over the new sparring rules, in preparation for the upcoming tournament/refereeing season, plus some updates to Poomsae that were recently released by the Kukkiwon. Our Black Belt class in May is scheduled for Saturday, May 8, from noon – 1:30 PM at the Point of Grace club. We will have a special guest instructor with us for part of that class, so you will not want to miss that.

Outstanding Leader Awards:

Several students from our family of clubs were recognized by GM Pak at the 35th Annual Iowa Martial Arts Awards Banquet that was held in Ames on Saturday, March 6th. Students recognized with certificates as Outstanding Leaders were:

POG: Kylie Stewart, Danielle Welch, and Emily Swanson
PeeWees: Joey Schimidt
PCCC: Maria Boden and Amy Ratekin
Grinnell: John Megel and Tim Brown
Norwalk: Zac Cretsinger and Marsha Fisher
Falcon: Amanda and Tracy Berryhill

Special congratulations to Mr. Zac Cretsinger of Norwalk. Mr. Cretsinger was recognized as the Outstanding Junior Leader of the Year for 2009 for the entire Pak Family of Martial Arts. Congratulations, Zac!

Annual Association Dues for all members of Voorhees TKD-affiliated clubs:

Students who have not paid their annual association dues to their local instructor will not be permitted to work out in class until they have done so. Cost for Association dues for 2010 is \$25 per person, and runs from January 1 through December 31 of this calendar year. Please make your checks out to Voorhees TKD LLC.

Online store:

We have an online store that has t-shirts, jackets, polos, sweatshirts, coffee mugs, water bottles, buttons, tank-tops... just about anything you can think of. You can get Voorhees TKD logos, or your local club's logo, some other sayings/phrases...we just want you to check it out, please. Go to: www.cafepress.com/voorheestkd to look at all the options available to you. Orders are placed on-line, and are delivered directly to you. Have fun!

Easter:

Easter is Sunday, April 4th. Mrs. V and I would like to encourage those of you that may not have a "church home", to come to Point of Grace Church and experience the joy of Easter. We have a service on Saturday night, April 3rd, at 5:30 PM, and on Sunday morning, we have services at 9:00 and 10:30 AM. We hope you will come and celebrate our Risen Lord with us.

Don't forget to visit our online store at www.cafepress.com/voorheestkd.

Get one of our fabulous t-shirts, polo's or other items!

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