

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 North Testing @ PCCC – 6:30 PM start. No classes @ PCCC	4	5	6	7	8 Annual Black Belt B-day Bash
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 Poomsae Seminar @ POG. No regular or PeeWee classes @ POG today.
30	31	Sept. 1	Sept. 2	Sept. 3	Sept. 4	Sept. 5

Upcoming dates to remember:

- Aug. 3: North Testing – PCCC
- Aug. 29: No PeeWee or regular classes at POG, due to Poomsae Clinic/Workshop
- Aug. 29: Grinnell TKD Crazy Days Demo – Grinnell City Park
- Aug. 29: Poomsae Clinic/Workshop – with Masters Bob and Christi Maves – POG
- Grinnell Happy Days demo – Grinnell – noon
- Sept. 7: No classes. – Labor Day.
- Sept. 15: South Testing - Lenox
- Sept. 18: Miss Dickens’ wedding
- Sept. 19: State of Iowa Black Belt Association Annual Symposium – ISU – Forker Bldg
- Oct. 9: Black Belt Testing – ISU
- Oct. 22-25: Kukkiwon Master Instructor Licensing Seminar – Chicago
- Oct. 31: ISU Taekwondo Championships – Forker Bldg, ISU
- Dec. 5: Black Belt Testing – ISU
- Dec. 5: Annual Voorhees Taekwondo Family Christmas Party and Awards Banquet

Voorhees Taekwondo, Inc. Newsletter

From DSM - PCCC

Congratulations to all of those who participated in the Iowa Games. We had a good number participate. Julian Gracey (2nd in sparring), Malachi Barjenbruch (2nd in sparring), Shannon Hodges (2nd in forms & 3rd in sparring), Miss Maria Boden (1st in forms & 2nd in sparring) and Master Karen Collins (2nd in forms) all competed. A former member of Melcher-Dallas TKD also competed. Congratulations to Jessica Clark (3rd in forms & 2nd in sparring).

Be sure to check the calendar for upcoming events: Poomsae Clinic/Workshop, SIBBA Annual Symposium & ISU TKD Championships

From Falcon TKD

Congratulations to Mr. Brooks for successfully testing for his 2nd Dan on July 25th! Way to go, sir!

Let's see where to begin. First off a personal thank you to all those who helped me in preparing for my testing last month it was a blast getting up in front of the panel again. Secondly sorry for the lack of communication from Falcon as of late, I am making an effort to keep in touch better. I would like to congratulate everyone from the Voorhees family that competed in the Iowa games everyone did a great job. There were three of us from Falcon that competed. Michel Berryhill (did not place but put forth an excellent effort), Amanda Berryhill (Placed second in free sparring and third in forms) and myself (I placed second in free sparring and first in forms). Finally I would like to extend an invitation to all in the family to come and play with us in Osceola. We are running in summer hours right now beginners class from 6:30 to 7:30 advanced class 7:30 to 8:30 on Monday and Thursday at the Clark County Elementary School (once school starts hours will change to 6:00 to 7:00 and 7:00 to 8:00). Thank you for your time and hope to see some of you soon.

Jason Brooks

From Grinnell TKD

Congratulations to Brian Megel on receiving 2nd in forms and 1st in sparring.

From Norwalk Family TKD

Norwalk congratulates Tony Hansen for earning his fourth Outstanding Student of the Month Award.

We would also like to congratulate Mr. Zac Cretsinger and Mr. Michael Wagenknecht for Gold medals in forms and Silver medals in sparring at Iowa Games this year.

From POG Pee-Wees

No PeeWees class on Saturday, August 29th, due to the day-long Poomsae Seminar taking place at POG.

From POG

Business note:

Beginning with August, please make your tuition checks, and payments for testings, equipment, etc., out to: "Point of Grace TKD" or simply, "POG-TKD".

Wow...August already!!! The end of summer is nearing and the start of school is knocking at the door!!

Hopefully some of our students who have been on vacation will be back enjoying class with us soon....we miss you!!

Please remember there will be no class on Saturday, August 29th due to the day-long Poomsae Seminar taking place at POG. I encourage everyone to attend, but remember space is limited so please make sure you let me, Mr. Adam or Master Voorhees know asap if you are planning on attending.

Finally, thank you all for the warm welcome upon coming back to POG! Adam and I feel right at home once again. ☺ We are glad to be back!!

See you all in class!!

Miss Katie

Voorhees Taekwondo, Inc. Newsletter

Poomsae Seminar

Our family has always been on the forefront of research and training in Taekwondo for the state of Iowa, and the area of Poomsae training is no different. We adopted the international standardizations in 2004, when they first came out. Only in recent months have a number of other clubs in our state expressed a serious desire to catch up with the rest of the world.

In our continuing effort to be the leaders in our state in the area of continuing education, Voorhees Taekwondo is hosting a Poomsae Seminar on Saturday, August 29th, at the Point of Grace *do-jang*.

We are bringing in two of the foremost authorities on Poomsae in the US today: Master Bob Maves, 3-time US National Poomsae Team Coach, and Christi Burke-Maves, 2-time US National Poomsae Team Member.

They will be presenting a day-long workshop. I would like to encourage everyone that is high-green and above, to attend this workshop, if at all possible. Cost for members of the Voorhees TKD family of clubs will be only \$10 to participate.

The morning session (9 am – noon) will cover proper technique, proper stances, balance, hand-placement and targeting. It will also cover Taeguek 1-6. The afternoon session (1:30 – 4:30 pm) will cover Taeguek 7-8, along with the first 4 black belt forms (Koryo – Pyongwon).

Students may participate in just the morning session (lower ranks), or all day (senior ranks and black belts). Cost will be the same, regardless of whether you do just the morning, or the entire day.

We will not be providing lunch. There are several eateries around the POG area, so lunch will be on your own.

Registration forms are available from your local instructors, and we opened the registration up to other Pak-Family schools starting at the Iowa Games.

As most of you know, space at POG is very limited, so we are going to be restricting the number of people we will allow to attend, and the number we will allow on the floor at any given time, so please....get your registration in EARLY, so you don't get left out of this exciting event! As of today, we only have SEVEN slots left available! Remember...only \$10 for national-level Poomsae training! Don't delay!

Poomsae Seminar Instructors:



Master Christi Burke-Maves

Ms. Burke is 39 years old, a 6th Dan Black Belt in Tae Kwon Do, and is Vice-President and Chief Instructor of Maves Martial Arts. She is a Kukkiwon International Hanmadang Referee and a WTF International Poomsae Referee

As a Tae Kwon Do competitor some of her accomplishments include:

2006 Individual & Pairs Gold Medalist USA Team Trials

2007 Pairs Gold Medalist USA Team Trials

2007 Individual Silver Medalist USA Team Trials

2 time (2006 & 2007) USA Team Member

13 time Gold Medallist and National Champion in both Ultra and Senior division.

Gold Medallist at the International Women's Championships.

6 time Gold Medallist at the U.S. Open in both Ultra and Senior divisions.

Silver Medallist Pan-Am Open Championships.

Voorhees Taekwondo, Inc. Newsletter



Master Robert Maves

Mr. Robert Maves is 64 years old, 6th Dan in Taekwondo, and is President, Chief Instructor, and Head Coach of Maves Martial Arts and Maves Self-Defense Technologies (Mav-Tec). Mr. Maves is also a two time National Sparring Champion, USA Tae Kwon Do Level 1 Coach, Partner & Strength Coach Horizon Technical Team, a regional high performance competition poomsae team, Certified CHEK Exercise Coach (C.E.C.), Kukkiwon International Hanmadang Referee and **USA National Team Coach for the 2007, 2008 & 2009 World Championship Poomsae Teams**

Note From...

Master Voorhees

Greetings, Family!

Iowa Games Taekwondo Tournament:

Congratulations to everyone who competed in the Iowa Games. Good job! Now, it's time to begin training for the Iowa State University Championships, Oct. 31st!

Black Belt Workouts:

The August Black Belt workout will be the Poomsae Seminar on Saturday, August 29th.

Next Development Program Fundraiser:

We will be participating in our second big Development Program fundraiser in mid-September. We will be doing a Gold Canyon Candle Sale. Please watch for announcements from your local instructors 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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Visit www.voorheestkd.com
Or visit the Voorhees Taekwondo Facebook page!