

# Voorhees Taekwondo Monthly Newsletter – August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Local testing – Falcon TKD hosting. 6:30pm start	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>Sept. 1</b>	<b>Sept. 2</b>	<b>Sept 3</b>	<b>Sept 4</b>
<b>Sept 5</b>	<b>Sept 6</b> <b>Labor Day –</b> <b>no classes, any</b> <b>location</b>	<b>Sept 7</b>	<b>Sept 8</b>	<b>Sept 9</b>	<b>Sept 10</b>	<b>Sept 11</b> <b>Poomsae</b> <b>Seminar w/</b> <b>National Team</b> <b>member Christi</b> <b>Burke-Maves –</b> <b>Des Moines</b>

## 2010 Calendar – Mark these dates!:

- Aug. 2: Local Testing – Falcon TKD (Osceola) hosting – 6:30 PM start
- Sept. 11: Poomsae Seminar w/ Masters Bob and Christi Maves – Des Moines
- Sept. 18: SIBBA Annual Martial Arts Symposium – ISU Campus - Ames
- 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
- Dec 6: Local Testing – Grinnell TKD hosting – 6:30 PM start
- Dec 11: Annual Voorhees TKD Christmas Party and Awards Banquet – Acanthus Masonic Lodge-DSM
- Jan 29, 2011: Official USAT Referee Seminar – Des Moines, IA
- Jan 30, 2011: 15<sup>th</sup> Two Rivers Invitational Tournament and Rumble At the Rivers – Des Moines, IA

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## **From PCCC**

It's August already and time to gear up for the beginning of school and fall activities. We hope to see those who took a vacation back in class. I have been very proud of the students "playing" at PCCC this summer. Congrats goes to all who participated in the Iowa Games and who brought home some hardware. As an instructor, it warms my heart when a student stretches themselves to overcome a scary moment such as a tournament. Way to Go!!! With the tournament at Iowa State fast approaching, it is time to focus on new rank, new students, tournament prep, and those beautiful forms.

Since TKD is supposed to be fun and educational, we will have a game night Mrs. Ratekin style August 30 at 5:30pm. All ranks and ages are welcome. We will learn some new ones and play some of the old favorites. Take a break from traditional class and join us for some TKD skill building fun.

Mrs. Ratekin

## **From Falcon TKD**

Congratulations to Elijah Johnson who competed in the Iowa Games.

## **From Grinnell TKD**

Happy Birthday, Master Schinnow! (Aug. 1)

## **From Norwalk Family TKD**

Norwalk's been doing great this summer! We have a great group of new students and some of us old veterans are enjoying seeing the new faces! Congratulations to those who competed at Iowa Games.

## **From Westside TKD**

Happy August?!?!

Yes I say it just that way with question and exclamation as I am really wondering where this summer has gone, yet the past month as been so exciting!!

July sure was a wonderful month! First we had the great Westside Picnic which was a huge success...lots of food was made and gobbled down and fun was had by all!! We had such a great time that we are already in the works of having a fall picnic.

The Iowa Games also happened in July and I must say our sparring as a Westside group has improved a million times over! What a great success we had! Congratulations to all those whom attended: Zac, Caleb, Kyli, Elizabeth, Drew, Aiden, & Meghan! Also a special thanks to all the parents whom helped "man the ship" while I was at work in the morning!! I really appreciate the help! ☺

I would also like to welcome Jackson to our PeeWee program!! We are so glad to have you!!!

So what's upcoming this month....well ice cream is definitely on the list!!!! Yes, I did say ice cream and we will be having homemade ice cream after one of the classes in August. So come to class to hear all the details!!

Keep up the great work and I'll see you all in class!!

## **From PCCC Pee-Wees**

Happy Birthday, Miss Sarah! (July 20)

## **Poomsae Seminar on Sept. 11th**

We are blessed to have coming back to Iowa to share their skills and knowledge, Master Christi Burke-Maves, and Master Bob Maves, to conduct our second Poomsae Seminar. This will take place on Saturday, September 11<sup>th</sup>. We will be holding the Seminar the Central Library in Downtown Des Moines, from 9 AM – 5 PM. Cost for students of Voorhees TKD schools will be \$30. Registration is available ONLINE. Go to the Voorhees TKD website, and register now. Participation is limited, so as soon as all the slots are filled, registration will be closed. Master Christi is a multiple-year member of the USA Taekwondo National Poomsae Team, and again in 2010, is a member of the National Team competing in the PanAm Poomsae Championships in both Individual and Doubles competition. Master Bob was on the USA Taekwondo National Poomsae Team coaching staff for 2 years, and brings his special brand of training and intensity to the workouts.

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We hope that you will take advantage of this golden opportunity to receive Poomsae training from two of the foremost authorities in the nation on Competition Poomsae. Go online to register, or see your local instructor for a packet!

## Some Notes From...

## Master Voorhees

### Local Testing uniform for Black Belt Judges:

During the summer, we permit our Black Belt judges to wear slightly more comfortable attire for our local testings. For the August testing in Osceola, Black Belts may wear either our traditional uniform of black pants, white shirt and red tie, or they may wear black shorts/capris, and our official Voorhees TKD white polo shirt (kicker emblem).

### Deadlines for the October Black Belt Testing:

Since I received no papers or applications from local instructors by June 16<sup>th</sup>, I have shared with GM Pak that the Voorhees Family has no one planning on attending the July 31<sup>st</sup> Black Belt Testing that will be testing for any black belt ranks. Those that are considering testing for Black Belt ranks at the October Black Belt testing, your testing applications, test fees, and Black Belt papers must be turned in to your local instructor no later than **Monday, September 6<sup>th</sup> (Labor Day)**. Local Instructors, I will need those from you, along with your written recommendations, no later than Saturday, September 11th. 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 (December).

### Tournaments:

The next tournament that is on our radar screen is GM Pak's Iowa State University TKD Championships, slated for October. As soon as we get official registration information, we'll get it out to you and the local instructors. The ISU Championship is the one tournament every year that we ask ALL students to participate in, and we also ask ALL students to register for the tournament as students of "Voorhees Taekwondo", and list Voorhees Taekwondo as their school. Make plans now to participate in this event!

### Summer Black Belt Workouts:

We will not be having monthly Black Belt workouts in June, July and August. I want to encourage you all to make the effort to attend our Advanced Classes at PCCC on Mondays, from 7:00 – 8:00 PM, and the Poomsae Seminar on Sept. 11th.

### 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 will also find Korean Terminology CD's, and other training aids. 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](http://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!

### Uniforms and Equipment:

Each of our local instructors is able to secure uniforms, sparring gear, and other equipment for their students. Lately, I have been hearing from some people that students/parents are going to outside vendors to get uniforms and sparring gear. I would like to take a moment to actively discourage you from doing so, for several reasons.

First, there are types of equipment and uniforms that are not permitted in our competitions. Your local instructor is your local expert on what is and is not allowed, as far as uniforms and equipment are concerned.

Secondly, by purchasing somebody else's used gear who got it from their best friend, who found it on E-Bay...you don't really know what the condition of the gear is, or whether it has outlived it's usefulness or safety margin. So, that cool headgear or hogu you got on Craig's List for \$10 may very well be outdated, illegal, or simply too worn out to be safe to use. Again, your local instructor is your local expert.

Thirdly, while you pay monthly tuition to your local instructor, please keep in mind that the vast majority of those funds go to simply keeping the doors of the *do-jang* open. They pay for rent, club equipment (like pads and bags), printing costs, and all the other myriad of expenses that go along with running a local TKD club. Your local instructor is able to make a very small profit margin on the uniforms and equipment that he/she sells at retail to his/her students. If you purchase from outside vendors, you take even that small profit margin away from your instructor.

"But what if I go online to one of the big martial arts suppliers? Can't I buy things from them?"

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Sure, you can. However, you will pay the retail price to those suppliers, plus the shipping costs to have them delivered to you. Any profit made by the company goes...to that company, which is way over in California, or Oklahoma, or New Jersey, or wherever. If you purchase the same equipment from your local instructor, your local instructor can get you the same price, your shipping costs will probably be less, because they order several items for several students at once, and what little profit might be realized goes to help your local instructor and, thereby, your local club.

Most of the local instructors have arrangements with several suppliers, so that they can continually be finding the best deals and best prices for their students. However, one firm that we all do business with, and that continually makes an effort to be supportive of smaller, local clubs like those in the Voorhees TKD Family, is a firm called "Dynamics World". If you would like to purchase a uniform, or sparring gear, or anything else martial-arts-related, I want to encourage you to take the time to go to the Dynamics World website ([www.dynamicsworld.com](http://www.dynamicsworld.com)), find the item(s), and write down the Item Number or "SKU", along with the color, size, etc., that you want. Then, simply let your instructor know the Item Number, color, size, etc., and that you found it on DynamicsWorld.com, and they can order it for you.

Again, please keep in mind that your instructor is going to try to keep your costs down by ordering only once or twice a month, at most, so that they can bundle orders together, and reduce shipping costs. So please...be patient when ordering uniforms, equipment and gear. It might not be here in 2 days, but your instructor is still your best source. And, you'll be helping them to keep doing what you need them to do...provide a place for you to train.

## **Some thoughts for Parents of our younger students, and our adult students:**

Do you know what I mean if I say the phrase "moral and civic obligation?" It means that someone is bound by an obligation or duty to some ideal or societal group that transcends the individual. Those of you that are parents, you have a moral obligation to raise up your children "in the way they should go, so that when they grow old, they will not depart from it." You have a civic obligation to raise your children with a firm knowledge and understanding of our country, it's history, and each person's role and duties within our society.

But I want to challenge ALL of the adults in our family...not just the parents...with one of our "moral and civic obligations". What is that particular obligation? The upcoming elections.

I know...I can hear your collective groans. "I hate election." "I hate politics." "I hate political ads." "They're all crooks." "The liberals are destroying our country." "The conservatives are destroying our country." Blah, blah, blah, blah...I've heard them all. Heck, at one time or another in my life, I've probably said them all, too.

But I want to examine this ... "thing"...this event we have every so often, called an "election."

In our country, each individual citizen that is aged 18 and over, has the *right* to vote. I would also submit to you, that those people have the "moral and civic obligation" to vote. Do you realize how PUNY the numbers are for voter turnout, especially in what one calls an "off-year election" like the one this year? If there were a 40% voter turnout, people would be shocked and amazed. That would be considered a HIGH turnout! To me, THAT is what is shocking and amazing! That less than 40% of the population that is eligible, actually takes the trouble and time to VOTE.

Let's look at a few things.

Are you happy/unhappy with the federal government bailouts?

Are you happy/unhappy with the new financial regulations?

Are you happy/unhappy with the ruling by the Iowa Supreme Court on the DOMA law passed by the Iowa Legislature?

Are you happy/unhappy with the ban of texting while driving?

Are you happy/unhappy with the change in the "carry permit" law?

Are you completely clueless on any/all of these particular issues?

Are you happy/unhappy with what the Iowa Legislature did or did not discuss and pass legislation on during the past 2 session?

Are you happy/unhappy with the way your tax dollars are being spent/misspent by the federal/state/county/local government?

These are just a *few* of the topics that have crossed our paths in the past two years. What else? Universal healthcare.

Raising retirement age. State of the economy. State of the Social Security Administration. Free trade agreements. Cap-and-trade. Border security. Illegal immigration. Protectionist tariffs.

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PICK YOUR TOPIC. In some way, shape or form, *some* government entity or group has had their hands on it, in it, or at least talked about it, in the past two years.

So, do you LIKE what has been going on in the past 2 years? If you don't vote in the upcoming elections, and vote to support the candidates that have been responsible for those things, you are taking the risk that they will be voted out of office, and things could change in ways you don't like.

So, are you NOT LIKING what has been going on in the past 2 years? If you don't vote in the upcoming elections, and vote to support candidates running against those that are responsible for those things, you are taking the risk that those people will stay in office, and things will stay exactly as they are, or get worse.

What I'm saying is: ultimately, YOU AND I are responsible for what goes on in our government. WE are responsible, whether we voted in the last election or not. Because our government is a "representational republic", we actually have a voice in who represents us. And if they don't represent us the way we think they should, we have a MORAL AND CIVIC OBLIGATION to vote them out of office. Essentially, fire them. They are supposed to work for US...you and me. We, the people.

But what if you didn't vote last time? Yeah, you're just as responsible as the rest of us. Or perhaps I should use the term "irresponsible". Because you did NOT participate in the last election, YOUR voice wasn't heard. But that doesn't remove you from responsibility. We, the people, are a TEAM. What happens to one of us, happens to all of us. We, as a team, are responsible for everything, good, bad and ugly. So if you didn't vote...you're just as culpable as those of us that did. You can't duck your responsibility that easily, I'm afraid.

Finally, let me address those of you that will say, "But I don't know anything about these people, or these issues, or...". I would say that you have some homework to do, then. You owe it to yourself, your children, your friends, your community, to BE informed. To get the facts. No, I don't mean to blithely listen to the political rhetoric that is spouted by the talking heads on either the mainstream media or the conservative rants. But by actually doing the research, reading everything you can, and applying YOUR common sense, and YOUR beliefs and values to the issues, then making a decision, and sticking to it. Talk about things. Have conversations with people. Lean over the back fence and actually say "howdy" to the person next door. Develop "community", and explore the people, policies, and issues.

So, in conclusion, I am asking you, adults...no, I am BEGGING you...please get involved in the election process this year. You owe it to your children (if you're a parent), you owe it to your friends, you owe it to me, and everyone else in our community, county, state and nation. We really don't want to do this without your input. We will, if you force us to, but we'd really rather that your voice was heard.

That's my two cents for today.

--Master V.

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

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Or visit the Voorhees Taekwondo Facebook page!**