

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 North testing @ Norwalk – 6:30 start.	2	3	4	5 BB Testing – ISU Voorhees TKD Annual Christmas Party and Awards Banquet
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve – no classes	25 Christmas Day – no classes	26 No classes at POG today.
27	28	29	30	31 New Year’s Eve – no classes at PCCC	Jan 1 New Year’s Day – no classes	Jan 2 Classes AS USUAL at POG
Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9

Upcoming dates to remember:

- Dec. 1: North Testing – Norwalk Family TKD hosting
- Dec. 5: Black Belt Testing – ISU
- Dec. 5: Annual Voorhees Taekwondo Family Christmas Party and Awards Banquet
- Dec. 24-26: No classes, any location
- Dec. 31: No classes at PCCC
- Jan 1: No classes, any location
- Jan. 2: Classes AS USUAL at POG
- Jan. 11: Color Belt testing – Henry’s TKD (Creston) hosting.
- Jan. 18: MLK Day – no classes at PCCC – Center is closed that day.

Voorhees Taekwondo, Inc. Newsletter

From DSM - PCCC

Holiday Greetings from Pioneer Columbus formerly known as Archie Brooks. As we go forth into the Holiday Season, I am reminded of 2 key words...perseverance and courtesy. All of us, including this instructor, need to keep on training and working out even when our schedules get insanely busy. For the adults it is important as part of our weight management program. For the younger students, it is so the muscles have a chance to work off some energy and not forget what they have learned. Personally, I enjoy finally getting warm during the colder weather when I work out. The other word, courtesy, is not just appropriate for the season, but every day and always. It is so easy to get caught up in the rush of the holidays that we forget to say a simple "Thank you" or "I love you." I have noticed that people in customer service forget their "Please and Thank You." Let us not forget ours no matter the circumstance. Martial artists need to set a higher example of courtesy no matter where we go. If you really want to throw someone off, just say "Merry Christmas." Not politically correct, but socially accurate. On one final note: I Love all of you and what you bring to my classes and the other classes you attend here. I am very proud of the work that you are doing as you prepare for your next bit of color. Welcome also to our new student Desiree. I personally hope you have a great experience while you are here. Have a great holiday season from all of the teaching staff here at PCCC.

Mrs. Ratekin

From Falcon TKD

From Grinnell TKD

Greetings from Grinnell! We have had several opportunities the last several months to share our art with the public. We walked in the Homecoming parade—which is always fun, and I also had the opportunity to visit a girl scout troop and teach them some self-defense.

We all had fun at our Halloween pizza party and the kids enjoyed kicking the pumpkin piñata!

We are starting to see some interest from new students which is very exciting.

One of my students has developed a website for Grinnell TKD. It is still in it's beginning stages, but check us out! Stephanie Schinnow

From Norwalk Family TKD

Norwalk would like to congratulate the following people for earning the Norwalk outstanding Student of the Month:

September: Nick Huegerich

October: Skylar Foster

We would like to wish everyone a very Merry Christmas!

Mr. Wagenknecht

From POG

Hello December! I can't believe we are entering the final month of 2009! Where has this year gone? We have accomplished a lot here at POG-TKD and I have no doubt even more great and wonderful things will be accomplished in the remaining month of 2009 and throughout 2010!

Due to the holidays, our newsletter articles are due before Thanksgiving so I will report next month on the board breaking workshop that is approaching this weekend!! There has been a ton of interest in it and I have no doubt it will be a fun and rewarding day for all!! I look forward to seeing everyone and giving everyone a full report.

We have a number of students heading to testing in Norwalk on December 1st. Good luck everyone!!! You have all worked so hard and I am very proud of you! Remember do your best and have fun!!

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Finally, I want to say "Thank You" to each of you for your continued hard work in class! You never cease to amaze me!! Keep it up!!!

Miss Katie

From POG Pee-Wees

2010 Association Dues

Hard to believe that it's already December! That means, we need to have our current members renew their Association dues for the upcoming year. Due to some structural changes with our insurance company, and some upcoming vacations, we need to have everyone renew their Association dues for the 2010 year no later than Dec. 15th. Also, there has been a slight cost increase of \$5 per person per year. (Thank you, economic downturn!) So...if you haven't already done so, please be paying your 2010 Association dues of **\$25** per person to your local instructor no later than Dec. 15th. If you have not paid your Association dues, you will not be permitted to attend classes after the first of the year until you do so. Remember, all members, including black belts and instructors, must have their 2010 Association dues paid.

Portrait Photography – and assisting the Development Program!

GET YOUR PICTURE TAKEN TO HELP THE VOORHEES TKD DEVELOPMENT PROGRAM!!!

Our Staff Photographer, Adam Reynolds, has been making his way around to many of our family schools to take pictures, as well as at testings, tournaments, and the Christmas Party. The pictures will be available for purchase in a whole variety of formats. You can simply download the picture, or have it printed and mailed to you. Pictures will be available in trading card style, magazine cover style, and even holiday cards in 50 different styles! There will be TKD frames and even hanging belt holders with pictures and your name engraved at the top! Show off all of your achievements through the ranks! To see the pictures and purchase items, go to:

tkdpics.zenfolio.com.

A PORTION OF EVERY ITEM SOLD WILL BE DONATED TO THE VOORHEES TKD DEVELOPMENT PROGRAM to further the goals of the program.

The **Voorhees Taekwondo Development Program** is a non-profit, tax-exempt [501(c)3] corporation that was established for the purpose of fostering the growth and participation of amateur athletic competition, specifically, the participation of students, coaches and referees affiliated with Voorhees Taekwondo clubs. Funds are generated through grants, gifts, corporate donations and fund-raisers. These funds are currently used to provide grants to students, coaches and referees who are attending national and/or international events, workshops, clinics, tournaments, and similar events. Funds may also be used to help offset the cost of memberships in USA Taekwondo (the National Governing Body for Sport Taekwondo), and the State of Iowa Black Belt Association. Funds are for students that meet certain income guidelines. Funds also are used to promote the art of Taekwondo through advertising of classes and events, provision of equipment necessary for training Taekwondo athletes, and sponsorship of workshops, clinics and special events.

Considering that many of our students come from low-income families, we created the Voorhees Taekwondo Development Program so that we would have a vehicle to assist those students, coaches and referees in our Taekwondo "Family" who have the skills and talents to participate in this life-long sport, but simply do not have the personal finances necessary.

The Voorhees Taekwondo Development Program is constantly seeking out donors to help sponsor athletes, coaches and referees. If you or your company would be willing to sponsor one person annually, please contact the Executive Director of the Development Program, Mrs. Carrie Voorhees, at 515-263-9299, or by email at voorheestkd@mchsi.com. We hope that you will prayerfully consider donating to the Development Program so

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that our students/coaches/referees can continue to be a part of this sport that builds confidence, self-esteem and character.

Note From...

Master Voorhees

Greetings, Family!

Annual Christmas Party and Awards Banquet:

Our Voorhees Taekwondo Annual Christmas Party and Awards Banquet is quickly approaching. Mark Saturday evening, December 5th, on your calendars, and plan on being a part of this annual tradition. It will be held at the Acanthus Masonic Lodge, 4133 Urbandale Ave, Des Moines. We will open the doors at 6:30 PM, dinner will start at 7:00 PM, and awards presentations will begin by 8:00 PM.

We are asking each family to bring a main dish and a dessert or side dish to share. Also, please bring your own table service, and drinks. We will have some time of fellowship and eating, and then we will present awards for the year. Each of our individual clubs will present awards to one of their local students in each of the following areas: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit, Leadership, and a Student of the Year. We also sponsor a Service Project each year. In years past, we have supported the Animal Rescue League, we have helped with Toys for Tots, and we have sponsored needy families for Christmas. This year, we have adopted a family for Christmas. This particular family has the following needs: non-perishable foods, gift cards (Kohls, Walmart, Target, etc.), and cash. If you can help, please bring your donations to the Christmas Party.

Black Belt Workouts:

We will not be holding a Black Belt workout in December or January.

Promotional Testings:

We will be making some changes to our locations and rotation of testing locations, starting in 2010.

When and Where:

Beginning in 2010, we will have color-belt testings every other month, beginning in January. Color-belt testings are *usually* the first Monday of the month. As it stand today, the testing schedule for 2010 looks like this:

Feb. 1 – PCCC
April 5 – Grinnell
June 8 – Norwalk (Tuesday!)
Aug. 2 – Osceola
Oct. 4 – PCCC
Dec. 6 - Grinnell

Those students who are 1st gup red belts, and are looking to test for their 1st Dan, Recommend, Black Belt, will be required to test in front of the State of Iowa Black Belt Association at one of the regularly-scheduled Black Belt testings held at Iowa State University, and supervised by Grandmaster Yong Chin Pak.

What:

First of all, there are 10 gup-rank levels to the colored-belt ranks. When everyone begins, they are a 10th gup white belt. There are 2 gup ranks at each color of belt (white, yellow, green, blue, and red). When a person has learned all of the material at their particular gup rank, their instructor(s) will recommend that they appear in front of the Testing Board for promotional examination.

A Testing (Promotional Examination) is merely like class. You demonstrate your techniques, your one-steps, your forms, and board breaking (for yellow and above ranks), as a group with other like-ranked students. You perform this in front of a panel of judges made up of the Black Belts from all of the various clubs in our area. Depending on the day, there are frequently 20 or more black belts sitting on the judging panel.

After your testing, the Black Belts discuss each student's performance, and make their recommendations to Master V., who then makes the final decisions on promotions, and posts the results to the Black Belt Instructors.

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Local Instructors then promote their students, either giving a new stripe on their belt, or their new belt, as the case may be, to indicate their new gup rank.

Results are usually posted about a week after the test date.

Fee:

There is a fee for testing. All test fees are \$30 each, until you get to testing for your 1st Dan, Recommend. You will turn your testing fee, along with your completed testing application form, in to your local instructor ONE WEEK prior to the test date. Your local instructor will turn your promotion applications in to Master V at the testing. No more turning applications in the night of the testing. If it's not turned in to your instructor a week ahead of the test date, you'll simply have to wait for the next testing date.

Protocol:

We "pre-test" our students. Two weeks prior to the actual test date, local instructors will conduct a pre-test. Students who successfully pass the pre-test will be given a Promotion Application. They will fill that out and return it, along with the test fee, to their local instructor ONE WEEK PRIOR to the actual testing date. If a student does not pass the pre-test, they will have to wait for the next testing cycle.

That means, the student doesn't tell the instructor when they *want* to test; the Instructor tells the student when they believe they are *ready* to test. Even if you don't think you're ready, I encourage you to trust your Instructor(s). They've been at this much longer than you, and really have a much better idea of what your capabilities are than you do. ☺

A listing of the Belt ranks and the curriculum for each are available from your local instructor.

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, jackets or polos!

Action/adventure novels by Masters Voorhees and Cormeny are available on

www.Amazon.com ("Indomitable Spirit" and "Integrity")

To keep informed of all the latest news, Visit www.voorheestkd.com

Or visit the Voorhees Taekwondo Facebook page!

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