

Voorhees Taekwondo Newsletter – February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Local color belt testing @ PCCC, 6:30p start. No regular classes @ PCCC tonight.	9	10	11	12	13
14	15	16	17	18	19 Grinnell special testing.	20 BB testing - ISU
21	22	23	24	25 BB workout @ PCCC. 6:30 – 8:00 PM.	26	27
28 Am. Lung Assoc. Fight for Air Climb	March 1	March 2	March 3	March 4	March 5 Pak Family BB Reunion - Ames	March 6 Iowa Martial Arts Banquet - Ames
March 7	March 8	March 9	March 10	March 11	March 12	March 13

2010 Calendar – Mark these dates!:

- Feb. 20: Black Belt Testing – ISU
- Feb 25: Black Belt Workout – PCCC – 6:30 – 8:00 PM.
- Mar 5: Black Belt Reunion – Quality Inn – Ames
- Mar 6: Iowa Martial Arts Banquet – Quality Inn – Ames
- Mar 27: Red Dragon tournament - Ames
- Apr 5: Local Testing – Grinnell TKD hosting – 6:30 PM start
- Apr 17-18: NCTA Championships – Denver, CO
- May 22: Iowa Governor’s Cup TKD Tournament – ISU
- 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
- Dec 6: Local Testing – Grinnell TKD hosting – 6:30 PM start

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From PCCC

Hello from PCCC. I personally cannot wait to have a Beginner's Class and work out. With the weather being unpredictable, we all need to practice some self-control and discipline and practice skills at home. You do not need the Dojang to practice forms or your one step sparring sets. You only need about 6 feet of space and a partner or door. Stay ready to test. I look forward to seeing all of you very soon. Also, We need to prepare for the upcoming tournaments and there are some great opportunities coming up in March. To all of our beginning students, there is a tournament especially for you so you can get some experience in a low pressure situation. Do not let this experience pass you by. To all others, if you have participated in fewer than 5 tournaments, go to the one in Ames to get some more tournament experience. The bottom line is just get out there and do TKD! Stay safe and keep on kicking!

Mrs. Ratekin

From Falcon TKD

We have several new students at Falcon, and Mrs. Brooks and I are both feeling better, after we both had a bout of illness recently. Looking forward to many of our students testing for new ranks in February, and seeing many of you in class soon.

~~Mr. Brooks

From Grinnell TKD

From Norwalk Family TKD

We're Great In Norwalk, cold but doing great!

From POG

Happy Valentines Day!! ☺

January was quite the month for us here at POG. We had a couple of canceled classes; however, I do believe we had more classes than some of our fellow family clubs. I believe winter needs to end and summer needs to get here! So, due to this fact testing has been moved from Feb. 1st to Feb. 8th. Testing will still be at PCCC at 6:30 p.m...only the **date** has changed.

We will be having another weekend sparring class this month. I haven't decided the date of this, but I will be sure to let you all know very shortly. I hope to have another board breaking workshop either late this month or early March. The requests to break boards are numerous so hopefully I will have the details figured out soon.

February is the month of "love". ☺ Whether you have a significant other or not, we all have parents, siblings, or other family members that love us, so we all should have someone to "extra" appreciate and love on February 14th. Please make sure that we are telling those "special" people in our lives we love them and appreciate all they do for us EVERYDAY! Don't think you won't be asked if you are doing this at your next testing...because you will!! ☺

From POG Pee-Wees

Pee Wees are off to a great year! We have one new student - Ashtin. Also, a few students will be testing for yellow belt and moving into the adult program in the next couple of months. Thanks for all of the continued support!

Sarah

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Fight For Air Climb

The Annual Fight For Air Climb will take place on Sunday, Feb. 28th, at the 801 Grand building in Des Moines. As we have for the past several years, Voorhees Taekwondo is participating, as part of our on-going efforts to give back to our community. We are sponsoring a team for this year's climb. Our goal is to have at least 10 members on our team, and, as a team, raise over \$1,000 for the American Lung Association. If you would like to be a part of this team, you will need to go online to our team page and register. You will also need to be responsible for securing at least \$100 in pledges. Information and instructions are available on the ALA website, along with instructions on how to participate. Here is the team webpage:

http://ala.convio.net/site/TR/StairClimb/ALAUM_Upper_Midwest?team_id=2770&pg=team&fr_id=1281

If you want to donate to an individual, simply click on their name. If you want to donate to the whole team, simply click on "make a gift". If you want to join the team, click on the link in the left column titled, "Form or Join a Team", and make sure you get signed up under "Voorhees Taekwondo".

Last year, we had 13 on the team, and raised over \$1200 dollars. Let's see if we can top that this year!

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! 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

A Word on Weather Closures:

Every year, we end up with inclement weather. It's one of the joys of living in Iowa. Over the years, we have adopted the following weather closing standard:

If the local high school in the community where the local club resides, cancels school, dismisses early, or cancels evening/weekend activities **due to weather**, then that local club will not have class that day.

We adopted this closing standard because it's simpler for everyone. No one has to call and check to see if classes are cancelled, and no one has to "guess". If the local high school in the city where classes are located cancels school, dismisses early, and/or cancels evening activities **due to weather**, then TKD classes in that local club are also cancelled.

Changes in Local Testing schedules:

Due to all the classes missed in January because of weather, we moved the February testing back one week to Feb. 8th. It will still be at PCCC in Des Moines, and will still start at 6:30 PM. There will be no regular class at PCCC that night, due to testing. Students testing should arrive no later than 6:15 so that they can get checked-in.

Annual Iowa Martial Arts Banquet:

Saturday, March 6th is the date of the Annual Iowa Martial Arts Banquet. This will be the 35th annual celebration of the Pak Family of Martial Arts. Please see our website for downloads of the reservation forms, along with details. Make note of the reservation deadlines. Two students from each of our clubs will be receiving Outstanding Leader awards from Grandmaster Pak at the Banquet. I encourage you and your family to attend, if at all possible.

Black Belt Workouts:

Our next Black Belt workout will be held on Thursday, February 25th, from 6:30 – 8:00 PM at PCCC. I hope all of our black belts can attend this first Black Belt workout of the new year.

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State of Iowa Black Belt Association Membership:

Reminder to all of our black belts. Membership in the SIBBA is a requirement for all of our black belts. (It is optional for all colored-belts). If you are not on a Lifetime Membership, I encourage you to renew your annual SIBBA membership as quickly as possible. Visit their website at www.sibba.org, or speak with Master Collins, who is the SIBBA Treasurer.

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

A reminder to everyone that all participants, students and instructors, were to have renewed their annual Voorhees Taekwondo Association membership as of January 1. 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 Taekwondo.

Next Development Program Fundraiser:

We will be participating in our first big Development Program fundraiser in mid-February. Our current plan is that we will be doing a World's Finest Chocolate Sale. Please watch for information from your local instructors in the next couple of weeks 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, polos or other items!**

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