

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day – no classes	2 Classes @ POG as usual.
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 MLK Day – no classes at PCCC	19	20	21	22	23
24	25	26	27	28	29	30
31	<b>Feb 1</b> <b>Local Testing –</b> <b>DSM - PCCC –</b> <b>6:30 PM start.</b> <b>No regular</b> <b>classes @</b> <b>PCCC due to</b> <b>testing tonight.</b>	<b>Feb 2</b>	<b>Feb 3</b>	<b>Feb 4</b>	<b>Feb 5</b>	<b>Feb 6</b>

**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
- 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
- Dec 11: Annual Voorhees TKD Christmas Party and Awards Banquet – Acanthus Masonic Lodge-DSM

# Voorhees Taekwondo, Inc. Newsletter

## 2009 Award Winners

<u>Award/Club</u>	<u>PCCC</u>	<u>Grinnell</u>	<u>Norwalk</u>	<u>POG</u>	<u>PeeWees</u>	<u>Falcon</u>
Courtesy	Chris Shriver	Robby Shore	Luke Agey	Chad Toyne	Wilma Byron, Fernando Onate	Elijah Johnson
Integrity	Tony Fritz	Monique Shore	Zac Cretsinger	Emily Swanson	Elijah Guzman	Michael Berryhill
Perseverance	Da`Qwan Dixon	Sam Strobel	Nick Huegerich	Leia Nikolish	Colton James, Grant Johnson	Joe Tully
Self-Control	Nathan Maxwell	Brian Megel	Skyler Foster	Myles Larcher	Sebastian Lee	Tracy Berryhill
Indomitable Spirit	Lesly Muniz	Sergio Perez	Derrick Sharpe	Grant Ragner	Joey Schimidt	Trevor Boyce
Leadership	Maria Boden	Tim Brown	Tony Hansen	Caleb Ragner	Alex Niemann	Alex Boyce
Student of the Year	Elizabeth Mulvin	Tim Brown	Marsh Fisher	Kyli Stewart	Jalynn Guzman	Amanda Berryhill

Instructors of the Year for 2009: Master Schinnow and Mrs. Ratekin

### From PCCC

Happy New Year to all! 2010 should be an exciting year for TKD at PCCC. I am excited about new students coming to play with us and those who have been around a bit moving up to higher ranks. I look forward to helping you along on your journey. Congratulations to those who received awards at the Banquet. I am very proud of each and every one of you! I still have some unclaimed awards to hand out. So, If you have not been to class in awhile, come back to get back in shape and also see if you are an award winner. Tournament season will be beginning soon and you want to be prepared. Make it a goal to participate in a tournament this year. It is fun and educational. I have never believed in New Year's Resolutions. However, I do believe it is important at the beginning of each year to sit down and write out what you would like to accomplish in say 2010 and your plan of attack. You should set goals in all areas of your life such as school, work, social, spiritual, and Taekwondo. A Black belt doesn't just happen. The belt is planned for and then small steps are taken over a period of time to achieve the goal. As a very wise master once said, "You achieve black belt one belt and testing at a time. Then you begin a new journey." Aim high and I will see you soon.

~~Mrs. Ratekin

### From Falcon TKD

I hope everyone had a Merry Christmas, and a wonderful New Year with their family. We're looking forward to an exciting year at Falcon TKD, with the prospect of new students, new promotions, and, in the Brooks household, a new baby! Congratulations to all of our students who received awards at the Christmas Party and Awards Banquet in December.

~~Mr. Brooks

### From Grinnell TKD

Greetings from Grinnell!

December has been a slower month for us. A few people checking out class, but no takers.

Congrats to those who won awards at the Christmas Party.

I did have the opportunity to go to Mexico for a week of vacation and I would like to thank Miss Val Bryngelson, Mr. Tim Brown and Brian Megel for taking care of things while I was laying on the beach sipping my milk!!!

Looking forward to a new year and we in Grinnell wish everyone a very Happy New Year!!

~~Master Schinnow

# Voorhees Taekwondo, Inc. Newsletter

## **From Norwalk Family TKD**

Norwalk would like to congratulate the following students for a great testing on Dec 1: Luke Agey, Maddie Ralston, Kyle Joniak, Brandon Hunt, Skyler Foster, & Carson Farrell. Marsha Fisher did a black belt pre-test to get ready for her upcoming test at ISU in 2010! On Dec 5th Zac Cretsinger earned his 1st Dec Black Belt!!! 3 1/2 years from beginner to 1st Dec, now that's awesome!

Also the Norwalk Family Taekwondo Outstanding Student of the Month of November was Luke Agey. Luke is only the second white belt who earned this honor. The winner is chosen by a vote of students, and family member who regularly attend class. And you can't vote for yourself or your own child. I don't vote, but I am the tie breaker in case that is needed.

This year we had two students test for and earn their first black belts, Zac Cretsinger and TJ Wagenknecht. We look forward to next year having at least two more test for their first black belts! You two know who I'm talking about!

We hope that every one had a blessed Christmas, and we are looking forward to great things happening in 2010!

~~Mr. Wagenknecht

## **From POG**

HAPPY NEW YEAR!!!!

It's hard to believe another year has gone by....where has it gone?! It was been a great year for us here at POG. We have accomplished so much and it's no doubt that even more will be accomplished in 2010.

Our biggest accomplishment was adding all the color to our class. We started 2009 with mostly white and yellow belts and now we have every color with a large number being green belts and higher....so we are getting much closer to our black belts. ☺ I'm very proud of the continued hard work in each and every class.

The board breaking workshop was a huge success and plans are already in the works to have another one soon...possibly joining forces with Falcon Taekwondo. There were some great hand and foot breaks and even some brave souls who attempted flying side kicks! Please look for more information on this in upcoming classes.

I encourage each and every one of you to encourage friends and family members to come to class with you and participate. We can't grow as a family without new students, so please encourage everyone you can to come have fun with us in class.

Once again, Happy New Year and I look forward to seeing you all in class!

~~Mrs. Reynolds

## **From POG Pee-Wees**

I hope everyone had a Merry Christmas and a Happy New Year! The PeeWees are excited to continue their training in 2010, and we look forward to adding more students to class in the coming months, as well. Congratulations to all of our students who received awards at the Christmas Party and Awards Banquet in December, and thank you ALL for your wonderful support and contributions to the PeeWee program. Hard to believe we've been at it for over 5 years now! Wow!

~~Miss Goodwin

## **Annual Leadership Seminar**

Is scheduled for Saturday and Sunday, June 5-6, at the Y-Camp in Boone. Look for registration information and details in the February newsletter, and from your local instructors no later than mid-February.

# Voorhees Taekwondo, Inc. Newsletter

## A Note From...

## Master Voorhees

### **Changes in Local Testing schedules:**

Please see the information about local testing in our section about the 2010 calendar. We will be having testings every 2 months. Please see your local instructors for further details.

### **Annual Iowa Martial Arts Banquet:**

Saturday, March 6<sup>th</sup> is the date of the Annual Iowa Martial Arts Banquet. This will be the 35<sup>th</sup> 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:**

We will not be having a Black Belt workout in January. We are currently planning on having one on Thursday, February 25<sup>th</sup>, 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.

### **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](http://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, must renew 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 late January or early February. 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](http://www.cafepress.com/voorheestkd).  
Get one of our fabulous t-shirts, polos or other items!**

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**and sign up to receive our monthly newsletters automatically!**

Or visit the Voorhees Taekwondo Facebook page!