

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No class at PCCC	3	4	5	6	7
8	9	10	11	12 Black Belt Class - 6:30p PCCC - DSM	13	14 KKW standardization workshop - ISU - 9am-3pm
15	16 No class at PCCC - MLK Day	17	18	19	20	21
22	23	24	25	26	27 Sparring Clinics Referee Seminar TKD Medical Clinic	28 Two Rivers Invitational - Des Moines
29	30	31	Feb 1	Feb 2	Feb 3	Feb 4
Feb 5	Feb 6 Local color belt testing - Falcon hosting. 6:30p start.	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11

Upcoming dates to remember:

- Jan 12: Black Belt Class - DSM Park & Rec - 6:30 - 8:00 PM
- Jan 14: Kukkiwon Standardization class - ISU - Forker Bldg dojang. 9am-3pm. (Black Belts)
- Jan 16: MLK Day - no class at DSM Park & Rec, center is closed that day
- Jan 27: Dana Hee Sparring Clinics - Cap City Fitness Center - 1st one starting at 5:30 p
TKD Medical Clinic with Trish Bare-Grounds - PCCC - 6:30 - 8 pm
Official Referee Seminar - PCCC - 1-9pm
- Jan 28: Two Rivers Invitational TKD Tournament - Hoyt Middle School, Des Moines.
- Feb 6: Local color belt testing - Falcon hosting - Osceola.
- March 2: Annual State of Iowa Black Belt Association Black Belt Reunion - Ames
- March 3: Annual Pak Family of Martial Arts Awards Banquet - Ames

Voorhees TKD LLC

From DSM - PCCC

Happy 2012! I hope this year is filled with many blessings and surprises. I am very blessed to be one of your instructors. I hope to see as many of you as possible participate in the Tournament January 28th as possible. It is through stepping outside our comfort zone that we grow and become better martial artists. I leave you with some words of advice for this year; May you always have enough.

Happiness to keep you sweet,
Trials to keep you strong,
Sorrows to keep you human,
Hope to keep you happy,
Failure to keep you humble,
Success to keep you eager,
Friends to give you comfort,
Wealth to meet your needs,
Enthusiasm to look for tomorrow,
Faith to banish depression,
Determination to make each day,
Better than the day before.

Mrs. Ratekin

From Falcon TKD

No report

From Grinnell TKD

No report

From Norwalk Family TKD

We have had a really good year at Norwalk Family TKD. A lot of new students this year! We would like to congratulate Luke Agey for winning the November Student of the month at Norwalk Family Taekwondo. We had our annual Christmas Demo this year with a new twist. We tried a Cookie Party instead of pot luck. It was fun!

Mr. Michael J Wagenknecht

From Pee-Wees

PeeWees will be having belt promotions the last week of January! Congratulations to everyone for working so hard!
Miss Sarah

Report on our Christmas Service Project

As a family, we were able to donate \$500 to the Wounded Warriors Project. Thank you for your support in giving back to the community!

Voorhees Taekwondo Christmas Party and Awards Banquet

We had a full house at our annual Christmas Party and Awards Banquet. In fact, if we have many more, I'm going to have to find a bigger place to hold the event!

Congratulations to the following students who received awards from their respective clubs:

Award/Club	PCCC	Grinnell	Norwalk	PeeWees	Falcon
Courtesy	Danielle Welch	Nate VanDerLeest	Ashley Luedtke	Nick Souder, Lucas Gomez	Maria de la Cruz
Integrity	Lori Gomez	Kayte Kintz	Justin Randall	Makii James	Michael Berryhill
Perseverance	Lillian Gomez	Joe Prior	Tony Hansen	Jashua Gasca	Kaydence Gonnerman

Voorhees TKD LLC

Self-Control	Yasmin Garcia	Sergio Perez	Kaitlyn Chihak, Christian Chihak	Teegan Van-Ngoy	Tracy Berryhill
Indomitable Spirit	Colton James	Mary Blanchard	Nico Schreck, Lucy Higgins	Eder Gasca	Kyle Lewis
Leadership	Diane James	Shawn Peterson	Luke Agey, Zac Cretsinger	Grisell Vargas	Amanda Berryhill
Student of the Year	Christopher Cortez	Shawn Peterson	Erech Hazen	Grisell Vargas	Garret McKnight

Dana Hee Sparring Clinics

On Friday, January 27th, we will be hosting sparring clinics with Olympic Gold Medalist, Dana Hee, as our guest instructor. Cost is \$25 per person, if registered by January 14th. After that, the cost doubles. Go to our website and click on the link that takes you to the online registration site. Or, see your instructor for a registration form. Ages 11 and under will work with Master Hee from 5:30 – 6:15 PM, ages 12-17 from 6:30 – 7:30 PM, and ages 18 and over from 7:45 – 8:45 PM. The clinics will be held at the Cap City Fitness Center, attached to the Capitol City Baptist Church on NE 14th St in Des Moines.

Trish Bare-Grounds Medical Seminar for TKD Clinic

On Friday, January 27th, we will be hosting a medical clinic on the care and prevention of TKD-related injuries. This will specifically focus on taping and injury prevention. The instructor will be Trish Bare-Grounds, PhD. Cost is \$25 per person, if registered by January 14th. After that, the cost doubles. Go to our website and click on the link that takes you to the online registration site. Or, see your instructor for a registration form. This medical workshop will run from 6:00 – 8:30 PM, and will be held at the Pioneer-Columbus Community Center, 2100 SE 5th St, in Des Moines..

Official USAT Referee Seminar

We are also hosting an official USAT Referee Certification Seminar on Friday, Jan. 27th, and the Pioneer-Columbus Community Center. This seminar will run from 1-9 PM. Cost is \$65 for black belts attending for certification, and those people need to register on the USA Taekwondo website (www.usa-taekwondo.us) through the Hangastar membership system. Those juniors and colored-belts attending for non-certification, cost will be \$20 at the door, but you will need to go to the USAT website and print off the Rules and Code of Operations.

Two Rivers Invitational Tournament

Finally, on Saturday, Jan. 28th, we will be hosting the 16th Two Rivers Invitational TKD Tournament. Online registration can be accessed from our website, or your instructor should have registration forms. Cost is \$45 if registered by Jan. 14th. After that, the cost will double. This is only for students who have competed in 4 or less tournaments previously. Please see your instructor for details, or go to our website, www.voorheestkd.com, and click on the link to the tournament information page.

Online Store

We have had several people ask us about t-shirts, sweatshirts, jackets, coffee mugs and the like. We have dozens of different designs and different items available in our online store. Please go to: www.cafepress.com/voorheestkd to see what is available.

Notes From...

Master Voorhees

Greetings, Family!

Black Belt Class:

Thursday, Jan. 12th, 6:30 – 8:00 PM, Pioneer-Columbus Community Center

Annual Leadership Seminar:

This year's Seminar dates will be Saturday and Sunday, June 2-3, at the Y-Camp north of Boone, Iowa. Information and Registration packets will be available on our website by Feb. 1st. Online registration will also be available by clicking on the

Voorhees TKD LLC

link found on our website. Leadership Seminar is open to all students aged 14 and above, green belt and above. Exceptions to the age/rank policy need to be discussed with your local instructor, who will discuss their recommendations with Master V. Training at the Leadership Seminar encompasses a wide range of topics, including learning about the different types of students and their learning styles, learning how to teach, focused classes on poomsae, advanced self-defense and one-steps and three-step sparring, basic Hapkido and joint locks, intro to some weapons, fitness and flexibility, and special classes from our guest instructors. This year's seminar has the following individuals scheduled to be leading sessions: Miss Goodwin, Master Swalve, Miss Werner, Dr. Mani Mina, Grandmaster Pak, and Master Dana Hee. Talk with your local instructor about Seminar, and put it on your calendar now. You won't want to miss out, because enrollment in the Leadership Seminar is extremely limited!

Promotional Testings:

As of this writing, the planned local testing dates and locations for 2012 will be:

Feb. 6 – Osceola

April 2 – PCCC

June 4 – Grinnell

Aug. 6 – PCCC

Oct. 2 – Norwalk (TUESDAY!)

Dec. 3 - PCCC

“Can’t” means “Won’t”, and “Won’t” means pushups:

You may have heard me, or one of the other instructors say this to someone.

If I say that I “can’t” do something, it usually doesn’t mean that I am unable to do it. It usually means that I am unwilling to give it my best effort. It usually means I am unwilling to even try. In fact, it means I have decided that it is an impossible task for me, and make the active decision that I will not do it.

In my class, if a student tells me they will not do something, they can count on doing pushups. A lot of them. Why? Well, not so much because they are being disobedient, but mostly because they are lying. You see, most people make this “can’t/won’t” decision before they even fully understand what is being asked of them. For instance, if I said to you at the beginning of class, “Today, we are going to do 100 roundhouse kicks!”, many of you would immediately think to yourself, “Oh, I can’t do that! That’s impossible!” Except, you don’t fully understand what I am telling you to do. All you heard was “100 roundhouse kicks”, and your brain immediately shut down. What you didn’t know is that I was going to have you do them in sets of 10 kicks, scattered throughout the duration of the entire 1-hour class.

Well! Now that you have a more complete picture, you may not be so bothered by the idea of doing 100 roundhouse kicks.

The problem with “CAN’T” is that it automatically shuts us off from the possibility of success. My suggestion to you all is: listen to your instructors. They know much more about what you are capable of than you do. Trust them. Don’t let the little lies in your head tell you that you “can’t”. Because in Taekwondo, “can’t” means “won’t”, and “won’t” means pushups.

I look forward to seeing you all in 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 polo's! Also, we have Korean terminology CD's, mugs, gear bags, totes, and even teddy bears!**

**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!

© 2012 Voorhees Taekwondo