

# Voorhees Taekwondo Monthly Newsletter – July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Independence Day	5 PCCC <u>closed</u> . <u>NO</u> class @ PCCC.	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>Aug 1</b>	<b>Aug 2</b> <b>Local Testing</b> <b>@ Falcon TKD</b> <b>in Osceola</b>	<b>Aug 3</b>	<b>Aug 4</b>	<b>Aug 5</b>	<b>Aug 6</b>	<b>Aug 7</b>
	<b>Classes @</b> <b>PCCC will</b> <b>follow their</b> <b>normal</b> <b>schedule</b>					

## **2010 Calendar – Mark these dates!:**

- July 16: TKD demonstration at Iowa Games Opening Ceremonies – Jack Trice Stadium, ISU
- 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
- 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**

I cannot believe the summer is half gone already! All the students at PCCC have been working hard preparing for testing and the upcoming Iowa Games in July. Congrats to all those who tested! I was very proud of you. To all of those taking a “vacation” from Taekwondo, come on back and join in the fun. The summer, with its warm weather, is the perfect time to gain some flexibility with constant warm muscles. Also, you can do kicks, forms, and hand techniques in the pool (be aware of others nearby) so there is no reason to suspend your training. I personally enjoy doing my forms in the morning sunshine of my backyard with the birds singing and the creek rippling past me. If you are enjoying a family vacation you can still squeeze in some TKD in the car or such with terminology flash cards or thinking through your forms in your head (The teacher part of me is always thinking of learning and practice opportunities). Finally, I would like to invite all TKD students to come and play Monday August 30<sup>th</sup> at PCCC. We will spend the hour playing games to build skills in TKD. Mrs. Ratekin will bring out some old favorites and introduce some new ones. On that note: keep in mind that September is the month we will enjoy all the new students joining the art of our family style Taekwondo. So, keep kicking and punching and we'll see you soon!

Mrs. Ratekin

## **From Falcon TKD**

No report

## **From Grinnell TKD**

Greetings from Grinnell!!

Happy Independence Day!!

July brings some changes to us here in Grinnell. Miss Val has retired as Beginner's Instructor. We will miss her a great deal and again, would like to thank her for her years of devotion to our beginner students. Brian Megel is going to be helping with some Wednesday night classes and I will be taking some also. We will have NO Friday night classes until September.

July is also bringing us our first opportunity to participate in Grinnell's Friday night Fun Fest. We will have a booth downtown with a bean bag toss game where kids have the chance to win a "prize". It is a great opportunity to be seen by the public, hand out flyers and to give back to the community.

We hope everyone is enjoying their summer!

Master Schinnow

## **From Norwalk Family TKD**

Norwalk is getting ready to have our annual summer Movie and pizza day! We're going to see Karate Kid!

Congrats to Kristin Wagenknecht for winning the Outstanding student of the Month award for May.

Also want to congratulate: Erech Hazen, Lukas Duffy, Luke Agey, and Kyle Joniak for earning their new belt ranks! Awesome testing gentlemen!

Mr. Michael J Wagenknecht

## **From Westside TKD**

Happy Independence Day from Westside TKD!!

Rain, rain go away please come back another day....just not tomorrow!!! ☺ I am ready for the rain to stop. I for one have had enough of the mud and getting caught outside in a downpour!! So, here's to a nice dry and HOT July....one can wish right?!

I can't believe it's already July! This summer is flying by and the Iowa Games are fast approaching. With that being said please get registered online and get entered into one of the best tournaments! It should be a TON of fun! I would love to see everyone participate in this one....some of you I haven't ever had the privilege of coaching so let's make this the biggest Westside TKD participation ever!! If you have any questions about the online registration please don't hesitate to ask.

Also coming up in July is the 4<sup>th</sup> of July parade that we are planning on participating in. I am so exciting!! Please let me know if you are going to be available to join in the fun as that will determine what we are going to be doing for the parade besides throwing candy and showing off our super skills. I will have more information next week in class!!

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Next the week of July 11<sup>th</sup> there will not be classes at Jordan Creek Church. So.....I've decided this would be a perfect opportunity to have a picnic and a outdoor workout!!! Our workout...a little TKD and a little fun and I'm sure lots of food. Again I will have more information about when and where coming up in class. Tentatively, I'm planning for our picnic to be Tuesday the 13<sup>th</sup> and then Thursday the 15<sup>th</sup> I will have something else planned that will involve a final tune-up before the IOWA GAMES!!! ☺

I feel like I'm forgetting something, yet I don't know what that possibly could be.... Oh yes, the word of the month...DETERMINATION!!! A good word for life, for play and definitely for the IOWA GAMES!!

See you all in class for more wonderful workouts!! Keep up the hard work and sweat!!

Mrs. Reynolds

## **From PCCC Pee-Wees**

Hello from Pioneer Columbus Pee Wees!

The Pee Wees have been doing a fantastic job this month! Two students have moved to the adult class. Congratulations Jalynn and Elijah! We have several new students who started in June and have signed up for the rest of summer. I am looking forward to our continued growth!

Miss Sarah

## **Voorhees TKD Family Picnic**

We held our annual Family Picnic on Saturday, June 12<sup>th</sup>, at Yellowbanks County Park. Yes, it rained most of the time the few days before, yes it rained that morning; however, as USUAL, it did NOT rain DURING the picnic. It never does! ☺ There were about a dozen of us that realized that it wouldn't *dare* rain during our picnic, and we got together, had some food, enjoyed our fellowship together, and generally hung out and had a good time. We're hoping that for the Christmas Party in December, and next year's Picnic, we can encourage everyone to not let a little thing like "fear of the weather" dissuade them from attending. Hope to see you *all* at the Christmas Party and Awards Banquet on December 11<sup>th</sup>!

## **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). Please remember: the summer uniform does NOT apply to the black belt testing in Ames in July.

### **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 11<sup>th</sup>. 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:**

We have one tournament opportunity coming up this summer for those that would like to do some competition in forms and sparring. Sunday, July 18<sup>th</sup> is the Iowa Games Taekwondo competition. You can register for the Iowa Games online ([www.iowagames.org](http://www.iowagames.org)), or by mailing in a registration form. Registration forms can be picked up at your local HyVee. We want to encourage everyone who can to participate in the Iowa Games.

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## **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.

## **Demonstration for Opening Ceremonies of Iowa Games:**

This year, the Taekwondo players of the State of Iowa have been asked to perform a demonstration for the Opening Ceremonies of the Iowa Games on Friday, July 16<sup>th</sup>, at 7:45 PM, at the Jack Trice Stadium in Ames. Local Taekwondo clubs like ours all over the state are volunteering to send their students and instructors of all ages to participate in this mass demonstration of Taekwondo skills. WE WANT YOU TO BE A PART OF IT!

We are asking all students that can, to be in Ames on the north side of the Stadium, at the north entrance, on Friday, July 16<sup>th</sup>, at 5:50 PM. We will meet all the rest of the Taekwondo students and instructors at that time, and we will practice the demonstration at 6:00 PM. That will give us about an hour to get organized, and for everyone to understand what we will be doing. Then, at 7:45, for the Opening Ceremonies, we will have this mass demonstration. Our hope is that we will have students from every single club in the state, and that we will have a sea of white pajamas on the field for the demonstration.

Master V will send out details to the local instructors as we get closer, but please...let your local instructor know THIS WEEK if you can help out with this extremely important event. We did a demonstration similar to this at the Iowa Games about 15 years ago, and had over 300 martial artists on the field. We want YOU to be one of them this year!

## **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 its 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?”

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.

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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:**

It's summer. The weather is fabulous (finally!). There is so much to do. I'll just skip class tonight, and go next week.

Famous "last words" that entirely too many students say, and too many parents actually believe. When one "skips" a class, it makes it that much easier to "skip" the next one. Pretty soon, you've missed two weeks of classes. Then, you're gone for a trip, and before you know it, you haven't been to class in a month. Then, you think about coming back to class, but you're afraid that you've forgotten too much, or you won't be "in shape", or .... And the list goes on and on.

It's very easy to start Taekwondo. It's even easier to quit Taekwondo. What is hardest of all is *continuing* one's Taekwondo training. How hard is it to do this? Let me share some statistics with you.

If you have 10,000 students start attending Taekwondo classes (yes, I know, it's a big number, but bear with me), do you know how many of them will stay until they receive their yellow belt (usually 4 months, 2 testings)? Only about 5,000 of them. Now, let's talk about just those 5,000 new yellow belts. Do you know how many will actually stay in class and get their green stripe on their yellow belt (only about another 2 months, or 1 testing)? Only about 2,000 of them will stay that long. Now, if they stay that long, they usually will stick around long enough to test for their green belt. However, once those 2,000 students get their green belt, do you know how many will actually stick around long enough to test for their blue belt (about another 6 months, or 2 more tests)? Usually only about 500. So, out of your original 10,000 beginners, you have 500 blue belts (4<sup>th</sup> gup). Of those, only about 200 will stick around to make it to red belt (2<sup>nd</sup> gup). Of those 200, only about 150 will make it to red belt w/ black stripe (1<sup>st</sup> gup). Of those 150, only about 100 will actually show up to test for 1<sup>st</sup> Dan, Recommend. Wow! Out of 10,000 students, only 100 of them usually stick it out long enough to become black belts. But wait! Of those 100 brand-new black belts, how many stick around to become 1<sup>st</sup> Dan, Decideds (solid black belt)? Only about 50. I know! How weird is that! Once people get to black belt, only half of them stick it out to become 1<sup>st</sup> Dan, Decideds. AND...of those 50 1<sup>st</sup> Dans, how many go on to become 2<sup>nd</sup> Dan? About 25. Of those 25 2<sup>nd</sup> Dans, how many continue training to become 3<sup>rd</sup> Dans... Jr. Masters? About 10. Of those 3<sup>rd</sup> Dans, usually only about 5 will continue their training to become 4<sup>th</sup> Dans, Masters. Of those 5, usually only 2 or 3 will continue training to become 5<sup>th</sup> Dans. Of those 5<sup>th</sup> Dans, usually only 1 or 2 will go on to become 6<sup>th</sup> Dans.

Wow. We started with 10,000 eager, bright-eyed beginners. But after only 6 months, statistically only about 500 of them will still be in class and training. After a year, only about 200 will still be around. Only 100 of them...1%...tough it out to actually become black belts, and only 1 in 10,000 stays with Taekwondo for 25 years or more.

What am I saying? I am saying that Taekwondo can be whatever you want it to be. If you want it to be just something you "do" to occupy your time, it can be that. If you want the lessons of Taekwondo to become a part of you, and a part of your way of life...it can do that, too. However, nothing will happen unless you are here, in class. So, the question becomes, "do you want Taekwondo to make a difference in your life?" If your answer is yes, then you need to "dress up and show up", every single class that you possibly can. Yes, Mom and Dad, even on the days when your kids fuss and whine and stomp their feet. Because the question then becomes, "What are you teaching your children? Are you teaching them about commitment and perseverance? Or are you teaching them that there are no requirements for putting forth effort in this world? Are you teaching them to work for and anticipate good things in the future, or are you teaching them only about instant gratification? Are you teaching them about personal responsibility, or are you teaching them that someone else will "take care of it" for them? Mom and Dad, you get to choose the world that you (and I) will grow old in. Our children will be the ones making decisions for society when we grow old. What values do we want them to know and understand? The benefit of hard work and self-sacrifice, or the mind-set of the "easy way out"? Our children will learn what we live out in front of them.

My encouragement to you is: when the "I don't want to go tonight" crops up (and I promise you, it will), I want to encourage you to be the adult...be the parent. Your children don't need you to be their "friend". They have plenty of those. They need you to be their "parent". A Parent is a pretty rare commodity these days. Don't be afraid to be one.

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## 4<sup>th</sup> of July:

“Happy 4<sup>th</sup> of July!”

I think if I hear that one more time, I’ll have to strangle someone. I know, hard to believe out of a quiet, gentle soul like myself, right? Hear me out on this one, and hopefully, you’ll find yourself in a similar frame of mind. Similar frame of mind? Do I really want you strangling people? No, but I do want to see if I can generate some “righteous indignation”.

I’ve heard people at work asking each other “how are you going to celebrate the 4<sup>th</sup> of July?” That really gripes me. Think about it. Do people in Britain have a 4<sup>th</sup> of July? Do people in France have a 4<sup>th</sup> of July? Do people in Russia or China or Ghana have a 4<sup>th</sup> of July? Of course they do! The 4<sup>th</sup> of July happens EVERYWHERE, on exactly the 4<sup>th</sup> day of the month of July. But isn’t the 4<sup>th</sup> of July a holiday? NO! It is NOT!

Really? Absolutely. Check this out: the HOLIDAY that we *celebrate* every year on July 4 is called...wait for it... INDEPENDENCE DAY. And why do we celebrate something called Independence Day? Because that is the day that the Declaration of Independence was signed and ratified by the Continental Congress in 1776 in a hot, smelly room in Independence Hall in Philadelphia. The document was eventually signed by 55 men who swore their lives, their fortunes, and their sacred honor, that they would never again be subject to the capriciousness and immoral governance of the King of Britain. They held out certain truths to be self-evident, that all men are endowed by their CREATOR with certain INALIENABLE RIGHTS. And that NO government, no king, no ruler, no dictator, no President, no elected body of officials, could EVER take those rights away, because they were given to us by God, not by men. Here. Go to this website and check it out. Original spelling and capitalizations and everything.

<http://www.earlyamerica.com/earlyamerica/freedom/doi/text.html>

July 4<sup>th</sup> is a day of celebration. It is a day of remembrance. It is a day of thanksgiving. We celebrate the birth of our nation. We remember those brave men. Most of them lost everything they had, many of them even their lives, to bring about this new nation. It is a day of thanksgiving...thanks to God that there were men of vision, conviction and courage, that were willing to give up everything for what they *knew* to be right. Thanks for the thousands of brave men and women who have come before us, willing to do the same, over and over, to make sure that you and I are able to live in a FREE society.

So, I want to ask each of you. When you hear someone say, “Happy 4<sup>th</sup> of July”, don’t necessarily strangle them, or even correct them. Simply respond with, “Happy Independence Day!”

Happy Independence Day to you all.

--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!**