

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16 Referee Seminar - Ames - Microtel
17 Iowa Games TKD Tournament - Lied Rec Center- ISU Campus	18 Pre-testing week	19	20	21	22	23
24	25	26	27	28	29	30 Black Belt Testing - Ames
31	<b>Aug 1</b> <b>Colored-Belt</b> <b>Testing -</b> <b>PCCC - 6:30p</b> <b>Start</b>	<b>Aug 2</b>	<b>Aug 3</b>	<b>Aug 4</b>	<b>Aug 5</b>	<b>Aug 6</b>

**Upcoming dates to remember:**

- July 4: Independence Day – no classes
- July 17: Iowa Games TKD Tournament – Lied Recreation Center – ISU – Ames
- July 30: Black Belt Testing - ISU
- Aug. 1: Local Colored-Belt Testing – DSM Park and Rec hosting
- Sept. 17: Annual Poomsae Seminar with Christi Burke-Maves and Bob Maves – Des Moines
- Sept. 24: SIBBA Annual Symposium - Ames

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## **From DSM - PCCC**

It was so nice to see so many at the picnic. Hope you had a great time. I cannot believe the summer is half gone already! All the students at PCCC have been working hard and sweating lots. 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, do not forget to tell anyone you see in uniform "Thank you for defending my freedom" this July 4<sup>th</sup> weekend. It is because of courage and servant hood that we live in a free country.

Mrs. Ratekin

## **From Falcon TKD**

No report

## **From Grinnell TKD**

No report

## **From Norwalk Family TKD**

Norwalk would like to congratulate the following students from the recent promotion testing. Christian Chihak & Kaitlyn Chihak practiced a lot at home and it showed, the both skipped a belt and went to Yellow! The yellow stripe students testing for Yellow also had a great testing! All earned their Yellow. So congrats to Mark Hardy, Paddy Hardy, Julian Randall and Justin Randall! Norwalk Family TKD has a sea of Yellow Belts! Great Job folks! Luke Agey rocked his testing and earned his Red Stripe! Now he's just two testings away from standing in front of the black belts at ISU and he'll be testing for his black belt!!!

At the time of me writing this we are also planning our annual summer movie/pizza day! We haven't picked the movie yet, but this summer has a bunch of good ones!

Talk to y'all next month! (Ok I visited family in South Carolina when I was a kid and y'all stuck!)

Mr. W :)!

## **From Pee-Wees**

No report

## **Voorhees Taekwondo Family Picnic**

Our Annual Family Picnic was held on Saturday, June 18<sup>th</sup>, from 11 AM – 3 PM. It was held at the Cherry Glen Recreation Area at Picnic Shelter #2. We had approximately 40 people from all of our various families in attendance. As usual, with any Voorhees Family event, there was a great quantity of fabulous food. We also played Frisbee, lawn darts bag toss and a lot of other games. We hope to see many more of you at our next Family gathering, the Annual Christmas Party and Awards Banquet coming in December.

## **Iowa Games**

Iowa Games Taekwondo competition is scheduled for Sunday, July 17<sup>th</sup> at the Lied Recreation Center on the ISU Campus in Ames. We would like to encourage everyone to take the opportunity to participate in this wonderful event. Registration may be done online at [www.iowagames.org](http://www.iowagames.org), or by picking up a registration form at any central Iowa Hy-Vee or Casey's.

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## **Poomsae Seminar**

Over the course of the past two years, Voorhees Taekwondo has been at the forefront of poomsae education and competition. To that end, we have hosted a Poomsae Seminar, featuring 3-time National Team member Christi Burke-Maves, and 2-time National Team coach Bob Maves as our special guest instructors. We are pleased to announce that we will be hosting our 3<sup>rd</sup> Annual Poomsae Seminar on Saturday, Sept. 17<sup>th</sup>, 2011. It will be held at the Cap City Fitness Center, between Des Moines and Ankeny. Online registration will be available after July 15<sup>th</sup>. We want to encourage as many of our students as can to participate in this outstanding educational opportunity. You will want to register early, as we only have room for 50 participants, and with people coming from as far away as MN and ND, it fills up quickly!

## **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, including Korean Terminology CD's, on our online store. Please go to: [www.cafepress.com/voorheestkd](http://www.cafepress.com/voorheestkd) to see what is available.

## **Notes From...**

## **Master Voorhees**

Greetings, Family!

### **Advanced Class:**

I would like to encourage all of our senior ranks in all of our clubs, as well as all of our Black Belts: please consider attending the Advanced Class on Mondays at the Des Moines Park & Rec club, located at the Pioneer-Columbus Community Center, 2100 SE 5<sup>th</sup> ST, in Des Moines. It is always good to get an extra workout with a much more concentrated focus on the senior ranks.

### **Promotional Testings:**

As of this writing, the planned local testing dates and locations for 2011 will be:

Aug. 1 – PCCC

Oct. 3 – Grinnell

Dec. 5 – PCCC

### **Happy Independence Day:**

Those that know me well also know that one quick way to get the "Master V's eyebrow glare" is to wish me a "Happy 4<sup>th</sup> of July". To me, that is almost as sacrilegious as wishing me "Happy Holidays". The holiday we celebrate in July is NOT the "4<sup>th</sup> of July". The holiday is "Independence Day"...the day that the Declaration of Independence was unanimously adopted by representatives of all 13 colonies. Since it is my opinion that all too many people, both young and old, do not fully understand or comprehend the magnitude of that document, I have taken the liberty of printing out the entire text with this newsletter. I encourage you all to read it, digest it, and live it. Iowa is going to have a parade of politicians waltzing through our state over the next 6-9 months. I encourage you to use this document as a gauge against which you measure all who say they want to represent you. Here is the text of the Declaration, with the original spellings and capitalizations.

## **Complete Text of Declaration of Independence**

by Thomas Jefferson

In Congress, July 4, 1776

### **The Unanimous Declaration of the Thirteen United States of America**

When, in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the Powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

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We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive to these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shown that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. --Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the meantime exposed to all the dangers of invasion from without, and convulsions within.

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He has endeavored to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migration hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary Powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our People, and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislature.

He has affected to render the Military independent of and superior to Civil Power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their acts of pretended legislation:

For quartering large bodies of armed troops among us:

For protecting them, by mock Trial, from Punishment for any Murders which they should commit on the inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing taxes on us without our Consent:

For depriving us in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offenses:

For abolishing the free System of English Laws in a neighboring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule in these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments.

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For suspending our own Legislatures, and declaring themselves invested with Power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burned our towns, and destroyed the lives of our people.

He is at this time transporting large armies of foreign mercenaries to complete the works of death, desolation and tyranny, already begun

with circumstances of Cruelty and perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavored to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free People.

Nor have We been wanting in attention to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by the Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances,

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establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the Protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor

See you in class. ☺

--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, 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](http://www.Amazon.com) ("Indomitable Spirit" and "Integrity")**

**To keep informed of all the latest news, Visit [www.voorheestkd.com](http://www.voorheestkd.com)**

Or visit the Voorhees Taekwondo Facebook page!

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