

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 South Testing @ Creston – 6:30p start	15	16	17 Iowa Games Opening Ceremonies	18 Miss Dickens' wedding
19 Iowa Games TKD Competition	20	21	22	23	24	25
26	27	28	29	30	31	Aug 1
Aug 2	Aug 3 North testing @ PCCC – 6:30p start No regular classes at PCCC tonight.	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8 BBBB

Upcoming dates to remember:

- July 14: South testing – Creston
- July 18: Miss Dickens' wedding
- July 19: Iowa Games TKD Competition – Lied Recreation Center – ISU Campus - Ames
- July 25: Black Belt Testing – ISU – Ames
- Aug. 3: North Testing – PCCC
- Aug. 29: Poomsae Clinic/Workshop – with Masters Bob and Christi Maves – POG
Grinnell Happy Days demo – Grinnell – noon
- Sept. 19: State of Iowa Black Belt Association Annual Symposium – ISU – Forker Bldg

Voorhees Taekwondo, Inc. Newsletter

From DSM - PCCC

Name Change: The Des Moines City Council voted on Monday, June 22nd, to change the name of the Archie Brooks Community Center, to the "Pioneer-Columbus Community Center". This is the name the center had prior to it being changed in 1995. Effective immediately, all information, correspondence, and references to the club at the Des Moines Park and Recreation Facility at 2100 SE 5th Street in Des Moines will be known as "Voorhees Taekwondo – PCCC". In the future, local club patches (shoulder patches) will be manufactured to reflect this change. Those of you that have already purchased patches that say "DSM-ABCC" do not need to get different patches at this time.

Congratulations to those who tested in June and welcome to the family all of the new students.

From Falcon TKD

Mr. Brooks will be testing for his 2nd Dan at the July 25th Black Belt testing in Ames!

From Grinnell TKD

Greetings from Grinnell!

Summer is definitely here, and our smaller classes sure prove it! Just a few things to mention: There will be NO Friday classes in July and August.

Please check your calendars to see if you can come play at our annual Happy Days demo on Saturday August 29th. We are on a little later and have more time this year. Our start time is 11:30 and can have until 1:00 if we want. I will be sending more info to instructors as it gets closer.

Due to financial reasons the City Manager has moved our classes to a new location. We are now located at the Ahrens Family Center. We are still easy to find, just further out. Class days and times are the same. I will make sure all instructors know how to get to us before we host the October testing.

Hope everyone is enjoying the summer weather.

Stephanie Schinnow

From Norwalk Family TKD

We'd like to congratulate the following students for winning the Norwalk Family TKD Outstanding Student of the Month:

Marsha Fisher -May

Toney Hansen- June

And congrats to the following students who earned their new rank:

Laura Greiner - White w/ Yellow stripe

Emma Greiner & Jade Iliff - Yellow Belt

Carson Farrell for Yellow w/ Green strip

Thanks for those who participated in the Norwalk Independence Day Parade and walked the 3 miles! :)

Mr. Wagenknecht

From POG Pee-Wees

No PeeWees class on Saturday, August 29th, due to the day-long Poomsae Seminar taking place at POG.

Voorhees Taekwondo, Inc. Newsletter

From POG

Instructor change:

Miss Werner has asked to be relieved of the responsibility of the day-to-day management of the Point of Grace Club, effective July 1st. We greatly appreciate Miss Werner's willingness to lead, and the high level of instruction and energy that she has brought to the POG club over the past 6 months. Miss Werner is not leaving us, but because of her work schedule, is simply not able to keep up with the demands of managing a club on a day-to-day basis. We will still see her in class, and on occasion, stepping in to help with instruction at the various clubs. Thank you, Miss Werner, for all that you have done and continue to do for our family.

So, who is taking over? For the month of July, we are transitioning, with several different instructors covering the classes. Miss Katie Dickens will be handling most of the Tuesday classes, and Mr. Ragner will be teaching on July 11 and 18, with another of our black belts filling in on July 25th. Effective the first of August, we will have a new Head Instructor in charge of the Point of Grace TKD Club. Miss Dickens will once again be in charge of POG, and we are very glad to have her back in the mix.

Also, congratulations to Miss Dickens and her fiance, Adam, as they celebrate their wedding on July 18th.

☺

No class at POG on Saturday, August 29th, due to the day-long Poomsae Seminar taking place at POG.

Picnic Report:

We had a wonderful time at our annual Voorhees TKD Family Picnic on Saturday, June 13th. The weekend started out with some serious rain Friday evening (for those of us camping, it was a tad damp), but Saturday came, and the rain stayed away. We had a large number of people, with all clubs represented. Thank you for you and your family taking the time to fellowship with the rest of your "siblings". Put a mark on your calendar for the annual Christmas Party and Awards Banquet, which is set for Saturday, December 5th! ☺

Poomsae Seminar

Our family has always been on the forefront of research and training in Taekwondo for the state of Iowa, and the area of Poomsae training is no different. We adopted the international standardizations in 2004, when they first came out. Only in recent months have a number of other clubs in our state expressed a serious desire to catch up with the rest of the world.

In our continuing effort to be the leaders in our state in the area of continuing education, Voorhees Taekwondo is hosting a Poomsae Seminar on Saturday, August 29th, at the Point of Grace *do-jang*.

We are bringing in two of the foremost authorities on Poomsae in the US today: Master Bob Maves, 3-time US National Poomsae Team Coach, and Christi Burke-Maves, 2-time US National Poomsae Team Member.

They will be presenting a day-long workshop. I would like to encourage everyone that is high-green and above, to attend this workshop, if at all possible. Cost for members of the Voorhees TKD family of clubs will be only \$10 to participate.

The morning session (9 am – noon) will cover proper technique, proper stances, balance, hand-placement and targeting. It will also cover Taeguk 1-6. The afternoon session (1:30 – 4:30 pm) will cover Taeguk 7-8, along with the first 4 black belt forms (Koryo – Pyongwon).

Students may participate in just the morning session (lower ranks), or all day (senior ranks and black belts). Cost will be the same, regardless of whether you do just the morning, or the entire day.

We will not be providing lunch. There are several eateries around the POG area, so lunch will be on your own.

We will have registration forms out to local instructors within the first week of July, and we will be opening the registration up to other Pak-Family schools starting at the Iowa Games.

As most of you know, space at POG is very limited, so we are going to be restricting the number of people we will allow to attend, and the number we will allow on the floor at any given time, so please....get your registration in EARLY, so you don't get left out of this exciting event!

Remember...only \$10 for national-level Poomsae training! Don't delay!

Voorhees Taekwondo, Inc. Newsletter

Poomsae Seminar Instructors:



Master Christi Burke-Maves

Ms. Burke is 39 years old, a 6th Dan Black Belt in Tae Kwon Do, and is Vice-President and Chief Instructor of Maves Martial Arts. She is a Kukkiwon International Hanmadang Referee and a WTF International Poomsae Referee

As a Tae Kwon Do competitor some of her accomplishments include:

- 2006 Individual & Pairs Gold Medalist USA Team Trials
 - 2007 Pairs Gold Medalist USA Team Trials
 - 2007 Individual Silver Medalist USA Team Trials
 - 2 time (2006 & 2007) USA Team Member
- 13 time Gold Medallist and National Champion in both Ultra and Senior division.
 - Gold Medallist at the International Women's Championships.
- 6 time Gold Medallist at the U.S. Open in both Ultra and Senior divisions.
 - Silver Medallist Pan-Am Open Championships.



Master Robert Maves

Mr. Robert Maves is 64 years old, 6th Dan in Taekwondo, and is President, Chief Instructor, and Head Coach of Maves Martial Arts and Maves Self-Defense Technologies (Mav-Tec). Mr. Maves is also a two time National Sparring Champion, USA Tae Kwon Do Level 1 Coach, Partner & Strength Coach Horizon Technical Team, a regional high performance competition poomsae team, Certified CHEK Exercise Coach (C.E.C.), Kukkiwon International Hanmadang Referee and **USA National Team Coach for the 2007, 2008 & 2009 World Championship Poomsae Teams**

Voorhees Taekwondo, Inc. Newsletter

Note From...

Master Voorhees

Greetings, Family!

Iowa Games Taekwondo Tournament:

A reminder to everyone: the Iowa Games Taekwondo tournament is on SUNDAY, July 19th, at the LIED RECREATION CENTER, ISU campus, Ames. For more info, see your instructor, or go to www.iowagames.org.

Black Belt Workouts:

There is no July Black Belt workout scheduled. The August Black Belt workout will be the Poomsae Seminar on Saturday, August 29th.

Next Development Program Fundraiser:

We will be participating in our second big Development Program fundraiser in late August. We will be doing a Gold Canyon Candle Sale. Please watch the newsletters in July and August 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 or polos!**

To keep informed of all the latest news

Visit www.voorheestkd.com

Or visit the Voorhees Taekwondo Facebook page!