

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 SIBBA Reunion-Ames Kidsfest Begins	7 ISU Martial Arts Banquet – Ames Kidsfest continues
8 Kidfest continues Daylight Savings Time Begins.	9 South Testing @ Lenox 6:30 pm	10	11	12	13	14
15	16	17	18	19	20	21 BB workout – 12p – 2:30 p – POG dojang
22	23	24	25	26	27	28 Ames P&R Tournament
29	30	31	April 1	April 2	April 3	April 4
April 5 Palm Sunday	April 6 North Testing – Grinnell - 6:30 p	April 7	April 8	April 9	April 10 Good Friday	April 11

Upcoming dates to remember:

- Mar 6-7: Kids' Fest – Fairgrounds – Des Moines
- Mar 6: SIBBA Black Belt Reunion - Ames
- Mar 7: ISU Martial Arts Banquet and Awards – Ames
- Mar 9: South testing @ Lenox
- Mar 28: Ames Park and Rec TKD Tournament - Ames
- Apr 6: North Testing – Grinnell
- Apr 25: BB Testing – ISU – Ames
- May 4: South Testing @ Falcon TKD – Osceola
- May 16: Possible new date for Governor's Cup Tournament.
- May 29-31: Leadership Seminar – Y-Camp – Boone
- June 13: Voorhees TKD Family Picnic – Yellowbanks County Park (southeast of Pleasant Hill)

Voorhees Taekwondo, Inc. Newsletter

From ABCC

I think everyone are looking forward to warmer weather. Congratulations to all who tested last month for a new rank. We have been working hard getting ready for the Ames Park & Rec's beginner-type tournament and several for the April Black Belt testing. Remember that the 1st weekend of March has many events. Be sure to check out the calendar.

From Falcon TKD

Congratulations to Mr. Brooks, his sister and her friend for completing the 801 Power Climb.

From Grinnell TKD

Congratulations to Tim and Shawn for completing the 801 Power Climb. Way to go!

From Norwalk Family TKD

We're looking forward to warmer weather! The ice, snow and cold have cut into class time and the thought of spring and summer sounds really good now! Plus we have Kid's fest, Banquet, both colored belt and Black Belts testing in April, and then there's the really fun stuff, Tournaments!

We'd like to congratulate all of the folks who tested last month. Good job folks. We would also like to congratulate Taylor Bowman for earning the Norwalk Family TKD Outstanding student of the Month of January. :-)

I'd like to welcome our new students!
Thank you for choosing us we're glad your here! :-)

Mr. Michael J Wagenknecht

From POG

Congratulations to those who participated in the Power Climb Challenge. Your hard efforts and achievement were greatly appreciated. On Tuesday, March 17th POG will be hosting a special sparring workout. This class will be during normal class hours, 6:30 to 8pm. Gear is not required but encouraged. This class will be geared towards beginner sparrers. All levels are welcome to join.

From POG Pee-Wees

Hi from Pee Wees!

We have a number of new students and recently we had to divide the class into two sections! So now Pee Wees will be meeting at 9am and 10am. Hopefully we can keep our new membership up!!

The Pee Wees will also be participating in Kid's Fest this year. Come support us on March 7th from 10am-11am.

Miss Sarah

Voorhees Taekwondo, Inc. Newsletter

Annual Leadership Seminar

Our annual Leadership Seminar is scheduled for May 29-31. All students who are green belt and above, (ages 16 and over), you need to be attending Leadership Seminar. This is where we help people learn what it takes to be a good leader and a good instructor. We also use this weekend as an opportunity to share additional training that we simply don't have the time or opportunity to share during our regular classes. Please see your instructors for registration materials, or go to our website and print off the registration packet from there. Early registration postmark deadline is May 1st. After that, cost will increase by \$50. All participants must be pre-registered. No registrations will be accepted with a postmark after May 12th.

A Note From...

Master Voorhees

Greetings, Family!

Perhaps I've never mentioned this, but I really detest cold weather. ☺

Books:

Pastor-Master Randy Cormeny and I have been diligently working on our novels, "Indomitable Spirit" and "Integrity", and getting them out to a broader market. They are now available on Amazon.com. You can find them by searching for the book title, and "Randy Cormeny". Books are only \$12.99 each from Amazon.com, and ship directly to your home. We're working hard on the third book in the series, and hope to have it finished by the end of this summer.

Ames Park and Rec Tournament:

There is an excellent beginner-type tournament sponsored by the Ames Park and Rec TKD club. It is slated for Saturday, March 28th. Information is now available on our website. I strongly encourage EVERYONE to participate, as this is the least-expensive tournament all year – only \$15! Great opportunity to compete in both forms and sparring, and get some much-needed experience prior to the Governor's Cup and Iowa Games tournaments coming up later this Spring and Summer.

Kids' Fest:

We will again be sponsoring a booth at Kids' Fest this year. This is a wonderful opportunity for us to get our names and our clubs out in front of over 30,000 people from throughout Central Iowa. We will also be performing a couple of demonstrations during the Kids' Fest. Because that is the same weekend as the Black Belt Reunion and the ISU Martial Arts Banquet, we'll definitely need some help from our colored-belt ranks and parents in manning the booth, greeting people, and handing out literature on both Friday evening and Saturday. Thank you to all of you that have volunteered to help. We have all the folks we need now, and have begun handing out the wrist-bands and assignment sheets and schedules. Thank you!

2009 Association Dues:

It's a new year, and with that comes the need for everyone to renew their Annual Association Dues. Cost is \$20 per person for every individual in any of the Voorhees Taekwondo family of clubs. This Association fee makes it possible for us to continue to work together as a family, and to offer the ability for all of our students in every location, to be able to participate in classes under any of our instructors, and at any of our locations. As this is a required annual fee for everyone, students who have not yet paid their 2009 Association Dues to their local instructor will NOT be permitted to participate in class until their Dues are paid. If you haven't done so yet, take care of this as quickly as possible, so you don't miss out on class!

Our next Family Get-together:

Our next TKD Family Get-together is scheduled for Saturday, June 13th, at the Yellowbanks County Park, just southeast of Pleasant Hill. We have Shelter #1 reserved, and will have a huge potluck picnic that day, play softball, and enjoy the fellowship of our extended TKD family. Mark your calendars, and look for more updates in the future newsletters!

Voorhees Taekwondo, Inc. Newsletter

Black Belt Workout:

Our March Black Belt Workout will be on Saturday, March 21st, from noon – 2:30 PM, at the Point of Grace *dojang*. Black belts (and red belts that will be testing for black in the first half of 2009), plan on being there, please.

Development Program and Fundraiser:

The Candy Sale is complete and went extremely well! Congratulations to all of you for helping us get some much-needed funds available for our students. If you have financial need for any of the upcoming tournaments or workshops, please make sure you fill out a Grant Application. See your instructor for details.

Winter Weather Closings:

With weather being as “interesting” as it can be, we have a set policy for all the clubs for weather closures. If the local high school has dismissed early due to weather, or has cancelled their evening activities due to weather, then the local TKD club will also cancel that day. Please keep in mind: just because weather is bad in Des Moines doesn't necessarily mean it's bad in Grinnell or Osceola. Local clubs will be dictated by the actions of the local high school. Also, this applies to weather closings, only, not other instances of “early out” or school holidays/breaks.

801 Grand PowerClimb:

We rock! We had 13 people complete the Power Climb on our team this year, and we raised approximately \$1400. We also placed 5th overall in the Corporate Teams. Our times ranged from around 7 minutes to around 15 minutes. I'm extremely proud of all of our participants. Let's see if we can get 25 people next year! Way to go, folks...I'm very proud of you all.

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!**

To keep informed of all the latest news

Visit www.voorheestkd.com