

# Voorhees Taekwondo Monthly Newsletter – March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 SIBBA Black Belt Reunion – Quality Inn - Ames	6 35 <sup>th</sup> Annual Iowa Martial Arts Banquet – Quality Inn - Ames
7	8	9	10	11	12	13 PeeWee promotions
14 Daylight Saving Time Begins	15	16	17	18	19	20 March BB Class – POG – 12 noon – 1:30 PM
21	22	23	24	25	26	27 Ames P&R/Red Dragon Tournament – Ames, IA
28 Palm Sunday	29	30	31	<b>April 1</b>	<b>April 2</b> Good Friday	<b>April 3</b>
<b>April 4</b> Easter Sunday	<b>April 5</b> Local Color Belt Testing – Grinnell TKD hosting 6:30p start	<b>April 6</b>	<b>April 7</b>	<b>April 8</b>	<b>April 9</b>	<b>April 10</b> Black Belt Testing - Ames

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

Mar 5: Black Belt Reunion – Quality Inn – Ames  
 Mar 6: Iowa Martial Arts Banquet – Quality Inn – Ames  
 Mar 27: Red Dragon tournament - Ames  
 Apr 5: Local Testing – Grinnell TKD hosting – 6:30 PM start  
 Apr 10: Black Belt Testing - Ames  
 Apr 17-18: NCTA Championships – Denver, CO  
 May 22: Iowa Governor’s Cup TKD Tournament – ISU  
 June 5-6: Annual Leadership Seminar – Y-Camp - Boone  
 June 8: Local Testing – Norwalk Family TKD hosting - 6:30 PM start (note: this is a TUESDAY)  
 June 12: Voorhees TKD Family Picnic – Yellowbanks County Park (southeast of Pleasant Hill)  
 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  
 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

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## **From PCCC**

Hello to All! I personally am hoping for spring and warmer weather soon. With spring comes renewal. Now is the time to renew your commitment to your well being. Time to renew your zest for life and Taekwondo. Make time to work out and prepare for that next testing in April. I am so proud of all our students and their last testing. Everyone looked great! Welcome to all of our new students. We hope you have fun and can learn some things along the way. See you in the Dojang.  
Mrs. Ratekin

## **From Falcon TKD**

Congratulations to our students who successfully tested this past month. Way to go! We are looking forward to having several students participate in the Ames Park and Rec/ Red Dragon tournament. We also had several students participate in the Fight For Air Climb. Thank you for your continued support!  
Mr. Brooks.

## **From Grinnell TKD**

Congratulations to our students who recently tested. We also had the pleasure of having Master and Mrs. V come and visit our class this past month and several of our students had the opportunity to spar with Master V. We're looking forward to a wonderful Spring. Hope to see you all in class soon!  
Master Schinnow

## **From Norwalk Family TKD**

We would like to congratulate Zac Cretsinger for winning the December 2009 Outstanding Student of the Month and also Kyle Joniak and Brandon Hunt, the Dynamic Duo! for earning the Jan 2010 Outstanding student of the month award!

Looking forward to our Norwalk Winter Fun in our 1st annual Laser Tag outing!!!!  
Mr. Wagenknecht

## **From POG**

Greetings from POG!!!

Wow...March already...hard to believe considering the amount of snow that is still on the ground and the record lows we are still having. One of these days Mother Nature is going to decide spring needs to come, let's all hope this is sooner than later.

We had a great February and our focus was on "Love." We had classes that focused on our love of kicking, hand techniques, forms, and our last weekend class focused on love of paddles and quick feet that should come in handy in upcoming tournaments.

Our word for the month is going to be "Lemonade," with focus being on the saying "When life gives you lemons, make Lemonade." As most of you know I went through a pretty tough situation at the end of February, however instead of focusing on the bad I shifted my energies on the positives that can and will come from this situation. Looking at the upside of things applies in and outside of taekwondo. Please come to class to hear more information on "Lemonade." I'm very excited!!

We will be having a board breaking workshop this month. I am tentatively planning on Saturday, March 20<sup>th</sup> with the start time at 10 a.m. and probably running until noon. Come for the whole morning and plan on attending our class at 9 to get a good warm-up and stretch! I'm looking at a cost of \$7/student to help cover board costs. More information and final details to come in the next couple of weeks.

Thanks for your continued hard work!!

Mrs. Reynolds

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## **From POG Pee-Wees**

Hello from Pee Wees!

We will be having promotions on March 13, after the 9 and 10 classes. Congratulations to all of the Pee Wees and keep up the great work!

Sarah Goodwin

## **Fight For Air Climb**

We had a team of 8 participate in the Fight For Air Climb, and we raised over \$800 for the American Lung Association. Fastest time went to Mr. Brooks with 9:01. Thank you to all who participated, and all who donated. Next year, let's aim for a team of 10, and raising at least \$1,000! An excellent opportunity for our clubs to give back to the community.

## **Annual Leadership Seminar**

Is scheduled for Saturday and Sunday, June 5-6, at the Y-Camp in Boone. The registration and information material is available on our website, or from your local instructor. We will have several awesome instructors this year, including Grandmaster Pak. Also, Master Dana Hee will be back with us again this year! Seminar is for students and instructors who are or will be 16 and over, and green belt and above by June 5<sup>th</sup>. Get registered early, as we have limited enrollment, and places fill up quickly!

## **A Note From...**

## **Master Voorhees**

### **A Word on Weather Closures:**

Every year, we end up with inclement weather. It's one of the joys of living in Iowa. Over the years, we have adopted the following weather closing standard:

If the local high school in the community where the local club resides, cancels school, dismisses early, or cancels evening/weekend activities **due to weather**, then that local club will not have class that day.

We adopted this closing standard because it's simpler for everyone. No one has to call and check to see if classes are cancelled, and no one has to "guess". If the local high school in the city where classes are located cancels school, dismisses early, and/or cancels evening activities **due to weather**, then TKD classes in that local club are also cancelled.

### **Deadlines for the April Black Belt Testing:**

Those that are considering testing for Black Belt ranks at the April 10<sup>th</sup> Black Belt testing, your testing applications, test fees, and Black Belt papers must be turned in to your local instructor no later than **Wednesday, March 10<sup>th</sup>**. Local Instructors, I will need those from you, along with your written recommendations, no later than Saturday, March 13<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 (July).

### **Annual Iowa Martial Arts Banquet:**

Saturday, March 6<sup>th</sup> is the date of the Annual Iowa Martial Arts Banquet. This will be the 35<sup>th</sup> annual celebration of the Pak Family of Martial Arts. Please see our website for downloads of the reservation forms, along with details. Make note of the reservation deadlines. Two students from each of our clubs will be receiving Outstanding Leader awards from Grandmaster Pak at the Banquet. I encourage you and your family to attend, if at all possible.

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## **Black Belt Workouts:**

Our March Black Belt workout will be held on Saturday, March 20th, from 12 noon – 1:30 PM at the Point of Grace club in Waukee. I hope all of our black belts can attend this Black Belt workout. In addition to a workout, we will be going over the new sparring rules, in preparation for the upcoming tournament/refereeing season.

## **State of Iowa Black Belt Association Membership:**

Reminder to all of our black belts. Membership in the SIBBA is a requirement for all of our black belts. (It is optional for all colored-belts). If you are not on a Lifetime Membership, I encourage you to renew your annual SIBBA membership as quickly as possible. Visit their website at [www.sibba.org](http://www.sibba.org), or speak with Master Collins, who is the SIBBA Treasurer. Also, the Annual Meeting is scheduled for Saturday, March 6<sup>th</sup>, at the Quality Inn in Ames at 4:00 PM. We must have a minimum number of members in attendance, so please plan on getting to Ames early enough to participate.

## **Annual Association Dues for all members of Voorhees TKD-affiliated clubs:**

A reminder to everyone that all participants, students and instructors, were to have renewed their annual Voorhees Taekwondo Association membership as of January 1. Students who have not paid their annual association dues to their local instructor will not be permitted to work out in class until they have done so. Cost for Association dues for 2010 is \$25 per person, and runs from January 1 through December 31 of this calendar year. Please make your checks out to Voorhees Taekwondo.

## **Next Development Program Fundraiser:**

We will be participating in our first big Development Program fundraiser sometime in March. I know, we originally planned it for February, but the month (and weather) got away from us. Our current plan is that we will be doing a World's Finest Chocolate Sale. Please watch for information from your local instructors in the next couple of weeks for more information about this event!

## **Name Change:**

Mrs. Voorhees and I have decided to change the structure of our Taekwondo business. For the past 16 years, we have been "Voorhees Taekwondo, Inc.". Effective immediately, we have converted our corporation into a Limited Liability Company, and are changing the company name to "Voorhees Taekwondo LLC". This will not change anything in any of the classes or in the structure of the family. It is simply to make our lives a little easier, from a business standpoint.

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](http://www.cafepress.com/voorheestkd).  
Get one of our fabulous t-shirts, polos or other items!**

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