

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 South testing @ Falcon in Osceola. 6:30 PM start	5	6	7	8	9 Special POG sparring class – 11 AM - ???
10	11	12	13	14	15	16 Gov's Cup TKD Tournament – Ames – Forker Bldg. - ISU
17	18	19	20	21	22	23
24	25 Memorial Day – no classes	26	27	28	29 Leadership Seminar	30 Leadership Seminar
31 Leadership Seminar	June 1	June 2 North Testing – Norwalk – 6:30 PM start	June 3	June 4	June 5	June 6

Upcoming dates to remember:

- May 4: South Testing @ Falcon TKD – Osceola
- May 16: Iowa Governor's Cup Tournament.
- May 29-31: Leadership Seminar – Y-Camp – Boone
- June 2: North Testing - Norwalk
- June 13: Voorhees TKD Family Picnic – Yellowbanks County Park (southeast of Pleasant Hill)
- July 14: South testing - Creston
- July 19: Iowa Games TKD Competition
- July 25: Black Belt Testing – ISU - Ames

Voorhees Taekwondo, Inc. Newsletter

From ABCC

Everyone worked hard last month for the April testings (colored belts and black belts). Congratulations to all who did test. Otherwise, we have been preparing for the Governor's Cup tourney.

From Falcon TKD

No Report

From Grinnell TKD

Greetings from Grinnell!

It has been quite a busy month for us. We had our Home Show fundraiser where we sold concessions. It was a lot of fun and we were able to talk to a lot of people and hopefully will get some more students.

We welcomed a new student--glad to have you here Marshall.

We had a HUGE local testing. Congratulations to Wright, Robbie, Matayas, Monique, Katie, LeAnn, John, Santi, Sergio, Ryn, Callie, Brian, Stephanie and Shawn for the great testing and your promotions.

We also had someone test for their first black belt. I could not be more proud of Tim Brown. He worked his tail off to be ready for this testing and he did a fantastic job. Congratulations Mr. Brown and welcome to the Black Belt ranks.

Stephanie Schinnow

From Norwalk Family TKD

Norwalk has had a goofy spring schedule, but with school almost done hopefully we'll be back to normal soon! :)

From POG

Congratulations to all of those who tested. Excellent job and keep up the good work! With the upcoming tournament in Ames on May 16th, POG will once again be hosting a special sparring work out on Saturday, May 9th for those who are interested. Sparring class will be held at 11am, after normal class hours. Sparring gear is not required but highly encouraged.

From POG Pee-Wees

April has been a fun month for Pee Wees. We have had many new students and they are all doing really well. In May, we will be continuing to have two classes every Saturday. Hopefully we will continue to grow throughout the summer months!

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. Special Guest Instructor will be Dr. Mani Mina.

A Note From...

Master Voorhees

Greetings, Family!

Yea! Warm weather! ☺

Governor's Cup Tournament:

The Governor's Cup tournament is coming up on May 16th. Make sure you have your pre-registrations sent in before May 9th! Either see your instructors for registration forms, or go to our website and download one. Development Program funding is available for up to 50% of the entry fee. Grant applications need to be submitted to Mrs. Voorhees **no later** than May 5th.

Black Belt Testing in April:

A HUGE congratulations to all of the people who tested for Black Belt ranks at the April 25th testing.

Voorhees Taekwondo, Inc. Newsletter

Tim Brown	1 st Dan, Recommended	Grinnell TKD
T.J. Wagenknecht	1 st Dan, Recommended	Norwalk Family TKD
Zac Cretsinger	1 st Dan, Recommended	Norwalk Family TKD
Jim Ziller	1 st Dan, Decided	Point of Grace/Therese's TKD
Ashley Werner	1 st Dan, Decided	Point of Grace TKD
Amy Ratekin	2 nd Dan	ABCC
Sherry Goodwin	3 rd Dan	ABCC/POG
Nathan Boden	3 rd Dan	ABCC
Deb Shaw	3 rd Dan	ABCC
Lane Swalve	4 th Dan	ABCC
Karen Collins	4 th Dan	ABCC
Stephanie Schinnow	4 th Dan	Grinnell TKD

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. The picnic will be from 11 AM – 3 PM. We will eat 12:30, so we'll start the charcoal about noon. We are asking everyone to bring your own meat to grill, your own beverages and table service, and a side-dish or dessert to share. Also, bring your Frisbees, softball equipment, gloves, etc. For those of you that like to camp, Yellowbanks has a great campground, so maybe you'd like to make a weekend out of it.

To get to Yellowbanks: from Des Moines, go East on University Avenue all the way through Pleasant Hill. Go to the second traffic light east of the Hwy 5/69 bypass (there's a church on the corner, and a brown sign pointing to Yellowbanks). Turn right (south) and go to the T-intersection. Turn left, go approximately 1 mile to Fourmile Elementary School. Turn right, and go approximately 1 mile to the stop sign. After stopping (and checking for traffic!) continue straight on through the stop sign, and that takes you right into Yellowbanks Park. Go left at the road split, and follow that road around to the picnic area, and Shelter #1. Look for the big US and Korean flags.

☺

Mark your calendars, and look for more updates in the future newsletters!

Black Belt Workouts:

We are not going to have a May black belt workout. We've been hammering them pretty hot and heavy for the past 6 months, so I want to give them a bit of a breather.

Next Development Program Fundraiser:

We will be participating in our second big Development Program fundraiser in September. 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!