

# Voorhees Taekwondo Monthly Newsletter – May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9 Mother's Day	10	11	12	13 Sparring class @PCCC – 5:30. Weapons @ PCCC – 6:30	14	15 BB Class @ POG. Noon – 1:30 pm. <b>Note date change!</b>
16	17	18	19	20	21	22 Gov's Cup tournament – Ames.
23	24 Pre-testing week!	25	26	27 Sparring class @ PCCC – 5:30	28	29
30	31 Memorial Day – no class at PCCC tonight!	<b>June 1</b>	<b>June 2</b>	<b>June 3 Testing registration forms must be turned in by tonight!</b>	<b>June 4</b>	<b>June 5 Leadership Seminar – Y- Camp - Boone</b>

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

- May 6-9: Kukkiwon Instructor Licensing Seminar – Chicago, IL.
- May 15: Black Belt Class – noon – 1:30 pm – POG – Special guest instructor – **note date change!**
- May 22: Iowa Governor's Cup TKD Tournament – ISU
- May 31: Memorial Day – no classes at PCCC – Center is closed.
- 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! April has been a month of renewal for nature and for me. Some may have noticed I did not teach in April. I took a renewal break to plan for the next year at PCCC along with preparing for a long absence of my husband overseas. It has been said that absence makes the heart grow fonder. I have found that statement to be true if you are passionate about something or someone. Taekwondo is a passion for me. So, while I was not active in class, I was working on my skills at home and planning my next goals. I missed all of you deeply and cannot wait to see all the progress you have made. I hope all the students are gearing up for tournaments and testing. The teacher may change, but the student goals and concern remain the same. It's hard to believe that I've been involved in TKD for 9 years. It felt empty when I was not in class. My advice: "Take a short break when you absolutely must and then get back into the swing of things before you get cobwebs in the muscles and brain." See you all very soon.

--Mrs. Ratekin

## **From Falcon TKD**

Mr. Brooks has been very busy with a new baby boy, and getting ready to attend the Kukkiwon Instructors Course in Chicago in May, so he asked that you look at the POG PeeWees section for information, as Miss Goodwin graciously volunteered to write his segment for him this month.

--Master V.

## **From Grinnell TKD**

Greetings from Grinnell!

While I am glad spring is here, we in Grinnell are still recovering from a powerful storm that hit Grinnell a few weeks back. I know several in our Taekwondo family had damage to homes and cars as a result of this storm. So now it's the fun of insurance companies and repairs. AHHH! The joy of spring in Iowa.

Congratulations to those who tested at our local testing here in Grinnell. Great job kudos go out to Sergio, Sarah, Kyle, Jonathon, Michelle and Trinity. We are very proud of you all.

A very special Congrats to Mr. Tim Brown for his promotion to 1st Dan Decide. Tim has been ready for this for a long time. He just didn't realize it. :) I am extremely proud to have Tim as one of my students.

Looking forward to seeing many of you at upcoming events.

Stephanie Schinnow

## **From Norwalk Family TKD**

Norwalk Fam TKD would like to congratulate Margaret Staude for earning the Outstanding Student of the Month. We would like to say great job to everyone who sold candy bars for our local schools.

And just to let everyone know we are back in our summer home in the big gym on the south west side of Oviatt. So for all of you attending the testing in June we are going to be there.

Thanks,

Mr. Wagenknecht :)

## **From POG**

Happy May!!!

I can't believe May is already here?!...where exactly did April go...too fast for sure!! But nevertheless what a great start to spring. The weather is great, the sun has been shining (mostly), the pollen level has attacked most of us and our sinuses...oh wait good things here...the excitement level is climbing for the upcoming tournament and testing, and we sold 25 cases of candy bars...GO POG!!! ☺

Our word for the month of May is HARD WORK!!! This is officially hard work May! Nothing in life comes without putting forth at least a little bit of effort and with Taekwondo that couldn't be more true... Most of us are looking towards testing in June at Norwalk and getting our next stripe or belt but coming to class alone isn't enough to get us 100% prepared for testing. All of us (including me) need to find time at home to practice our techniques and targeting, landing hand and foot techniques together, forms, kicking, etc....to get to those higher ranks we must do this. So I encourage you all to practice your skills at home and if you have troubles with anything please always ask me or another higher rank to help you out!! So let's all work very hard this month so that we can all be testing in June!!

Please remember to bring sparring gear every weekend throughout the month of May as we will always be doing something sparring related throughout the entire month so we can be ready for the Governor's Cup tournament. Please come to class to hear more details about car pooling and such. Adam and I will be there to coach and encourage you the entire day!! It will be a TON of fun!!! ☺

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We have a lot of fun and exciting things coming up so please be sure you are at class so you don't miss out!!

Keep up the GREAT work!!

--Mrs. Reynolds

## **From POG Pee-Wees**

Miss Goodwin has been very busy this past month preparing for her graduation from Drake, and finishing up her student teaching. She asked that you look at the section on Falcon Taekwondo, as Mr. Brooks graciously volunteered to write up her segment for the newsletter this month.

--Master V.

## **Fundraiser**

We have completed our first fund-raiser of the year, our "World's Finest Chocolate" sale. Thank you all for your help with this event. Funds raised are placed with the local clubs to assist students with financial needs, and/or to help grow the local club with equipment that benefits all the members. If you have need of financial assistance for events, etc., please see your local instructor for details.

## **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! I received a briefing of the segments Master Hee will be leading, and they deal with stage-fighting, and setting up fight scenes for film. Participants will be able to actually work out scenes, and film them! Leadership 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!

## **Annual Leadership Seminar**

Congratulations to our two black belts! Miss Amanda Berryhill from Falcon TKD successfully promoted to the rank of 1<sup>st</sup> Dan, Recommend, and Mr. Tim Brown of Grinnell TKD successfully promoted to the rank of 1<sup>st</sup> Dan, Decided, at the April Black Belt testing in Ames. Congratulations to both, and welcome to the Black Belt ranks, Miss Berryhill!

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

## **Master Voorhees**

### **Seasonal Sport:**

With the weather getting warmer (finally!) people begin thinking about seasonal changes. We all know of "seasonal sports". Baseball, football, soccer, tennis, basketball and others all come to mind. These sports generally have a "season" they are played in. Many students look at these sports and think "I'd like to try that". Or, parents will say to themselves, "I think we should have Johnny play soccer this season."

But with each of those sports, they are a part of a person's life for exactly that... a "season". They generally have a finite starting and ending date. Taekwondo, on the other hand, is not a "seasonal sport". Instead, it is a life-long pursuit. I know, it's hard to think of anything that lasts for a person's lifetime. But it's true. With football, eventually, a person's body simply cannot handle the stress and strain one puts on it to play that game. Almost all other seasonal sports are that way. But Taekwondo is not. It is an individual activity that is tailored to the individual. While we don't expect people in their 50's to be sparring competitively with the 20-year-olds, we *do* have opportunities for those in their 50's who wish to continue competing with people at their level. We have people who started this art in the elementary years that are still active into their 20's and 30's. What changes is the individual, not the art. The person grows and matures and becomes the broader, more well-rounded martial artist. Some go on to teaching. Some go on to development of the art. Some continue in the competitive arena as referees. Some are gifted to administrate. But all have a place. NO one is cast aside from Taekwondo because they're too old, too out-of-shape, or anything else. The student of the martial arts quickly becomes a student of *life*, because that is what Taekwondo teaches us...how to live.

As the weather gets warmer, it's easy to say, "Oh, I'll just take a break for a week/month/the summer, and then come back." It has been my experience that when a person takes "a break" from Taekwondo, they rarely come back. Why is that? Because when we are in class regularly, we are working with and developing muscle skills. When we are out of class, those skills and that flexibility quickly erode. Then, when we come back to class after "a break", we find that we aren't where we were. This tends to frustrate many people. "Gee, I *used* to be able to kick over my head. I *used* to be able to handle one of Master V's classes without dying at the end." And people get

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discouraged when they're not in the exact same place, physically and mentally, as when they left to "take a break". And the higher in rank you are, the tougher it is to come back after a break. Take forms, for instance. If you don't practice them regularly, you'll forget them. Well, if you're a yellow belt, it's not that hard to re-learn 2-3 forms, if you've forgotten them. If you're a black belt, it's really a pain to try and re-learn 16-20 forms, once you've forgotten them. It's easy to become discouraged.

My advice to you all is: don't take "a break" from TKD, any more than you would take a break from breathing. Both of those have detrimental effects on a person. ☺

## **Advanced Class – Mondays @ PCCC, from 7-8 PM:**

I had originally planned on canceling the Monday evening Advanced class at PCCC for the months of May – August, as we have had very few (2 or less) students attending that class in March and most of April. However, as soon as I put a note out to the senior students that I was planning on doing that, I received a multitude of emails imploring me to not stop the Advanced class. So, here's the deal: If you want me to continue to offer an Advanced class at PCCC for the summer, you need to show up. If/when attendance at the Advanced class on Mondays at PCCC (7-8 pm) gets to less than 4 people for 2 weeks in a row, I'll be canceling it for the remainder of the summer. I don't mind teaching the class, but you, the high-yellow and above students, will need to support it with your attendance.

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

Those that are considering testing for Black Belt ranks at the July 31st Black Belt testing, your testing applications, test fees, and Black Belt papers must be turned in to your local instructor no later than **Wednesday, June 16<sup>th</sup>**. Local Instructors, I will need those from you, along with your written recommendations, no later than Saturday, June 19<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 (October).

## **Tournaments:**

We have 2 tournament opportunities coming up in May for those that would like to do some competition in forms and sparring. May 15<sup>th</sup> is the Kansas City Classic, in Blue Springs, MO, and May 22<sup>nd</sup> is the Iowa Governor's Cup, in Ames, IA. Please see your local instructors for information on these tournaments as it becomes available. Governor's Cup entry information will also be available on our website soon.

## **Black Belt Workouts:**

Our Black Belt class in May has had a date change. It is now scheduled for **Saturday, May 15**, from noon – 1:30 PM at the Point of Grace club. We will have a special guest instructor with us for part of that class, so you will not want to miss that.

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

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 TKD LLC.

## **Online store:**

We have an online store that has t-shirts, jackets, polos, sweatshirts, coffee mugs, water bottles, buttons, tank-tops... just about anything you can think of. You can get Voorhees TKD logos, or your local club's logo, some other sayings/phrases... we just want you to check it out, please. Go to: [www.cafepress.com/voorheestkd](http://www.cafepress.com/voorheestkd) to look at all the options available to you. Orders are placed on-line, and are delivered directly to you. Have fun!

## **Annual TKD Family Picnic:**

Our annual Voorhees TKD Family Picnic is Saturday, June 12<sup>th</sup>, at Yellowbanks County Park, just southeast of Pleasant Hill, near Des Moines. We will have all the details out to our instructors before the end of May. Please mark that date on your calendars, and plan on joining all of us for a picnic, games, fellowship, and just a wonderful opportunity to celebrate this unique group of people that we call "family".

**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, polo's or other items!**

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Or visit the Voorhees Taekwondo Facebook page!