

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 South Testing – Osceola-6:30p start	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Pre-testing this week...	17	18	19	20	21 Board Breaking – POG – 10 AM Nov. Black Belt Class – POG – noon – 1:30 PM
22 Family Day of Worship – POG – 10:30 service.	23 Testing applications turned in this week	24	25	26 Thanksgiving – No classes	27	28 Thanksgiving Break – no classes @ POG
29	30	Dec 1 North Testing – Norwalk- 6:30p start	Dec 2	Dec 3	Dec 4	Dec 5 BB testing-ISU Voorhees TKD Annual Christmas Party and Awards Banquet
Dec 6	Dec 7	Dec 8	Dec 9	Dec 10	Dec 11	Dec 12

Upcoming dates to remember:

- Nov. 2: South testing – Falcon TKD hosting (Osceola)
- Nov. 21: Board-Breaking workshop – POG – 10 AM
Black Belt class – POG – 12 noon to 1:30 pm
- Nov. 22: Voorhees TKD Family Day of Worship – Point of Grace Church – 10:30am service.
- Nov. 26-28: Thanksgiving Break – no classes.
- Dec. 1: North Testing – Norwalk Family TKD hosting
- Dec. 5: Black Belt Testing – ISU
- Dec. 5: Annual Voorhees Taekwondo Family Christmas Party and Awards Banquet
- Dec. 24-26: No classes, any location
- Dec. 31: No classes at PCCC
- Jan. 12: South testing – Henry’s TKD (Creston) hosting.

Voorhees Taekwondo, Inc. Newsletter

From DSM - PCCC

Congratulations to those who tested in Grinnell in October. I know that every one have been working hard. Just remember the need to keep your goals in mind as you go down the road of life.

Master Collins

From Falcon TKD

It has been a busy month. Shantel and I have been preparing for the arrival of the newest member of the Voorhees family. In April we will be having our first child. We are both very excited about the baby and have found it difficult to focus on much of anything lately. As our family is growing, we are hoping to grow our little family here at Falcon. Class size has been down a bit, but we have some events scheduled in which we hope will remedy this issue.

Recently I have started to train in a second martial art just for fun and have quickly learned one thing. We need to attend class. There is no better way to improve both technique and stamina than to get in class and work. It is difficult to always do that. I know. With two jobs, a club, a pregnant wife, and a new art that I am studying, time is hard to come by. I encourage everyone, really focus on your schedule and make time for the things you need. The time can be made; you must just focus and be willing to make those small sacrifices.

Anyway I prattled on long enough. Good luck to those coming to visit us for testing in November and I look forward to seeing you there.

Falcon Taekwondo

Jason Brooks

From Grinnell TKD

No report

From Norwalk Family TKD

No report

From POG

Happy Fall from POG!! Despite the cold weather and rain, it has been a great month and next month is sure to be even better. There are going to be some “new” activities taking place at POG and I hope everyone including our other family members will be able to participate with us.

First off, huge congratulations to Drew Tallant, Kyli Stewart, and Caleb Ragner for a wonderful testing at Grinnell! A job well done! Keep up the good work and I look forward to seeing everyone else testing in December!

Our first “new” activity for POG-TKD will be a board breaking workshop & demonstration! We are very excited about this. There has been an increasing amount of interest in doing breaking and I know this is something that usually can't be done in regular class. This is open to all of our Voorhees family schools and I encourage everyone to attend this fun and exciting event. There will be a small fee for coming (a few bucks) to help cover the cost of the wood...and we are planning on having lots of boards in all different sizes. We are going to be hosting this event on November 21st at POG-TKD starting at 10 a.m. and running until all the boards are broken...I would plan on a couple of hours. Please plan to arrive early to get warmed up, stretched out, and loosened up. This is open to ALL ranks including white belts! ☺ So kids, parents and our adult students please put this on your calendar. I would love to see as many black belts here as possible to “show off” some of the advanced breaks and help with proper techniques and holding. If I could have the local instructors promote this and let me know a count of who is coming from their school I would greatly appreciate it so I'm sure to have plenty of boards!! Please if anyone has any questions; feel free to contact me by phone, email, on our face book page, or in class!! Hope to see EVERYONE there!!

Voorhees Taekwondo, Inc. Newsletter

BOARD BREAKING WORKSHOP!! November, 21, 2009 @ 10:00 a.m. POG-TKD @ Point of Grace Church!

Please stay tuned for more exciting events!

Miss Katie

From POG Pee-Wees

No report.

2010 Association Dues

Hard to believe that it's already November! That means, we need to have our current members start to renew their Association dues for the upcoming year. Due to some structural changes with our insurance company, and some upcoming vacations, we need to have everyone renew their Association dues for the 2010 year by the 1st of December. Also, there has been a slight cost increase of \$5 per person per year. (Thank you, economic downturn!) So...during the month of November, please be paying your 2010 Association dues of **\$25** per person to your local instructor. Local Instructors, I will need to have that turned in, along with a completed list of all of your active students, no later than the December 1st testing in Norwalk. Remember, all members, including black belts and instructors, must have their 2010 Association dues paid.

Portrait Photography – and assisting the Development Program!

GET YOUR PICTURE TAKEN TO HELP THE VOORHEES TKD DEVELOPMENT PROGRAM!!!

In the month of November, our Staff Photographer, Adam Reynolds, will be making his way around to all of our family schools to take pictures. In addition to all of the action shots from classes and testing, he will now be offering professional, portrait style pictures. Have your picture taken in your favorite stance, doing your favorite kick, or whatever you wish! Have a picture taken with you and a friend or friends!

The pictures will be available for purchase in a whole variety of formats. You can simply download the picture, or have it printed and mailed to you. Pictures will be available in trading card style, magazine cover style, and even holiday cards in 50 different styles! There will be TKD frames and even hanging belt holders with pictures and your name engraved at the top! Show off all of your achievements through the ranks!

YOUR SCHOOL INSTRUCTOR WILL INFORM YOU OF THE DATE AND TIME FOR CLASS PICTURES AT YOUR SCHOOL.

A PORTION OF EVERY ITEM SOLD WILL BE DONATED TO THE VOORKEES TKD DEVELOPMENT PROGRAM to further the goals of the program.

The **Voorhees Taekwondo Development Program** is a non-profit, tax-exempt [501(c)3] corporation that was established for the purpose of fostering the growth and participation of amateur athletic competition, specifically, the participation of students, coaches and referees affiliated with Voorhees Taekwondo clubs. Funds are generated through grants, gifts, corporate donations and fund-raisers. These funds are currently used to provide grants to students, coaches and referees who are attending national and/or international events, workshops, clinics, tournaments, and similar events. Funds may also be used to help offset the cost of memberships in USA Taekwondo (the National Governing Body for Sport Taekwondo), and the State of Iowa Black Belt Association. Funds are for students that meet certain income guidelines. Funds also are used to promote the art of Taekwondo through advertising of classes and events, provision of equipment necessary for training Taekwondo athletes, and sponsorship of workshops, clinics and special events.

Considering that many of our students come from low-income families, we created the Voorhees Taekwondo Development Program so that we would have a vehicle to assist those students, coaches and referees in our

Voorhees Taekwondo, Inc. Newsletter

Taekwondo "Family" who have the skills and talents to participate in this life-long sport, but simply do not have the personal finances necessary.

The Voorhees Taekwondo Development Program is constantly seeking out donors to help sponsor athletes, coaches and referees. If you or your company would be willing to sponsor one person annually, please contact the Executive Director of the Development Program, Mrs. Carrie Voorhees, at 515-263-9299, or by email at voorheestkd@mchsi.com. We hope that you will prayerfully consider donating to the Development Program so that our students/coaches/referees can continue to be a part of this sport that builds confidence, self-esteem and character.

Note From... Master Voorhees

Greetings, Family!

Annual Christmas Party and Awards Banquet:

Our Voorhees Taekwondo Annual Christmas Party and Awards Banquet is quickly approaching. Mark Saturday evening, December 5th, on your calendars, and plan on being a part of this annual tradition. It will be held at the Acanthus Masonic Lodge, 4133 Urbandale Ave, Des Moines. We will open the doors at 6:30 PM, dinner will start at 7:00 PM, and awards presentations will begin by 8:00 PM. So that we make sure we have enough seating set up for everyone, please tell your local instructor how many from your family will be attending the Banquet no later than Monday, Nov. 30th, so local instructors can get those numbers to me no later than Tuesday morning, Dec. 1st.

We are asking each family to bring a main dish and a dessert or side dish to share. Also, please bring your own table service, and drinks. We will have some time of fellowship and eating, and then we will present awards for the year. Each of our individual clubs will present awards to one of their local students in each of the following areas: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit, Leadership, and a Student of the Year. We also sponsor a Service Project each year. In years past, we have supported the Animal Rescue League, we have helped with Toys for Tots, and we have sponsored needy families for Christmas. We are currently in negotiations with a couple of groups, and will let you know what the final decision is, as soon as it is made. Look for that info from your local instructors in the next week or so.

Family Day of Worship:

For those of you that hadn't caught on yet, our household is a household of faith. We strongly urge those of you that have a church home to attend regularly. Mrs. V and I also like to take the opportunity, once each year, to invite everyone to come and worship with us at our church home, Point of Grace Church, in Waukee. This year, we are inviting you and your family to come to church with us on Sunday, November 22nd, for the 10:30 AM service. Now a couple things about our church: we're pretty casual. Blue jeans are pretty standard. Also, if you want a cup of coffee and/or some donuts or munchies, I'd suggest getting there around 10:15. If you and your family will be joining us, please let your local instructor know no later than Monday, Nov. 16th, so Mrs. V and I can know who to be looking for on Sunday the 22nd.

Black Belt Workouts:

November Black Belt workout is scheduled for Saturday, November 21, and will be held at the POG *do-jang*, from noon – 1:30 pm. Master Schinnow and I will be focusing on sharing many of the things we picked up at the KKW Instructors' Course in Chicago. At the moment, I am not planning a December Black Belt workout.

Promotional Testings:

With so many new students, it's probably a good idea to discuss what promotional testings are all about.

When and Where:

Generally, we have one testing per month, and we alternate "north" and "south", with the location rotating between the various schools. The "North" schools are: PCCC, POG, Grinnell and Norwalk. The "South" schools are: Falcon (Osceola), Creston and Lenox. Color-belt testings are *usually* the first Monday of the month.

Voorhees Taekwondo, Inc. Newsletter

Those students who are 1st gup red belts, and are looking to test for their 1st Dan, Recommend, Black Belt, will be required to test in front of the State of Iowa Black Belt Association at one of the regularly-scheduled Black Belt testings held at Iowa State University, and supervised by Grandmaster Yong Chin Pak.

What:

First of all, there are 10 gup-rank levels to the colored-belt ranks. When everyone begins, they are a 10th gup white belt. There are 2 gup ranks at each color of belt (white, yellow, green, blue, and red). When a person has learned all of the material at their particular gup rank, their instructor(s) will recommend that they appear in front of the Testing Board for promotional examination.

A Testing (Promotional Examination) is merely like class. You demonstrate your techniques, your one-steps, your forms, and board breaking (for yellow and above ranks), as a group with other like-ranked students. You perform this in front of a panel of judges made up of the Black Belts from all of the various clubs in our area. Depending on the day, there are frequently 20 or more black belts sitting on the judging panel.

After your testing, the Black Belts discuss each student's performance, and make their recommendations to Master V., who then makes the final decisions on promotions, and posts the results to the Black Belt Instructors. Local Instructors then promote their students, either giving a new stripe on their belt, or their new belt, as the case may be, to indicate their new gup rank.

Results are usually posted about a week after the test date.

Fee:

There is a fee for testing. All test fees are \$30 each, until you get to testing for your 1st Dan, Recommend. You will turn your testing fee, along with your completed testing application form, in to your local instructor ONE WEEK prior to the test date. Your local instructor will turn your promotion applications in to Master V at the testing. No more turning applications in the night of the testing. If it's not turned in to your instructor a week ahead of the test date, you'll simply have to wait for the next testing date.

Protocol:

We "pre-test" our students. Two weeks prior to the actual test date, local instructors will conduct a pre-test. Students who successfully pass the pre-test will be given a Promotion Application. They will fill that out and return it, along with the test fee, to their local instructor ONE WEEK PRIOR to the actual testing date. If a student does not pass the pre-test, they will have to wait for the next testing cycle.

That means, the student doesn't tell the instructor when they *want* to test; the Instructor tells the student when they believe they are *ready* to test. Even if you don't think you're ready, I encourage you to trust your Instructor(s). They've been at this much longer than you, and really have a much better idea of what your capabilities are than you do. ☺

A listing of the Belt ranks and the curriculum for each are available from your local instructor.

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, jackets or polos!

Action/adventure novels by Masters Voorhees and Cormeny are available on www.Amazon.com ("Indomitable Spirit" and "Integrity")

To keep informed of all the latest news, Visit www.voorheestkd.com

Or visit the Voorhees Taekwondo Facebook page!