

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 BB class – POG – 1:00 – 3:30 pm
4	5 North testing - Grinnell	6	7	8	9	10 BB testing- ISU
11	12	13	14	15	16	17
18	19 Pre-test week for South Testing	20	21	22	23 KKW Instructor Course - Chicago	24 KKW Instructor Course - Chicago
25 KKW Instructor Course - Chicago	26 Turn in testing apps to instructors today or tomorrow.	27	28	29	30	31 ISU Tournament
Nov. 1	Nov. 2 South testing - Osceola	Nov. 3	Nov. 4	Nov. 5	Nov. 6	Nov. 7

Upcoming dates to remember:

- Oct. 5: North testing – Grinnell TKD hosting
- Oct. 10: Black Belt Testing – ISU
- Oct. 22-25: Kukkiwon Master Instructor Licensing Seminar – Chicago
- Oct. 31: ISU Taekwondo Championships – Forker Bldg, ISU
- Nov. 2: South testing – Falcon TKD hosting (Osceola)
- Nov. 22: Voorhees TKD Family Day of Worship – Point of Grace Church – 10:30am service.
- Dec. 5: Black Belt Testing – ISU
- Dec. 5: Annual Voorhees Taekwondo Family Christmas Party and Awards Banquet
- Dec. 8: North Testing – Norwalk Family TKD hosting
- 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

Welcome to all who have joined us in the last month. Everyone has been working hard preparing for testing and for the tournament.

From Falcon TKD

No Report

From Grinnell TKD

Congratulations to those who tested in August. Greetings from Grinnell!

We have been pretty busy lately. We participated in the Happy Days Celebration with a demo. We had a ton of fun and had a lot of interest shown by potential students. A huge thank you to Master Shaw and Mr. Brooks for making the trip over and helping with the demo.

We also walked in the Homecoming Parade. We handed out over 100 flyers and I have talked to several people who saw us at the parade who were expressing interest in classes.

We are looking forward to seeing many of you in Grinnell for the October testing. We have moved to a new location. We are now located at the Ahrens Center on Penrose Avenue. You come into Grinnell the same as always, but continue past 4th Ave to 6th Ave (which is also Hwy 6) and turn right (east). You follow Hwy 6 past Grinnell College until you reach the edge of town and turn left on Penrose. (just past Dari Barn and Case Implement) You go about half a block and we are the first building you come to after turning right into the parking lot. Any questions, please ask your instructors.

Stephanie Schinnow

From Norwalk Family TKD

Norwalk is looking forward to this fall. We have some new students and are welcoming back some former students!

Mr. Michael J Wagenknecht

From POG

Happy October from POG!!

And where did September go??.....oh right....holiday, wedding, honeymoon.....all those things together means one month that really flew by!!

To the parents and students of POG-TKD thank you so much for putting up with the hectic September schedule and being on your best behavior for the substitute instructors while Adam and I got married and enjoyed a nice getaway!! Thank you!!

Due to the "odd" last month, I have decided to extend our Dollar for the Month workout program for any new students looking at joining through the month of October. The kids have done a great job of getting the word out and are encouraging their friends to at least come try Taekwondo, so I don't want to discourage anyone from coming and playing with us.

I'd also like to encourage EVERYONE to sign up to participate in the upcoming tournament on Oct. 31 at Iowa State University. This is a great tournament and one that we all participate as Voorhees Taekwondo. Also let me remind you, that participating in tournaments is part of the testing requirements for higher ranks. So if you are a green belt or above, please get to all the tournaments you can especially since we don't have that many throughout the year. If there is any travel issue please talk with Adam or me and we will help with arranging transportation.

One last plug and reminder, please get down to PCCC on the 2nd and 4th Thursdays of every month for sparring class if at all possible. Again if there is any travel issues, please talk with Adam or me. It's hard to work on sparring skills alone, so please come play....it's the only way to learn! ☺

See you in class!!

Katie

Voorhees Taekwondo, Inc. Newsletter

From POG Pee-Wees

No Report

Development Program Fundraiser

The Voorhees Taekwondo Development Program is a 501(c)3 corporation that was formed to generate and disburse funds to members of the Voorhees TKD family who wish to participate in events, tournaments, workshops and clinics, but may have some trouble with the financial aspect. Each year, our member clubs participate in at least two fund-raisers to generate the money necessary to keep the Development Program available to everyone.

We just completed our Fall Fundraiser, selling Gold Canyon candles. They should all have been delivered by now. Our sincere thanks to everyone who participated in this event, as we were able to raise nearly \$1400 for the Development Program. Our next fundraiser is scheduled for late January, and will involve a chocolate sale.

Note From...

Master Voorhees

Greetings, Family!

ISU Taekwondo Tournament:

One of the biggest tournaments of the year is approaching on Saturday, October 31st. This is the Iowa State University Taekwondo Championships, hosted by the ISU Taekwondo Club and GM Pak. This is the only tournament out of the year where we ask **all** students from each of our member clubs, to register as a student of "Voorhees Taekwondo", rather than under the name of your local club. We also do our best to have **everyone** participate in this tournament, even if it's only in the forms competition.

Tournament registration forms are posted on our website, or are available on the ISU Taekwondo clubs website, <http://stuorg.iastate.edu/tkd>.

Also, if you need financial assistance with participating in this tournament, make sure you have turned in your completed Development Program Grant Request form to Mrs. Voorhees no later than October 9th.

Black Belt Workouts:

October Black Belt workout is scheduled for Saturday, Oct. 3, and will be held at the POG *do-jang*, from 1-3:30 pm. We will be focusing on black belt forms Koryo, Keumgang, Taebek, Pyongwon, and possibly (if we have time) Shipjin.

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. In addition, there is a club in Indianola that frequently tests with us. Color-belt testings are *usually* the first Monday of the month.

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.

Voorhees Taekwondo, Inc. Newsletter

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!**

To keep informed of all the latest news

Visit www.voorheestkd.com

Or visit the Voorhees Taekwondo Facebook page!