

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day – no classes any location	8 South Testing – Creston – 6:30p Start	9	10	11 Candle Sales sheets and \$ turned in to local instructors by TODAY.	12
13	14	15	16	17	18 Katie & Adam’s Wedding	19 SIBBA Symposium www.sibba.org
20	21 Pre-test week for North testing	22	23	24	25	26
27	28 Deliver Candles this week	29	30	Oct 1	Oct 2	Oct 3
Oct 4	Oct 5 North Testing – Grinnell – 6:30p Start	Oct 6	Oct 7	Oct 8	Oct 9	Oct 10 Black Belt Testing - ISU

Upcoming dates to remember:

- Sept. 7: No classes. – Labor Day.
- Sept. 8: South Testing - Creston
- Sept. 18: Miss Dickens’ wedding
- Sept. 19: State of Iowa Black Belt Association Annual Symposium – ISU – Forker Bldg
- Oct. 10: Black Belt Testing – ISU
- Oct. 22-25: Kukkiwon Master Instructor Licensing Seminar – Chicago
- Oct. 31: ISU Taekwondo Championships – Forker Bldg, ISU
- Dec. 5: Black Belt Testing – ISU
- Dec. 5: Annual Voorhees Taekwondo Family Christmas Party and Awards Banquet

Voorhees Taekwondo, Inc. Newsletter

From DSM - PCCC

Congratulations to those who tested last month. It was good to see many of you at the Forms seminar this past Saturday. I would like to pass on a couple of reminders to you. The first is that the annual SIBBA Symposium will be held on September 19th and the deadline for those who want to attend Grandmaster Pak's class and need equipment is this Friday, September 4th. Otherwise, the deadline for registering is September 9th. The second is that the ISU Championships will be held on October 31st and now is the time to really work on your form for the competition.

From Falcon TKD

No Report

From Grinnell TKD

Congratulations to those who tested in August.

From Norwalk Family TKD

Congrats to Mark Huegerich for winning the Norwalk Outstanding Student of the Month for July! :)!!!

Also to the following students for earning their new belts:

Marsha Fisher - Red w/ Black stripe
Tony Hansen - Blue
Kyle Joniak - White w/ Yellow stripe
Brandon Hunt White w/ Yellow stripe

Great Job!

From POG Pee-Wees

No Report

From POG

Greetings from POG!!

September means one thing....School is back!! I still can't believe it. If anyone figures out where summer went please let me know! ☺

Congratulations on all those who tested at PCCC! You all did wonderful and I'm so very proud of you!

Our new yellow belts: Emily Swanson
Ethan Ragner
Drew Tallant

Our new green belt: Eric Schwartzbauer

Once again Congratulations!!!!

September will be a busy month for us. First off, we have the second fundraiser for the Development Program going on. We are selling Gold Canyon Candles...they are wonderful!! I will be handing out materials in class and providing all the information on how this will work.

Secondly, we are starting our "Workout for a Buck" for new students starting this month!! So please, please, please tell all your friends to come to class with you and give it a try! The more students the merrier!!! We need to have more people infected with the TaeKwonDo bug!!! ☺

See you all in class soon!!!

Miss Katie

Voorhees Taekwondo, Inc. Newsletter

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 2 fund-raisers to generate the money necessary to keep the Development Program available to everyone. We are currently in the middle of our Fall Candle Sale. Students have order sheets for Gold Canyon Candles, and are taking orders and collecting money. The order sheets and money must be turned in to your local instructors no later than Friday, September 11th, otherwise they will not be included in the order. Candles should arrive and be available for you to deliver to your customers by Monday, September 28th. Please remember: when people are writing checks for the candles, they need to make the checks out to: Voorhees TKD Development Program.

Poomsae Seminar

We hosted a Poomsae Seminar at Point of Grace Church on Saturday, August 29th. There were 57 people there from all over Iowa, and from as far away as Fargo, ND, and Cokato, MN. Seminar Leaders Master Bob Maves and Master Christi Burke-Maves presented an outstanding seminar, focusing on the details of Poomsae based on the WTF and Kukkiwon standardizations. It was an intense and extremely informative workshop, and based on the feedback received from everyone, we are tentatively planning on have them back again sometime next year, so we can “peel another layer from the onion” on Poomsae. I urge everyone that did *not* attend to get in touch with someone who *did*, and have them work with you on your forms. It will be time well-spent!

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 as 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 will be posted on our website as soon as they are available from GM Pak. 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:

For the September Black Belt Workout, I would strongly urge all Black Belts to participate in the SIBBA Symposium, on September 9th. We will return to holding local Black Belt workouts in October.

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.

Voorhees Taekwondo, Inc. Newsletter

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!**

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