

# Voorhees Taekwondo Monthly Newsletter – September 2010

nowSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 No class @ PCCC	7	8	9	10	11 Poomsae Seminar – DSM public library
12	13	14	15	16	17	18 SIBBA martial arts Symposium – go to <a href="http://www.sibba.org">www.sibba.org</a> for information
19	20	21	22	23	24	25
26	27	28	29	30	<b>Oct 1</b>	<b>Oct 2</b>
<b>Oct 3</b>	<b>Oct 4</b>	<b>Oct 5</b>	<b>Oct 6</b>	<b>Oct 7</b>	<b>Oct 8</b>	<b>Oct 9</b> <b>Black Belt</b> <b>Testing - ISU</b>

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

- Sept. 6: No class at PCCC – Labor Day – Community Center is closed!
- Sept. 11: Poomsae Seminar w/ Masters Bob and Christi Maves – Des Moines
- Sept. 18: SIBBA Annual Martial Arts Symposium – ISU Campus - Ames
- Oct 9: Black Belt Testing – ISU
- Oct 11: Local Testing – DSM – PCCC hosting – 6:30 PM start – **Note date change!**
- 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
- Jan 29, 2011: Official USAT Referee Seminar – Des Moines, IA
- Jan 30, 2011: 15<sup>th</sup> Two Rivers Invitational Tournament and Rumble At the Rivers – Des Moines, IA

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## **From PCCC**

Happy September to all! It's hard to believe that summer is coming to a close and fall is upon us. Most families look to this time as new beginnings, new adventures, and new activities. Our family looks forward to new grade work, new textbooks, new concepts and boxes arriving with new books and information. As a home school teacher I look forward to teaching new concepts and challenging my children's minds. Teaching and challenging doesn't stop at our home. It includes finding new ways to teach and challenge students in the beginner class in Taekwondo. I hope my students look forward to learning new things, challenging body and mind, helping the new students, and having educational fun. Tell your friends and those in your family to come and try Taekwondo this year as one of their new activities. For those who took the summer off, put TKD back into your routine and rejoin the family. Class is more fun with a large group of people to share it with. This year we will be sharing an upcoming tournament, testing and promotions, and some surprises. Keep kicking!

Mrs. Ratekin

## **From Falcon TKD**

Welcome back to those of you that have taken a few weeks off here at the end of the summer. We're looking forward to some good workouts this Fall, as well as participating in the upcoming Poomsae Seminar and the ISU Taekwondo Championships.

## **From Grinnell TKD**

Greetings from Grinnell! We're all excited for the start of the new school year, and the new students that always join us in September. I hope you've all enjoyed the summer, and are ready to focus on school, work, and, of course, Taekwondo. This fall is already shaping up to be a very busy one for Grinnell TKD. We're looking forward to Mr. Brown leading our Friday evening classes, and having Master Schinnow back with our Monday and Wednesday classes. Best wishes to Miss Val on her upcoming October wedding!

## **From Norwalk Family TKD**

Hello from Norwalk! Congratulations to Luke Agey, (New Green) and Erech Hazen, (New Yellow) for earning their new belt rank! And congratulations to both of these two young men because they have each been voted Outstanding Student of the month twice in the past 4 months!!!!

## **From Westside TKD**

Welcome Back! Welcome Back! Welcome Back!

This seems to be the theme for the month of September! Where summer went, I have yet to figure that out but as soon as I know I'll be sure to fill you all in. In the mean time, it's back to school and back to Taekwondo!!

I look forward to seeing some of the "missing faces" getting back to class and enjoying our fast pace, exciting workouts!!! Remember this is a great time to encourage others to come give Taekwondo a try...friends, family members, even your neighbors!! The more the merrier!!

For those that have been coming to class...keep up the great work!

## **From PCCC Pee-Wees**

Congratulations to all of the Pee Wees with new belts! We had a great promotions and everyone is learning so much. We are excited for the \$1 September special and looking forward to many new Pee Wees!

Miss Sarah

## **Sign up to receive Monthly Newsletters via Email**

We have finally fixed the webpage! Go to the bottom of the left column of our website homepage, enter your email address, and you will receive our monthly newsletter emailed to you every month. Sign up for our email list today!

[www.voorheestkd.com](http://www.voorheestkd.com)

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## **Poomsae Seminar on Sept. 11th**

We are blessed to have coming back to Iowa to share their skills and knowledge, Master Christi Burke-Maves, and Master Bob Maves, to conduct our second Poomsae Seminar. This will take place on Saturday, September 11<sup>th</sup>. We will be holding the Seminar the Central Library in Downtown Des Moines, from 9 AM – 5 PM. Cost for students of Voorhees TKD schools will be \$30. Registration is available ONLINE. Go to the Voorhees TKD website, and register now. Participation is limited, so as soon as all the slots are filled, registration will be closed. Master Christi is a multiple-year member of the USA Taekwondo National Poomsae Team, and again in 2010, is a member of the National Team competing in the PanAm Poomsae Championships in both Individual and Doubles competition. Master Bob was on the USA Taekwondo National Poomsae Team coaching staff for 2 years, and brings his special brand of training and intensity to the workouts. We hope that you will take advantage of this golden opportunity to receive Poomsae training from two of the foremost authorities in the nation on Competition Poomsae. Go online to register, or see your local instructor for a packet!

## **Some Notes From...**

## **Master Voorhees**

### **Local Testing uniform for Black Belt Judges:**

Reminder for our black belts that during the fall-winter-spring seasons, our judges' uniform for testing's are black pants, white shirt, red (preferably SIBBA) tie, and either kicking shoes or tennis shoes. Jr. Masters and Masters should also wear their Masters jackets.

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

Those that are considering testing for Black Belt ranks at the October Black Belt testing, your testing applications, test fees, and Black Belt papers must be turned in to your local instructor no later than **Monday, September 6<sup>th</sup> (Labor Day)**. Local Instructors, I will need those from you, along with your written recommendations, no later than Saturday, September 11th. 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 (December).

### **Tournaments:**

The next tournament that is on our radar screen is GM Pak's Iowa State University TKD Championships, slated for October. As soon as we get official registration information, we'll get it out to you and the local instructors. The ISU Championship is the one tournament every year that we ask ALL students to participate in, and we also ask ALL students to register for the tournament as students of "Voorhees Taekwondo", and list Voorhees Taekwondo as their school. Make plans now to participate in this event!

### **Black Belt Workouts:**

We will not be having a separate Black Belt Workout in September, as I am hoping that the majority of you will attend the Poomsae Seminar. We will be getting back into our Black Belt Workouts in October. I also want to encourage you all to re-read the Competition Rules that can be found under the Referee tab on the USAT website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us)). We need to have our knowledge and skills polished for the ISU tournament coming up in October.

### **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 will also find Korean Terminology CD's, and other training aids. 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!

### **Uniforms and Equipment:**

Each of our local instructors is able to secure uniforms, sparring gear, and other equipment for their students. Lately, I have been hearing from some people that students/parents are going to outside vendors to get uniforms and sparring gear. I would like to take a moment to actively discourage you from doing so, for several reasons.

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First, there are types of equipment and uniforms that are not permitted in our competitions. Your local instructor is your local expert on what is and is not allowed, as far as uniforms and equipment are concerned.

Secondly, by purchasing somebody else's used gear who got it from their best friend, who found it on E-Bay...you don't really know what the condition of the gear is, or whether it has outlived its usefulness or safety margin. So, that cool headgear or hogu you got on Craig's List for \$10 may very well be outdated, illegal, or simply too worn out to be safe to use. Again, your local instructor is your local expert.

Thirdly, while you pay monthly tuition to your local instructor, please keep in mind that the vast majority of those funds go to simply keeping the doors of the *do-jang* open. They pay for rent, club equipment (like pads and bags), printing costs, and all the other myriad of expenses that go along with running a local TKD club. Your local instructor is able to make a very small profit margin on the uniforms and equipment that he/she sells at retail to his/her students. If you purchase from outside vendors, you take even that small profit margin away from your instructor.

“But what if I go online to one of the big martial arts suppliers? Can't I buy things from them?”

Sure, you can. However, you will pay the retail price to those suppliers, plus the shipping costs to have them delivered to you. Any profit made by the company goes...to that company, which is way over in California, or Oklahoma, or New Jersey, or wherever. If you purchase the same equipment from your local instructor, your local instructor can get you the same price, your shipping costs will probably be less, because they order several items for several students at once, and what little profit might be realized goes to help your local instructor and, thereby, your local club.

Most of the local instructors have arrangements with several suppliers, so that they can continually be finding the best deals and best prices for their students. However, one firm that we all do business with, and that continually makes an effort to be supportive of smaller, local clubs like those in the Voorhees TKD Family, is a firm called “Dynamics World”. If you would like to purchase a uniform, or sparring gear, or anything else martial-arts-related, I want to encourage you to take the time to go to the Dynamics World website ([www.dynamicsworld.com](http://www.dynamicsworld.com)), find the item(s), and write down the Item Number or “SKU”, along with the color, size, etc., that you want. Then, simply let your instructor know the Item Number, color, size, etc., and that you found it on DynamicsWorld.com, and they can order it for you.

Again, please keep in mind that your instructor is going to try to keep your costs down by ordering only once or twice a month, at most, so that they can bundle orders together, and reduce shipping costs. So please...be patient when ordering uniforms, equipment and gear. It might not be here in 2 days, but your instructor is still your best source. And, you'll be helping them to keep doing what you need them to do...provide a place for you to train.

## **Some thoughts for Parents of our younger students, and our adult students:**

I want to welcome all of you that have just joined our family in the past month or so. While this month's topic is focused more on the parents of newer students, it also applies to all of the adults – parents and students – that are a part of our Taekwondo family.

Parents, first of all I want to applaud you for taking the interest in your child enough to enroll them in Taekwondo classes. That demonstrates very clearly that you have the best interests of your child at the center of your heart.

Since you are “new”, please allow me to share with you some of the different “stages” that you will experience as your child is a part of our classes. I will also share with you various techniques and suggestions for dealing with these various “stages”.

First, there is the “newness” stage. This is when class is brand new, and we're all excited about being in class, and learning all this cool martial arts stuff. This stage usually lasts anywhere from 1 to 3 weeks. As for your “dealing” with this stage, I suggest that you merely smile and enjoy it. ☺

Next comes the “this is harder than I thought” stage. This sets in when students realize that they're not going to become Ninja Turtles overnight, and that the only real path to becoming good at Taekwondo techniques is by doing them over and over and over...and over and over...each class. While we vary the drills to keep them fresh, sometime in here, the student realizes that even though the drill may be “different” we're still practicing the same techniques and kicks, so that we can gain proficiency. My suggestion for this stage is to encourage your student, and compliment them on any improvement you see, no matter how small it may be.

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Next will come the “I don’t feel like going to class tonight” stage. This usually sets in somewhere around the end of the first month, or into the second month of class. The student is learning their techniques, and they aren’t understanding why it is important to continue to strive to improve them. They figure that if they throw a down-block, it doesn’t really matter about where the hand is, what the stance is, whatever. They went through the motion, it’s done, that’s good enough. This is where you begin to have the conversation about “excellence”, and about people striving to constantly do better at what they’re doing. I would also encourage you to have a conversation around the idea of learning how to read. In order for a person to read, they must know all the letters of the alphabet. They can’t “sorta” know them, they have to KNOW them. Then, they need to be able to put those letters together into words – small ones at first, then increasingly more complex ones. Eventually, they’ll begin to be able to form sentences, then paragraphs, then eventually read entire books. Brand new students are just at the “alphabet” stage of Taekwondo development. They must learn and *master* the “letters” in order to be in a position where they can understand “words”. This is when the concept of “perseverance” is introduced.

As parents of newer students, these are the initial stages you will see in your child. Not every child will go through them all, nor will they all occur at the same time; however, it has been my experience over the past 28 years that almost everyone will go through them, at approximately these times. I know I did, when I first started. And I was 24 years old at the time. How much more so will it happen with younger people?

A couple of other thoughts I want to share with you, as well.

Don’t “correct” your child in Taekwondo. Especially, when they’re in class. When they are in class, their attention needs to be focused solely and completely on what is going on in the classroom. If they are watching you on the sidelines for guidance or assistance, or if they’re concerned that you are going to be attempting to correct their behavior, they will have their attention divided between the instructor, you, and what they’re supposed to be doing. That is a recipe for someone to accidentally get hit because they weren’t paying attention to class. There are 3 “people” in the Taekwondo classroom. There are Instructors, there are Students, and there are Spectators. The only way you’re going to become an Instructor is to first become a Student.

Which brings me to my final point. I want to encourage you to join the class with your child (if they’re not in the PeeWee class). This is an activity that you can do together, and we have many families that are involved in our Taekwondo classes. Think about it...you’re going to be sitting on the sidelines watching class anyway, you may as well get involved. Wait, before you start with the excuses, I’ve heard them all. “I’m too old, I’m out of shape, I...” Whatever. There’s no such thing as “too old”. There are people much older than me that are active in this art. The oldest I’ve ever had a person start the class as a beginner was 62. Out of shape? That’s why a person joins class...to get IN shape. You don’t get into shape BEFORE you start class. That makes as much sense as telling someone that you’re going to start on a diet just as soon as you lose 20 pounds. ☺

The only thing that keeps a person from joining and being involved and thoroughly enjoying Taekwondo is ...well, themselves. So, I want to encourage you to get up off the bench, and jump into class, too. What’s the downside? I can’t think of one.

In closing, I want to welcome you again to our family, and I look forward to meeting each one of you, and hope that you will be a part of our family for many years to come.

--Master V.

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Get one of our fabulous t-shirts, polo’s or other items!**

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Or visit the Voorhees Taekwondo Facebook page!**