

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	16	15	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Oct. 1
Oct. 2	Oct. 3	Oct. 4	Oct. 5	Oct. 6	Oct. 7	Oct. 8

Upcoming dates to remember:

- Sept. 5: Labor Day – no classes any location
- Sept. 17: Annual Poomsae Seminar with Christi Burke-Maves and Bob Maves – Des Moines
- Sept. 24: SIBBA Annual Symposium – Ames
- Oct. 3: Local Colored-Belt Testing – Grinnell TKD hosting
- Oct. 8: Black Belt Testing – ISU – Ames, IA
- Oct. 29: Iowa State Univ. TKD Championships – Ames, IA
- Nov. 24: Thanksgiving Day – no classes
- Nov. 25: Thanksgiving Break – no classes
- Dec. 12: Local Colored-Belt Testing – DSM Park and Rec hosting (note date change)
- Dec. 17: Annual Voorhees TKD Family Christmas Party and Awards Banquet
- Dec. 26: Christmas Break – no classes any location
- Jan. 2: No classes – any location
- Jan. 28: Two Rivers Invitational Taekwondo Tournament – Hoyt Middles School - DSM

Voorhees TKD LLC

Meet the Instructors of the Voorhees Taekwondo Family

From DSM - PCCC

Senior Master Larry Voorhees, 6th Dan – Monday Forms and Advanced classes, 1st, 4th and 5th Thursdays

Master Lane Swalve, 4th Dan – Sparring and Weapons – 2nd Thursdays

Miss Ashley Werner, 2nd Dan – 3rd Thursdays

Mrs. Amy Ratekin, 2nd Dan – Head Beginners' Instructor – Monday Beginner classes

Others on the Instructing Staff:

Mr. Mark Ratekin, 2nd Dan

Miss Maria Boden, 2nd Dan

Jr. Master Deb Shaw, 3rd Dan

Mr. Wayne Goodwin, 2nd Dan

From Falcon TKD

Mr. Jason Brooks, 2nd Dan – Head Instructor

Miss Amanda Berryhill, 1st Dan – Assistant Instructor

From Grinnell TKD

Master Stephanie Schinnow, 4th Dan – Master Instructor

Mr. Tim Brown, 1st Dan – Assistant Instructor

From Norwalk Family TKD

Mr. Michael Wagenknecht, 2nd Dan – Head Instructor

Mr. Zac Cretsinger, 1st Dan - Assistant Instructor

From Pee-Wees

Miss Sarah Goodwin, 1st Dan – Head Instructor

Jr. Master Sherry Goowdin, 3rd Dan – Assistant Instructor

Poomsae Seminar

Over the course of the past two years, Voorhees Taekwondo has been at the forefront of poomsae education and competition. To that end, we have hosted a Poomsae Seminar, featuring 3-time National Team member Christi Burke-Maves, and 2-time National Team coach Bob Maves as our special guest instructors. We are pleased to announce that we will be hosting our 3rd Annual Poomsae Seminar on Saturday, Sept. 17th, 2011. It will be held at the Cap City Fitness Center, between Des Moines and Ankeny. Online registration is now available. We want to encourage as many of our students as can to participate in this outstanding educational opportunity. You will want to register early, as we only have room for 22 more participants, and with people coming from as far away as MN and ND, it fills up quickly! Registration MUST be done in advance, and online registration closes on Sept. 11th. Go to our website, www.voorheestkd.com, for details.

Online Store

We have had several people ask us about t-shirts, sweatshirts, jackets, coffee mugs and the like. We have dozens of different designs and different items available, including Korean Terminology CD's, on our online store. Please go to: www.cafepress.com/voorheestkd to see what is available.

Notes From...

Master Voorhees

Greetings, Family!

Advanced Class:

I would like to encourage all of our senior ranks in all of our clubs, as well as all of our Black Belts: please consider attending the Advanced Class on Mondays at the Des Moines Park & Rec club, located at the Pioneer-Columbus Community Center, 2100 SE 5th ST, in Des Moines. It is always good to get an extra workout with a much more concentrated focus on the senior ranks. All students green belt and above, are welcome to attend the Advanced Class.

Voorhees TKD LLC

Promotional Testings:

As of this writing, the planned local testing dates and locations for 2011 will be:

Oct. 3 – Grinnell

Dec. 12 – PCCC – Please note the date change!

Annual Fall Fundraiser:

With September here, we are looking toward our annual Fall Candle sale. We use this fundraiser and another in the first part of the year, to raise funds so that we can provide financial assistance to those in our local clubs who might not be able to participate in classes, workshops, testings and other activities, without our being able to provide them with some assistance. Sometimes these funds are also used to replace or augment the training gear in our local clubs. All the profits raised by the students in an individual club are retained by that local club. We need everyone's participation to make these events a success, and to be able to help out our fellow club members.

Welcome New Students:

September is always a time when we see a lot of new students starting classes at our various clubs. We want to take this opportunity to welcome each of you to our Taekwondo "Family". We encourage you to take advantage of the many years of expertise and experience that is represented in the Black Belts and Master Instructors that you have available to you. Come to as many classes as you can, enjoy the experience, and as always, if you have questions, feel free to ask any of the senior colored-belt students or one of the black belts.

Parents: we urge you to get to know your local instructors. We also urge you to visit our website, www.voorheestkd.com, and our Facebook Page, "Voorhees Taekwondo".

Finally, if you want to be added to our email list so that these monthly newsletters are automatically emailed to you each month, please visit our website, and on the bottom of the home page, in the left column, there is a place for you to register to be on our email list.

See you in class. ☺

--Master V.

**Don't forget to visit our online store at www.cafepress.com/voorheestkd.
Get one of our fabulous t-shirts, jackets or polo's! Also, we have Korean terminology CD's, mugs, gear bags, totes, and even teddy bears!**

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!

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