

Voorhees Taekwondo LLC

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- Invitation to:** 15th Annual Voorhees Taekwondo Leadership Seminar
When: June 5-6, 2010
Where: Des Moines YMCA Camp, Boone, Iowa
Who: Students ranked Green Belt or above and who are at least 16 years of age
Cost: \$129 per person, if postmarked by May 1, 2010 (\$109 Sat. session only)
\$179 per person, if postmarked May 2 – May 14, 2010 (\$159 Sat. session only)
(\$5 discounts each for previous attendees and current SIBBA members)
Deadline: **All applications must be postmarked no later than Friday, May 14, 2010!**
Late applications will not be accepted
Capacity: Full weekend limited to the first 40 “Full weekend” applications received. “Saturday-only” session limited to the first 40 “Sat. only” applications received.

The Des Moines YMCA Camp allows us to sleep inside, work inside and have the benefit of being outdoors! We will have use of cabins that are equipped with bunks and a shower house with multiple facilities. Meals will again be provided by the Y-Camp. For those who prefer, tenting is an option. There is a tenting area near the cabins with picnic tables and a fire ring. **For those who simply can't block out the entire weekend, we offer a “Saturday Only” option!**

- 1) **Leadership Seminar sessions** include:
- Teaching styles for PeeWees, children and adult learners
 - How to build “lesson plans” and focused instructional models
 - How to teach and practice forms including philosophy and application, plus the new KKW/WTF standardizations
 - One-Step Sparring and Advanced Self-Defense
 - Multiple Opponent Sparring
 - Pressure Points and In-fighting
 - “Heavy” Breaking (heavy breaking available to those 18 years and older)
 - Intro to Escrima
 - Stage fighting and fight choreography for film
 - Foundations of Mastery Learning
 - Learning Styles and Behavioral/Leadership Styles inventories, how to recognize and instruct them

(These are offered throughout the weekend – those participating in the “Saturday Only” option will not have the complete list of classes).

- 2) **Cost**
- Full weekend participant, cost covers:
 - Housing
 - 2 meals on Saturday & 2 meals on Sunday
 - All seminar materials
 - “Saturday Only” participant, cost covers:
 - 2 meals on Saturday
 - Saturday class seminar materials

Please note:

- Special dietary needs are the participant's responsibility.
- There is no meal provided on Saturday morning (breakfast), or Sunday evening (dinner).

There will be plenty of opportunities for sharing and exchanging ideas as well as fun and fellowship. Participants should plan on spending a weekend exploring and expanding their leadership and instructing abilities. If you have questions, please contact me at the address, telephone number or email address listed above. I look forward to seeing you on June 5th!

Respectfully,
Larry W. Voorhees
Master Instructor
Voorhees Taekwondo LLC

Voorhees Taekwondo LLC
Leadership Seminar
June 5-6, 2010

1) Arrival & Departure

- a) "Full Weekend" Participants:
- i) Arrive: Saturday, June 5th between 7:30 and 8:00 a.m. for check-in. The full schedule will be provided at the first session (9:00 a.m.).
 - ii) Depart: Sunday, June 6th at 6:00 PM.
- b) "Saturday Only" participants:
- i) Arrive: Saturday, June 5th between 7:30 a.m. & 8:00 a.m. The day's schedule and instructions will be provided to you when you arrive.
 - ii) Depart: Saturday, June 5th at 9:30 p.m. You will need to be out of the campgrounds before 10:30 PM.

2) Directions to the YMCA Camp:

Take U.S. Highway 30 to Boone, Iowa. Go North on Story Street through town. At the North end of Boone, Story Street intersects with 22nd street at a stop sign. Turn left (west) on 22nd Street and follow it out of town. It will curve North and become County Road R21. About 3 miles North of town, turn left on 166th street (gravel road). Go West on 166th Street approximately 2 miles and follow the signs.

3) You will need to bring:

Full Weekend Participants:

- Sleeping Bag and Pillow
- Swimsuit
- 2 sets of casual clothes
- Personal toiletries/towels/soap,etc.
- Tent (**only** if you chose to camp rather than stay in the cabins
- Uniforms (at least 2, preferably 3)
- Sparring gear (we will not have extra gear available)
- Running shoes
- Notebook & pens/pencils

Sat. Only Participants:

- A uniform
- Sparring Gear
- Running shoes
- Swimsuit
- 1 set of casual clothes (optional)
- Notebook/pen/pencil

Everyone: A strong desire to excel as a leader, instructor and martial artist!

4) About the Seminar Staff

- a) **Master Instructor Larry Voorhees**, 6th Dan, is the Director and Head Instructor for the Leadership Seminar. Master Voorhees began Taekwondo in 1982, has been instructing since 1984 and is the senior master of Voorhees Taekwondo LLC. A partial list of his accomplishments includes:

- Past President, State of Iowa Black Belt Assoc. (SIBBA)
- Dir. of Instructor Certification/Continuing Ed. – SIBBA (3 yrs)
- Kukkiwon-licensed Instructor
- National medalist in both forms and sparring
- Recipient of two Letters of Commendation from the Kukkiwon
- WTF-certified International Referee, 2nd class
- USA Taekwondo Referee of the Year – 2006
- US Taekwondo Comm. Licensed Instructor
- Member – USAT Martial Arts Commission

Master Voorhees brings to Taekwondo instruction a real desire to develop "balance" in the Art by training students in the traditional aspects, as well as the sport facets. His leadership philosophy is "Lead by good example," and he strives to bring that about in every aspect of his teaching.

b) **Guest Instructors**

We will have a variety of guest instructors/lecturers throughout the weekend, each bringing their own special area of expertise, ranging from fitness to teaching methodology, to self-awareness, to self-defense and weapons, to teaching skills and strategies for the pre-school student and stage fighting. This year's guest instructors will include:

Grandmaster Yong Chin Pak

Master Dana Hee

Master Lane Swalve

Dr. Mani Mina

Miss Sarah Goodwin

Miss Ashley Werner

2010 Leadership Seminar Registration Form

(Please **PRINT** unless a Signature is requested!)

Name: _____ Age: _____ Sex: _____

Address: _____ (Home Ph#) _____

_____ (Cell Ph#) _____

City/ST/Zip: _____ Email: _____

Belt Rank as of 6-5-10: _____ 2010 SIBBA Member: yes no

Instructor's name: _____ Attended Previous Seminar(s) Yes No

Club name: _____

"The owners/caretakers of any facility where we may conduct a class, seminar, workshop or function, and all officers, governing bodies and employees of the same are in no way liable for anything which may occur in the course of these classes or duration of such function. I realize that within the parameters of this sport and class that contact is implied by the very nature of the art, and that the risk of potential injury or death to myself, is a risk that I assume totally. With a clear understanding of the sport and what risks may be involved, I state that I am entering into this of my own free will, and that Voorhees Taekwondo LLC, its directors, shareholders, officers, instructors, managers, members, employees or any independent contractors employed by them, their students, guests, guest instructors and any associations that they are affiliated with are in no way liable or responsible for any injuries, physical or psychological, which may occur as a result of my travel to, active or observant participation in, or travel from these classes, or any function connected with these classes, this seminar or this sport. By affixing my signature, I hereby absolve all of the above-mentioned persons, entities and groups of any and all legal and civil liability for myself, my assigns and/or my heirs. I also give my permission for any photos, videos, pictures or likenesses of myself to be captured and used by Voorhees Taekwondo LLC, without compensation, in any manner they deem appropriate, in relation to their business as a purveyor of martial arts instruction, classes and workshops."

Signed: _____ Date: _____

Student or parent/guardian, if student is under 18 years of age **Parent/Guardian's Name:** (please print)

PLEASE NOTE: If student is under 18 years of age, a parent or legal guardian must sign this liability form. Also, if student is under 18 years of age, a parent or legal guardian also sign the following consent statement:

"I hereby give my consent for my son/daughter to be a participant in the Leadership Seminar hosted by Voorhees Taekwondo LLC."

Student's Name: (please print) _____

Signed: _____ Date: _____

Parent or legal guardian's signature

In case of emergency, contact: Name: _____

Add: _____

Ph: (home) _____ (work) _____

Cell#: _____

Relationship: _____

***If student is under 18, please list emergency information for nearest relative **other** than parent/guardian they live with

Registration Fee Enclosed: (circle appropriate fee)

Full Weekend: \$129 (postmarked by May 1)

\$179 (postmarked after May 1)

Saturday Only: \$109 (postmarked by May 1)

\$159 (postmarked after May 1)

If 2010 SIBBA Member - \$5.00 _____

If attended previous Leadership Seminar - \$5.00 _____

Total amount enclosed = _____

- Return this form along with the proper fee (**personal check, cashier's check or money order only**) to:
Voorhees Taekwondo LLC, 2563 E. Tiffin Ave. Des Moines, IA 50317-6001
- Completed registration forms and fee must be postmarked by Friday, May 14, 2010.
- No late registrations will be accepted.
- Please circle one of the following: I will be staying in a: CABIN TENT (bring your own!).
- Note:** Special medical considerations should be noted on the back of this form, and are the responsibility of the students(s) and/or their parent(s)/guardian(s).