

Voorhees Taekwondo Monthly Newsletter – June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Leadership Seminar
6 Leadership Seminar	7	8 Testing – Norwalk Family TKD hosting. 6:30 p start	9	10	11	12 Voorhees TKD Family Picnic
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Master & Mrs. Voorhees' 17 th Anniversary	28	29	30	July 1	July 2	July 3
July 4 Independence Day	July 5 We WILL have classes at PCCC. The center is NOT closed today!	July 6	July 7	July 8	July 9	July 10

2010 Calendar – Mark these dates!:

- July 18: Iowa Games TKD Competition
- July 22-25: US Open Hanmadang – Chicago, IL
- July 31: Black Belt Testing – ISU
- Aug. 2: Local Testing – Falcon TKD (Osceola) hosting – 6:30 PM start
- Oct 4: Local Testing – DSM – PCCC hosting – 6:30 PM start
- Oct 9: Black Belt Testing – ISU
- 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 ??: Annual Voorhees TKD Christmas Party and Awards Banquet – Acanthus Masonic Lodge-DSM
*We may have to move the date of the Christmas Party, as our first grandchild is due right around then!
- Jan 30: Official USAT Referee Seminar – Des Moines, IA
- Jan 31: 15th Two Rivers Invitational Tournament and Rumble At the Rivers – Des Moines, IA

Voorhees Taekwondo Monthly Newsletter – June 2010

From PCCC

I cannot believe we are into summer already! As we approach the summer months of training we need to remember not only to continue working those muscles in the way of TKD, have some fun, continue learning, but above all stay safe and hydrate. It is so easy to tell ourselves we will take just the summer off and start back in the fall. However, returning is hard as our muscles have forgotten what they were supposed to do. We must use our perseverance and self-control to continue to work out. Come as often as your schedule will allow and don't forget your large water bottles. We have some new games to try in Monday night class and new skills to learn as most of the new students will be testing for their next level. I am very excited about the progress all the students have made in the past few months and cannot wait to promote them! I am very proud of all our students at PCCC and how they are growing in TKD and life in general. Keep up the good work and I will see you in the *dojang*. On that note: Congrats to Nick Neal, and Master V, competing at the Governor's Cup. Nick got the silver medal in forms, and the bronze in sparring. Master V. took the gold in forms, and silver in both breaking and sparring. Also, do not forget to come to the TKD family picnic at Yellowbanks County Park Saturday June 12.
Mrs. Ratekin

From Falcon TKD

Congratulations to Mr. Brooks on completing the Kukkiwon Instructor's Course held in Chicago, IL, recently. That makes 3 of our Instructors that have completed the course!

From Grinnell TKD

Greetings from Grinnell!

Not a whole lot going on in our little town right now. Classes are a bit small because of summer sports and vacations, but we still have a few die-hards who are always there.

We were presented with a new opportunity this year. The Chamber of Commerce is going to be hosting 'Friday Fun Fests' on several Friday nights this summer. We have been offered the chance to set up a booth and be involved. This is a great chance for us to talk to people and hand out flyers to generate interest in our club.

We are following the same class schedule as the past few years. Mr. Tim Brown will teach Friday classes in June and then there will be NO Friday classes in July or August. Monday and Wednesdays will remain the same thru August, with one major change. Miss Val Bryngelson is retiring as beginners Instructor the end of June. Since she is getting married in October, and will be moving away, it is time to transition to a new instructor. By September, I will have made a decision on what will be happening with Wednesday nights. We will greatly miss Miss Val and thank her for everything she has done for our "kids" all these years.

Looking forward to seeing many of you this summer.

Stephanie Schinnow

From Norwalk Family TKD

We're getting ready for summer here in Norwalk. We would like to congratulate Erech Hazen for earning the Outstanding Student of the Month award! He just started last session and is already making an impact and is a great example!

We've had interest and have started up our sparring classes again! So every other Thursday night we put on the gear and play!!!! And as ya'all know that's fun!!!

Mr. Michael J Wagenknecht

From POG

Hello from WESTSIDE TKD!!!!

Good-bye POG TKD and Hello and Welcome to WESTSIDE TKD!!! You have no idea how excited we are to start doing the thing we love, taekwondo, at our new, larger, bigger, roomier, huge location!! Did I mention it is big?! ☺

And what a wonderful opportunity this is for our family to grow, expand and develop. From a Family (Voorhees TKD) point of view we now have two locations offering pee-wee classes (Westside and PCCC) and that means nothing but growth and I'm very excited to see where this growth will lead us! From a Westside point of view.....I am thrilled!! We were about bursting at the seams at POG and getting new students in the door ...well I'm not sure where we would have put them, so a bigger floor and more room to stretch out is definitely a plus. We are also offering a full "line" of classes with pee-wees, beginner, and advanced classes. Another change is that we will no longer have Saturday classes and classes will now be Tuesday and Thursday evenings. Never fear, we will still be having board breaking and sparring workshops. I look forward to the new challenges we face and also towards the endless possibilities we have with our new home and location of:

WESTSIDE TAEKWONDO!!!

Voorhees Taekwondo Monthly Newsletter – June 2010

Jordan Creek Church
475 68th St (68th St and EP True)
West Des Moines, IA 50266

Class Times at Jordan Creek Starting Tuesday June 1st!!

Tuesdays

6:15-7 p.m. (PeeWees)

6:30-7:30 (Beginners) – thru green stripe

7:30-8:30 (Advanced)

Thursdays

7-7:45 p.m. (PeeWees)

7-8 p.m. (All Ranks)

Please join us for our Open House on June 1st at 7 p.m. and check out the new location as well as give your legs a workout kicking at a Piñata!! Snacks, Games, Fun for Everyone and Yes I did say a PIÑATA!!

Congratulations to all of those that competed at the IA Governors Cup....everyone who competed came home with at least one medal if not two!!! Way to Go!!! Congratulations Meghan, Jayden, Andrew and Kyli!! You did wonderful and I am very proud of you ALL!!

The word of the month: EXCITEMENT!!!!because there's a lot of excitement in the air and lots of reasons right now to be excited!!

See everyone at the open house and class....friends, family, neighbors....ALL are WELCOME!!!

Mrs. Reynolds

From POG Pee-Wees

Point of Grace Pee Wees will be moving to PCCC! Our first class will be June 1st. We will have classes Tuesdays and Thursdays from 6:30-7:15. For the month of June, new students only pay a \$1, so please encourage anyone who is interested to try it!

Miss Sarah

Voorhees TKD Family Picnic

Our next TKD Family Get-together is scheduled for Saturday, June 12th, at the Yellowbanks County Park, just southeast of Pleasant Hill. We have Shelter #3 reserved, and will have a huge potluck picnic that day, play softball, and enjoy the fellowship of our extended TKD family. The picnic will be from 11 AM – 3 PM. We will eat at 12:30, so we'll start the charcoal about noon. **We are asking everyone to bring your own meat to grill, your own beverages and table service, and a side-dish or dessert to share.** Also, bring your Frisbees, softball equipment, gloves, etc. For those of you that like to camp, Yellowbanks has a great campground, so maybe you'd like to make a weekend out of it.

How to get there:

To get to Yellowbanks: from Des Moines, go East on University Avenue all the way through Pleasant Hill. Go to the second traffic light east of the Hwy 5/69 bypass (there's a church on the corner, and a brown sign pointing to Yellowbanks). Turn right (south) and go to the T-intersection. Turn left, go approximately 1 mile to Four Mile Elementary School. Turn right, and go approximately 1 mile to the stop sign. After stopping (and checking for traffic!) continue straight on through the stop sign, and that takes you right into Yellowbanks Park. Go left at the road split, and follow that road around to the picnic area, and Shelter #3, which is over by the softball fields. Look for the big US and Korean flags. ☺

Voorhees Taekwondo Monthly Newsletter – June 2010

A Note From...

Master Voorhees

Local Testing uniform for Black Belt Judges:

During the summer, we permit our Black Belt judges to wear slightly more comfortable attire for our local testings. For the June testing in Norwalk, and the August testing in Osceola, Black Belts may wear either our traditional uniform of black pants, white shirt and red tie, or they may wear black shorts/capris, and our official Voorhees TKD white polo shirt (kicker emblem). Please remember: the summer uniform does NOT apply to the black belt testing in Ames in July.

Deadlines for the July Black Belt Testing:

Those that are considering testing for Black Belt ranks at the July 31st Black Belt testing, your testing applications, test fees, and Black Belt papers must be turned in to your local instructor no later than **Wednesday, June 16th**. Local Instructors, I will need those from you, along with your written recommendations, no later than Saturday, June 19th. 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 (October).

Tournaments:

We have one tournament opportunity coming up this summer for those that would like to do some competition in forms and sparring. Sunday, July 18th is the Iowa Games Taekwondo competition. You can register for the Iowa Games online, or by mailing in a registration form. Registration forms can be picked up at your local HyVee. We want to encourage everyone who can to participate in the Iowa Games.

Summer Black Belt Workouts:

We will not be having monthly Black Belt workouts in June, July and August. I want to encourage you all to make the effort to attend our Advanced Classes at PCCC on Mondays, from 7:00 – 8:00 PM.

Kukkiwon Instructor Certification:

Congratulations to Mr. Jason Brooks. Mr. Brooks recently attended the Kukkiwon Instructors' certification course in Chicago. He spent a solid 4 days absorbing the many facets required to become certified by the World Taekwondo Academy in Seoul, Korea, as a Certified Instructor (P-3). I am hopeful that more of our instructors can take advantage of this opportunity in the future.

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 to look at all the options available to you. Orders are placed on-line, and are delivered directly to you. Have fun!

Point of Grace Clubs Moving/Expanding:

We have had a presence in Waukee for nearly 6 years with our clubs at the Point of Grace Church. At times, it has been a struggle for us to keep that location open. Recently, several opportunities came together to create an environment that make it possible for us to maintain a club in the western suburbs, but also created the opportunities for us to expand our offerings, and have more space available for growth. Effective June 1, 2010, we will no longer have classes at Point of Grace Church. Mrs. Reynolds will be moving to a new location at the Jordan Creek United Methodist Church, on 68th and E.P. True Parkway, and renaming her club "Westside Taekwondo". Mrs. Reynolds will be offering her regular classes on Tuesdays and Thursdays, as well as offering PeeWee classes at the new location on the same days.

Miss Sarah Goodwin will be moving her PeeWee program to the PCCC location, effective June 1st, and will be offering PeeWee classes at that location on Tuesday and Thursday evenings from 6:30 – 7:15 PM.

This is a wonderful opportunity for us to create more space for the Westside club to grow, and expand our offerings of our awesome PeeWee programming to even more students in the Des Moines metro area.

I encourage everyone to take the opportunity to visit Mrs. Reynolds and the Westside TKD club at their new location. Congratulations to all on a successful move, and we all look forward to continued growth of all of our programs.

**Don't forget to visit our online store at www.cafepress.com/voorheestkd.
Get one of our fabulous t-shirts, polo's or other items!**

**To keep informed of all the latest news, visit www.voorheestkd.com
Or visit the Voorhees Taekwondo Facebook page!**