



Mark your calendars! 2018 Training Opportunities and Testing Dates

Apr 9th – Fundraiser Dinner at Pizza Ranch in Papillion	Aug 16th – Axe Taekwon-Do Testing – Offutt Youth Center
Apr 21st – Axe Taekwon-Do Tournament – Offutt Youth Center	Aug 25th – Kirksville TKD Tournament – MO
May 1st - <i>Final payment due</i> Sereff World Camp 2018	Sep 15th – Casper TKD Tournament – WY
May 17th – Axe Taekwon-Do Testing – Offutt Youth Center	Oct – Sereff TKD Tournament – CO
Jun 24-29th 2018 – Sereff World Camp 2018	Nov 15th – Axe Taekwon-Do Testing – Offutt Youth Center
Jul 14th – USTF Ho-Sin-Sul Course – Harrisburg, MO	Dec 15th – Axe Taekwon-Do Black Belt Holiday Luncheon
Aug 4th – USTF Breaking Seminar – Grand Rapids, MI	Dec 20th – Axe Taekwon-Do Holiday Party – Offutt YC

USTF Referee Course – March 17, 2018

The following Axe Taekwon-Do students attended the USTF Referee Course in Mexico, Missouri. Certified to Class B Referee: Ms. Staci Chamberlin, 3rd dan; Mrs. Sheila Duralia; 2nd dan and Mrs. Elizabeth Chamberlin, 2nd dan. Refresher to Class A Referee: Sr. Master Todd, Master Bushor, Mrs. Deborah Ragone, 4th dan. Refresher to Class B Referee: Ms. Brianna Grant, 2nd dan. Thanks to all for attending the course taught by Grand Master Steadman.

Fundraiser-Pizza Ranch- April 9, 2018



Mark your calendar for this Monday, April 9th. We will be serving guests and cleaning tables at Pizza Ranch located in Papillion from 4:00-8:00pm. A percentage of the evening's sales will be given to the Axe Activity Fund.

Axe students and families please stop in for dinner!

Those who would like to help clean tables that evening wear your Axe TKD shirt to represent your school. If you don't have one, we ask that you wear plain red or black shirt. Thank you in advance for joining us at Pizza Ranch on Monday night!

Axe Taekwon-Do Annual Tournament – April 21, 2018



We sent home a flyer and registration form for our annual tournament. We do want all students (100% participation) for our tournament. There will be students attending from other states and this is our biggest event for our class. This is our 11th year hosting the event and it continues to grow in size and efficiency. Remember that all students are required to participate in at least one tournament per year. Black belts have additional requirements for competition and judging. This event is open to all ages from white belt through 5th degree black belt. Please read the flyer for details but we do need you to pre-register by April 19th. We will begin at 9am and should be done by 530pm. Please email Sr. Master Todd at ustfneb@cox.net if you did not receive the cover letter/flyer and registration form. The forms can also be found at:

<http://www.axetkd.com/PDF/Tournaments/AxeTournament2018.pdf>

Sereff World Camp Final Payment Due – May 1, 2018

We have 14 students attending this year's World Camp at Snow Mountain Ranch in Colorado. The final payment of **\$300.00** is due to Sr. Master Todd on May 1, 2018. You will be able to pay this additional amount by check, money order or credit card. You will be provided with a release form to sign and Sr. Master Todd will collect all forms/payments and mail to USTF Headquarters. All payments are payable to STKD. We are looking forward to this event!



Please contact Sr. Master Todd if you have any questions.

USTF Basic Ho-Sin-Sul Course: - July 14, 2018



Harrisburg Taekwon-Do in Harrisburg, Missouri will be hosting the basic Ho-Sin-Sul Course (self-defense). The course will be taught by Mr. Giese, 6th dan from Wyoming. Mr. Giese has

extensive real world experience from his Army career and deployments. The cost for the course is \$75 for initial certification and \$35 for refresher training. This course is open to all ages and ranks. This course will provide 8 hours of the required annual continuing education training for black belts. We will organize rooms/rides for anyone that would like to attend. Harrisburg is 4 ½ hours from Bellevue. There will be students leaving Friday, returning Saturday. Also students leaving Saturday, returning Sunday and finally students leaving Saturday and returning late that night. There are options available to fit your schedule. Please plan on joining us. We will send home a registration form soon.

<http://www.axetkd.com/Courses/HSSCourse.pdf>

USTF Breaking Seminar – August 4, 2018

Big Dog Taekwon-Do in Grand Rapids, Michigan will be hosting the USTF Breaking Seminar. The course will be taught by Sr. Master Todd. The cost for the course is \$75 for initial certification and \$35 for refresher training. This course is open to all ages and ranks above yellow belt green stripe. This course will provide 8 hours of the required annual continuing education training for black belts. We will organize rooms/rides for anyone that would like to attend. Grand Rapids is a little over 9 hours from Bellevue. This is a little closer than our annual trek to Casper, WY for their tournament. If students want to attend we can drive and leave on Friday returning on Sunday. All Axe Taekwon-Do students are invited. I would love to have my students there to support me and show others their breaking skills! Please plan on joining us. <http://www.axetkd.com/PDF/MIFlyer.pdf>



Theory of Power – by General Choi, Founder of Taekwon-Do

The beginning student may ask: “Where does one obtain the power to create the devastating results attributed to Taekwon-Do?” This power is attributed to the utilization of a person’s full potential through the mathematical application of Taekwon-Do techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, age, or sex who can condition himself to use 100 percent of his potential can also perform the same destructive techniques. Through training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, Taekwon-Do training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control and speed; these are the factors that will result in a high degree of physical power.

Reaction Force: According to Newton’s Law, every force has an equal and opposite force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of a seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of the blow. The two forces combined; his, which is large, and yours, which is small are quite impressive. This then is the reaction force from the opponent. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

Concentration: By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snowshoes makes hardly any impression on the snow. The blows in Taekwon-Do are often concentrated onto the edge of the open palm or to the crotch of the fingers. It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent’s body. The force must be concentrated as to give a knockout blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously. In conclusion, concentration is done in two ways: One is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used and the proper time; the second way is to concentrate such mobilized muscles onto the opponent’s vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defense.

Equilibrium: Balance is of utmost importance in any type of athletics. In Taekwon-Do, it deserves special consideration. By keeping the body always in equilibrium that is, well balanced is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements. Equilibrium is classified into both dynamic and static stability. They are so closely inter-related that the maximum force can only be produced when the static stability is maintained through dynamic stability. To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot. The center of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the moment of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

We will discuss Breath Control, Mass and Speed in the May Axe Taekwon-Do newsletter.