



Mark your calendars! 2019 Training Opportunities and Testing Dates

Feb 16th – Axe Taekwon-Do Testing – Offutt YC	Aug 24th – Kirksville Tournament – Kirksville, MO
Feb 23rd – USTF Technical Seminar – GM Winegar – CO	Aug 29th - Axe Taekwon-Do Testing – Offutt YC
Mar 9th – USTF Black Belt Testing – Denver, CO	Sep – Casper Tournament – Casper, WY
Mar 23rd – Maestas Tournament – Arvada, CO	Sep 7th – USTF Black Belt Testing – Denver, CO
Apr 6th – 12 th Annual Axe TKD Tournament – Offutt YC	Sep 28th – USTF Sparring Seminar – Denver, CO
May 30th - Axe Taekwon-Do Testing – Offutt YC	Oct – USTF Tournament – Denver, Co
June 22nd – USTF Step Sparring Seminar – Denver, CO	Nov 21st - Axe Taekwon-Do Testing – Offutt YC
Jul 20th or 27th – USTF Nationals – Denver or Casper	

Welcome Back:



Welcome to 2019 and back to another year of training. Congratulations and thank you for your hard work this past year! As you continue your journey in the New Year, I hope you rededicate your efforts in class. It is time to start

working hard to prepare for all the events we have listed above, please ensure you add the events to your personal calendar. As you can see, there are many opportunities to strengthen your skills in TKD and train with other students in the USTF.

Axe Taekwon-Do Holiday Party – Chili Winner – 2018:



Thanks to all who attended our annual Holiday party and for those that submitted chili for the contest. The Grgas family won the contest, congratulations. All of the chili entries were outstanding and we appreciate

everyone participating.

Goals for 2019:

We have several goals for Axe Taekwon-Do in 2019. The first goal is to increase the attendance of current students. Remember the minimum you can attend is two classes per week. We offer six class per week. The more classes you attend the better you will become at Taekwon-Do. Minimum attendance equals a maximum waiting time to test for rank. The second goal is to increase the number of new students.



News from USTF headquarters:

Testing fees for color belt will not change for 2019. The black belt testing fee will increase slightly by \$25. This is the first time in many years for any type of increase. The USTF will continue to offer the family discount for two or more students from the same family testing to 1st degree black belt at the same time. Please contact Sr. Master Todd for details.

The USTF will continue to offer Referee, Ho Sin Sul, Ground Fighting, Knife and Weapons, Technical, Breaking, Step Sparring, Sparring and Syllabus seminars for 2019. The cost for these seminars are \$75 for initial and \$50 for refresher.

Authorized Seminar Instructors for 2019:

- Referee Seminar:** Sr. Master Steadman, CO (Head of the Program; Grand Master Reyes, MA, Sr. Master Cope, MO, Sr. Master Todd, NE; Sr. Master Casco, HI, Master Moormier, FL; Master Williams, AK; Master Mason, WA and Master Sisco, WY.
- Basic Ho-Sin-Sul:** Sr. Master Hannon, KS (Head of the Program; Master Stoppani, WA; Mr. Giese, WY and Mr. Gibbons, NY.
- Ground-Fighting Seminar:** Sr. Master Hannon, KS
- Knife and Weapons Seminar:** Sr. Master Hannon, KS; Grand Master Weiss, IL, Master Stoppani, WA and Mr. Giese, WY.
- Technical Seminar:** Grand Master Winegar, CO
- Breaking Seminar:** Sr. Master Todd, NE
- Step Sparring Seminar:** Master Pettijohn, CO and Master Bushor, NE.
- Sparring Workshop:** Grand Master Martin, WY and Sr. Master Bosse, NV.
- Syllabus Training:** Master Moormier, FL.

USTF Initial & Annual Membership Fees:

It is time again for the Annual USTF Maintenance Fees. The Initial Fee for USTF first time memberships is **\$75.00**. The Annual USTF Maintenance Fees are determined each year and for 2019, the fees are **\$75.00**. This fee is due no later than **Thursday, February 28th**, payable to Master Bushor. These fees allow the USTF to operate a full-time office. In order to continue to help our Taekwon-Do families, the following discounts will apply:

Family discounts:

- 1st family member is \$75.00
- 2nd family member is \$50.00
- 3rd family member is \$35.00
- 4th family member is Free

As the USTF Nebraska State Director, Master Bushor is responsible for collecting, tracking and working this program. All students Green Belt and above must be members of the USTF. We collect your initial fee when you test, typically for Green belt, however you can join sooner if you wish. The appropriate forms and fees are forwarded to the Headquarters in Colorado. We pass out the USTF and ITF patches and membership cards when they are returned to Master Bushor. Students who recently joined the USTF (since October) will **not** need to pay the maintenance fee for this year. If you have any questions please ask Master Bushor - kbushor@cox.net.

Student Guide:

We have an excellent guide for parents and students that covers many things about class on our website at <http://www.axetkd.com/PDF/Guide/ParentGuide.pdf> I would encourage all of you if you have not read this to look through it. I will keep the guide updated as changes occur in the class.



Axe Taekwon-Do Gear:

We are taking orders for new Axe Taekwon-Do gear. The final color will be either Dark Heather or Heather Gray as shown above. We will let the majority decided the final color. Once 26 items are ordered we will submit the order. Please contact Sr. Master Todd to complete your order. We would like to make the order by February 1st. The prices are:

- Short sleeve t-shirt: \$15 *add \$2 for 2LX & \$3 for 3XL
- Long sleeve t-shirt: \$18 *add \$2 for 2LX & \$3 for 3XL

- Crewneck Sweatshirt: \$20 *add \$3 for 2XL, \$4 for 3XL
- Pullover hoodie: \$27 *add \$3 for 2XL, \$4 for 3XL
- Zippered hoodie: \$33 *add \$3 for 2XL, \$4 for 3XL

*Special thanks to Mrs. Buckley for obtaining this information on the gear. Please contact Sr. Master Todd in class or at ustfneb@cox.net to place your orders. **This order is optional.***

Safety:

Mrs. Ragone originally published this article in 2008. This information is still valuable and worth reading, especially for those of you with young children.



**OUR CHILDREN. OUR FOCUS.
OUR FUTURE.**

By Mrs. Ragone, 4th degree black belt:

My favorite time of year begins at Thanksgiving and stretches through to New Year's Day. It is such an exciting time to spend with family and friends. The cold weather allows us time to stay inside and get "reacquainted" with one another after busy summers and the start of a new school year. Just like many of you, the kids and I spend hours shopping through crowded malls and shopping centers and traveling the highways to visit family and making those "pit stops" along the way.

While I take time to relax and enjoy my family, I also find that this is an important time to tighten the reigns on the safety rules with my children. We follow the usual rules that most parents would such as: 1. Children do not talk to strangers. 2. Never leave a child unattended in the mall or a store. 3. Use the buddy system in the restrooms. 4. Stay within a "Giant Step" of me or hold my hand. Find an employee in the nearest store if you are lost and call security. **Do not go anywhere with anyone you do not know.**

As children get older, they begin to question and ask, What if questions. What if someone says you sent him or her? What if they use brother's name and say he is hurt? What if they say they say our dog, Fido needs our help? They know things about us. How do we know? To answer those questions and any others they might challenge me with our family developed a password. We chose a word that all of us could agree on, and it worked better to choose something familiar yet somewhat funny to remember. This is a word that only we know and **will not share** with our friends. Once the word was chosen, we role played a few times so that all three children

understood the procedures. It did take us quite some time to work out all of the kinks, so be patient!

For us, it will work like this: In the event, I cannot pick them up and send someone; they will be given the password. Before my kiddos go with them, they are instructed to ask, "Do you know the password?" That person must use THE WORD. If they do not know the word, my children know, I **did not** send them and they **will not** go with them. Even if it is someone they know well- another parent, a friend of mine, or an instructor, the kids have been told not to go. They stay in that safe place and call me! Even Sr. Master Todd can not take them home from TKD class without knowing the password! I challenge each of you to create a family password. It eliminates the question "What if?"

This year, enjoy the holidays and your children. Keep them safe and aware. After all, they are our most precious gifts!

Axe Taekwon-Do History: - By Sr. Master Todd



Do you know the history of your Taekwon-Do school?

USTF Taekwon-Do has been active at Offutt Air Force Base, Youth Center since 1988. You read that correctly the class has been here for

31 years. As with any martial arts, there have been numerous changes. The Taekwon-Do class began when Mr. Vince Dowd a 3rd degree black belt from Colorado relocated to Nebraska. In late 1989, Sr. Master Gary Meek was stationed at Offutt and took over teaching the class. After his retirement from the Air Force, Sr. Master Meek moved to another state in 2004. Sr. Master Todd was living here at that time and took over the classes and it was renamed Axe Taekwon-Do. Master Bushor had been a student of Sr. Master Meek's and assumed the role of assisting with the creation and teaching at Axe Taekwon-Do.

So where does the name Axe originate? I discussed with Master Bushor the concept of a new name to change it from Meek's International Taekwon-Do. I have taught and established in my past, Todd's Taekwon-Do, USTF California, Bellevue Taekwon-Do, Windsor Taekwon-Do, Whiteman Taekwon-Do and carried some of these names to multiple locations. I wanted to get away from naming a school after a location or the head instructor. Although there is nothing wrong with that concept I wanted a better and in my opinion unique business name for this school. Master Bushor suggested Axe Taekwon-Do as a name, which is derived from his time at Araxos Air Base, Greece and his service in Airborne Command

and Control. Since we are both retired Air Force I thought this was a perfect fit, so Axe Taekwon-Do was created. Our school patch features the Korean characters for Taekwon-Do imposed over the Ying & Yang Symbol. The words "The Original" Taekwon-Do are extremely important as we can draw a direct lineage to the founder of Taekwon-Do. Few Taekwon-Do schools can do this. Our Taekwon-Do ancestry tree is simple:



General Choi Hong Hi
(1918-2002)
Founder of Taekwon-Do
Sadly, Gen. Choi passed at 83 years of age.



Sr. Grand Master C.E. Sereff
(1933-Present)
Founder of the USTF and a direct student of Gen. Choi.



Sr. Master Todd



Master Bushor

As you can see we are directly related and following the instruction of Sr. Grand Master Sereff, the USTF and the teaching of Gen. Choi. We teach the ORIGINAL Taekwon-Do.

