



## Mark your calendars! 2018 Training Opportunities and Testing Dates

<b>Feb 22<sup>nd</sup></b> – Axe Taekwon-Do Testing – Youth Center	<b>May 17<sup>th</sup></b> – Axe Taekwon-Do Testing – Youth Center
<b>Feb 24<sup>th</sup></b> - USTF Knife & Weapons Course - CO	<b>Jun 24-29<sup>th</sup> 2018</b> – Sereff World Camp 2018
<b>Mar 10<sup>th</sup></b> – USTF Black Belt Test - CO	<b>Jul 14<sup>th</sup></b> – USTF Ho-Sin-Sul Course – Harrisburg, MO
<b>Mar 17<sup>th</sup></b> – USTF Referee Course – Mexico, MO	<b>Aug 16<sup>th</sup></b> – Axe Taekwon-Do Testing – Youth Center
<b>Mar 21<sup>st</sup></b> – Maestas TKD Tournament- CO	<b>Aug 25<sup>th</sup></b> – Kirksville TKD Tournament – MO
<b>Apr 21<sup>st</sup></b> – Axe Taekwon-Do Tournament – Offutt Youth Center	<b>Sep</b> – Casper TKD Tournament – WY
<b>May 1<sup>st</sup></b> - Sereff World Camp 2018 ( <i>final payment due</i> )	<b>Oct</b> – Sereff TKD Tournament – CO
<b>May 19<sup>th</sup></b> – USTF Ground Fighting Course - CO	<b>Nov 15<sup>th</sup></b> – Axe Taekwon-Do Testing- Youth Center

### Welcome Back:

Welcome to 2018 and back to another year of training. Congratulations and thanks to all of you who worked hard 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.

### Winner! Winner!:

Our Annual Holiday Party was held on December 21<sup>st</sup>. All students and family members were invited, and it was a great time. We held our 4<sup>th</sup> annual chili contest and the winner was Mr. Shawn Carter. Congrats to all the families that submitted chili; it was all very good. Many thanks to those who contributed to the class gifts! We will put them to good use during class.

### My Goals for 2018 by Sr. Master Todd:

We have several goals for Axe Taekwon-Do in 2018. The first goal is to increase the attendance of current students. Remember the minimum you can attend is 2 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. I have a marketing request into the Youth Center but we need your help in spreading the word about classes and recruiting new students.



### News from USTF headquarters:

Great news from the USTF and Axe Taekwon-Do. Testing fees for color belt and black belt testing will not increase for 2018. The USTF will continue to offer the family discount for two or more students from the same family testing to 1<sup>st</sup> degree black belt at the same time. Please contact Sr. Master Todd for details.

The USTF will continue to offer Referee, Ho Sin Sul, Knife and Weapons, Ground Fighting, Technical and Breaking seminars for 2018. The cost for these seminars will remain \$75 for initial and \$35 for refresher.

Authorized Seminar Instructors for 2018 are:

- **Referee Seminar:** Sr. Master Steadman, CO (Head of the Program; Sr. Master Todd, NE; Master Murphy, MA; Master Moormier, FL; Master Williams, AK; Sr. Master Casco, HI 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; Master Stoppani, WA and Mr. Giese, WY.
- **Technical Seminar:** Grand Master Winegar, CO
- **Breaking Seminar:** Sr. Master Todd, NE

### 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 2018, the fees are **\$75.00**. This fee is due no later than **Tuesday, February 27<sup>th</sup>**, 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:

- 1<sup>st</sup> family member is \$75.00
- 2<sup>nd</sup> family member is \$50.00
- 3<sup>rd</sup> family member is \$25.00
- 4<sup>th</sup> 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](mailto:kbushor@cox.net).

### **Needing Help? Training Resources – By Master Bushor**

The most obvious resources are qualified black belt instructors. Senior Master Todd is the Head instructor at Axe Taekwon-Do and the final source for answers. Master Bushor, Ms. Bowling, Mrs. Ragone and Mr. Toppi are all certified instructors for their appropriate levels. A majority of our 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> degrees are also certified as assistant instructors as signified by their appropriate shoulder flashes. They can also be used as a resource when other senior ranking black belts are not available.

So what can you do on your own, outside of class? There are numerous materials available from the USTF. You can read the USTF books: Blue Patterns Workout Book; White Color Belt Testing Syllabus; Yellow Step Sparring Syllabus; Black, Black Belt Testing Syllabus, Red Tournament Rules and Regulations book and finally the Light Blue Ho-Sin-Sul book. If you do not have a copy of these books, they are available for purchase by contacting me. Another source is The International Taekwon-Do Federation (ITF) published General Choi's Encyclopedia of Taekwon-Do, which is a 15-volume set of books covering all aspects of Taekwon-Do. There is also a single volume condensed version of the Encyclopedia of Taekwon-Do. The encyclopedias have photos of every technique, stepping diagram, intermediate hand position (preparation), the application of each technique and pages of history. There is a copy of the 15-volume encyclopedia at: <http://www.swanma.com/index.php/info/book-library/taekwon-do/the-encyclopedia-of-taekwon-do> (\*read note from Sr. Master Todd following)

There are also many video clips on line with demonstrations, etc., again be cautious since they are not from the USTF. We cannot recommend any specific website that we trust is demonstrating one hundred percent correct technique. If you see something different than what you have been taught, refer to your instructor not the video. You can respectfully ask Sr. Master Todd or Master Bushor for a clarification. Many times what you view online is a misapplication of a technique, a bad camera angle, etc.

You begin learning new requirements in class after you are promoted, however your training does not stop when you leave the class. Read, study, watch and ask questions.

**\*Note from Sr. Master Todd:** There are numerous editions and updates to this encyclopedia. Any updates or changes to the encyclopedia after the death of General Choi in 2002 will not be incorporated at Axe Taekwon-Do unless first approved by the USTF. There are many seniors in other organizations that feel they can "improve" his initial teachings. There have been many unauthorized deviations allowed in the patterns and other techniques in other organizations that we will not follow. We will strive to stay true to the original teachings of General Choi and his creation of Taekwon-Do. Again, any changes will come to us from the USTF.

### **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.

### **Final Call! World Camp 2018 - By Sr. Master Todd**

I want to thank all who considered going to the Sereff summer camp. I am proud we will have 12 students joining me for a total of 13 attending this summer camp. There are still a few spots left if you would like to join us.

This is an entire week emerged in Taekwon-Do education, etiquette and training. It is a great way to build relationships with others in TKD around the world. Remember black belts need 8 hours of continuing education every year and this will more than satisfy your requirement. During the camp, we spend time hiking, standing in a waterfall and enjoying the peaceful scenery. Students travel to Snow Mountain Ranch in the Rocky Mountains for an entire week.



All students, 13 years and older, are invited to attend. Students under 13 may be permitted to go, but only with the written approval of me as required by the USTF. The total cost of the camp is **\$550.00 per student**, which covers housing, daily meals, a camp T-shirt, and all training by the highest ranked instructors in the USTF. ***WE CAN STILL MAIL IN YOUR Non-Refundable DEPOSIT of \$250.00.*** The remaining portion is **due by May 1<sup>st</sup>, 2018.** Payments can be made by check or credit card. Make checks out to STKD. Everyone that has gone to the World Camp has had an amazing experience! I hope you make it part of your summer plans!



The flyer is loaded on our webpage, listed below. Keep in mind this camp is held every other year. **If you have to pick one event to attend in 2018, this is it!** I will be one of the instructors at this event. Space is limited but **THERE ARE ONLY A FEW REMAINING SPOTS AVAILABLE!** As the event gets closer, I will schedule a meeting for any parents with questions. Please visit [www.axetkd.com](http://www.axetkd.com) to download the flyer and registration form.  
<http://www.axetkd.com/PDF/Event/USTFCamp2018.pdf>

***Sir, Yes, Sir!* - By Mrs. Deborah Ragone, IV Dan**

Entering the world of martial arts was like nothing I had ever experienced when I started Taekwon-Do almost 12 years ago. Although I was polite and courteous, the expectations in etiquette exceeded my “skill” level. Now I have grown accustomed to those expectations and appreciate them as part of my training. I want to share with you some of the lessons that I have learned along the way.

*Etiquette can be defined as the code of polite behavior in a society or among the members of a particular group. Etiquette is the most important, valuable and fundamental aspect in one's life. Etiquette is that hidden element which comes spontaneously from within a person's heart and is expressed in actions, behavior and/or speech. It is associated with personality and character building. Etiquette is not something, which is forced upon someone to abide by rules and regulations, but it is that element which flows naturally and automatically to make a person more readily accepted in our society. Etiquette enriches one's quality of life and thus gives a person peace and tranquility not only to oneself but also to society at large.*

General Choi designed his art to enhance all parts of us. We are to be more than just students who can kick and punch with good technique. He wanted us to be mindful beings and spread respect for each other-- for all humanity.

**The BOW**-As students we should begin class with a thoughtful and meaningful bow as we enter class. This is a way of greeting one another and showing respect to the art itself. We should bow three times in an attention stance and bend at the waist 15 degrees when entering or departing the school for the first and last time. We bow three times in this order, the Flag, the Instructor and finally to the students present. Start by being the leader and bow correctly—“No chicken head nods!” As you leave, remember to execute the three proper bows. I love seeing a student who bows correctly and shows the utmost respect!

**Your ATTITUDE**-No matter the type of day you have had outside of class, come to class and enter the do-jang with a willingness to learn-whatever that may be. Whether it is patterns, breaking, sparring, kicking, self-defense lessons, I guarantee all students will gain something during every class to further their training. For some, it might be patience or courage and yet for others it may only be two new moves in their pattern. No matter what you are training on that night, give it your all and share with others a positive attitude that displays a determination to make yourself better than when you walked into class that night. The Axe Taekwon-Do family needs to be that safe haven for all students. Good students will leave a positive impression on others and be uplifting to those around them!

**Give RESPECT**- Students remember the most important piece of our training in etiquette. Address each other with sir or ma'am. Listen and be silent when Senior Master Todd or others are speaking. When we are called upon by a senior, we are to stop immediately, respond with, “Yes, sir! or Yes, ma'am.” and then follow that request quickly. Too many of us are failing in this area lately. Finally, if you are not going to attend class, especially as a black belt, let Senior Master Todd know. Yes, it is to hold us accountable and yes, he may ask us why and try to get us in class anyway, but we have to remember, General Choi set up Taekwon-Do as a paramilitary art. Therefore, we must maintain that separation from seniors and juniors. It is not meant to be a power trip for anyone; we are merely giving respect to those who have trained in the art for a longer time and have sacrificed time to the art and to humble ourselves before others as well. Senior Master Todd has dedicated over 35 years to training hundreds of students, just like us. I think we can remember to honor his dedication and loyalty to us. Don't you? Please remember to text, email, call or message if you are going to miss class!



General Choi and Senior Grand Master Sereff

*“To help others develop and succeed in life is a reward itself and only has value when nothing is expected in return.”  
“Refrain from reckless and thoughtless actions. Be as calm and judicious as a mountain.”*

*-General Choi Hong Hi,  
Founder of Taekwon-Do*