

Happy Birthday - December

We want to wish a very Happy Birthday to the following members of the Axe Taekwon-Do family:

Jan 3: Master Bowing

Jan 31: Mr. DeVries



Is your birthday missing? If so, please email axetkd@gmail.com so we can be sure to celebrate!

Axe Taekwon-Do Annual Holiday Celebration and Cooking Competition

On December 18, prior to beginning a well-deserved two week break, We hosted our annual party and in-house competition. This special event brought us together to celebrate the accomplishments of the year and enjoy time as a school community. One highlight of the celebration is the cooking competition, and all entries are presented anonymously and numbered, allowing the entire class, including family members to vote for their favorite. The winning entry was awarded a \$75 voucher, which may be used toward any Taekwon-Do related event or gear.

This year's winner was Mrs. **Elizabeth Chamberlin**, 4th Dan, whose delicious macaroni grilled chicken pasta Milano earned top honors, Mrs. Chamberlin is a previous award winner, and we are grateful for her continued participation, as well as the enthusiasm and involvement of all Axe Taekwon-Do students and families who made this event a success. 2025 was a great year in Taekwon-Do and we look forward to 2026! Special thanks to all who worked behind the scenes to make the celebration a success.

Welcome Back - Holiday Break

Welcome back to all students after the holiday break. We hope everyone is feeling refreshed, energized and ready for an exciting year ahead. We are also thrilled to welcome several new white belts to Taekwon-Do. Starting Taekwon-Do is a big step and we are proud to have these students and their families joining the Axe Taekwon-Do family. Please take a moment and introduce yourself, offer encouragement, and help our newest members feel at home. A strong, supportive group is what makes our dojang such a special place.

Bad Weather—Class Cancellation Policy

Axe Taekwon-Do will only be closed due to bad weather if the **Youth Center is closed**. In most cases, if the base is closed, the Youth Center will be closed. Otherwise, classes continue as scheduled. If you have any questions or concerns, please feel free to reach out:

Email: axetkd@gmail.com

Text: 402-650-4399

Youth Center: 402-294-5152

In the event of a cancellation, I will keep everyone informed through text message, email and Facebook updates.



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Calendar Dates 2026

- Feb 21: USTF Knife & Weapons Seminar, Acworth, Georgia
- Mar 3: Black & Color Belt Testing, Axe TKD
- Mar 14: USTF Black Belt Testing, Sereff TKD
- Mar 28: Maestas TKD Tournament, Arvada, CO
- Apr 11: Axe TKD Tournament-Youth Center
- Jun 2: Black & Color Belt Testing, Axe TKD
- Jun 21-26, 2026 - Sereff World Camp
- Sep 1: Black & Color Belt Testing, Axe TKD
- Sep 12: Mar 14: USTF Black Belt Testing, Sereff TKD
- Dec 1: Black & Color Belt



Annual Black Belt—Luncheon

Our annual luncheon has been rescheduled to February 6 from 12:00 pm to 2:00 pm at the Pizza Ranch in Council Bluffs. The luncheon will provide an opportunity to Review Axe Taekwon-Do events from 2025 and to begin planning for 2026. It is an important time for discussion, reflection, and setting goals for the coming year. I hope all black belts can make time in their schedules to attend. The luncheon is fully paid for by Axe Taekwon-Do, and it will be a great opportunity to connect, reflect, and look ahead to another successful year together. Black belts please rsvp to GM Todd at axetkd@gmail.com



USTF & Axe Taekwon-Do Fees—2025

I am happy to share that for 2026, the prices for testing, seminars, and memberships will remain the same as they were for 2025. We will also continue to keep Axe Taekwon-Do testing fees unchanged for another year. Thank you for your continued support and we are excited to move into 2026!

Axe Taekwon-Do Testings Schedule

Currently I am planning promotion testings on the following dates: March 3, June 2, Sep 1, and Dec 1. These dates are tentative and may change for a variety of reasons. Any updates or changes will be communicated as quickly as possible. During these quarterly tests, every student is evaluated for potential promotion. Testing schedules are not fixed, as each student progresses physically and mentally at their own pace. I will continue to monitor those who become eligible to promote within the black belt ranks to ensure you continue to progress through Taekwon-Do and continue the legacy of General Choi, the Founder of Taekwon-Do and Sr. Grand Master Sereff, the Founder of the USTF.

USTF Annual Maintenance Membership Fee - due no later than March 30th

The annual USTF maintenance fee is coming again for 2026. The annual fee is \$75.00 for an individual. Family discounts are as follows. The fees are due no later than March 30th. I will send out an email to all on this subject. Students who joined the USTF in 2025 during the October - December timeframe do not pay the maintenance fee for 2026.

Family Discounts:

\$75.00 for the first family member
\$50.00 for the second family member
\$35.00 for the third family member
\$25.00 for the fourth family member

Tournaments—2026

As we move into 2026, several tournaments are planned throughout the year. I encourage students to choose events they are able to attend, with a goal of participating in **at least one tournament per year**. The tentative schedule:

March 28: *Maestas Tournament*, Apex Center, Arvada, Colorado

April 11: *Axe Taekwon-Do Tournament*, Offutt Youth Center, Bellevue Nebraska. All students are expected to attend this event. I am working the final details.

September: *Wyoming Tournament*, Casper, Wyoming

October: *Sereff Taekwon-Do Fall Tournament*, Broomfield, Colorado

Axe Taekwon-Do Tournament Set for April 11, 2026

Axe Taekwon-Do will host its **17th Annual Taekwon-Do Tournament** on **Saturday, April 11, 2026**, at the **Offutt Youth Center**. This highly anticipated event is a cornerstone of our program, and participation from all students is essential to making it a success. The tournament will run as a full-day event, beginning at **9:00 a.m.** and concluding by **4:00 p.m.** Competitions will include individual patterns, sparring, and team breaking, with students matched against others close in rank and age to ensure fair and exciting competition.

The tournament is open to all students, including our newest white belts. Black belts are required to participate in several tournaments each year depending on rank, while color belts are strongly encouraged to attend at least one tournament annually. This event conveniently fulfills that requirement without the added expense of travel. Registration forms and the official flyer will be emailed out soon. Payment options will include **Venmo** or check, with full details provided in the registration materials. More information will be shared as the event approaches. We look forward to a strong turnout and hope everyone can join us in making the **2026 Axe Taekwon-Do Tournament** a memorable and successful event.

2026 Sereff Taekwon-Do World Camp at Snow Mountain Ranch

The 2026 World Camp is currently full. If you are still interested in attending, please let me know and I will add your name to the USTF waiting list. Attending from Axe Taekwon-Do: Grand Master Todd, Master Bowing, Mrs. Ragone, Mr. Toppi, Ms. Grant, Mrs. Lewis and Mr. May. We are also excited to have a former Axe Taekwon-Do black belt, Ms. Lutzova, joining us from the Czech Republic.



I will be coordinating the travel details. As with the last camp, we plan to depart on Saturday rather than leaving early Sunday. We have to be at USTF HQ by noon on Sunday to travel as a group to the camp. More details will be shared soon.

For those that are attending, your next payment is due by **May 1, 2026**, and should be paid directly to me, payable to STKD. **The camp is officially full with 115 campers.**

Testing Expectations and Insight (Grand Master Todd)

During testing, students are evaluated far more than just the physical aspects of Taekwon-Do. Your testing actually starts the **day after your current promotion**. I observe how you conduct yourself around both juniors and seniors. Are you respectful, and polite always, or only when think you are being watched? Are you courteous to seniors in both age and rank? These things matter. I also notice how much time you dedicate to training. I know who trains diligently and who puts in the minimum required effort. Your **attitude and consistency** say everything.

While we do review the class roster to ensure no one is overlooked, I generally already know who is ready to test. If you put in the hours, your skill will follow.

What is evaluated during testing

During the actual testing, students are evaluated in the following areas:

- Hand techniques
- Kicking and multiple kicks
- Flying kicks
- Patterns
- Step Sparring
- Self-Defense
- Breaking
- Written or oral testing

Axe Taekwon-Do

Axe Taekwon-Do was formed in 2004 at Offutt Air Force Base. Grand Master Todd and (Retired) Sr. Master Bushor formed Axe Taekwon-Do which is an authorized school under the United States Taekwon-Do Federation.

USTF Taekwon-Do has been active at Offutt Air Force Base, Youth Center since 1988.

Classes are taught on Tuesday & Thursday.

Beginners: 5:30—6:30 pm

Advanced: 6:30-8:00 pm

Offutt Air Force Base Youth Center
Building 5085
Bellevue, Nebraska
Phone: 402-294-5152

Direct Contact Instructors

Grand Master Todd
Phone: 402-650-4399
Email: axetkd@gmail.com

Master Bowling
Phone: 402-917-3699
Email: arbowing11@hotmail.com

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No single area is more important than another. It is possible to provisionally pass even if one is weaker, however, failure to demonstrate required knowledge, such as your patterns, can result in failing the test. In my 43 years of teaching, I have failed very few students. In those rare cases, their **mental attitude** was the deciding factor. Today, if I believe a student is not ready, physically or mentally they will not be allowed to test.

Nervousness is normal. Most students worry the most about breaking. Interestingly, the students who worry about nothing are often the students that should worry the most. When I hear “I know my patterns”, typically the mean they have been taught the moves. All of us can make mistakes and we should keep our overconfidence to ourselves. I love confidence but it should not be arrogance. Again, a little nervousness is normal, if you are not nervous at all, maybe you are not taking the test seriously enough.

Testing is your opportunity to demonstrate what you have learned through months or years of training. It is **not** a time to show off, nor is not time for instructors to “surprise” you with new material.

Breaking Tips

Since breaking causes the most anxiety, here are some important guidelines:

- Be positive. Review the testing book early and make sure you can perform the required breaks.
- You may choose your breaks from the approved list but be prepared to perform any listed break.
- Don't look for ways to reduce difficulty. Challenge yourself.
- If you think, “It's only one board,” challenge yourself. Use your opposite hand or foot or select a more demanding break.
- This is not the time to try and impress me or set a “record”.
- Do not be afraid. You have trained for this. There are no **impossible breaks** in the testing requirements.
- Prepare mentally. Visualize your break days, or weeks in advance, never take a test lightly.
- Learn from your instructor's experience. You benefit from our past mistakes, listen and apply what we teach.
- Ignore the crowd. Shouts and advice from spectators are a distraction and most often incorrect. Proper alignment, distance, speed and technique are the keys for success.

For Spectators

Spectators are expected to remain **quiet and respectful**.

- Do not assist the students during the testing. The only “assistance” would be from the testing board and that is very rare.
- Applause is appropriate and encouraged **after** a student completes their break.
- Cheering during self-defense is discouraged. Allow the students to finish their routine then you can cheer.

Promotion testing is a meaningful milestone. You only experience one belt rank once. Make the most of it, train with purpose, and approach testing with confidence and respect.