



Mark your calendars! 2018 Training Opportunities and Testing Dates

Mar 10th – USTF Black Belt Test - CO	Jun 24-29th 2018 – Sereff World Camp 2018
Mar 12th – Fundraiser Dinner at Pizza Ranch in Papillion	Jul 14th – USTF Ho-Sin-Sul Course – Harrisburg, MO
Mar 17th – USTF Referee Course – Mexico, MO	Aug 4th – USTF Breaking Seminar – Grand Rapids, MI
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

USTF Knife & Weapons Course – February 24, 2018



Several students travelled to USTF Headquarters in Broomfield, Colorado to participate in this course. Mr. Giese, 6th Dan from Wyoming guided the course through 8 hours of self-defense. The following from Axe Taekwon-Do attended and have been credited with 8 hours of continuing education for 2018. Sr. Master Todd, Master Bushor and Ms. Bowing attended as refresher training. Mrs. Ragone, Mrs. Buckley, Mr. Buckley and Ms. Ragone attended as initial training. We will incorporate some of these techniques into our ho-sin-sul training.

Promotion Testing – February 27th and March 2nd, 2018



Due to the recent inclement weather, we held our promotion testing on two different nights. To clarify our Axe Taekwon-Do policy and expectations, **all students** should be present for promotion testing. This is to support your fellow students and foster the family environment that we strive to accomplish at Axe Taekwon-Do. Although attendance was lacking, the testing went well and all students showed personal growth in skill and understanding of the art. We will work with students individually on their performance and goals for the next promotion testing.

Ms. Chamberlin put on a spectacular display during her 3rd degree black belt testing. She completed all of her requirements and made her breaks look effortless. Ms. Chamberlin's dedication to her training was evident to all who witnessed her testing. We had a total of fifteen students test for various ranks.

Congratulations to the following students who will be promoted in March: Red Belt: Ms. Lizzy Linder. Blue Belt Red Stripe: Mr. Anthony Garber and Ms. Annyiah Simone. Blue Belt: Ms. Alysia Garber, Mr. William Fleming, Mr. Noah Moore, and Mr. Micah Moore. Green Belt: Mr. Andrew Callison, Ms. Leilani Param and Mr. Tyler Jensen. Yellow Belt: Mr. Amaury Slade. Ms. Chamberlin was promoted to 3rd degree black belt on her testing date.

The next promotion testing for Axe Taekwon-Do will be May 17, 2018.

Farewell – Moore Family



Since a majority of our students are attached to the military, we often lose students when they are reassigned. Leaving this month was the Moore family. Mr. Nate Moore is active Navy and has been reassigned to Florida. They have been a dedicated family and will be missed. Good luck to Mr. Nate Moore, Mr. Noah Moore, and Mr. Micah Moore. We hope that one day, they will return to Axe Taekwon-Do!

Fundraiser-Pizza Ranch- March 12, 2018

Mark your calendar for this Monday, March 12th. We will be serving guests and cleaning tables at Pizza Ranch from 4:00-8:00pm. A percentage of the evening's sales will be given to the Axe Activity Fund. Last year, we raised over \$400.00! **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! A sign up will be sent home this week! We will have an additional fund raiser on April 9th, 2018.

Promotion Testing & Eligibility – Sr. Master Todd

All belt testing consists of a practical test and a written/oral test. If students are in 6th grade or below, they will be given an oral test. The written/oral test will also cover information about your rank and any belt below you rank. During the practical test, a student will perform techniques required by the USTF Testing Syllabus for promotion to their next rank and a few techniques from previous ranks. On the testing board: Master Bushor, Ms. Bowing and myself.

Prior to being asked to test for your next rank, the following will be reviewed for every student:

- **Attendance:** Students must attend 85% of classes to be eligible to test. We offer six classes per week and I expect students to attend two classes per week. Testing is conducted every 3 months. Basically, for 12 weeks a student needs to attend 85% of the 24 classes, which is roughly 20 classes. In 12 weeks, we

offer 72 classes so it should be easy to meet the 20-24 classes in that period.

- **Technique:** I will either evaluate personally or ask Master Bushor or Ms. Bowing to evaluate every student individually. If there are questions if a student is ready to test, I will personally review their performance and make a decision on the testing.
- **Attitude:** We will also determine if a student has a positive attitude and is mature enough to progress to the next rank.
- **Tuition:** Students must be current on all tuition and fees prior to testing.

During the practical test, students are evaluated on a pass/fail basis on the following areas:

- Hand techniques
- Basic kicks, Multiple kicks (starting at green belt), Flying kicks (starting at yellow belt green stripe)
- Patterns (typically 3 patterns)
- Step sparring
- Self defense
- Breaking (starting at yellow belt green stripe)

Since we review every student's capability prior to allowing them to test, a failure during testing is almost impossible. There are, however, some reasons a student could fail a section though. If a student fails one area of the test, they cannot be promoted until they complete that section. In that instance, they are simply considered incomplete and will be promoted once all incomplete areas are passed.

Breaking – Sr. Master Todd



This can be one of the most stressful or feared part of class and promotion testing. So why do we break things? Breaking is the only area that we can test if a student can apply the theory of power. We cannot allow students to strike each other with full force for obvious reasons. However, we can observe a student's technique in breaking. One crucial area that we want students to achieve is precise focus and concentration.

I am looking to see if you can focus your technique and power into a single spot on a board or tile. As the USTF Breaking Seminar Instructor, I have extensive experience with this section of Taekwon-Do and will share everything I know with my students. All students start breaking at yellow belt green stripe. Following my training and trusting in that you CAN break with proper technique and without getting hurt. Breaking can sting and cause your hands to be sore, but that is part of proper conditioning. If the cause should arise, your hands have to be ready to take the impact. I wouldn't be a good instructor if I left out this part of Taekwon-Do. Remember you are competing against yourself. Breaking will challenge you both physically and mentally. No matter how many boards I know I can break, I challenge myself to break more. I try to improve every time, even if that means I may fail, I push myself beyond my limits. If you fear breaking, that is your next goal! Trust in your training!

For your information:

Plastic Boards/Wood Boards/Concrete Tiles – I have evaluated and have the choice in this school of what I have students train and what they break with for testing. I have found by experimenting over the past few years that the plastic board

teaches the technique necessary to be able to break wood and tiles consistently. Therefore, **all gup testing** is conducted with students breaking plastic boards. You will see different color plastic boards and the colors represent different break levels, example the green boards are equal to one wood board. Once students start testing for black belt ranks, they will break wood boards with their feet and concrete tiles with their hands. Are you excited yet? You should look forward to this and not dread this aspect of Taekwon-Do.

Future Goals: - Sr. Master Todd

I hope you are all striving to meet your personal goals in Taekwon-Do. My first goal was to become as good as Bruce Lee, but that was a little too far-fetched! Set your goals with a reasonable expectation. Perhaps, you want more self-confidence or you want to make your next belt. When I was a 1st degree black belt, a senior black belt asked me what was my future goal, and I said that I wanted to make 4th degree black belt because that was his rank. I thought he was the best black belt I had ever seen. He told me that was aiming too low. I felt a little defeated but understood that he wanted me to achieve more.

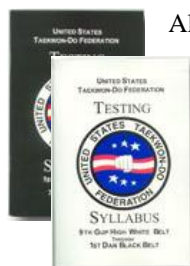


You have to set short and long-term goals. If you are a white belt, your short-term goal may be yellow belt but your long-term goal could be black belt. Several kids that have been promoted to black belt stated their goal was to make 9th degree black belt. That is a very long-term goal. At the very minimum, it would take you a minimum of 40 years. That is correct! It takes 40 years of at least two classes per week and all the other requirements to progress through the black belt ranks.

A basic timeline in the USTF looks like this:

Minimum Ranking-

- Train at least 33 months to test for 1st degree black belt
- Train an additional 18 months to test for 2nd degree black belt
- Train an additional 2 years to test for 3rd degree black belt (and be at least 16 years old)
- Train an additional 3 years to test for 4th degree black belt (and be at least 19 years old)
- Train an additional 4 years to test for 5th degree black belt
- Train an additional 5 years to test for 6th degree black belt
- Train an additional 6 years to test for 7th degree black belt
- Promotion to 8th degree and 9th degree are at the discretion of the USTF.
- An additional 7 years to be promoted to 8th degree black belt
- An additional 8 years to be promoted to 9th degree black belt



All requirements for testing and promotion to the various color belt and black belt ranks are specifically outlined in the USTF Testing Syllabus "white book" and the USTF Testing Syllabus "black book". These books can be purchased in class.

USTF Black Belt Continuing Education Requirement



To be considered *active* as a black belt for promotion consideration, you *must* obtain at least 8 hours of continuing education credit *every year* for that year to be considered active. These credits can only be obtained by attending the following USTF initial or refresher courses:

USTF TECHNICAL COURSE
USTF REFEREE SEMINAR
USTF HO-SIN-SUL COURSE
USTF GROUND TACTICS COURSE
USTF KNIFE AND WEAPONS COURSE
USTF BREAKING SEMINAR
USTF WORLD CAMP

Please Contact Sr. Master Todd if you have questions. Remember there is an excellent opportunity March 17th at the USTF Referee Course in Mexico, Missouri to obtain your hours and certification.

USTF Black Belt Testing – March 10, 2018

The USTF will host an upper dan black belt testing at USTF Headquarters, Broomfield Colorado on Saturday 3/10. We have a group of students leaving the Youth Center on Friday, 3/9 at 745am and will return on Sunday, 3/11. We are going to support the USTF in this exciting moment to observe the promotion of Sr. Master Steadman to Grand Master. Sr. Master Steadman has been a great friend and supporter of Axe Taekwon-Do.

USTF Referee Course – March 17, 2018 ***Black Belts obtain your hours by attending this course.

Fairchild Taekwon-Do in Mexico, Missouri will host the USTF Referee Course on Saturday, 3/17. The course will be taught by, soon to be Grand Master Steadman who is the National Director of Referees for the USTF. The course will provide certification and/or refresher training to the levels of A, B or C Referee. The cost for the course is \$75 for initial certification and \$35 for refresher training Registration forms/flyer is located at:

<http://www.axetkd.com/PDF/RefereeFlyerwAtch.pdf>

Remember, all students must obtain this certification by the following deadlines:

Class C: must be certified prior to 1st degree black belt testing (if older than 13, students under 13 must certify prior to 2nd degree black belt). You can certify at red belt (blue belt red stripe if an adult to Class C)

Class B: Adult students prior to testing for 2nd degree black belt.

Class A: Prior to testing for 5th degree black belt. This certification can be obtained earlier if you have the required experience. This course will provide black belts with 8 hours of their required annual continuing education training.

Dates of Interest:

March 12th-Fundraiser Dinner at Pizza Ranch

April 9th – Fundraiser Dinner at Pizza Ranch

***Apr 21st – Axe Taekwon-Do Tournament** – Bellevue, Nebraska. We need all axe Taekwon-Do students to attend. The flyer is located at:

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

May 1st – USTF Camp Final Payment Due

June 24-29th – Sereff World Camp

Jul 14th – USTF Ho-Sin-Sul Course – Harrisburg, MO

***Aug 4th – USTF Breaking Seminar** – Grand Rapids, Michigan. Taught by SM Todd, flyer is located at:

<http://www.axetkd.com/PDF/MIFlyer.pdf>

The event is about a 9 hour drive and closer than when we travel to Casper, WY. All Axe Taekwon-Do students are invited. I would love to have my students there to support me and show others their breaking skills!

Aug 25th – Kirksville TKD Tournament

Sep 15th– Casper TKD Tournament – WY

Oct – Sereff TKD Tournament - CO