



*Birthdays in March*



Happy birthday to the following students of Axe Taekwon-Do: Ms. Ragone, Ms. House, E., and GM Todd . Please email Grand Master Todd at [ustfneb@cox.net](mailto:ustfneb@cox.net) if your name is not listed.

***USTF Tournament—Arvada, Colorado:***



The first tournament of the year was held by Maestas Taekwon-Do in Arvada, Colorado, on March 19th, 2022. The tournament featured individual sparring, patterns and power breaking.

The following students travelled to this tournament. Grand Master Todd, Mrs. Ragone, Mr. Palmer, Ms. Grant, Mrs. Lewis, Ms. Kelly, Mr. May, Mr. Johnson, W., Mr. Johnson, J., Ms. House, J., Mrs. Kelly, Mr. House, Mrs. House and Ms. House.



Axe Taekwon-Do did an outstanding job and here are the medal winners:  
Overall School Trophy—Axe Taekwon-Do, 2nd place.  
5th Degree Black Belt Division: Mrs. Ragone,

gold medal in breaking and a silver medal in sparring.  
4th Degree Black Belt Division: Mr. Palmer, gold medal in sparring and a bronze medal in patterns.  
3rd Degree Black Belt Division: Ms. Grant, gold medal in patterns.  
Red Belt Peewee Division: Ms. Kelly, gold medal in sparring and a gold medal in breaking.  
Blue Belt Peewee Division: Mr. May, gold medal in breaking.  
Green/Blue Belt Adult Division: Mr. Johnson, W., gold medal in breaking.  
Green/Blue Belt Peewee Division: Mr. Johnson, J., silver medal in sparring.  
Yellow Belt Adult Division: Mr. House, gold medal in breaking and a bronze medal in patterns.

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Calendar Dates

- Apr 23rd—Technical Course—CO
- May 1st—Final payment for Summer Camp due—\$345
- May 26th—Axe TKD Testing
- Jun 19-24—Sereff World Camp
- Aug 25th—Axe TKD Testing
- Aug ?? - Tournament—MO
- Sep 17th—Tournament—WY
- Oct 15th—Referee Seminar—CO
- Oct 16th—Tournament—CO
- Nov 17th—Axe TKD Testing

***USTF Tournament—Arvada, Colorado (Continued)***

Yellow Belt Adult Division: Mrs. Kelly, gold medal in sparring, gold medal in breaking, and a silver medal in patterns.

Yellow Belt Peewee Division: Ms. House, J., silver medal in sparring.

Yellow Belt Peewee Division 2: Ms. House, E., silver medal in sparring.

The next tournament will be sometime in August in Kirksville, Missouri. There will also be opportunities for tournaments in September in Casper, Wyoming, and in October in Broomfield, Colorado.

***USTF Technical Seminar — Thornton, Colorado:***

The USTF Technical Seminar will be held at the Thornton Community Center on April 23rd. The seminar is hosted by USTF Headquarters and will be taught by the USTF Technical Director, Grand Master Winegar. This course is limited to Red belt and black belts only. The course is scheduled to run from 830 am to 230 pm. This course is highly recommended for all black belts. You should attend this seminar once per testing cycle, example you are a 3rd degree black belt, you should attend at least once between 3rd degree to 4th degree. As with any seminar the more you attend the better

you will become in Taekwon-Do. **All forms and payment need to be turned into Grand Master Todd by March 31st. Checks are payable to USTF.**

We can plan rooms and rides or you can travel on your own. The cost for this course is \$100.00. The registration form is located at:

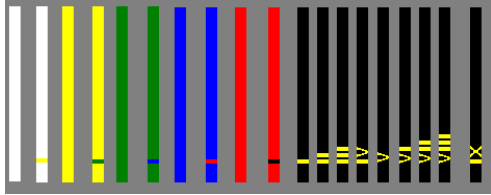
<http://www.axetkd.com/PDF/USTFTechCourse.pdf>

The following students have indicated they are attending: Grand Master Todd, Master Bushor, Mrs. Ragone, Mr. Toppi, Mrs. Buckley, Mr. Buckley, Ms. Chamberlin, Mrs. Duralia, Mrs. Chamberlin, Ms. Grant, Ms. Buckley, Ms. McDermott, and Ms. Lewis. This course provides 8 hours of continuing education. It is recommended that black belts attending this course once per promotion cycle.

***Sereff World Camp—2nd payment due—May 1st:***

I sent in 20 camp registrations for the following students to attend camp this year. Grand Master Todd, Mrs. Ragone, Ms. Ragone, Ms. Grant, Mrs. Lewis, Ms. Kelly, Mrs. Kelly, Mr. Kelly, Ms. House, J., Ms. House, E., Mrs. House, Mr. House, Mrs. Buckley, Mr. Buckley, Ms. Buckley, Mr. Toppi, Mr. Palmer, Mr. Garber, A., Mr. Garber, D. and Mr. Jensen.

The remaining balance of **\$345 is due by May 1st**. I will send this into USTF HQ for all that are attending.



### ***Promotion Testing—Axe Taekwon-Do:***

The next scheduled test will be May 26th at the Youth Center. We will notify all students that will be testing in late April or early May. Future promotion testings will be held in late August and in late November.

### ***Axe Taekwon-Do Training Location:***

We are hopeful that we can remain at the Offutt Youth Center in June, July and August. Currently we are under contract to be there until the end of May and return in September. We are still working on this, but do not worry we will find another location to keep our year round program running smoothly. We will train and continue to teach and promote Taekwon-Do.

### ***USTF Tournament—Kirksville, Missouri:***

More information coming soon for a August 2022 tournament in Kirksville, Missouri. We always send a strong contingent of students to this event.

### ***USTF Tournament—Casper, Wyoming:***

The 22nd Annual Wyoming tournament will be held September 17, 2022 in Casper, Wyoming. We typically send students to this tournament and the event Sparring, Patterns and a Team Breaking Division. More on this later. You can read the flyer and registration information at: <http://www.axetkd.com/PDF/WyInvit2022.pdf>

### ***USTF Tournament—Broomfield, Colorado:***

The Annual Sereff Taekwon-Do tournament will be held either October 16th, 2022 or October 23rd, 2022 in Broomfield, Colorado. This is the largest event for tournaments and we typically send most of our students to this event. More on this later.

### ***Tournament Competition: - Grand Master Todd***

There are many reasons you may do well and still not win a medal in a tournament. As we teach students to strive to be humble, complaining about a referee or other competitors is not allowed and really a sign of disrespect. Yes, there may be something a referee did not see but they are all doing the best they can and remember these referees are unpaid officials. They are volunteering their time for our events. Black belts in our school can tell you that being a referee is not an easy job. So, what can you do as a competitor to ensure you are prepared for competition?

Practice your basics, stances, power, and fluidity. Constant repetition teaches patience and the resolve to overcome difficulty. Practice your pattern over and over until it becomes second nature, and you finish it every time with minimal mistakes or pauses. Patterns teach flexibility, grace, balance, and coordination while the fundamental exercises develop precision and teach the method, principle, imagination, and purpose. This would also help you prepare for testing.

Sparring teaches humility, courage, alertness and accuracy, adaptability as well as self-control. However, sparring is ***not*** self-defense, nor is it full contact fighting. Sparring has many rules and procedures in effect to protect the safety of the competitors. The number one rule for a judge is to ensure the safety of the competitors. Contact to the face is allowed but we strive to keep it at “light contact.”

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## Axe Taekwon-Do

Axe Taekwon-Do was formed in 2004 at Offutt Air Force Base. Grand Master Todd and 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. The classes were originally founded by Mr. Vince Dowd, a 3<sup>rd</sup> degree black belt from Colorado. In 1989, the late Sr. Master Gary Meek took over the classes and renamed the school Meek's International Taekwon-Do. In 2004, the school was renamed Axe Taekwon-Do and Grand Master Todd and Master Bushor took over the teaching.

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

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### *Tournament Competition (Continued):*

You need a partner to practice sparring, but you can shadow spar with an imaginary opponent. Pick out 5-6 of your favorite techniques and drill those in your memory, practice them a few hundred times until they are natural. This will also help you in sparring. As some of you found out sparring matches are 2 minutes in length of continuous movement. Tournaments held at higher altitude can drain you. Work on your conditioning by walking, running, sprinting or anything you can add to your Taekwon-Do training to increase your endurance.

Breaking is a test of concentration, power, and proper technique. It is, however, no more important than any other aspect of Taekwon-Do. It is one area that causes many students the most anxiety. Practice your focus by hitting or kicking a target and aim for consistency. This will help your breaking success.

Remember that a shelf full of trophies does not mean that the student has mastered the art of Taekwon-Do or that you can defend yourself. You still must practice self-defense techniques that could not be used in a tournament. Finally, regular attendance in class will help you the most. As we approach a tournament date maybe consider attending more than one class per night.

### *Recruiting:*

We need more students in the class. Please help us by recruiting your family and friends. I have requested the Youth Center to run their marketing again, but you are the best source for recruiting new students. We enjoy the family feeling in Axe Taekwon-Do, help us grow that family!