

Happy Birthday - March

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

Mar 2: Mrs. Williams
Mar 13: Ms. Ragone
Mar 16: GM Todd



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

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

We have met this deadline with your assistance. I appreciate everyone completing this extremely important task for the USTF.

Promotion Testing March 3

Congratulations to all who tested! A feature article with selected photos will be included in the National USTF Newsletter in April. In addition, all event photos have been posted on my Facebook page for your viewing. If you have any questions, please feel free to email me. Please note that I typically receive over 500 photos at each event, not all images are suitable for print due to factors such as motion, lighting, and timing. Everyone did an excellent job, and your hard work truly showed. Be sure to begin preparing for the next testing on **June 2, 2026**.



Congratulations to the following students on their promotions:

1st Degree Black Belt: **Mr. Logan DeVries**
1st Gup Red Belt Black Stripe: **Mr. Michael Willams**
3rd Gup Blue Belt Red Stripe: **Mr. James Williams**
4th Gup Blue Belt: **Ms. Aurelia Steinberg, Ms. Addison Taylor, and Mr. Jeremiah Steinberg**
6th Gup Green Belt: **Mr. Carson Suggs and Mr. Brendon Roman**
7th Gup Yellow Belt Green Stripe: **Mr. Easton Walsh**
8th Gup Yellow Belt: **Mrs. Jennifer Williams and Ms. Liliana De La Cerda**
9th Gup White Belt Yellow Stripe: **Mr. Oliver Kettner**



Inside this issue

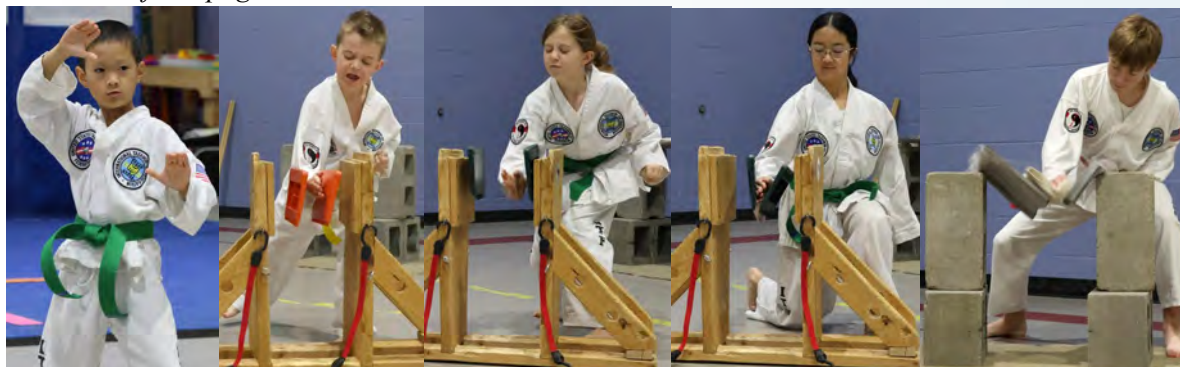
Birthday/Maintenance Fee.....	1
Testing.....	1
Testing/Tournaments.....	2
Camp/Competition Comments.....	3
Competition Comments.....	4

Calendar Dates 2026

- 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 - Colorado
- Sep 1: Black & Color Belt Testing, Axe TKD
- Sep 12: Mar 14: USTF Black Belt Testing, Sereff TKD
- Dec 1: Black & Color Belt Testing, Axe TKD

Promotion Testing March 3

Continued from page 1



Mr. Steinberg

Mr. Walsh

Ms. Taylor

Ms. Steinberg

Mr. DeVries

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

This tournament is located in Arvada, Colorado. We have been attending this tournament for several years. We have rooms reserved and can share that information if you are going to attend. We can also provide rides if necessary. At this time we have the following indicating they would attend: GM Todd, Master Bowling, Mrs. Ragone, Mr. Buckley, Ms. Grant, Mr. DeVries and Mr. Cordova (7). It would be great if a few more joined us for this event. You can read more and register by going to: [MaestasTournament](#) Please email axetkd@gmail.com if you have any questions.

April 11: Axe Taekwon-Do Tournament, Offutt Youth Center, Bellevue Nebraska

All students are expected to attend this event. 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. We will discuss this more in class.

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. 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. You can read the flyer and registration form at: [AxeTKDTournament](#). Payment options include **Venmo** or check.

September 26: Wyoming Tournament, Casper, Wyoming – More information soon

October: Sereff Taekwon-Do Fall Tournament, Broomfield, Colorado – More information soon

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 Bowling, 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.**

Competition-Tournaments Evolve - GM Todd

It may seem to some students and parents that we participate in a lot of tournaments. In reality, we only participate in a few each year, and it is highly beneficial for students to attend 2-4 tournaments annually.

When I was a color belt and a lower ranking black belt, we attended nearly every tournament available, regardless of the style or rules. This gave us an opportunity to compete about 6 times per year (depending on our military schedule). These events were considered “open” and point-style tournaments. Unfortunately, there was some bias toward Taekwon-Do and referees were neither certified nor properly trained. Judging was inconsistent. Hometown schools and styles were frequently favored, that meant in order to win you had to completely dominate an opponent.

Patterns competition was especially challenging. Our Taekwon-Do patterns are designed for maximum power and effectiveness, not visual appeal. Judges at these tournament often preferred longer, more decorative patterns, consisting of 40-50 movements, compared to our shorter, more powerful patterns.

Breaking was rarely an event at open tournaments. Many styles either did not practice breaking or manipulated a setup to make it appear more difficult than it truly was. This could include using spacers between boards (coins, rulers, pencils), drying boards to break easier, or even using thinner boards. In contrast we use proper breaking materials without spacers to include approved rebreakable boards.

Sparring, however, was an area where our Taekwon-Do students excelled. In point sparring, the first clean contact scores, and speed is critical. If you were quick, matches could be over in seconds. Through hard training, I was fortunate that many of my matches were over very quickly.

Today, our competition in the USTF experience is significantly improved. We demand good sportsmanship and all of our officials are certified. I often competed with a “chip” on my shoulders to prove that Taekwon-Do and the USTF were the best martial arts. There is no need for this attitude. Taekwon-Do has proven its effectiveness and we are in an organization that was founded by **Sr. Grand Master Sereff**, who was directly under the Founder of Taekwon-Do, **General Choi Hong Hi**.

Continued on the next page

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.

Continued from the previous page

Competition-Tournaments Evolve - GM Todd

We focus on **USTF-sanctioned tournaments** which ensures a fair and equal competitive environment for all participants. While there are still occasional issues at tournaments, they are quickly addressed in a fair fashion.

I understand that cost can be a concern when attending tournaments. To help with this we encourage carpooling and shared accommodations. We are also willing to transport students if needed. Participating in the out-of-town tournaments will create lasting memories and strengthen your knowledge of Taekwon-Do.

You may occasionally hear about “Olympic Style Taekwon-Do,” also known as Sport Taekwon-Do. This associated with a different governing body and differs greatly from what we practice. Honestly, it is not the same martial art. In that format, competitors can punch and kick the body with full contact, but only kicks are allowed to the head. “Players” wear protective gear including vests, and matches can be won by points or a knockout. We allow none of that.

It may be interesting to watch, but it is important to understand that is not our approach. We practice and teach the **Original Style of Taekwon-Do**, maintaining the techniques and philosophy as they were originally developed. Our focus is on producing technically proficient students who can effectively defend themselves and carry forward the legacy of traditional Taekwon-Do.

If you train consistently and put forth your best effort in class, competition becomes a natural extension of your training. The real challenge is taking the step to enter and participate in events. Doing so builds confidence and personal growth.

If you are weak in one core area of competition (patterns, sparring or breaking) make it your personal goal to improve in that area. Avoid defeatist statements like “*I hate patterns*,” “*I am terrible at sparring*”, or worse, “*I am too weak for breaking*”. I have heard them all and many more.

This kind of mindset only holds you back from progress.

Instead, commit yourself to strengthening your perceived weaknesses. With consistent effort, focus, and determination, you will improve. Every student has the ability to grow, but it starts with the willingness to try and the discipline to keep working.

Remember, the window for competition is relatively short. Age, physical condition, and your rank will eventually transition you out of that phase. Taekwon-Do can be practiced for a lifetime; the opportunity to compete passes quickly. Take advantage of it while you can.

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