



## Mark your calendars! 2020 Training and Testing Dates

<b>Nov 19<sup>th</sup></b> - Axe Taekwon-Do Testing	<b>Dec 24<sup>th</sup> – Dec 31<sup>st</sup></b> – Axe Taekwon-Do Close Holiday
<b>Nov 26<sup>th</sup></b> – No Class Thanksgiving	<b>Jan 5<sup>th</sup></b> – Return from Break

*All articles in this edition are by Sr. Master Todd*

### Axe Taekwon-Do Training

The slight adjustments are finished and we can continue to train until at least the end of November at the Powerhouse Facility. The facility is at the Powerhouse Facility located at 10922 S. Old 36<sup>th</sup> Street in Bellevue. It is northeast of Culvers off of 36<sup>th</sup> street.



### Tuition

We are now collecting monthly tuition. You can pay in person during our scheduled workouts or you can mail your checks to me, payable to Axe TKD. If you are sending by mail the address is 3355 Rahn Blvd, Bellevue, NE 68123.



The cost is \$50 per student or \$80 for a family rate. We may be able to process with Venmo, please contact Sr. Master Todd for details.

### Axe Taekwon-Do Testing

The next testing will be in November. I will look at all color belts to see if they are ready for testing. A special advance notice. The following are eligible to be considered for testing in the black belt ranks. 5<sup>th</sup> degree black belt, Mr. Toppi. 2<sup>nd</sup> degree black belt, Ms. Param, M., Mr. Garber, A., and Mr. Matos, Kiel. 1<sup>st</sup> degree black belt, Mr. Callison & Mr. Grgas, J. *Remember this listing shows you are “eligible – time-wise”.* Everyone will still be evaluated to see if they are ready to test. Any questions can be directed to Sr. Master Todd.



### Social Media

If you spend much time on social media, you may read some of the comments that are often derogatory, racist, or intended to incite a reaction from others. I do not believe any of my students at Axe Taekwon-Do participate in such nonsense but I want to share my thoughts with you. While this mainly is directed at black belts, it applies to all students. When I joined the military, I was aware that I gave up certain freedom to voice my opinions as I wanted, and if necessary, I would be reminded, often harshly. Remember Taekwon-Do is a martial art with a military background. When you start in Taekwon-Do, I expect a different set of behaviors than I would from an employee at my office. We require courtesy, etiquette, and discipline. As you progress through the ranks, more is expected of you. When you are a black belt, you are expected to be a role model and leader inside and outside of the Taekwon-Do school. We are judged by our actions and reactions, but as your instructor, I want you to maintain a positive image and role model. Do not become involved in arguments about politics, religion, or other topics. Take the high road and be an example of how we all want to be treated, with courtesy and respect. If I have “friends” outside of Taekwon-Do that are too rude or posting too many offensive things, I either “unfriend” or “unfollow” them. My status as a senior, leader and a black belt in Taekwon-Do is too important to me. So to emphasize, be a leader in the digital community! From my professional job where I review hundreds of resumes a year, I can guarantee whatever you are posting (pictures or language) can and will be reviewed by your future employer. While it may not seem fair that an employer would judge an applicant on something they posted years ago, it occurs.

### From General Choi, the founder of Taekwon-Do:

**SELF-CONTROL** (*Guk Gi*) This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

### **When can we attend Taekwon-Do events?**

As we enter into the seventh month of the COVID-19 pandemic, we still do not have answers to when we can return to the Youth Center or when we can attend Taekwon-Do seminars or events. I wish I could provide an answer for you. Typically, we would attend a tournament in October and that would be the end of the tournament season until April. I am hopeful that we can have our tournament in April 2021, as we approach that date it of course will depend on where we stand on the fight against COVID-19. I will continue to teach Taekwon-Do wherever, whenever, and to whoever can train. I made a promise to myself when I was a blue belt red stripe to continue teaching Taekwon-Do as long as I can. For those that do not know, I have always had my own Taekwon-Do school since my blue belt red stripe when I inherited my first school in Wichita, Kansas. I still wonder how I ever had the self-confidence to do that as a young 20-21-year-old.

Keep training and attending class regularly and we will be through this and back to attending events in the future and this will all just be a memory.

### **Black Belt Lunch & Holiday Party**



At this time, I have not decided on the Annual Black Belt Luncheon or Class Holiday Party. We will see where Nebraska is sitting on COVID-19 and make our plans from there. I have not cancelled either of these events at this time.

### **Fundamental Exercises** **General Choi Hong Hi** **Founder of Taekwon-Do**

Certainly, the most important asset any training hall can have is a good instructor. There is no substitute for a well-trained, intelligent, perceptive, and patient instructor. Occasionally, however, a student may find himself in an area where he is not able to train under a qualified instructor. A student may find the need to practice by himself from time to time; or there may be instances when an individual is sincerely anxious to learn Taekwon-Do but neither has the means nor time to travel to a distant training hall. In these cases, a dedicated person may be able to use this book as a guide. To truly gain a complete comprehension of these techniques. However, a student will have to spend some time under the tutelage of a black belt instructor.

The sequence of fundamental exercises described here is neither absolute nor inflexible. It is, however, a sequence found to be most beneficial for the student, especially beginners. Fundamental exercises are considered the backbone of Taekwon-Do for the students can learn a great number of additional movements that are found neither in patterns nor sparring.

Obviously, the pattern cannot be performed effectively without sufficient knowledge of the fundamental movements involved. The student is therefore advised to exercise each fundamental movement correctly and thoroughly one by one before attempting to practice his pattern or sparring.