



*Editors note: All articles are written by GM Todd unless otherwise noted.*



***Birthdays in July:***

Happy birthday to the following students of Axe Taekwon-Do: Mrs. Lewis (13th), and Sr. Master Bushor (29th). Please let me know if I am missing anyone who has a birthday in July.



***Axe Taekwon-Do Promotion Testing—August 29, 2024—Offutt YC***

The next scheduled testing will be on August 29th at the Youth Center. We will pass these forms out to those eligible by August 8th. We want all fees and forms returned by August 27th. If you have any questions please contact me, Grand Master Todd, Sr. Master Bushor or Master Bowling.

***Sereff TKD Fall Championship—October 20, 2024—Broomfield, Colorado***

I sent out an email to all on July 11th and I will need to receive an answer from every student concerning this tournament. The USTF Sereff TKD Fall Championship in Broomfield, Colorado. The event will be on Sunday, October 20<sup>th</sup>, 2024. It will be held in Broomfield High School from 9 AM – 430 PM. This tournament will feature over 45 divisions including individual sparring and patterns. There will be team breaking with 5-person teams. All information is included on the forms which are on the Axe TKD website and were included in the group mailing.

You can travel with the group or on your own. We will let you know where you can stay if you want to stay with the group and you will be responsible for booking your rooms. Again, let me know if you will attend and if you need assistance with rooms and/or rides. Since this tournament is on a Sunday I plan to leave on Saturday and return on Monday (we can alter this schedule if necessary, to include returning on Sunday). This will probably be the only tournament we attend for the remainder of this year. The flyer and registration forms are available for download at: <https://www.axetkd.com/PDF/Tournaments/STKDTourn.pdf>.



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**Calendar Dates 2024**

- Aug 29—Axe TKD Testing
- Oct 20—Sereff Tournament
- Oct 31—No class Halloween
- Nov 21 —Axe TKD Testing
- Dec—BB Holiday Lunch
- Dec—Class Holiday Party

*Self Defense Course*

I will be teaching a self defense course starting on August 20th, this course will run at the same time as the 530 class but I will move to the other end of the gym. I would appreciate you passing this information out through your social media or to your friends. I have been fortunate that this program has brought several students into our regular Taekwon-Do program.

*Class Price Change—Final Reminder*

Previously I sent an email and several newsletters informing you that the Youth Center must discontinue the family rate for classes. After discussion with the Youth Center Director, it was decided we would lower the individual rate from \$75 per month to \$70 per month. However, the \$70 per month applies to all students regardless of family size. We researched other Military Programs, and the family rates are being discontinued. I do believe that we have a great martial arts program here with Taekwon-Do and that is still a bargain compared with other local martial arts programs. To repeat from my email, I pride myself and our black belts in ensuring they have attended all courses to be certified to teach Taekwon-Do, I have more than 40 years of experience in teaching and hope you agree we have a quality program. Typically, the cost of classes per student “off base” ranges from \$125 to \$275 per month per student. I don’t have the fancy martial arts gym or other luxuries, but I do believe I have a solid understanding of Taekwon-Do and I hope you continue learning from our Taekwon-Do program. Again, you may find examples of schools that charge “initial” rates that look good at first glance, but you must commit to multiple months in a contract that raises pricing. This change will be effective September 1, 2024.

*Tournament Competition Requirements:*

For promotion to:

- 1st degree black belt a minimum of one USTF tournament is required as a participant.
- 2nd degree black belt a minimum of one USTF tournament is required each year as a participant.
- 3rd degree black belt a minimum of two USTF tournaments are required each year as a participant.
- 4th degree black belt a minimum of three USTF tournaments are required prior to testing.
- 5th degree black belt a minimum of four USTF tournaments are required prior to testing.
- 6th degree black belt a minimum of five USTF tournaments are required prior to testing. Once you obtain 6th degree you are not competing in tournaments.

***Tournament Official Requirements:***

For promotion to: 2nd degree black belt you must participate as an official in at least two USTF tournaments.

3rd degree black belt you must participate as an official in at least two USTF tournaments.

4th degree black belt you must participate as an official in at least three USTF tournaments.

5th degree black belt you must participate as an official in at least four USTF tournaments.

6th degree black belt you must participate as an official in at least five USTF tournaments.

7th degree black belt you must participate as an official in at least six USTF tournaments.

***Expectations:***

At Axe Taekwon-Do you have probably discovered that during our classes or events we expect our students to train hard. I can fix techniques that requires hard work, but you must also train on your own to produce results. The primary function of an instructor is to produce technically proficient students who can defend themselves while becoming a great example of the tenets of Taekwon-Do. This is a hard martial art, not a class or style to simply “work out”. If you come to class with an open mind, train hard, and practice outside the class you will see results. As with most things in life you get out of it what you put into it.

***Etiquette:***

One area that I would like to see improved is etiquette. Remember that martial arts are based upon discipline and etiquette. This is what separates us from the “Karate classes”, “Cardio classes” or the fly by night schools that promote students to black belt within one year. We expect and demand etiquette. It is demanded by all students from white belt through 9th degree black belt. Everyone is addressed as mister, miss or misses. You are required to bow to students prior to and after talking with them. We must continue to work on this. You are also required to notify me when you are not going to attend class. You can email: [rtodd@pheblaw.com](mailto:rtodd@pheblaw.com), or call/text to 402-650-4399. You will not receive a lecture or be required to explain your absence, it is just a form of courtesy. I looked back over monthly newsletters and I have been requesting this since 2004.

***Art or Way: (Reprint)***

This is an article I wrote in 2004 but I think it is worth reading again. For some of you it is probably the first time you have read it. I have edited it as my writing style has changed over the last 20 years.

I am going to briefly discuss the art or way of Taekwon-Do in my opinion. The DO in Taekwon-Do is translated as the art or way.

All of us start martial arts for different reasons. Reasons vary from exercise, self-confidence, something fun to do, self-defense, or other reasons. Whatever the reason you started you are really cheating yourself and the art if you don't pay attention to the art or way. This is what separates us from other martial arts including the various schools that call themselves Taekwon-Do. We want students to learn about all aspects of Taekwon-Do. We keep the mental knowledge minimal for the kid's class but expect more in the advanced class. You have to understand more than just how to perform your pattern. You must understand all the techniques required for your belt and the belts below you. Can you fully explain everything about your techniques including the proper name, where to strike an opponent and with the correct striking tool? If not, you are missing out.

## 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 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

Grand Master Todd  
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### *Art or Way: (Reprint) - continued*

Do you understand the reason your pattern was named? The art or way demands that you question everything and try to know as much as possible about each technique.

There are many times when a student feels they are ready for promotion and they really have not learned everything required for their current rank. A good example is a side piercing kick. You learn this kick at white belt yellow stripe and really don't perfect the kick until you are a black belt. If you train hard, you might be able to attain a black belt in about 3 ½ years. You may think 3 ½ years to have a good side-piercing kick? I would say yes, you must be able to throw it without thinking about the proper knee and foot alignment. It has to be an instant reaction to a threat or when it is needed. This is why in sparring you may feel "I should have thrown..." but your mind isn't fast enough to throw the technique. This is because you have not been mentally and physically conditioned to react naturally and instantly. There is nothing in Taekwon-Do that is natural, we normally don't pick up our feet higher than our knees, so all kicking and other techniques have to be worked on extremely hard. This is all in the pursuit of the art or way of Taekwon-Do. Do not rush to learn additional techniques. You should work hard on what you have learned and attempt to master each technique before moving on to the next.

Sadly, many other martial arts push students fast to be promoted either because the instructors don't understand the art or way or because of a desire to make more money. What good is this? You will have technically inferior students. Taekwon-Do in the past was something to be proud of and if you stated you were a green belt, people were awed and mystified that you were taking something that required hard training. Now people will even disrespect the black belt. If you mention that you are a black belt (any rank) people will immediately state they know someone who received their black belt in 2 years or that is 12 and a 3rd degree or something ridiculous. These students are promoted without understanding the art or way of their art. *End of part one, part two will continue in August.*

### *Future Events—2024*

**August 29, 2024:** Axe Taekwon-Do Testing.

**October 20, 2024:** Sereff Taekwon-Do Tournament, Broomfield, Colorado

**November 21, 2024:** Axe Taekwon-Do Testing.

**December:** Black Belt holiday luncheon

**December:** Axe Taekwon-Do holiday party

### *Future Tests—2024*

All color belts are considered for testing and promotion quarterly in February, April, August, and November. There are many factors that are considered before we allow a student to take a test. I am providing the following tentative dates for black belts. It will provide the black belt student with a goal, but I will decide, based on your skill, attitude, qualifications, and attendance.

**August 29**—Mr. Buckley to 5th degree black belt.

**November 21**—Ms. McDermott to 3rd degree black belt.

The above black belt names are simply a forecast of potential dates, this can change depending on the student's attendance, health, etc.