



Grand Master Ricky Todd

WEB: AXETKD.COM
EMAIL: AXETKD@GMAIL.COM
2502 Hruska Blvd
Bellevue, NE

AXE TAEKWON-DO

NEWSLETTER

September 2026

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MARK YOUR CALENDAR

Oct 3: USTF Referee Seminar, Bellevue, NE

Oct 29: Halloween Workout

Nov 26: Thanksgiving

Dec 1: Black & Color Belt Testing, Axe TKD

Dec 3: Youth Center closed for TKD

Dec 24: Christmas Eve

Dec 29-31: Closed for Holidays

Happy Birthday - September

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

Sep 3 – Mr. A. Steinberg
Sep 5 – Ms. Amy Buckley
Sep 6 – Mr. Dameon Garber, D.
Sep 9 – Mrs. Sharon Buckley
Sep 17 – Mr. E. Vasquez-Vega
Sep 24 – Mr. J. Steinberg



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

Promotion Testing September 1

A **combined color belt and black belt promotion testing was held on Tuesday, September 1**, at the Offutt Youth Center. Students were tested from White Belt to 4th Degree Black Belt. The event was graded by Grand Master Todd and Master Bowing. Mr. Toppi, 6th Dan was the Testing Director. Congratulations to all that advanced in rank.

Promoted

4th Degree Black Belt: Mr. Anthony Garber and Ms. Melanie Ostrander.

1st Degree Black Belt: Mr. Collin May, Mr. M. Cordova, and Mr. M. Williams.

1st Gup Red Belt Black Stripe: Mr. J. Williams

2nd Gup Red Belt: Ms. A. Steinberg, Ms. A. Taylor, and Mr. J. Steinberg.

4th Gup Blue Belt: Mr. B. Roman

5th Gup Green Belt Blue Stripe: Mr. E. Walsh

6th Gup Green Belt: Mrs. Jennifer Williams and Ms. L. De La Cerda

9th Gup White Belt Yellow Stripe: Mr. E. Vasquez-Vega

Testing at a later date were:

8th Gup Yellow Belt: Ms. J. Koffman, Ms. L. Koffman, and Ms. N. Koffman





Mr. Vasquez-Vega



Ms. Steinberg
Flying Side Piercing Kick



Mr. Walsh
1 board knife hand



Mr. Cordova
1 tile knife hand



Mr. Garber, A.
4 tile punch



Ms. Ostrander
3 tile knife hand



Mr. May
3 tile punch



Mr. Williams
1 tile knife hand



Mr. Garber
3 board twin
foot front snap
kick



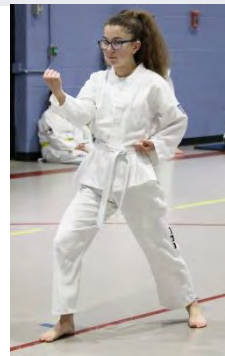
Mr. Steinberg
demonstrating a
throw on Mr.
Williams, J.



Ms. De La Cerda & Ms. N. Koffman



Ms. L. Koffman - side piercing kick



Ms. J. Koffman

Welcome to Axe Taekwon-Do!

Please welcome our newest students to the Axe Taekwon-Do family:

Chris Spanier, Dylan Spanier, and Ryan Spainer

We are excited to have them join Axe Taekwon-Do. We look forward to watching them grow in skill, and confidence. **Welcome to the Axe family!**



USTF Referee Seminar 3 – October – Offutt Youth Center

A USTF Referee Seminar will be held on Oct 3, at the Youth Center. The seminar will be taught by **Grand Master Todd** and is an important training opportunity for black belts and red belt black stripes. This qualification course provides both initial or upgrade training for referees. Completion of the required training is an essential part of maintaining qualifications for all black belts within the USTF. Participants will receive instruction on current officiating standards, procedures, and responsibilities, helping ensure consistency and professionalism at USTF events. The registration flyer is available at: [Register](#)

Refresher Training: Class A: Master Bowling, Mrs. Ragone, Mr. Toppi, Ms. Chamberlin, Mr. Buckley, Mrs. Buckley, Mrs. Chamberlin, and Ms. Grant.

Certification: For Class A: Mrs. Duralia, Mr. Ostrander, Ms. Buckley, and Mr. Garber, A. For Class B: Ms. Ostrander, Mrs. Lewis, and Mr. Garber, D. For Class C: Ms. Piele, Mr. DeVries, Mr. May, Mr. Cordova, and Mr. Williams, M.

We will be inviting students from Axe Taekwon-Do to attend the course as competitors where they will participate in practice patterns, sparring and breaking competition to provide the judges with the practical part of the course.

Farewell to Mr. Brendon Roman

Because many of our students are associated with the military, Axe Taekwon-Do experiences more student turnover than many Taekwon-Do schools. While we understand that military services often requires families to relocate, it is never easy to say goodbye to a dedicated student.

Recently, we had to say farewell to Mr. Roman, who joined Axe Taekwon-Do as a white belt and trained with us through his recent promotion to blue belt. Mr. Roman showed tremendous promise as a Taekwon-Do student. He will be greatly missed in class, and we hope he is able to find another Taekwon-Do school in Texas to continue his journey. Mr. Roman, you will always be welcome back to **Axe Taekwon-Do**. We wish you the very best and hope to see you again in the future.



Halloween Workout

Due to the outstanding success of last year's Halloween workout, Axe Taekwon-Do will once again be hosting a special Halloween-themed workout this year!



Since Halloween falls on Saturday, October 31st, our Halloween workout will be held on **Thursday, October 29th**. All students, especially those in the 5:30 p.m. class are encouraged to participate by arriving in costume. Costumes must allow students to train and perform Taekwon-Do safely. Please remember to keep your costume respectful. **Do not bring weapons or items that resemble firearms** into the Youth Center.

For those who prefer not to wear a costume due to personal beliefs, your Taekwon-Do dobok is acceptable to wear. This event is meant to be fun and enjoyable for everyone. We look forward to seeing your creativity and having a great time together.



Upcoming Closures at Axe Taekwon-Do

We continue to have classes year-round, as long as the Youth Center remains open. Please remember that if the base closes due to weather, so does the Youth Center. We will announce these closings as they occur through email. Currently, the following scheduled closures are planned.

Thursday, November 26th - Thanksgiving

Thursday, December 3rd – Youth Center Closed for an event

Thursday, December 24th – Christmas Eve

Tuesday, December 29th & Thursday, December 31st—Axe TKD vacation

There could be other conflicts as the Youth Center may have December events. Don't worry if you miss a class due to a closure, or your schedule, you are always welcome to make up by attending both classes on another day. In fact, any student may attend both classes at any time. Class times are as follows:

5:30 p.m. - 6:30 p.m. (first class)

6:30 p.m. - 8:00 p.m. (second class, with the option to leave at 7:30 p.m. if needed)

Goals – Grand Master Todd

What was your goal when you started Taekwon-Do? What is your goal now? Have you ever really thought about what keeps you coming to class? Some students begin because their parents think it is a good idea, some because their friends are training, and unfortunately, some because they are being “forced” to participate for discipline. Those students usually do not stay very long.

If you have made it past yellow or green belt, something is keeping you interested. Is it still fun? People outside of Taekwon-Do sometimes wonder what could be fun about working hard, being corrected, doing push-ups, and being told not to talk. As you progress, however, you discover that the challenge is part of the fun. Maybe you want a better side piercing kick, a more powerful punch, or the ability to perform a difficult flying kick. There is always something new to accomplish.

One of the keys to becoming a good martial artist is **practice**. Every technique requires repetition and attention to detail. Take the side piercing kick, for example. You should know how to properly chamber the leg, where to strike, what part of the foot to use, how the supporting foot should be positioned, and what are your primary and secondary targets. If you do not know the answers, ask a black belt.

This is why we teach techniques according to rank. A yellow belt should concentrate on mastering yellow-belt techniques rather than worrying about techniques that are several ranks ahead. Be patient. Learn your current techniques correctly instead of simply getting them “good enough.” Each rank provides new challenges, and mastering those challenges prepares you for the next level. Eventually, you will find yourself preparing for black belt. Some students think earning a black belt means they have mastered Taekwon-Do.

In reality, it means you have developed a strong foundation and are ready to begin learning even more. The same process continues from 1st Degree to 2nd Degree and beyond. **The learning and challenges never stop.** We do not expect you to dedicate your entire life to Taekwon-Do, but while you are training, give it your best effort. You will get out of Taekwon-Do what you put into it. Consistent attendance and practice will make a difference in your progress.

You can practice on your own to supplement your training, but a qualified instructor is necessary to identify and correct mistakes that you may not see yourself. The dropout rate in martial arts is high. My challenge to every student is simple: **Learn as much as possible, work hard, and strive to perfect your techniques at every belt rank.**

Your goals may change as you progress, but there should always be another goal waiting for you.