



Newsletter for Traditional TaeKwon-Do Alliance (TTA) August 2025

Hello, Fellow TaeKwon-Do Students!

Welcome to Traditional TaeKwon-Do for 2025!

Welcome to our monthly newsletter, where we share information about upcoming activities and events.



Class Schedule

- Classes are held on Monday and Wednesday at [West View Recreation Center](#). Tuesday and Thursday at [The MAC](#). Grand Master Hups will be teaching at [The MAC](#), and Mr. Good will be teaching at [West View](#). Ms. Harness, Mr. Heyl, and Mr. Eberling will be supporting both classes. All students, including Color Belts and Black Belts, will attend either the Monday/Wednesday or Tuesday/Thursday classes.
- Monday and Wednesday: West View, all students
- Tuesday and Thursday: The MAC, all students
- *If any student cannot attend Mondays and Wednesdays at West View or Tuesdays and Thursdays at The MAC, please call Matt Hess at (303) 658-2215 or email mhess@westminsterco.gov. He will work with you to register you for one evening at each site or prorate the fee if you can only attend one evening per week. Class fees are based on the number of classes at each location, and payment must be made before you start class. Please be advised that if students can only attend once per week, this will delay their development and testing schedule.*

Upcoming Events

- There is a Kicking seminar scheduled for August 23rd at 8:30 a.m. at The MAC Fitness Room 2.
- There is a pre-Black Belt Testing workout on September 6th at The MAC Fitness Room 2. All Black Belt candidates and their testing partners should attend. If there are any questions, please see your instructors.
- There is Black Belt Testing on September 13th at The MAC in Fitness Room 2. If there are any questions, please see your instructors.
- There is Color Belt testing scheduled for September 10th at West View and September 11th at The MAC. Please see your instructors for permission to test.
- We are planning a TaeKwon-Do hike on October 25th. As details are solidified, they will be announced in class.
- There are preliminary discussions about a Fall camp on the weekend of October 3rd. As details are available, they will be announced in class.

Please visit the [TTA](#) or [Hups TaeKwon-Do](#) websites listed below for a complete list of 2025 events.

Kicking Training Tips: Balance

If there's one thing TaeKwon-Do does more than any other martial art, it is the variety of kicking types and angles!

Before you can do any kick, you must train your balance! Without it, you're likely to fall over just after you kick, which could result in a warning when sparring or trying to fight from the ground if defending yourself.

Balance is a highly complex action for your body. It has to juggle information from your feet, ankles, knees, hips, back, and even your eyes and ears! A good way to help with balance is to have fewer things for your body to keep track of. For example, bringing your arms in close to your body before preparing a kick and keeping them there means that your center does not move as much, and your brain doesn't need to keep figuring out where your center is through the whole motion. Another way to simplify your balance is to keep your eyes on your target! This might seem obvious to hit a target, but your eyes also tell your body where the ground is, and the more you move your eyes, the harder it is for your brain to know which way is up.

Of course, most of the work of keeping your balance is done by the joints in your leg. To give your body the best chance to correct its balance, you'll want to make sure it can use those joints. Starting at the ground level, the ball of your foot has many small ways it helps your balance. Even though it doesn't feel like it, your toes have a considerable amount of control in your balance, so keeping the ball of your foot on the ground gives those toes the chance to do their best work. Next is the ankle, which works as a team with your ball of the foot and toes, and helps control the angle of your lower leg. Your ankle can only work if the ball of the foot is on the ground: try to balance on just your heel; it's challenging! Third is your knee, which controls how your upper and lower legs are aligned. The knee needs room to bend or straighten to help with balance. If the supporting knee is locked straight, it will feel like you have no knee at all when it comes to balance. All these joints must work together to keep you in balance!

When training your balance, you can practice these techniques to make it easier on your body: bring your arms in close, focus your eyes on one point, keep most of your weight over the ball of your foot (some on the heel is okay), and keep your knee slightly bent.

Challenge Time! How long can you balance on one leg?

Testing Syllabus Available

Are you having trouble remembering the new moves in the pattern that you've learned in class? Don't you know what Korean words are being spoken? Do you need to understand the Tenets and Student Oath? All that, and much more, is in the testing syllabus. All requirements from the 9th Gup White Belt through the 1st Dan Black Belt are in the color belt syllabus, and all requirements from the 1st Dan Black Belt through the 7th Dan Black Belt are in the black belt syllabus. These are available in class for \$20 each. Only Black Belts are eligible to purchase the Black Belt syllabus. See your instructors to purchase the syllabus.

Invite Your Friends and Family to Join the Class!

We've had lots of new students in 2025 so far! Many families and friends practice TaeKwon-Do together. This is an excellent opportunity to do something together, so bring your family and invite your friends!

Class Feedback

Feedback and questions from parents and students are always welcome. Please see the instructors before or after class.

Health, Safety, and COVID

PLEASE NOTE: *If you (the parent or student) and your child (student) are exposed to someone who tested positive for COVID or tests positive, please **DO NOT come to class** and contact Matt Hess with these details ASAP at mhess@westminsterco.gov or (303) 658-2215. This applies to anyone in the household or anyone who has had any known exposure outside the home. Please include the student's name, location of the class, the date of the last class attended, the exposure date, and the testing date.* We kindly request that if a student is feeling ill, they please refrain from attending class.

Students will be sparring in class. All students are required to have a mouthguard, and all male students must have an athletic cup. If you have any questions about this, please speak with your instructors. If your student has any medical conditions that we should be aware of, please discuss them with the instructors.

Monthly Class Fees

The monthly dues for the TaeKwon-Do program need to be paid at the beginning of each month before the student can attend. These dues are paid to the City of Westminster and help with the continued success of our program. If you have any questions, please get in touch with your instructors or Matt Hess, Recreation Supervisor with the City of Westminster, at (303) 658-2215 or mhess@westminsterco.gov.

Online Class Registration

Please consider registering online for classes. It is a more efficient way to register and pay. [Click here to register online](#). Please ensure you choose the correct location for you (The MAC or West View).

TTA Membership

Hups TaeKwon-Do established the Traditional Tae Kwon-do Association (TTA), and all our schools are members of this organization. Each student is encouraged to become an individual member. These fees support our seminars, equipment purchases, and our annual tournament. We will hold numerous workshops in 2024, as well as our yearly tournament. Membership allows the student to attend all seminars for *free* and provides a discount for the TTA tournament. The seminars are an excellent way to refine our techniques and focus on a specific area of TaeKwon-Do. If you have any questions, please consult your instructors. To join or renew your membership, visit <https://www.ttakd.com/>.

City of Westminster TaeKwon-Do Website

Please visit the [City of Westminster TaeKwon-Do website](#) for additional information on our instructors and registration details.

Inclement Weather/Facility Closure Website

Inclement weather may cause the TaeKwon-Do program or the facility to close for the evening. Please call the West View front desk at (303) 460-9530, The MAC at (303) 460-4310, or check the [City of Westminster Closures and Delays webpage](#) for up-to-date closure information. The facility/program closure webpage is being built, and the link will be updated when it is complete.

Program Administration Questions

Contact Matt Hess, Recreation Supervisor, at (303) 658-2215 or mhess@westminsterco.gov.

Websites: <https://www.ttatktd.com/>

<https://hupstaekwondo.yolasite.com/>

<http://www.westviewtkd.com>

<https://www.youtube.com/@HupsTaeKwondo>

Facebook Page

Follow us at <https://www.facebook.com/HupsTaekwonDo>

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If you no longer want to receive this newsletter, please contact Jim Heyl at jhhey1@gmail.com, and your email address will be removed.

Student's Photographs

The City of Westminster's photograph policy is: "Participants in any public facility or program may be photographed or videotaped for use in city publications or promotional materials." Students may also be photographed during class activities. If you prefer that your child's photograph not appear in the newsletter, please let us know.

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A Black Belt is a White Belt who REFUSED to give up!