



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

Hello, Fellow TaeKwon-Do Students!

Welcome to Traditional Tae Kwon-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 at 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

- A sparring seminar is scheduled for July 12th at the MAC in Fitness Room 2 at 8:30 a.m. If you have any questions, please see your instructors.
- There is a Ho Sin Sul seminar scheduled for August 2nd at 8:30 a.m. at [The MAC](#), Fitness room 2. If you have any questions, please consult your instructors.
- A Black Belt workout is scheduled for August 23rd at 8:30 a.m. at [The MAC](#), Fitness room 2.
- 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.

Color Belt Testing

Color belt testing was held at both The MAC and West View in June. The following students were promoted:

Yellow Belt

Hannah Beach Arianna Benavides Kathleen Garcia Liam Myers Declan Walker

High Yellow Belt

Nathan Taylor Dayshawn Smith Cora Blanford

Green Belt

Violet Bennett Gannon Boyd Eowyn Music Chris Johnson William Moore
Charisma Vrancken

High Green Belt

Carmella Rooney

Blue Belt

Darin Walter

High Blue Belt

Dominique Avellana Kristi Mellon

Red Belt

Gavin Cordero Janani Balaji Sofia Earle Jackson Eberling
Aiden Nguyen

High Red Belt

Elias Blanford Avett Coddair Micah Sheppard

Congratulations to all these students for their excellent effort and Testing!

Tae Kwon Do Summer Camp

The TaeKwon-Do camp was held on the weekend of June 27th through 29th. There were almost 20 students, along with their parents and families. We had beautiful weather and excellent facilities. We roasted over 100 marshmallows! A special thanks to Ryan Beach and family for hosting the event, and a very special thank you to the Jefferson Como fire department for the use of their portable fire pit. We plan to make this an annual event!



Tae Kwon-Do Patterns

In traditional martial arts, such as ours, one of the core components is the practice of patterns. We all know that patterns are made of “moves”, but those “moves” are actually two parts! The part that many of us think of as a “move” is what I’ll call the “pose”. The “pose” is simply the final body position, akin to the finish line of the “move”. This one’s easier to see; you can easily take a picture of a “pose”. The second part is often overlooked, which I’ll call the “motion.”

A move’s “motion” is everything between “poses”. The “motion” is everything about how the “move” actually works. You could say a “motion” must travel through several “poses” to work, kind of like a flip-book animation.

For example, a Middle Inner-Forearm Block (like in Chon-Ji) must have the hand travel from one side of the body to the other, such that the Forearm can push aside a punch. Without the “motion”, a punch would go right by your block’s “pose”!

A “move” can have different kinds of qualities from the “motion” too. It can be quick and snappy, hard and direct, smooth and subtle, or many other things! As a comparison, the blocks in Chon-Ji move in a curve quickly and then snap to a stop, whereas a Palm Pushing Block in Hwa-Rang moves in a line out from the body and then stops smoothly.

When you practice your pattern, it is a good habit to think about what each move is supposed to do (and if you don’t know, ask your instructor!) and check to see if your “motion” is accomplishing that purpose. To help you with the “motion”, use a mirror, and start the move slowly, using the right “motion” and ending “pose”, then speed it up a little by little until it is as fast as you can (but still do it right)!

Practicing like this will help keep your “moves” strong for a long time. Remember, Practice Makes Permanent!

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 buy 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!

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 test 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.

Class Feedback

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

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.ttatk.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.ttatk.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 get in touch with Jim Heyl at jhey1@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.



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