



WESTMINSTER



Newsletter for Traditional TaeKwon-Do Alliance (TTA) May 2026

Hello, Fellow TaeKwon-Do Students and Parents!

Welcome to Traditional TaeKwon-Do for 2026!

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 Ms. Harness will be teaching at [West View](#). 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. All classes are from 6:15 to 7:45 p.m.

• **Due to West View's annual maintenance closure from May 11-17, the West View classes will move to [The MAC, 3295 W. 72nd Ave. \(72nd & Irving St.\)](#), from May 12-14.**

- Monday and Wednesday: West View, all students
- Tuesday and Thursday: The MAC, all students
- *If any student cannot attend Mon. and Wed. at West View or Tue. and Thur. at The MAC, please get in touch with Matt Hess at (303) 658-2215 or 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 attend only once per week, it will delay their development and testing schedules.*

TTA Events, Testing, and Seminars

- Here is the preliminary calendar for 2026. Please add these dates to your personal calendar:
 - Technique seminar May 9th at West View Gym, at 8:30 am
 - Ho Sin Sul, July 11th at The MAC, Fitness Room 2, at 8:30 am
 - Sparring seminar August 8th at West View, at 8:30 am
 - Kicking seminar on October 10th at The MAC, Fitness Room 2, at 8:30 am
- **Black Belt Testing**
 - June 13th at The MAC, starts at 8:30 am
 - September 12th at The MAC, starts at 8:30 am
 - December 12th at The MAC, starts at 8:30 am
- **Upcoming Events**
 - The West View class will be held at the MAC on May 11th and 13th due to the annual maintenance at the West View rec center. Class will be held at the normal times
 - Our next seminar is on May 9th; it is a technique seminar and will be held at the West View gym.
 - Color belt testing will be the week of June 8th. Please see your instructors for details and permission to test.
 - The date of the TaeKwon-Do campout has been moved and will be the weekend of August 7th. Please see your instructors for details.

- Please visit the [TTA](#) or [Hups TaeKwon-Do](#) websites listed below for a complete list of 2026 events.

Belt Testing

Black Belts Awarded

The following students who tested in December 2025 have been awarded their 1st Dan Black Belt: Ryan Beach, Elias Blanford, and Avett Coddair. Congratulations on your outstanding test and on achieving the rank of 1st Dan.

Black Belt Testing

In March, the following students tested for 1st Dan Black belt: Wes Sites, Micah Sheppard, Hunter Johnson, and Aiden Nguyen. It was a great test, and the hard work and dedication were demonstrated in their testing performance.

Color Belt Testing

Color belt testing was held at the MAC and at West View in March. The following students were promoted.

High Red Red High Blue Blue Darin Walter Carmella Rooney Charisma Vrancken Dayshawn Smith

High Green

Hannah Beach Kathleen Garcia Arianna Benvides

High Yellow

Jessica Kaiser

Yellow

Hunter Ruybal Daphne Polley Ezra Music
Danial Baltz Cormac Leetimms Josh Blair
Danielle Ogden Emelia Mayer Everett Mayer

Congratulations to all these students for their hard work and dedication.

Living the Tenets and Student Oath

At the beginning of each class, we state the tenets and student oath as we face the American flag. Why do we do that? What are we saying when we do this? What do the tenets and student oath actually mean? We'll briefly review those here as they are incredibly important.

- ✓ Courtesy
- ✓ Integrity
- ✓ Self-Control
- ✓ Perseverance
- ✓ Indomitable Spirit
- ✓ I shall observe the tenets of TaeKwon-Do
- ✓ I shall respect my instructors and seniors
- ✓ I shall never misuse TaeKwon-Do

- ✓ I shall be a champion of freedom and justice
- ✓ I shall build a more peaceful world

TENETS of TaeKwon-Do

Courtesy is simply being polite, considerate, and respectful to others around us, whether that is in TaeKwon-Do class, at home, at work, or at school. A good student is ALWAYS courteous to everyone around them – even if others are not.

Some examples of courtesy include opening a door for someone, helping someone pick up their things after they dropped them, helping Mom around the house, saying “thank you” when someone does something nice to you, saying “sir” or “ma’am” when talking to elders or our seniors – even outside of school.

Integrity requires us to do the right thing - even when no one is looking! Often in our world, people try to get away with things they know are wrong, hoping no one will notice. That is a lack of integrity. Always do the right thing and do it because it is the right thing to do, even if nobody will notice – you’ll know, and you’ll feel great about it!

Examples of integrity include keeping your promises even when it takes extra effort, going back to a store to pay for something you forgot, or returning the money if someone at the store gave you too much change when you bought something. Do the right thing.

Self-Control means never allowing our emotions to lead us to do something wrong or to regret later. No matter how upset we may be about something or someone, self-control means not losing our temper or striking out just because we are mad. It means not making bad decisions just because we are upset or overly excited. If someone is attacking you, stay calm, think clearly, and either escape or, if needed, defend yourself successfully.

Perseverance means staying with something worthwhile even when it is difficult. It also means being patient – with yourself and with others! For example, if you are having a hard time with a break or pattern in TaeKwon-Do, keep practicing, seek help, but do not give up learning until you have accomplished what you want.

Outside of TaeKwon-Do - Doing it could mean working harder to get through a tough class at school or at work. Sometimes it takes perseverance to get through a tough workout or practice in a sport or art. It might take perseverance (patience) to be around irritating people. The key is to stick with it until you have succeeded!

Indomitable Spirit – this is a big one! An indomitable spirit does not give in. It doesn’t quit. It persists and perseveres. To quote the comedic space movie Galaxy Quest, “never give up, never surrender” defines the Indomitable Spirit. It means, when something is hard, you work harder, and you keep working harder and don’t give up!

Student Oath

I shall observe the tenets of TaeKwon-Do – This statement means you will study and do your best to follow what you said in the tenets. It is important to picture how those tenets can impact your daily life!

I shall respect my instructors and seniors – We should always treat all with respect, but this is especially true in a martial arts environment like TaeKwon-Do. It is natural to respect your parents, older relatives, and your teachers, but with this statement, you are declaring you will respect those who are senior in rank to you - even if they are younger!

I shall never misuse TaeKwon-Do – TaeKwon-Do is an effective martial art that can inflict severe damage to an opponent. We must never use it to bully or threaten someone. TaeKwon-Do is meant for self defense and protecting others only, and not to be abusive to others around you.

I shall be a champion of freedom and justice. Hopefully, we never need to use the skills we learn in TaeKwon-Do. However, when we see others who are being unjustly treated, we are committed to using our skills to protect them and their freedoms. This does not mean start a fight – only fight as a last resort – but it does mean helping others who need it. It also means standing up for what you believe is right – even if it may be unpopular.

I shall build a more peaceful world. Often, peace comes from strength. Those who feel weak will often be the first to strike out or be mean. TaeKwon-Do gives us the confidence in ourselves to know we do not need to prove anything to others – no matter what someone else may say to us!

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 are 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 so far in 2025! Many families and friends practice TaeKwon-Do together. This is an excellent opportunity to do something together...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, class location, date of the last class attended, exposure date, and 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 must wear a mouthguard, and all male students

must wear 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

Monthly dues for the TaeKwon-Do program must 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 TaeKwon-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 at no cost and provides a discount on 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.ttatktd.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

Inclement weather may cause the TaeKwon-Do program or the facility to close for the evening. Please check your email periodically and call the West View front desk at (303) 460-9530, or The MAC at (303) 460-4310 for updates.

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/>

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

Facebook Page

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If you no longer want to receive this newsletter, please get in touch with 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.



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

