

3950 Wilson Ave. SW  
Cedar Rapids, IA 52404

Tel (319) 396-1000 Fax (319)396-5070  
E-mail [press@taekwondotimes.com](mailto:press@taekwondotimes.com)

## **Editorial Content**

### **News**

We always are seeking the latest news on tournaments, events and seminars. Send us a press release of 200 words or less with high-resolution photos (3 mega-pixel or larger ) about your past event for consideration for publication in our magazine or on our website.

### **Editorials**

Have an opinion about the ITF/WTF merger? What's your take on Mixed Martial Arts? Let us know your thoughts in 600 words or less and your opinion could get published!

### **Letters to the Editor**

Have a great read in the latest issue? Maybe you think we missed the mark on a story? Let us know! Send us your ideas and remarks in 300 words or less and your letter could be in the next issue.

### **Fitness**

Our next issue is all about fitness and we want to hear from you! What are your tips for keeping in shape or getting in tip top condition? How do you stay mentally fit? How do you care for your spiritual health? We want to know what our experts think and so do our readers. Please send us your tips, techniques or inspiring ideas on obtaining and maintaining physical, mental and spiritual fitness in the martial arts! If your tips are chosen it will go in our "Advice from the Experts" piece in our next column and more will be listed on our website.

Submit your tips to [press@taekwondotimes.com](mailto:press@taekwondotimes.com) by January 25th to be considered for our next issue!

### **Feature Articles**

Feature articles are our big stories and should be from 800 to 1500 words in length, and include several high-resolution photos (1 MB or larger). Feature articles should focus on subjects as specific as possible to be considered for publication. Case in

point, we are more likely to run a story entitled “Self-Defense in a Sniper Attack” rather than “Self-Defense Techniques.” Another example would be “How TKD Helps ADHD” would be a more attractive story versus the more generic “The Benefits of TKD.” So be as specific as possible, putting a unique twist on your article that makes it so we can’t say no!

We are always in need of articles in the following categories:

Weapons    Techniques    Self-Defense    Philosophy    History  
Health      Spirituality    Entertainment    Culture      Training

### **Black Belt Beginnings**

TKDT takes pride in publishing the inspirational journeys of martial artists for our worldwide readership. Send us your inspiring tale of achieving your black belt or overcoming incredible hardship. These personal essays should be 650 words or less and should be accompanied by high-resolutions photos (1 MB or larger).

### **International Update**

Tae Kwon Do is the most widely practiced martial art on the planet. TKD Times has readers all over the globe, from the polar caps of Greenland to the coasts of Argentina, and we want to keep our readers informed about the state of TKD around the world. Send us a story about TKD in your country along with high-resolution photos (3 mega-pixel or larger) and see your self, your school and your nation in our magazine! Submissions should be approximately 800 to 1200 words.

### **Instructor Profile**

It is martial art tradition to honor one’s master. What better way to honor your master or instructor than through an article in TaeKwonDo Times, an international magazine? Tell us your master’s amazing story and why he or she inspires you to achieve your best in 800 to 1200 words. And don’t forget the great photos (3 mega-pixel or larger!)

### **Korean Culture**

The history, traditions and culture of Korea are rich and complex, and are the basic foundation of all Korean martial arts. That’s why we want to include your stories on Korean Culture! In 800 to 1200 words, tell us how Koreans honor ancestors, celebrate holidays, educate their children, and more!

We hope this inspires you to send us your stories and we look forward to hearing from you!

The Editors of TKD Times Magazine