

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Congratulations to the following on their promotions:

Mr. Dwight Drescher, First Dan, U.S.T.F.-I.T.F.

Mr. Marc Mikkelson, First Dan, U.S.T.F.-I.T.F.

Mr. Peter Spitz, Second Dan, U.S.T.F.-I.T.F.

Mr. Gregg Thursten, Second Dan, U.S.T.F.-I.T.F.

Mrs. Jacqueline Karpinsky, Second Dan, U.S.T.F.-I.T.F.

*Remember that Grand Master Charles E. Sereff will be in Wisconsin on December 8 for Black Belt tests and a major address to be given at an awards banquet that evening. Since this is scheduled in early December, put aside that date now to avoid conflicts.*

A demonstration was held at Concordia College for Family Fun Night, June 8. Participating in the outdoor demo were Mrs. Lubner, Mr. Spitz, Mr. Matthias, Mrs. Graff, Paul Crandall, Jr., Paul Crandall, Sr., Natalie Crandall, Neil Cilley, Anthony Mattias, Casem and Hasan Abulughad, Tom Martin, Connor Martin, Austin Shopbach, Austin Meier, and Brandon Willms.

At a test in Sheboygan June 21 Miss Madden & Mr. VH presided, Mr. Mikkelson cornered, and one student passed, a 100% success rate. Never have so few been judged by so many.

A test will be held in Grafton on July 9.

A test will be held in Jackson on June 30. Or perhaps has been held by the time this goes to press.

A Black Belt test will be held in North Carolina on June 30. Or perhaps has been held by the time this goes to press.

A trip to Great America is in the planning stages for Saturday July 21.

Mr. VH will be teaching knife self-defense courses in Mooresville on June 28 and in Charlotte on June 29. Or perhaps have been held by the time this goes to press.

Tests will be held in Mequon on July 26 and on August 13.

On July 28 there will be a testing in Charlotte.

The Academy of Martial Arts in North Carolina is having a Laser Tag outing on July 14.

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Zen In The Martial Arts by Joe Hyams: a Review

by Theresa Klein-Wassink

[Editor's Note: this review was written by Ms. Klein-Wassink as part of her Black Belt requirements.]

## Zen In The Martial Arts.

By Joe Hyams, is the book I chose to critique. There are four particular points that I will discuss, 1) Opening Your Mind, 2) Proper Breathing, 3) Limitations and 4) Focus

Opening your mind, is

when a person must be willing to explore new ideas and try new things. I agree that through martial arts training, there is more to this technique than most realize. Opening your mind is a creative mind set. As described in the book you need to "empty the mind of past knowledge and old habits." What a "unique" concept. When you empty your mind, you have opened yourself up to new knowledge and new habits.

I strongly agree that "Opening Your Mind" should become second nature and then all things are possible. While working towards little goals, (improving kicks, learning control) one will understand that when you focus on the process, you see the whole picture. Through this process one should start to pick up techniques that are used to help control the mind. In the book Mr. Hyams states that until you empty the mind of past knowledge and old habits one will not be open to new learning. Using this idea a person will recognize what ZEN really is!

The second discussion point is "Proper Breathing." Proper breathing is very important in martial arts training and should be in a individuals personal and professional life. Breathing techniques seem so simple. but, as discussed in Mr Hymas' book, a person must learn deep belly breaths. They must fill their entire lungs with air. Most people "use" only the top portion of their lungs. After reading the book I realized that when properly breathing even my techniques improved, along with my strength and self confidence.

The third point is "Limitations." As discussed in the

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book it is very important to know your limitations - except them and capitalize on them. Of the four concepts talked about, I believe that this one would seem to be the hardest to comprehend. One must except that they are capable in some directions and not in others. With this in mind I agree that one must develop their strong points and recognize their limitations.

From the book I learned that instead of trying to do everything well, I would do those techniques that I was good at perfectly. I began to lengthen my line.

The fourth point is Focus, Focus, Focus. I agree that as talked about in the book focus is more than just one concept. It is action without thinking and the power of strength intertwined with *effortless effort, letting your mind flow and do not disturb*. I do agree that when you take your entire focus and all strength available a person has no limitations. Their technique becomes pure habit. Not having to think about what has to be completed. I strongly agree when a person is in focus - everything works together as one, their mind, their breathing and their actions.

"Control your emotions are they will control you." *Chinese Adage*

In conclusion I want to say that by reading the book, Zen In The Martial Arts, I have opened my mind to broader learning, the use of proper breathing, how to capitalize on my limitations and focus, focus, focus. This book has taught me far more than the four techniques discussed in this paper. But, these are the techniques I have carried over into my personal and professional life.

I close with this quote by

Lao Tzu,

## The Way of Life

"A man is born gentle and weak.

At his death he is hard and stiff.

Green plants are tender and filled with sap.

At their death they are withered and dry.

Therefore the stiff and unbending is the disciple of death.

The gentle and yielding is the disciple of life.

Thus an army without flexibility never wins a battle.

A tree that is unbending is easily broken.

The hard and the strong will fall.

The soft and weak will overcome."

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## Post-Test Reflection

by F.M. Van Hecke

[This address was given upon the completion of Black Belt tests in March of this year in Wisconsin and repeated on June 30 in Charlotte NC.]

During the late Fifteen Hundreds in Korea the central government of the Yi Dynasty failed to maintain the civil order along the coastal areas of Korea. The result was an infestation of Japanese pirates who would raid the cities, taking and enslaving the women and children and killing the men, stealing property from the citizenry and goods from the merchants. Human life was held for little value, honest work was wasted, families broke down, and the people mourned for a more civilized existence.

An elderly monk, Choi Hyong-Ung, now 72, a very old age indeed in that time, determined that this chaos would end. With the aid of his pupil Sa Myung-Dang he organized a corps of monk-soldiers, a group much like the Knight of Malta in Old Europe. The monk-soldiers crushed the Japanese and drove them back where they belonged.

In TaeKwon-Do we put a lot of emphasis on children, because we're told by contemporary students of business that this is where the market is. But today we witnessed a superb Black Belt test by adults, those who have striven to succeed not only for themselves but as teachers of the Art. I am very much struck by the maturity of this group, and what it is they have to contribute because of that maturity.

The Art develops as teacher educates student, and as student, in turn, becomes teacher to yet more students. Those students in turn become teachers and the Art grows. It is almost always that the better students become teachers, as we saw today, and thus the Art achieves higher and higher levels of excellence. We live on, as my teacher once said to me, in our students.

Now, I won't be around forever, nor will your own teachers up here today, and it will be up to you, in turn, to become the teachers of the future and carry on our traditions and our Art for the benefit of others. We can't do the job alone. Like monk Choi we rely upon those who follow us to be our right arms and carry on.

And from what we all saw today, the Art is in very good hands.