

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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On May 18, 2002, a Black Belt Test will be held in Huntersville NC for students and instructors in the Association's Schools in Charlotte, Mooresville, and Bluefield.

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**Region V Director Earl Weiss has been promoted to 7th Dan Master. This is a positive step towards excellence throughout the region and a recognition of the learning and many contributions of an outstanding leader. Congratulations, Master Weiss!**

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On June 8 a Black Belt test will be held in Sheboygan.

On May 17 Mr. VH will instruct a seminar at Charlotte NC, "Get to the Point!" on pressure points and their uses for release and control.

A One Day Summer Camp will be held in Charlotte on June 14. For information, contact Mr. Jeremy Kempka [amatkd@carolina.rr.com](mailto:amatkd@carolina.rr.com).

A test was held at the Sheboygan Academy of Martial Arts on April 20. Presiding were Mrs. Lubner, Mrs. Karpinsky, Mr. Mikkelson, and Mr. VH. Chodan Theresa Brandt cornered.

A test will be held in West Bend at the Academy of Martial Arts on May 4,

The following attended Gen. Choi's Seminar in Denver CO the 6th and 7th of April: Mr. Jeremy Kempka, IV Dan, Mrs. Mary Lubner, III Dan, Ms. Jackie Karpinsky, Mr. Paul Schneider, Ms. Caitlin Madden, Mr. Tony Henderson, and Mr. Scott Reynolds, II Dans, Mr. Jarvis Klassy, Ms. Theresa Brandt, Mr. Tim Feathers, First Dans, and Eegup Tim Ellis and Samgup Sarah Ellis. By all reports a good time was had by all.

Mrs. Mary Lubner put on a seminar "What Mary Lubner Learned at Gen. Choi's Seminar" for the faculty at the Grafton Academy of Martial Arts on April 19. The attending faculty were enlightened, to say the least.

**Put aside the week end of August 23 for Camp TKD, sponsored by the Academy of Martial Arts, West Bend!**

The Sereff World Camp will be held in CO on July 1-5. If interested, contact Mr. VH.

A colored belt test will be held in Charlotte May 25th.

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## **Flying High: An Exercise Guide to Increasing Your Altitude**

By: Mike Van Pietersom, IV Dan

[This article began in Vol. XIV, Number 3 of The Flash. It concludes here.]

{Ed. note: Mr. Van Pietersom here begins his description of advanced exercises. The reader should review the prior two issues for the preliminary concepts.}

### Airborne Jumping Jacks

This is a favorite of mine and I use it in almost every class I teach. It gets the students used to staying off the ground and getting higher up into the air. This is a good starting point to get them used to it before you put them through the workout plan.

Standard jumping jacks utilize a two-step process:

#### Jumping Up:

Hands and feet start together on the ground.

Jump into the air as you pull your arms up and spread your feet.

Land back on the ground in this "spread" position with hands high over your head.

#### Landing:

Jump into the air again from your feet spread apart.

While in the air, pull

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your arms back down bringing your feet back together.

Land with hands at your sides and feet close together, like an attention stance.

Airborne Jumping Jacks do everything in ONE step:

Jump up into the air, pulling your arms over your head and spreading your feet wide apart. You should be in a "full spread" by the time you reach the highest point in the air.

As you fall back toward the ground, pull your arms back down and pull your feet back together all before you land on the ground.

By the time you hit the ground, your arms should be by your sides and feet together.

To do these correctly, you will have to double the speed at which you move your arms and legs since you have to do both "spreading" and "recovery" during the same jump in the air. This alone will get your heart pumping faster and increasing the rate that you are breathing. I usually do this exercise as the last callisthenic before moving onto class instruction.

### Leg Circles

These are quality exercises that are fundamental to the flexibility of a Tae Kwon-Do kicking technique.

There are two components to getting a foot high into the air when executing a "high level" kick; the strength of the muscle contraction that raises the leg up, and the flexibility and stretch of the opposing leg muscles which tend to pull the leg back down. If you are well stretched throughout the leg muscles and still can't seem to get the height (or the power at that height) with your leg, then you must do some exercises that target those muscles.

The Hip Flexors are the muscles that come into play here. To find out what your hip flexors are, do this little experiment. Stand up and hold on to something for balance such as a chair or the wall. Now lift up one of your knees to your chest. Your hip flexors are being used to raise the leg into the air. The same goes for raising your leg to the side as in a side kick. Notice that your abdominal (stomach) muscles are not tensed here, but rather we are only utilizing the hip flexors.

### Front Leg Circles –

Holding onto something to hold your balance such as a chair or the wall, lift your leg up in front of you while keeping the knee straight. Rotate your leg in a big circle in front of your body almost like a continual "crescent kick". Change direction of the rotation making sure to keep the knee straight. Bending it is considered cheating. Keep

doing this exercise both directions until your hip flexors are exhausted. Try doing three repetitions of this exercise to exhaustion.

### Side Leg Circles –

Same idea as front leg circles, but this time raise your leg out to the side and hold your foot in a side kick position. You might not get your foot up as high as you did to the front because your inner thigh muscles are pulling down on your leg, and your side hip flexors are not as strong as the ones in front. Keep rotating in a big circle both directions until momentary muscle exhaustion. Again, try three repetitions of this exercise.

[Make sure that you have stretched your legs out paying particular attention to the hamstrings (back of upper leg) and the inner thigh (groin) muscles before doing these exercises. If these muscles are not stretched, you will have trouble getting good height while doing leg circles and won't get the maximum benefits from the exercise.]

### What To Do Next?

Now that you have a plan for increasing your ability to get higher in the air and have more "hang time" to do your kicking, there are a couple of points that will help you integrate them with practical application to your daily Tae Kwon-Do training.



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### Jump Higher, Not Farther

All too often I have seen students work on kicking the impact bag we have hanging in our school and watching them try to power through it. The problem is that they concentrate so much on trying to make the bag hit the ceiling that they forget about technique, recovery, power, and last but not least – height. Hey, I'm all for getting the bag from a vertical to a horizontal position, but not if the technique and practical application is completely lost in the process.

When I have the students do flying kicks in the air without the bag, I notice them travel up to 10 feet from take off to landing spots! That's a lot of ground to cover for a flying kick that they can't land properly from. The difference is that when they kick at the bag, their momentum is stopped by that bag. When they try it without the bag, they have to stop themselves, and it usually isn't pretty watching them slide across the floor while smashing their feet into the ground. Of course, from a practical standpoint, traveling far distances with flying kicks is not beneficial as a technique during a physical confrontation. If you try to travel far distances while doing an airborne kick at an

opponent, you'll end up landing right on top of them and get tangled up. This is not a good situation particularly if they have others waiting for their turn.

I personally have adopted a practice of using the "spring" in my jumping to get higher off the ground rather than trying to cover great distances. Whether kicking at a target or not, the students are instructed to jump up in front of the target, strike the target with a kick, and try to land in the same spot they took off from. This way the inertia of their body is propelled upward rather than outward. This can dramatically increase the height of their leap into the air. This is the same principle that Olympic High Jumpers use in their sport. They run to a spot and then redirect that momentum upward to gain height. After all, have you ever seen a high jumper try to jump 10 feet past the bar? Of course not, so I took a lesson from these experts and applied it to Tae Kwon-Do.

In addition to the benefit of gaining height while jumping, the students are able to incorporate the landing techniques taught earlier in this paper. Using a controlled landing is much easier if you're not flying out over the floor with nothing to stop your forward momentum. Advance toward your target; redirect the momentum to propel you up into the air; perform your kick;

and come back down close to the spot you took off from while using a controlled landing as taught earlier – land on the ball of the foot, slightly bending the knee and then coming back down on the heels. Note that you must do this landing all with one foot this time. This is why it is so important to build up these leg muscles so you can perform with precision and control when it counts.

### Jump Over, Not Under

Take on the frame of mind that when you jump into the air, strive to float over objects rather than trying to attain a certain height. You see, if you imagine yourself jumping up over an object, it gives you a sense of accomplishment. The alternative image is that of you trying to jump up to a certain altitude that you can never attain because it's "too high" and out of reach. In the former case, you jumped over something, but in the latter case you had to try and jump under something. Which one was more fulfilling? It's just a mental state of mind, but most people prefer the former rather than the latter.

### Don't Jump Downward

This is a common problem for people who have been taught for years to always "plant their feet firmly on the ground" when doing martial arts techniques. What they

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start doing when trying to jump is to "plant" their take-off foot while still driving their momentum into the ground, and then trying to push off with that foot after it's already been "grounded". They have no "spring" of any kind because all energy has been deadened by the floor when they planted their foot, which eliminates any action from the calves or upper leg. Result: they don't get airborne because they are trying to jump with their hip and knee joints. They tend to clear a bit of distance but don't get any height to do multiple airborne kicks. If they practice the exercise routine outlined earlier in this paper and apply the jumping techniques to their airborne kicking practices, they will see a dramatic difference in the altitude they can attain and have an easier time performing multiple airborne kicks.

## In Conclusion...

Tae Kwon-Do kicking techniques cause practitioners to have more requirements and demands on their legs than most other martial arts. Because of this, the student of Tae Kwon-Do must be willing to concentrate on honing their skills and control of the muscles in their legs that will help them to succeed in making the most out of their experience in the Art.

By taking on this, or

any exercise program to improve their physique will pay them back hundreds of times the effort that they put into it. By increasing our physical strength, flexibility, and focus, Tae Kwon-Do will continue to grow and be recognized as one of the most dazzling and esthetically creative martial arts in the world.

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**A demonstration will be given by students and faculty of the Academy of Arts--Grafton at Family Fun Night, Concordia College, Mequon. Students and faculty of all schools are invited to participate. The demonstration begins at 6:00 p.m. A second session will be held at 7:00 p.m.**

A test will be held in Grafton on May 22.

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*A few tips, with thanks to Mrs. Lubner and Master Weiss:*

*Any inward block ends at the "mid-chest" line. The mid-chest line is not to be confused with the center line of the body (the latter through the sternum). The mid-chest line is located roughly half-way between the shoulder line (the outside of the shoulder) and the center line of the body. We've taught it that way, but it's good to confirm it.*

*Any outward block will end at the shoulder line. We've taught it that way, but it's good to confirm it.*

*When forming wedging block in a walking, L or rear foot stance, intermediate hand position requires the arm on the side of the back leg to be inside of the other arm. We've done it that way, but it's good to confirm it.*

*In form Gwan-Gae, movement four, the right foot rotates inward somewhat as you are taking the first of the two steps in a double-stepping maneuver so as your left foot moves forward and plants itself the hips are half-facing D. In this way the arc-hand block and the hip move together to accomplish their task. (Remember that movement three is full-facing, so that's where you start from. Since palm hooking block is "mildly" half-facing on completion, additional energy is required, which you get with an intermediate position fully half-facing.\*) In stepping to position six, you begin in an L-stance and are already half-facing, and therefore do not need the inward turn for the left foot. Haven't done it that way, and it's good to learn, which in TaeKwon-Do never stops.*

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*\* This sentence courtesy of Mr. VH, who believes that there's half-facing and, err-half-facing.*

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## World Camp Registration

alls will be required to stay on campus. Rooms are linen, blankets, and towels. There will be approximately per room, single bunks. Headquarter room assignments, however, if you like to room with someone, please letting when you send your reservation a meal daily service is provided.



arrive at camp no earlier than 3:00 p.m. room assignment and check in early of the campers will meet at the Gym in the pool up together, at 1:00 p.m.

### Altitude effects

like to extend your stay for a holiday, we will provide a list of lodging available in the area.

We would suggest either flying in early Sunday morning or Saturday night. There are many hotels in the area and we will provide details after we receive your registration. Camp is only 2 1/2 hours from Broomfield Gym, in the Rocky Mountains.

This year we will be staying only five nights at the Snow Mountain Ranch. Camp will conclude in Grand Lake at 1:00 p.m. after lunch on Friday. Many will travel back to the gym at that time, however if you would like to extend your stay for a holiday, we will provide a list of lodging available in the area.

thors  
Sereff has selected this Camp's Director. As an old Camp 2000, we are excited about the special.

niel Keen, from Missouri. Get ready for a mile trience!

lion  
the age of 16 years of age must be recommended  
This recommendation will be reviewed by the  
op and Master Renee Sereff. Upon acceptance, we  
mation or refund the deposit.

partial classes for Junior campers. Some of the  
is will be designed by Juniors for Juniors! There  
operate classes for Juniors this year.

### "Timing of Camp, 4th of July, 2002"

The reservations for this World Camp were made in June of 2000. This was the only time slot available at the YMCA Snow Mountain Ranch! We are looking forward to a great week of training and celebration. The main target will be "To Build A More Peaceful World."

We have a great group of instructors for World Camp 2002! Some specialty classes for Sparring, Pattern, Step Sparring, Self-Defense and How To Teach techniques! The International Instructor Day program will be on Wednesday! We are going to have a crash course on Pigeon English! More information to follow!

Because of our heritage and the love Americans have for our great country, we hope to have a special day of celebration combined with hard training on the 4th Day of July, 2002!

- |   |                      |                    |
|---|----------------------|--------------------|
| <input type="checkbox"/> Sereff World Camp Room & Board |                      | \$320.00           |
| <input type="checkbox"/> T-SHIRT                        | Check size           | Small Medium Large |
| <input type="checkbox"/> Extra T-Shirts?                | How Many & size?     | \$12.00 ea.        |
| <input type="checkbox"/> Deposit of \$75.00             | Due by April 1, 2002 | \$75.00            |
| <input type="checkbox"/> Balance due June 1, 2002       |                      | \$00.00            |
| <input type="checkbox"/> Deposit is non-refundable      |                      | \$00.00            |
|   | <b>Subtotal:</b>     | \$00.00            |

Total: \_\_\_\_\_

Name \_\_\_\_\_

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#### Method of Payment

- Check
- Discover
- Visa
- MasterCard
- American Express

Card/Cash \_\_\_\_\_

Signature \_\_\_\_\_

Exp. date \_\_\_\_\_

Call Wendy Klob, Denise Moormeier or  
Master Renee Sereff (303) 466-4963

## Sereff Taekwon Do, Inc.

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Broomfield, CO. 80070  
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E-mail: rsereff@rml.net

**Don't Wait for Reservations!  
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**We have limited space at  
the Sereff World Camp.**

**Only 180 spaces including  
the Instructors and Staff.**

**Depending on numbers,  
we will be offering**

**Specialty Classes!**

**Register today!**

**Grand Master  
Charles E. Sereff  
President USTF, Inc.**



**Camp Coordinator  
Master Renee' Sereff**



**Camp Director  
Daniel Rees**



**Camp Assistant  
To be determined**



Sereff Taekwon Do, Inc.  
6801 W. 117th Ave., E-5  
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**Altitude effects  
Altitude!**

**Sereff World  
Camp 2002**



**June 30th-July  
5th, 2002**

**YMCA Snow Mountain  
Ranch of the Rockies!  
Winter Park,  
Colorado USA**