

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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From <http://www.itf-generalchoi.com/>, the official I.T.F. website: "It is with great pain and sorrow that we announce that Gen. Choi Hong Hi passed away at 20.35 hours on 15th. June 2002. His burial will take place in Pyongyang on 17th. June 2002. It is anticipated that a memorial service will take place in Pyongyang 100 days after his passing away."

Dear Mr. Van Hecke & Mr. Kempka,

If in small way, may I offer my deepest and sincerist condolences for the loss of General Choi.

I cannot begin to convey the effect that this man has had on my personal life since the age of 12 when even the names Tang Soo Do, Taekwondo, Korean karate, or whatever else had not yet been solidified. During these years when the roots were taking hold, and TKD was growing and developing due to this

remarkable man, I too, as a young girl, with alot of bumps and bruises, grew too. I cannot image my life without the art of TKD, here at the age of 41.

His works, the Encycopedia, CD-Rom, and his influence on my old ChungDoKwan master (he did take some of the good thanks to Gen. Choi) have effected my teaching from the patience needed to teach a small child the umphteen time how to tie her belt, to the interaction between teacher and student, to the intense responsibilty of building young students up as strong and moral individuals who will stand on principle no matter what the cost, who will work for "justice in an unjust world", and who will discourage oppression of the weaker with power that is based on humanity, wisdom, morality, and faith. He left these things to us, made it easy with his documentation and actions, and will live on as long as we continue the path which was well laid for us.

You and your students are in my thoughts and prayers. And may we continue the Taekwon-Do tradition for a better and more peaceful world.

*Respectfully,
Elizabeth Roshdy, North Carolina State Director, ITU
ITU-NC1-01-2D*

Mrs. Lubner and Mr. Mattias did a demo during counselor planning day for 4-H and will be teaching TKD at Upham Woods 4-H camp June 23-26.

On June 15 Mr. VH attended a test conducted in Port Washington at the invitation of Mr. Brad Milinski. Among others more distinguished, Mr. VH presided 6/22 at the USTF Regional Black Belt Test in IL. Candidates from Michigan and Illinois did an awesome job in nailing their Black Belt requirements including one Second Dan candidate.

Put aside the week end of August 23 for Camp TKD, sponsored by the Academy of Martial Arts, West Bend! Contact: Mr. Paul DuKatz, 1-262-335-8020.

Contact Mr. VH for details. A test was held in West Bend at the Academy of Martial Arts on May 30 at which Mssrs. Mike Van Pietersom, Dwight Drescher, Mrs. Ginger Oestreich, and Mr. VH presided, ably assisted at the Corner by Mr. Paul DuKatz and Mr. Armando Manresa. A total of 7 students tested. Mr. Dustyn Marek put on an awesome display of sparring and breaking and was sworn to Deaconhood. Congratulations and the best of luck to Mr. Marek!

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The Father's Day Baseball Outing & Tailgate sponsored by the Grafton school on Sunday June 16 was enjoyed by all including Natalie Crandall who made the scoreboard but not the tailgate, but not including the Brewers, who went down to Minnesota 7 runs to 6 on a home run absolutely nobody at Miller Park saw.

On June 8 a Second Dan Black Belt test was held in Sheboygan at the Academy of Martial Arts. Presiding were Mr. Van Pietersom, Mrs. Lubner and Mr. V.H. At the Corner was Mrs. Karpinsky. Mr. Mark Johnson and Ms. Julie Berglund turned in an extraordinary and excellent display of the Art.

Comments on the Passing of Gen. Choi: Sheboygan, June 23.

We observed silence before starting this test in Gen. Choi's honor, and I'd told you I'd have something to say at the end of this test. We did something similar in Illinois yesterday at the Regional Black Belt Test and I'm sure this is happening around the world, in many schools in many countries.

People ask me on occasion why we do TaeKwon-Do. Certainly most schools

don't make a lot of money and it takes time from other pleasures and opportunities, but I think the bottom line is we do TaeKwon-Do because it's fun and because it's there to do. And it never would have been there without Choi, Hong Hi.

You know Gen. Choi as the Founder of TaeKwon-Do, but there's even more to know about him. He was a founder of the modern Korean Army. It's a shame that in his life-time his service to his country was so little respected by the Park regime and its successors. He was a diplomat, representing his country in Southeast Asia in turbulent times.

He was a well-known calligrapher; you've seen calligraphy on the walls of this school, but these are poor samples when compared to the quality of his work.

He also was a high-level expert in the game of Go, an oriental game much like chess or checkers.

But the way he will live on for us is for what he did in giving us TaeKwon-Do, not just in naming it along with others in May of 1955, but in developing an entire system based on rational principles, the best thought-through and practical of martial arts.

My teacher Earl Weiss has said that teachers get a long life, because our students keep us alive. Mrs. Karpinsky and I were joking a little bit

earlier how our students seem to do TaeKwon-Do very much in the way that we, your teachers, do, demonstrating many of our good traits and every single one of our bad habits. All this activity in TaeKwon-Do, the tests and tournaments, are exactly the right way to honor Gen. Choi.

Well, Choi, Hong Hi taught many, and many of those taught many, and many of them will teach many, and if we keep the faith he may be as alive in 2055 or 2355 as he is today. The day will come when many of you are Black Belts, and maybe some of you will continue in the tradition of TaeKwon-Do and pass the same on to your students.

So today Gen. Choi lives; and he lives on in each of you.

Mr. Brad Milinski has announced that his school in Port Washington will be the newest member of the Association of Academies of Martial Arts. Mr. Milinski is a Third Dan and formerly studied under Master J.K. Lee. Mr. Milinski is married and has an infant daughter. He has participated in many of our events in the past. It is no mystery that Mr. Milinski's involvement has been eagerly sought by many of our school heads and faculties. Welcome, Mr. Brad Milinski!

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Congratulations are in order to Mr. & Mrs. Steve Warnke on the birth of Zachary Warnke on May 31, thus continuing to expand our TaeKwon-Do family.

A series of demonstrations was given by students and faculty of the Academy of Arts--Grafton at Family Fun Night, Concordia College, Mequon, on June 14. Thanks to the following for your help!!!

Mrs. Lubner
Mr. Bauman
Roc Bauman
Allie Mathusek
Casem Abulughod
Hasan Abulughod
Amirah Abulughod
Keith Madison
Mallory Madison
Collin Madison
Austin Schopbach
Austin Meier
Tony Magestro
Anya Magestro
Alec Stucke
Nicole Stucke
Aidan Stumpf
Gavin Stumpf

At a make-up test held at Grafton on June 13 two students tested. Mr. Mattias presided assisted by Mrs. Lubner. Roy Wells cornered for two students.

From the Martial Arts News:
“(July) 5th. Paining day at N. Charlotte. All are welcome.”

A test was held in Sheboygan on June 23. Mr. Roger Barts, Mrs. Jacqueline Karpinsky, and Mr. VH presided. Mr. Marc Mikkelson cornered. A total of eight students tested.

A Referee Clinic will be conducted in Charlotte September 27.

Mr. Brad Milinski will lead a demonstration at Port Washington Fish Days on July 20.

Mr. Kempka will conduct a seminar in West Virginia on July 20.

A test will be conducted in Charlotte on July 27.

Mr. Jeremy Kempka has announced that he will open another Academy of Martial Arts and Fitness in North Charlotte on August 1. Congratulations to Mr. Kempka on a great job!!!!

Put aside September 28, 2002 as an opportunity for a continuous freesparring and traditional form format tournament in Elgin IL.

The North Carolina U.S.T.F. TaeKwon-Do Tournament will be held in Huntersville on September 28.

In September a testing will be held in Mooresville on the 21st.

The Secret Power Within, by Chuck Norris: A Book Review by R.J. Klassy

[Editor's Note: Mr. R.J. Klassy is a First Dan affiliated with the Sheboygan A.M.A.]

The Secret Power Within is a book about Zen. It has examples of how Zen has affected the author's life. The author wrote the book so that people could see that Zen can help them. All they need is an open mind. The author is Chuck Norris. Mr. Norris is an actor who has been in numerous movies and TV's Walker, Texas Ranger series. Mr. Norris first learned martial arts while stationed in Korea serving in the Air Force. He first encountered Zen after returning home from the military. He talked with a Buddhist monk who showed him Zen. Zen is short for Zen Buddhism. Zen Buddhism is a religion that originated in India. A person learns Zen by listening to stories and questions. He then has to think about the stories or questions. The questions the person is asked have no correct answers, so it is left to the student to come up with the answers. This forces the person to think through all the possible ways the question or problem could be answered. This forces the person to exercise his mind like he would exercise his body. Here is one Zen story that I have

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found that I like, it is titled "Chasing Two Rabbits"

A martial arts student approached his teacher with a question.

"I'd like to improve my knowledge of the martial arts. In addition to learning from you, I'd like to study with another teacher in order to learn another style. What do you think of this idea?"

"The hunter who chases two rabbits," answered the master, "catches neither one."

One chapter in Mr. Norris' book is titled "Slow Down to Go Faster." This may seem contradictory, but it is actually the truth when learning the martial arts. People want to do punches and kicks as fast as possible. When the person learns these techniques he needs to go slow so he can learn how to do them correctly. By going slow the person learns how to move his body and keep his balance. Once the person learns to do the move slowly first he can start speeding up the technique. When a person learns the technique this way it can become an instinctive reflex.

When I am asked to teach students new techniques, I first show them the technique slow so they can see how it is done. I then have them do the technique slow and correct any thing that I see they are doing

differently. I then ask them to do the technique slow time and again doing it the way I showed them. Only after that is done do I let them go faster with it. I tell them that it is better to go slow when learning something and adding speed later, than to go fast and having to go back and fixing something they were doing differently than what we teach. The reason I am not saying they are doing the technique wrong is because some schools may teach it that way. So it is not wrong but different.

Mr. Norris also talked about as he called it, "Winning By Losing." There are times when losing is the best course of action to take instead of fighting and winning. When I say losing I mean that the person walked away from the fight or defused the situation in some way so there was not a fight. By doing that the person should feel better about himself because he saved either himself or the other person bodily harm. When a person learns a martial art, he does so to defend himself if necessary. He should make every attempt to walk away. I do not know about other people, but I know I am afraid of what I could do to someone if I did not stop. I do not want to hurt people, and because of this I do not like sparring to much. I know I have a tendency to start throwing techniques with a lot of power

and I could hurt someone. If I find myself in that situation the first thing I would try to do is defuse it as soon as possible. My last resort would be to use force to end it. The problem with this is that a person may have to walk away and may be called a wimp or chicken for doing so. That goes against the social thinking of standing up for yourself.

Mr. Norris states in his book, "The key to meditation begins with breath control." Since I have started in the martial arts, I have learned a lot of things start with breath control. If one wanted to learn how to breathe correctly all he has to do is watch a baby when he is sleeping. Babies all breathe with the abdomen, later in life they learn to breathe with the chest. When a person enters into martial arts, he usually has to relearn how to breathe with the abdomen. Most people think that babies don't know anything, yet it is amazing that they know how to breathe correctly. A person must learn how to breathe correctly before he can execute a technique with full power. A person can also slow his body down by breathing correctly. This sounds so simple because everybody in the world breathes every day of their life it should not be so hard. I think some people just do not realize how important breathing correctly is.

[This article will conclude in the next issue of The Flash.]

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**Academy of Martial Arts
445 N. Main Street
West Bend, WI 53095
(262) 335-8020**