

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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On September 7 Mr. VH conducted a Seminar, "Won Hyo, Yul Gok and Sequels-- Bein' Green Could Make You Blue (or Better)" at the Academy of Martial Arts, West Bend. The seminar was hosted by Mr. Paul DuKatz.

Mark & Caren Johnson have brought into the world, in a concerted effort, a brand new potential Black Belt and are to be congratulated on the arrival of Rosalia Caroline Johnson, 6 pounds, 14 oz. of fight. Of a patriotic bent, Rosalia decided to be born on the 4th of July.

On July 12th & 13th, students and instructors from the Academy of Martial Arts in Sheboygan participated in the annual Relay for Life cancer walk at the Plymouth High School track. The school raised over \$2200 for this worthy cause. The coordinators of the walk do an outstanding job of making the 24 hour event fun and inspirational. A good time was had by all or so it is reported by Mrs. Jacqueline Karpinsky, herself a dedicated participant.

A testing was held in Mooresville on September 21.

Mr. VH and Mr. Kempka toured Korea in late August and early September. While there they spent some time with Yidan Todd Welsch and had many experiences which can be levered out of them over time.

A Referee Clinic was conducted in Charlotte September 27 in preparation for the North Carolina USTF TKD Tournament.

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

A testing will be held in Grafton on October 3.

Sunday November 10, TOURNAMENT in West Bend sponsored by the A.M.A.-West Bend. You won't want to miss it! At Holy Angels School. Info: Mr. DuKatz 262-335-8020.

The Council of the Association of Academies of Martial Arts met September 7 at West Bend. They welcomed the presence of Mr. Paul Metz of Manitowoc, 3d Dan Kenpo, 2d Dan TaeKwon-Do.

Set aside October 18 and 19 for tournament action in Manitowoc! (Details can be obtained at kenpokarate@ameritech.net)

A testing was held in Port

Washington on September 14. A total of 21 students tested. High test score was awarded to Beth Walch. Presiding were Mssrs. Brad Milinski, Mike Starke, Dale Robb and VH and Mesdames Mary Lubner and Denise Christofferson.

A Black Belt Test will be held for Wisconsin candidates on November 2.

A Black Belt Test will be held in Cadillac MI on November 8 and Mr. VH will conduct a seminar there on November 9.

Keeping the Art Alive

"My Inspiration for Instructing"

By Mark Johnson, 2d Dan
[Editor's Note: This essay was submitted by Mr. Johnson as a component of his Second Dan requirements.]

Coming up through the colored belt ranks was a journey through many different challenges. Forms and most hand techniques came easy while some of the difficult kicks were more of a struggle. Also, keeping focus between tests, as they grew further apart was something I did not do too well. Once I thought I knew the required material I was hungry to learn more right away instead of perfecting what I knew. My instructors and fellow students have helped me to continue on through these struggles and has allowed me to get where I am today. Each

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instructor I have had has his or her own teaching style and presentation. This allowed me to take different pieces of the same puzzle from each instructor and put them together so I understood the technique. For example, I could not do a back vertical kick with sword foot at all. Through many classes, a couple of months, and three or four instructors one night I finally executed a beautiful technique. The reason I caught on was the instructor first demonstrated the kick, then performed the kick slowly while explaining to me step-by-step how to do it and finally walked me through the kick as I did it. Even though I had probably heard the same words numerous times it clicked that night and has been one of my favorite kicks ever since.

With the different teaching styles I have experienced I feel I bring my own unique atmosphere to the classroom, which helps some students excel and have fun at the same time. I prefer to come to class prepared with an outline and work two or three main techniques using different exercises. The reason is not all people learn the same so I hope to connect with each student through their individual method of learning. I also like to keep an enjoyable and positive atmosphere in class. The way I keep a positive attitude in class is by using positive criticism rather than negative comments.

Simple phrases such as "keep your hands up" versus "do not drop your hands" can have an affect on the response you receive. I discipline when necessary otherwise I try to give short-term goals which challenge the student to do something they are not doing. For example, if a student keeps looking around instead of giving push-ups right away I like to lay down a challenge to them to keep their focus. I may say "I bet you can't keep your eyes straight ahead for the next ten minutes" if they do keep their focus then praise them for doing a good job.

The second method I may use is to let them know I have been watching them in class by telling them "I have seen you stay focused all through class I know you can do it" once again emphasizing the positive.

It is not necessarily the expectation, the privilege, or the honor that drives me to teach but the pure excitement in helping others improve themselves and reach their goals through the art of TaeKwon-Do. It is still quite an honor to be a part of something which has been around for thousands of years however the excitement in knowing I am having a positive affect on peoples lives is even a greater fulfillment. Before teaching I was a shy individual and teaching the martial arts really brought me out of my shell and allowed me to more openly express myself.

The lessons I have learned, only being twenty-five years old, I am eager to share with others so they can keep their journey alive and reach their goal of black belt and beyond. I hope what I have learned and the mistakes I have made in my personal life will also help them through similar life situations. On the other hand, as I have heard it said many time, the teacher also becomes the student and the student the teacher is definitely true for me. As I teach I learn a little bit more about myself and I realize what I can do to be a better instructor.

In keeping the art alive and living out my dream at the same time it is definitely a rewarding experience. Coming out of high school I was torn between going into Education or Engineering. For my career I chose engineering but through TaeKwon-Do I can also follow the path of being a teacher. TaeKwon-Do has played a large role in my life and has given me great opportunities to meet new people and push myself to new limits. As I am playing a part in shaping people into who they will become, I also may be a role model for some students. It sounds scary at first, but it allows me to take a step back and make sure I am who I say I am.

FALL

RULES:

TaeKwon Do Point Rules/No Head Contact 14 & Under
15 & over Lt Head Contact

REQUIRED EQUIPMENT:

Foot, Hand, Head Gear, Groin Protection, & Mouth Piece.
Toes and fingers must be covered to compete in sparring.

SUGGESTED EQUIPMENT:

Shin pads, chest protector

NOTE:

No spectators on the floor. No coaching

AWARDS:

Outstanding Awards for 1st thru 3rd place
Participant Awards for all Forms Competitors

ENTRY FEES:

\$35.00 for 1, 2, or 3 events, pre-registered
\$45.00 for 1, 2, or 3 events at the door

NOTE: No personal checks allowed! Cash or Money Order ONLY

PRE-REGISTER:

Send - Only money order or cash to:
ACADEMY OF MARTIAL ARTS
445 N. Main Street
West Bend WI 53090

FOR MORE INFORMATION

Contact tournament director: Paul Du Katz (262) 335-8020

All Pre-registered competitors must pay by November 5, 2002

NO EXCEPTIONS!

Important Notes

- No announcements in forms
- Black belts over 15 are expected to help judge
- All times approximate, depending on competitors and judges present.
- Unsportsmanlike competitors will be asked to leave
- Divisions subject to competitors present
- All competitors enter at own risk and hold all parties harmless
- Minimum two competitors to run division

IMPORTANT INFORMATION

Competitors Registration Form

Fall Classic Open Tournament

Last Name _____ First Name _____

Belt Rank _____ Age _____ Date of Birth ____/____/____ Sex M F

School Name _____

School Address _____

Home Address _____ Zip _____

Fees: \$35 for 1, 2, or 3 events if pre-registered by November 5, 2002 \$45 at the door
(No refunds for any reason will be given)
REGISTRATION AT THE DOOR WILL BEGIN AT 9:00 AM.
(YOU MAY REGISTER TILL YOUR EVENT IS CALLED)
START TIME WILL BE 11:00 AM SHARP!

Fill out pre-registration form and return ENTIRE form with payment to:
Academy of Martial Arts, 445 N. Main St. West Bend WI 53090

EVENT(S) TO ENTER () FORMS () SPARRING () WEAPONS

TOURNAMENT RELEASE & LIABILITY WAIVER

I hereby, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for damages which I may have, or which may accrue to me, against all Organizers, Judges and staff, and against any competitors for any and all damages which may be sustained by me in connection with my participation in or entry in this tournament and in connection with any medical, EMT, or first aid services I may be provided. I understand that TaeKwon-Do is a body contact sport which can result in injuries and even death. I acknowledge that I am fully aware of the medical condition of the participant and hereby certify that the participant is mentally, emotionally and physically fit to compete. I understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative. I waive my right of privacy and to compensation whatsoever for television coverage, pictures or any promotional material that may be taken at the tournament and may be used for future publicity or advertisement. If signing as a parent or guardian, I agree to save, indemnify, and hold harmless the Organizers, Participant, Judges and Staff from any such claims, demands, or causes of action which may now or in the future be asserted because of any such damages to my ward or child.

I have read and understand the above waiver.

COMPETITOR'S SIGNATURE _____ Date: ____/____/____

Parent or Guardian Signature _____ Date: ____/____/____

Please Note: Third of page may be removed at registration.

- 11-16
- 17-25
- 26-over

- 30-39
- 40 & Up

FORMS

N = Novice: White, Gold, Orange
I = Intermediate: Green, Blue, Purple
A = Advanced: Red, Brown

Age 5 - 6 Boys-Girls

- N-I-A
- Age 7-8 Boys**
- N-I-A
- Black
- Age 9-10 Boys**
- N-I-A
- Black
- Age 11-12 Boys**
- N-I-A
- Black
- Age 13-14 Boys**
- N-I-A
- Black
- Age 15-16 Boys**
- N-I-A
- Black
- Age 17-29 Men**
- N-I-A
- Black
- Age 30-39 Men**
- N-I-A
- Black
- Age 40-over Men**
- N-I-A
- Black

Age 7-8 Girls

- N-I-A
- Black
- Age 9-11 Girls**
- N-I-A
- Black
- Age 12-14 Girls**
- N-I-A
- Black
- Age 15-29 Women**
- N-I-A
- Black
- Age 30-over Women**
- N-I-A
- Black

SPARRING

N = Novice: White, Gold, Orange
I = Intermediate: Green, Blue, Purple
A = Advanced: Red, Brown

Age 5 - 6 Boys-Girls

- N-I-A
- Age 7-8 Boys**
- N-I-A
- Black
- Age 9-10 Boys**
- N-I-A
- Black
- Age 11-12 Boys**
- N-I-A
- Black
- Age 13-14 Boys**
- N-I-A
- Black
- Age 15-16 Boys**
- N-I-A
- Black
- Age 17-29 Men**
- N-I-A
- Black
- Age 30-39 Men**
- N-I-A
- Black
- Age 40-over Men**
- N-I-A
- Black

Age 7-8 Girls

- N-I-A
- Black
- Age 9-11 Girls**
- N-I-A
- Black
- Age 12-14 Girls**
- N-I-A
- Black
- Age 15-29 Women**
- N-I-A
- Black
- Age 30-over Women**
- N-I-A
- Black

Age 15 and up light contact to head

- Age 15-16 Boys**
- N-I-A
- Black
- Age 17-29 Men**
- N-I-A
- Black
- Age 30-39 Men**
- N-I-A
- Black
- Age 40-over Men**
- N-I-A
- Black

- Age 15-29 Women**
- N-I-A
- Black
- Age 30-over Women**
- N-I-A
- Black

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