

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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The NC Annual AAMA Tourney will be Sept. 20 in Charlotte.

Dr. John Butitta and Fox Valley TaeKwon-Do will host a traditional ITF-format tournament (continuous free-sparring, team forms, objective form grading bracketed head-to-head) in **Neenah WI on October 11**. Put the date aside on your calendars!

The Grafton and Special Needs Academies did a combined school demonstration at Aurora Health Care/Hartford Hospital August 4th. The audience was comprised of residents of the hospital as well as their family members, and hospital employees. They enjoyed it very much as did the demonstrators! Mr. Luke Mattias lead the demo and the participants were: Mr. Jim Pals, Mr. Mitch Pals, Brian Nusslock, Valerie Pals, and Tony Mattias. Special thanks is in order to Judy Mattias, an Aurora Recreational Activity Assistant, for inviting us.

Put aside Saturday, **October 18** for another in the excellent series of M.A.T.A.-sponsored tournaments, this one in **Sheboygan**. *****

Formal class dates have been set for advanced Dan Classes. Anyone interested in the specific topic to be covered on his own or a prior level is invited for a "refresher," as well. The classes will be held in Grafton. The Classes will deal, respectively, with Basics, First Form, Second Form, Third Form, and Sparring requirements.

The schedule is: **Sunday September 14**, First Dans/Second Dan Candidates 8:00 a.m. to 9:15 a.m., Second Dans/Third Dan Candidates 9:30 a.m. to 10:45 a.m., Third Dans/Fourth Dan Candidates 11:00 to 12:00.

Sunday October 12, First Dans/Second Dan Candidates 8:00 a.m. to 9:15 a.m., Second Dans/Third Dan Candidates 9:30 a.m. to 10:45 a.m., Third Dans/Fourth Dan Candidates 11:00 to 12:00. **Sunday October 19**, First

Dans/Second Dan Candidates 8:00 a.m. to 9:15 a.m., Second Dans/Third Dan Candidates 9:30 a.m. to 10:45 a.m., Third Dans/Fourth Dan Candidates 11:00 to 12:00. **Saturday October 25**, First

Dans/Second Dan Candidates 8:00 a.m. to 9:15 a.m., Second Dans/Third Dan Candidates 9:30 a.m. to 10:45 a.m., Third Dans/Fourth Dan Candidates 11:00 to 12:00. **Saturday November 8**, First

Dans/Second Dan Candidates 8:00 a.m. to 9:15 a.m., Second Dans/Third Dan Candidates 9:30 a.m. to 10:45 a.m., Third Dans/Fourth Dan Candidates 11:00 to 12:00.

Picnic, A.A.M.A.-Davidson NC Sept. 6. (How's that for succinct?)

A testing will be held in Huntersville on September 27.

A test was held at the Special Needs Academy of Martial Arts on August 5. Presiding were Mr. Luke Mattias, Mr. James Pals, Mr. Mitchel Pals, and Mr. V.H. Mr. James Jasen cornered ably and was assisted by Miss Valerie Pals. A total of 6 people tested, several to Decided grades.

M.A.T.A. will sponsor a **tournament in Manitowoc**. Team Events - Friday, Sept. 26th, MATA Sanctioned Events - Saturday, Sept. 27th Team events will be at Metz's Martial Arts, and MATA events at UW-Manitowoc. Contact sponsor **Mr. Paul Metz** at 920-683-9772 for information. There are considerable advantages to preregistration.

A USTF Referee Course was held at Sereff TaeKwon-Do in Broomfield CO on August 16. Attending from Wisconsin were Mssrs. McDaniel & Love and Mrs. Hunsberger, who drove a l o n g way.

Virgil Matthew Richardson died of pneumonia consequent to his battle with cancer of the lung on August 12. He was never a student of the Academies, but he lent us two, his daughters Erin (Graff) and Kim. For these precious gifts, he has our gratitude.

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Congratulations to Mr. Mike Van Pietersom, and welcome to the rigors of fatherhood. Devin, born August 2, and mom Kelly Einbeck doing well after a "hands on" delivery. Who needs hospitals, anyway? After all, can't every Fourth Dan deliver a child while waiting on the paramedics? Isn't that part of the training?

Students at the Grafton Academy of Martial Arts did a demonstration at St. Joseph's Funival Celebration on August 17. Thanks are in order to Dr. Mark Brudnak, who led the contingent, and Mrs. Mary Lubner, Mr. Luke Mattias, Mr. Jim Pals, Mr. Mitch Pals, Brian Nusslock, Harley Pals, Tony Mattias, Chase and Kelsey Mantel, and Artem Bodetskiy. The demonstration was marked by some outstanding if not spectacular breaking.

Another Judge Training Workshop in the M.A.T.A. program will be conducted by Mr. Paul Metz at Mr. Paul DuKatz's Academy of Martial Arts, West Bend, from one to three p.m. on Saturday September 6.

A Scorekeeper/Timekeeper Workshop will be taught on September 13 at Metz's Martial Arts Academy in Manitowoc (same hours).

Next issue: Mr. VH reviews the U.S. Marines Close Quarters Combat Manual.

In August a Black Belt test was held at the Grafton dojang and Deacon Brian Nusslock produced an awesome display of hand and foot techniques, patterns, sparring of all types, breaking, and knowledge. Mr. Luke Mattias, Yidan, acted at Corner.. Presiding were Mr. Kevin McDaniel, Fourth Dan, of Middleton, Dr. Rick Bauman, Fourth Dan, Mrs. Mary Lubner, Third Dan, Mr. Gregg Thursten, Second Dan, and Mr. VH. Among distinguished guests were Mr. Nusslock's family, many accomplished martial artists, members of the faculties and student bodies of Association Schools, and friends of Mr. Nusslock. Mr. Nusslock has been promoted to Chodan, the sole survivor of the "Class of '03." Congratulations, Brian!

Stretching Those Legs

By Brian Nusslock

[Editor's Note: Mr. Nusslock did this essay in conjunction with his First Dan testing requirements.]

Flexibility is very important in martial arts, especially in TaekwonDo. Not everyone is as flexible as he or she would like to be. The only way to increase your flexibility is to stretch. This paper intends to provide a stretching routine specifically for legs. You may be able to execute a mid-level kick and be comfortable with that. But what if you could execute a kick as high as your head or

beyond? Getting your kicks higher not only allows for the height factor but also for any kick below your peak to be performed with excellence.

Stretching also has many benefits. Your flexibility increases along with your confidence. As all martial artists know, confidence plays a key role in all aspects of life. Imagine how you would feel if you could say, "Yes, I can kick above my own head," or "Yes, I can do the splits." These are great accomplishments that anyone should feel proud of. One important thing to remember is that stretching only once or twice per week for 10-12 minutes, will not give you the same results if you were to stretch 3-4 times a week for 15-20 minutes.

When stretching, you should always focus on pushing yourself and working the areas that need to be worked. During warm up, do not just go along with the drills, pull hard and make your muscles feel the stretch. Flexibility takes time and dedication but any goal can be obtained if you put the effort, hard work, and stay focused on your goal.

The first stretch in this routine is the basic "figure four." You will need to sit down with one leg tucked in close and the other extended with a straight, locked knee. Pointing your toes upwards, reach for the ball of the foot of the leg that is extended. Pull back on the ball of your foot and hold. Hold for 10-15

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seconds and release (Figure 1). If this stretch poses no challenge, cross grab the extended foot with the other hand. Then place the first hand on top. Pull back and hold but make sure you keep your leg straight and knee locked (Figures 2-3).

In the same figure four position, grab your ankle with both hands and bend forward, trying to pull your chest or nose down to your knee. Hold for 10-15 seconds and release. Along with the last stretch, if this one poses no challenge, grab your ankle with both hands but instead of trying to reach your knee, pull your head or chest down to the floor on the inside of your leg. Hold for 10-15 seconds. (Figure 25).

Next, still sitting down, pull either leg in toward your chest. Hold it and release. Keep the other leg straight out in front with your toes pointing up. Pull the leg into your chest again and make small circles up and down with the leg. Then slowly rock the leg back and forth, still pulling it in towards your chest. (If you feel really daring you can try to still the foot behind your head.) (Figure 4).

Now take that same leg that you brought into your chest and grab the reverse foot sword with the same side arm. Lock out the leg in front of you. Place your other arm behind you or to the side for support. Turn your leg slowly to the side and hold it. Bring it

back towards the middle, and then lock it out to the side again. Repeat this 4-5 times depending on the speed at which you bring the leg back in. (Figures 5-6).

Pull both legs in front of you and place the flats of your feet together. Pull up with both hands on the bottoms of your feet. While pulling up, push down with your elbows on your inner thighs and try to give some resistance with your leg muscles. Relax and bounce your legs up and down in a butterfly motion. Repeat this 2-3 times. (Figure 7). If this stretch is easy for you, try placing a medicine ball of both of your inner thighs and pushing down. (Figures 8-10). If you can get your knees all the way to the ground, have a lighter student/ friend come up from behind you and stand on the inner thigh of each leg. Have them place their hands on your shoulders to balance. For a greater stretch, lean forward while your partner is standing on your legs and have them push on your back to assist you towards the mat/ground. (Figure 14).

Now sit up and put one leg in front of you to form a really long walking stance. Keeping your foot ahead of your knee, place a hand on both sides of your foot. (Figure 18). Slowly lean backwards, keeping your back straight, try to balance without hands. If you can, hold your arms out to the sides and slowly twist back and forth. (Figure 19). This helps not

only with flexibility but with balance as well. Next put both hands on the floor to the inside of your front leg. Try to bend forward, keeping your feet on the ground. For an added stretch, try to do push ups in this position. (Figures 22-23).

Next, try to bring your leg in and place it on the ground in front and across from your body. Your leg will be flat against the ground and you will be in the shape of a number seven. Put your arms out to the sides and slowly twist back and forth at the waist. Then try to bend forward at the waist and touch your head to the floor, keeping your leg flat on the ground in front of you. Reach forward with both arms ahead of you. (Figures 20-21).

Sit down on the ground once again and spread your legs, keeping your toes pointing towards the ceiling. Slowly twist back and forth at the waist, keeping your guard up. Bend forward at the waist and try to touch you head to the floor. (Figure 26). Reaching your right hand to the ball of your right foot, hold and pull back. Keep both legs locked and do not bend the knees. (Figure 27). Reach left hand to left foot. Hold. Bend forward at the waist again. Put both hands behind you and push yourself forward to increase the spread of your legs. Repeat the stretch mentioned above.

After that, reach with your left hand to the ball of your right foot. Hold for 10-

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15 seconds. Then reach with your right hand to the ball of your left foot. Hold. Bend forward at the waist to the middle once again. Put both hands behind your back and push yourself forward to increase the stretch once again. This time keep your hands behind you and hold the stretch. (Figures 28-29).

Now twist at the torso to the right and hold this position (#1). Bend over the right leg and touch your nose or chest to your knee (#2). Bend at the waist down towards the center (#3). Bend over the left leg and touch your nose or chest to your knee (#4). Repeat this four count 4-5 times and vary the speed.

(Slowly bring your legs together in front of you. Rock them back and forth and from side to side. Bounce them up and down to relax them.)

Stand up and slowly work your way into the center splits. Go down as far as you can and hold the stretch. Do

not force yourself down, you may pull a muscle or tendon. (Figure 13). Walk your hands forward about one foot in front of you. Try doing 5-10 push ups either on your hands or knuckles. Slowly walk your way back to the center.

From center splits, slowly turn your body and switch to the side splits. If you can, try to keep both legs straight. Sometimes the back leg has a tendency to bend at the knee. Place a hand on both sides of the leg to support yourself. Try to keep your back straight and look forward. (Figure 11). If you have no trouble reaching the splits, put both arms out to the side, shoulder level and try to balance. Then raise your arms above your head, keeping both legs straight and no falling over. Bring your arms down and bend forward at the waist. Try to get your nose or chest to your lead leg. (Figure 12). Then repeat on the other side. When you are done, move back to center splits and slowly

work your way back up to standing position. Shake out your legs and relax.

Finally, find a wall and place both hands flat against it. Form a walking stance and lean forward. This will stretch your calve muscle in the rear leg. Hold this stretch 10-15 seconds and relax. Repeat twice. Then bring your hands together and your head to your hands. Take your front leg and rest it behind the rear leg, which is still straight. Hold this stretch and then repeat the calf stretch on the other side. (Figures 15 & 24 / 16-17).

After completing this routine, shake out your legs once more and relax. Some important things to remember are; always drink plenty of water before stretching and working out, do all stretches evenly on each side, and if you stretch at least 3-4 times per week consistently, your leg flexibility will improve with time.



Figure 1:



Figure 2:



Figure 3:



Figure 4:



Figure 5:



Figure 6:



Figure 7:



Figure 8:



Figure 9:



Figure 10:



Figure 11:



Figure 12:



Figure 13:



Figure 14:



Figure 15:



Figure 16:



Figure 17:



Figure 18:



Figure 19:



Figure 20:



Figure 21:



Figure 22:



Figure 23:



Figure 24:



Figure 25:



Figure 26:



Figure 27:

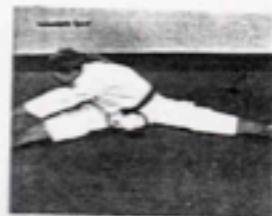


Figure 28:

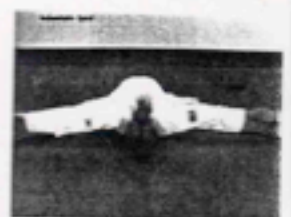


Figure 29: