

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Upcoming tournament action:

AAMA Fall Classic. October 9. At the Neenah-Menasha YMCA under the leadership of Dr. John Butitta, this event will feature continuous free sparring, head-to-head bracketed Chang Han Patterns, and team patterns. A special invitation to those throughout the upper midwest! **Academy of Martial Arts, Sheboygan**, on October 30, hosted by Mrs. Jackie Karpinsky & Mr. Marc Mikkelson. A M.A.T.A. Tournament.

Set aside the date now! The Association sponsors its second Spring Classic Tournament in Waunakee WI on March 12 2005. The promoter is Mr. Kevin McDaniel. If the last was any indication, it should be excellent classic USTF competition with head to head bracketed patterns, team patterns, continuous free sparring and team sparring. And it should be close enough for our Illinois guests.

The AAMA's U.S.T.F.-sanctioned Black Belt Testing is on November 13 in Wisconsin. Inquiries to Mr. VH at fmvh@execpc.com.

On September 12 a gup level testing was held at the Academy of Martial Arts in Sheboygan. Mr. Marc Mikkelson and Mr. VH presided and Mrs. Jacqueline Karpinsky took the corner. A total of 8 students did an admirable job.

There will be a Black Belt test in Charlotte on October 23 sanctioned by U.S.T.F. and the A.A.M.A.

Mr. Braxton Miller's School of Classical TaeKwon-Do is considering a Black Belt test the week end of November 6-7.

There will be a Seminar taught by Grand Master Charles E. Sereff on October 9 in Monroe LA. This is followed by a banquet. For more information, contact Mr. Lance Edwards, Louisiana State Director, at 318-366-4981.

A gup test is scheduled for October 16 at UNCC.

AMAC--Middleton will had a Gup level test on Monday, September 20th. Presiding were Mr. VH and Mr. Aaron Prohuska. Mr. Kevin McDaniel handled Corner.

Congratulations to the American Martial Arts Center of Middleton on their beautiful new digs at 2711 Allen Blvd. This is a beautiful step up and forward for the school and a definite esthetic improvement.

Start getting ready for U.S.T.F. 2005 Nationals in San Diego! June 24 and 25, 2005. Contact Mr. VH for details.

Something free. You can offer your students the electronic monthly TKD Flash free. Cost to you? Nothing. Just provide me with their names and e-mail addresses (no other information required).

On October 6 Mr. Henry Goddard's Academy of Martial Arts will hold a gup level test in Green Bay.

On September 11 Dr. Steve Osborn hosted a USTF Referee Seminar conducted in Cadillac MI by Mr. Kevin McDaniel. Feedback from our MI State Director Dr. Osborn: "As our Regional Director I wanted you to know that Mr. McDaniel did an outstanding job instructing his first referee certification course. He was well organized, clear, entertaining, and informative. Every participant had positive feedback.... His sacrifice (of time and energy) for us was very much appreciated. There were 15 participants, 4 B-level and the rest C. Cadillac's recently held tournament and Michigan's brand new crop of certified referees are firsts in the State. Thank you for your support."

[Once again we welcome to our pages Grand Master C.E. Sereff, who has generously taken the time to provide us with his wisdom and the news from HQ.]

Of all the events in my life, one of the most important was my first meeting with General Choi in the summer of 1965. With the exception of the births of my sons, Scott and Guy, and my 6 Grandchildren, that single event changed my life more than any other. My instructor Moon Ku Baek took me to the airport to meet with the General on his layover. He was on his way to Chicago to meet with his right hand man, Nam Tae Hi. The General was dressed in a light tan suit and had a charismatic air of confidence that won me over from that day forward. Those who know the General know his idea of dress was always suit and tie.

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Casual to him was a suit, no tie. To adapt to his standards of dress was a big challenge for a "cowboy" like me.

The General explained Taekwon Do vs. Tang Soo Do, however, I was not convinced. After this meeting, my instructor, Moon Ku Baek, started teaching me Chong Ji and I realized there was a radical difference. After almost a year of training in Taekwon Do, while at the same time still teaching Tang Soo Do, I realized the superiority of the Technique. The main thing that helped make my decision was Moon Ku Baek showed me Taekwon Do and then told me to make up my own mind. There was no arm bending.

In June my only Grand Daughter, Misty Rae Sereff, (Misty Rae.com) was married to Adam West in a small ceremony in Texas. They moved to Nashville, Tennessee where she is pursuing her college education and singing career. Needless to say, we all very proud.

After Sereff World Camp, I did a series of physical tests including heart to lungs. I am happy to report, my health passed with flying colors! I am still teaching the 1st Wednesday of each month and am looking forward to teaching the Step Sparring Seminar, December 11, 2004 at Sereff Taekwon Do.

September 11, I was pleased to test Mr. Kent Hups, to Master Instructor. Master Hups has been a student since 1974 in Colorado. He pioneered classes in many other States and has been an

avid supporter of the USTF and Me! As former Colorado State Director for the USTF, and Head Instructor for Westminster Rec Center he now has students testing to IV Degree. Congratulations to Master Hups.

The AAMA Fall Classic is a tournament designed for the Tae Kwon Do student or instructor looking for a chance to compete with peers. Only patterns from the Chon-Ji series (Chang-Han Patterns) are allowed so you will compete against others who are performing the same patterns. The pattern judging is head to head rather than points.

The sparring is also designed for real competition-continuous 2 minute free sparring matches scored by 4 corner judges. There's NO stopping after someone sees a possible point. Here you can use all of your sparring skills and strategy.

The Fall Classic special tournament event is a team patterns competition for groups of competitors who wish to show their creativity and skills with patterns. And..you can compete as many events as you wish for just one flat fee of \$25!

Join us in Neenah, Wisconsin on **Saturday October 9** for event that will be unique, competitive, challenging and fun.

Email me or John Butitta (docjob2001@tds.net) for

information or directions.

I look forward to seeing you there!

--Mr. VH

The Manitowoc MATA Tournament September 17 hosted by Mr. Paul Metz was by all reports well run and a success.

At Huntersville NC on Sept. 18 the Association of Academies of Martial Arts hosted a four-state competition. Under the leadership of Mr. Jeremy Kempka, this event included continuous free sparring, head-to-head bracketed Chang Han Patterns, team patterns and breaking competition. Mr. Van Hecke travelled to NC for the competition and taught a class limited to selected individuals the following day.

On September 14 a Juijutsu seminar will be conducted by Master Ben DeLeon at American Martial Arts Center in Middleton.

A course in CPR will be held on September 11 at the U. of North Carolina Charlotte Academy of Martial Arts. Learn C.P.R. and possibly save a life!

Jim Pals, Valarie Pals, Harley Pals, Aaron Prohuska, Paul Schneider, Kirk Keller, Mike Love, Aric Broeking, Becky Lamboley, Mathiam Mbow, Mathew Dedrick, John Hoskins, and Shaun Dishman were students at the Middleton WI Referee Seminar taught by Mr. Kevin McDaniel on September 26. Over the last few weeks we have had referee training attendees from all the states in Region 5 except Illinois and Indiana. Depending on

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successful written test scores that would mean that we have 21 new class C referees in Region 5 and 7 new Class B referees. Not bad when a month ago we had 3 Class A and 5 class C referees in the region!

Grand Master Sereff's Fall Championship will be on October 17 in Broomfield CO. Contact Mr. VH for details or call Headquarters direct, 303-466-4963..

December 11, Denver, U.S.T.F. Step Sparring Seminar taught by G.M. Sereff. Call Mr. VH or HQ at 303-466-4963. (Information to the contrary on the website is incorrect.)

[Editor's Note: This paper by Gup One Deacon Jordan Wagner was originally submitted in fulfillment of his First Dan Testing requirements.]

The Importance of Self-control for Martial Arts and Life

By Jordan Wagner

Introduction

Without self-control, I certainly cannot master the techniques I need to learn to become a black belt in Taekwondo. I also need to learn self-control so that I won't hurt anyone when I spar and compete in other competitive activities. What's more I need to learn self-control to apply it to my life. That's why the whole purpose of this paper is to help me learn better why we learn self-control in

taekwondo and how it applies to our life.

Definition

Many people say that self-control is to be in control of your own actions. But it is also much more. One person even said, "Self-control is learning to manage or govern oneself and to not let the bad emotions of human nature dictate our actions, especially anger." Both these definitions are correct but the definitions I would use are to develop the ability to overcome one's anger and to be able to control one's own conscience and the sub-conscience.

Why Self-Control is a Tenet of T.K.D.

Self-control is extremely important wherever you are. Many people agree, "A loss of self-control in a free sparring match could hurt both the student and the opponent." Another lack of self-control is an inability to live and work within one's capability. A Taekwondo student is no different from a street fighter except the fact that the student has self-control. If a student uses good self-control while free sparring he or she should be able to execute stunning techniques without harming their partner.

Numerous children have benefited from Taekwondo because they learned self-control which allowed them to obtain better grades in school, gave them more respect for parents and teachers, and helped them to develop a group of friends who are gentle and caring. Being able to control our anger helps us to not over react and

leave ourselves vulnerable during a real life self-defense situation.

During a crisis, when in pain, or in anger; students of Taekwondo should always do their best to control themselves and act with thought rather than by instinct or through emotion. One person once said, "When you are in control of yourself, you are in control of any situation, but when you lose control of yourself, the world is in control of you."

One explanation I found put it this way, "SELF-CONTROL (Guk-Gi) is a double edged sword: on the one hand, it is the physical control with regard to motions, precision of execution, prevention of unnecessary injuries (as opposed to acting wildly) or killing, due to lack of control. Experience is the best teacher, but all the physical reactions are based on the psychological makeup, maturity, and moral, ethical, and religious codes. Emotions are usually involved, to a certain degree, in the majority of situations, hence the need for emotional self-control. The degree of controlling the particularly strong emotions such as love, hate, anger, surprise, joy, sadness, etc., shows the level of achievement of each practitioner of Tae Kwon Do."

Emotions should be governed by a strong and conscious reason and aided by experience in principles. The success of application of this tenet in practical everyday life should result in creating the indomitable spirit.

Applying it to Daily Life

Daniel J.H.. Rogers who became a black belt while studying

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at Iowa State University said, "I believe that what I have learned has greatly influenced my life, and that it will continue to do so in the future." The real goal of our study is not just to learn self-defense through Tae Kwon Do techniques, but to take these lessons into our every day life. Mr. Rogers continued, "We must practice and perfect mental discipline in order to become the best we can be. It may seem obvious to many of us what has to be done to develop mental discipline, but this is not the case for everyone."

Good self-control in daily life allows you to work comfortably and confidently with others. This begins when we overcome the things that destroy self-confidence and self-control.

What destroys self-control? Distractions, Anger, and Fear are the enemies. 1st Dan Daniel Rogers talks about distractions, "As most of us have experienced, it is often difficult to stay focused on our performance throughout the entire time we are involved, this is due to many distractions that are occurring during this time. Included among these are the spectators, coaches, teammates, and the sensations of our bodies. To be successful we need to learn to ignore these sensations throughout the event. Learning this mental discipline cannot happen by attempting to concentrate only during a performance situation such as testing or a tournament. To learn to focus we need to practice focusing on the task, in this case Tae Kwon Do, throughout practice. Put simply, 'Perfect practice makes perfect!'"

Anger and fear destroy self-control because they affect the student's concentration. Anger causes a person to act without thinking. It also causes a person to make dangerous decisions. Fear causes a person to hesitate. I know because I once faltered while trying to break a board. A 1st Dan once said, "A martial artist must leave past mistakes in the past and continue to focus on the present." If the person is afraid about his mistakes in the past he will make many more mistakes.

Anger control and fear control methods may potentially reduce errors in performing. A method of improving ones' concentration or mental discipline includes practicing eye control. Again Mr. Rogers explained, "Being distracted by sights and sounds outside of the competition or testing area is a potential problem for maintaining mental focus. To help avoid this problem, you need to practice eye control. Watch your partner during practice; when doing kicks down the floor pick a spot on the wall to watch all the way down the floor. For many this may be difficult at first, but with practice you will be able to maintain your focus throughout the length of the dojang, or throughout the kicking exercise. While completing a form or a technique, pay attention to the technique you are in the process of doing, not on the previous technique, or the one that is to follow. You may say that you need to think ahead to remember a form, if this is so, then I would say that you do not know the form as well as you should. Practice it more making it an automatic sequence that requires little if any thought. The form

should flow effortlessly. This will allow you to focus on what the movements represent, defending yourself from multiple attackers, and thereby improving your performance.

Another technique involves visualizing yourself executing techniques perfectly. Routines involve preparing a certain sequence of activities to engage in just prior to competition or testing. Performing the same activities during the final minutes prior to engaging in a bout can reduce the mental anxiety many people experience just prior to competing. Thinking through a form is just as important as doing the form or practicing it.

Conclusion

Thus, self-control is very important inside and outside the dojang. If I can learn self-control I will be able to compete and do other things without hurting myself or others. Also, if I apply self-control to my daily life I will give and get respect from everyone. That is why I wrote this paper and why I decided to do it on self-control.