

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Upcoming tournament action:
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.

Events to talk about? Email the Flash, and maybe you'll get some free publicity. Maybe.

Things to brag about (success of your students, whatever....) can work their way into the Flash the same darned way. Make your school "connected" to others.

The AAMA's U.S.T.F.-sanctioned Wisconsin Black Belt Testing will be held on November 13 in Grafton.

Thanks to the persistence and hard work of Mr. Kevin McDaniel Region V now boasts a total 21 Class C, 7 Class B and 3 Class A referees!

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

Free subscriptions to the electronic version of the Flash for you or your students. Cost? Their email addresses. What have you got to lose?

At a Black Belt test in Charlotte on October 23 sanctioned by U.S.T.F. and the A.A.M.A. Mr. F.M. Van Hecke, VI Dan, Mr. Jeremy Kempka, Vth Dan, and Dr. Tony Henderson, III Dan presided while Mr. Anthony Yodice ably handled the Corner. Testing for Second Dan were Black Belts from North Carolina and West Virginia Mrs. Jeane Weeks, Ms. Helen Schirazi, Mr. R.J. Tester, and Mr. Kostas Mariotis. Testing for First Dan were Kristin Hosey, Justina Hauss, Hannah Harper, Brett Kline, Tyler Kiser, Kara Skinner, Jalonde Willis, and Aleric Fox. Best Test Score recognition was awarded to Ms. Kristina Hosey. The following day Mr. Van Hecke taught two classes, "An Introduction to First Dan Basics," and "An Introduction to Second Dan Basics," for those who tested and cared to attend and Mr. Kempka taught the new First Dans in more depth. Results of this and the upcoming Wisconsin A.A.M.A.-U.S.T.F. and Illinois U.S.T.F. tests to be held in November will be in the December Flash.

On October 6 Mr. Henry Goddard's Academy of Martial Arts held a gup level test in Green Bay. Presiding was Mr. VH, and at the Corner displaying seven of his students with justifiable pride was Mr. Goddard.

The Council of the Association of Academies of Martial Arts welcomes to its ranks Dr. Rick Bauman, IV Dan,.

A gup test was held October 16 at UNCC.

The Second Annual AAMA Fall Classic Tournament was a success! On October 9 at the Neenah-Menasha YMCA under the leadership of Dr. John Butitta, this event included continuous free sparring, head-to-head bracketed Chang Han Patterns, and team patterns. Competitors from the U.P., Michigan, Minnesota, Illinois and Wisconsin vied for trophies in team patterns and medals beautifully designed by Yidan Julie Berglund. Team Patterns Winners:

Two Guys and a Girl took the Gup Level Competition, The Kung Fu Kitties the Mixed Category, and the Marauders (or Team Spiessl) dominated Black Belt competition.

December 11, Denver, U.S.T.F. Step Sparring Seminar taught by G.M. Sereff. Several Region V Black Belts will be in attendance. For further information call Dr. Rick Bauman, 1-414-271-6220

Mr. Braxton Miller's School of Classical TaeKwon-Do will hold a Black Belt test November 6. Results will follow in the December issue of the Flash.

The Academy of Martial Arts, Sheboygan, hosted a tournament on October 30. Competitors from many different schools spent a day doing what ought to be done--competing! Mrs. Jacqueline Karpinsky and Mr. Marc Mikkelsen were the "movers and shakers" in putting together this tournament. The tournament was a M.A.T.A. event.

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Humility By James Pals

Qualities of humility are having or showing a consciousness of one's defects or shortcomings. These qualities are not self-assertiveness or pride. In contrast to humility, self-assertiveness is the act of demanding recognition for oneself or insisting upon one's rights. Self assurance represents confidence in oneself or in one's own abilities.

Humility is a topic that is rarely discussed in our society today, and is, in my observation, sorely missed. Modern qualities which are objects of admiration are "looking out for number one," being assertive and demanding your rights. It is my opinion that the general demeanor and attitude in many people is the need to demand recognition, respect and their voices to be heard.

We are who we are. If we have earned the respect of others, demanding it is not necessary. Our voices will be heard when we have something to say that is intelligent and credible. Recognition comes to us in so many different ways and too often to realize we are receiving it, for example, a verbal recognition for doing a good job, a thank you, a raise or promotion for hard work.

In TaeKwon-Do, we are truly fortunate to be among some of the most humble and modest people. People within our organization possess outstanding

capabilities, with brilliant minds and different views of the world that many will never know. They ask only for training and demand nothing. They are recognized with a belt earned through training, thoughtfulness and giving. This is not given to them for free. These people are also confident and self-assured.

Humility is not taught in our schools. However, it is prevalent in most instructors and students naturally. It is then incorporated with the protocol and discipline that is required in the dojang, which enriches the social entity of TaeKwon-Do itself.

Entire lives, kingdoms, and religions have been based on the concept of humility. This concept is perhaps the most important quality a person can obtain. Kings, gods, and saviors have been known as the most humble people and entities known to man. Why would we not want to strive for a quality so important?

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit are the Tenets of TaeKwon-Do; and in our tenets, humility is not mentioned. Yet anyone that really lives by the Tenets will gain humility. It is built in, basic, understood, and natural. We are all humble sometime and we may gain humility throughout our lives.

Some of us strive for it and some of us have to work up to it. Some of us obtain humility in other ways; a traffic ticket, a scolding, a spanking, even getting beat in a tournament, and many other ways. Any experience which humbles a

person can be perceived as a gain of humility if we learn by it. The unfortunate reality is that humility is generally gained through negative experience, especially if we were never taught the value of humility.

Being humbled involuntarily can be a painful experience, especially if it is not a value practiced by an individual. Almost everyone, has at sometime had his pride stripped away. This is being humbled. The self righteous, prideful, arrogant person being put in his rightful place; this also is being humbled.

Those who practice the virtue of humility have little to lose in those types of situations, because they do not have the attributes that cause the negative experience in the first place. If they are wrong they are willing to admit it and feel no pain over the issue. If they have been bettered in any circumstances, it gives them something to strive for and better themselves in their own lives. There is no need for anger or excuses.

I keep in mind that whatever I am doing the chance is pretty slim that there is no one in the world who can do it better. In other words I keep things in, what I believe, is a true perspective. Every one has assets and deficits. Knowing which ones are your own is the key.

[This essay was authored by First Dan Jim Pals as a part of his requirements for Second Dan Black Belt.]
