

The T.K.D. Flash

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Upcoming tournament action:

American Martial Arts Center Martial Arts Championships (M.A.T.A. Tournament) July 17th, Waunakee WI. Contact--email--info@amactkd.com.

2004 Midwest TaeKwon-Do Invitational Tournament--(a M.A.T.A. Tournament) August 14, Elgin IL. Contact Dan Valin, matkd@prodigy.net.

AAMA NC Tournament At Huntersville NC on Sept. 18. Under the leadership of Mr. Jeremy Kempka, this event will feature continuous free sparring, head-to-head bracketed Chang Han Patterns, team patterns and breaking competition.

AAMA Fall Classic. 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. October 9.

There was a Gup Level Test at Mr. Henry Goddard's school in Green Bay WI on Wednesday May 19. Mr. VH presided and Mr. Henry Goddard took the Corner to display the wares of 16 of his students. A good time. After the test Mr. VH did a short class focussing on kicking techniques.

The AAMA will sponsor a Black Belt Testing on November 13 in Wisconsin. Inquiries may be made to Mr. VH at fmvh@execpc.com.

On May 22 there was an AAMA sponsored tournament at Bluefield, West Virginia. Congratulations to Dr. Tony Henderson on a job well done! Traditional ITF TaeKwon-Do, stayin' alive.

A Gup Level Test was held in Sheboygan at the Academy of Martial Arts on May 22. Presiding were Mr. VH and Mr. Marc Mikkelson. Mrs. Jacqueline Karpinsky cornered.

A Gup Level Test was held at the Special Needs Academy of Martial Arts on May 14. Mr. Luke Mattias, Mrs. Mary Lubner, and Mr. VH presided. At the Corner was Mr. Jordan Wagner and assisting was Mr. Casem AbuLughod. Mr. Drew Dondero did a breaking demonstration.

On July 10 there will be a U.S.T.F. sanctioned Dan Testing at Marquette TaeKwon-Do, U.P. Michigan. Participants will be from Marquette TaeKwon-Do (Marquette MI) and Lone Wolf TaeKwon-Do (Cadillac MI).

Master Earl Weiss will preside at a Dan level testing to be held in Skokie IL on June 9.

At Chay's Cedarburg Invitational May 8 Tony Shircel took a first place trophy in Black Belt Free Sparring.

On June 19 there will be a test at the UNCC location.

A workout "pattern polishing" was held in Jackson WI for Second Dans on April 21.

Set aside July 27-July 2 for World TaeKwon-Do Camp, Colorado.

A gup level testing was held in Middleton WI on May 29. Presiding were Mr. Kevin McDaniel, Mrs. Mary Lubner, and Mr. Van Hecke. Mr. Mike Love cornered. A total of six students tested.

There will be a Black Belt test in Charlotte on October 23.

Mr. VH taught a knife self-defense seminar at Middleton on May 29.

[Editor's Note: With the long-awaited issuance of the new Step Sparring Manual by U.S.T.F., the Flash brings you two articles in this issue and one in the next issue. The first is a review of the book. The second is a succinct and excellent analysis of the respects in which the new publication can be said to have changed prior protocols. In the next issue we will publish a short-hand summary of the entire book.]

United States TaeKwon-Do Federation Step Sparring, 9th Gup High White Belt Through 6th Dan Black Belt (2004):

A Review
By F.M. Van Hecke

I am asked occasionally to instruct at schools in other states. Because of the current state of step sparring literature, classes addressing step sparring are often limited to very fundamental concepts such as footwork, the importance of stances, and distancing (for fear of stepping on toes, as it were). Struggling to find an answer for their schools, instructors eagerly awaited the dissemination of a successor publication to the 1998 revision of the original U.S.T.F. Step Sparring Syllabus (1992).

It is here. And it is by comparison excellent.

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Federation Step Sparring, 9th Gup High White Belt Through 6th Dan Black Belt (2004) is a breath of fresh air and, more importantly, a step forward in U.S.T.F. publications. This may well be attributable to the influence of Michael J. Boyd, IV Dan, who, it is noted, contributed to substantial reformatting and editing. I've never met Mr. Boyd, but he has done yeoman work in helping us humble folks out in the field who work hard to promulgate the case for U.S.T.F.

Gone are footnotes so numerous that one must flip to three or four of them to get through a single paragraph. (They are still a factor because necessary, but not to the point of distraction.) Gone is the tendency to stretch a "boilerplate" format into inappropriate contexts. Gone is the questionable grammar (although there are still a limited number of less obtrusive errors). Of course, an editor might still complain about the over utilization of commas and the repeated p.c. jangle of "he/she" and "his/her," but, on analysis, we are not English teachers but TaeKwon-Do instructors, and most of the latter stuff wouldn't be caught by people anyway. In the first reading of the book I found only two inconsequential typographical errors.

This is a little book of real merit.

Unlike the '98 effort and actually somewhat more like its predecessor, a student unlearned in the field can actually rely on the book as a summary as to how to step spar for his own level.

Better yet, the overall scheme is narrower, clearer, and more respectful of what teachers must do for their students.

This review is not intended as a teaching summary of the work.

However, there are remarkable improvements, and some of them should be highlighted.

The work is definite as to side of the body being utilized by the step sparring student. In the previous work, this had to be inferred. The description of movement as "right" and "left" is simple and clear. To the extent this is a limitation on the options of students, so much the better. They have trouble enough overcoming the details of footwork, good stances, proper blocking angles, uniform protocols and technique selection., and learning a limited scheme well leads them out of the morass of detail into the sense of power and beauty which properly infuses step sparring.

It is clear that one need return to attention stance only at the very beginning of routines with a partner, to bow and to measure, leaving parallel ready stance dominant for return and prior to initial attack (choon-bi) stance.

The examples are also helpful. Here specifically I would call the reader's attention to the sample beginning two step sparring routines, which answer a pervasive question I've found around the country as to whether attacker may use only a single step forward or two. (The answer is, "Either.")

It is a bit disappointing that the term "intermediate" is retained for the most advanced level of two step sparring, something that requires us to say, "Because it is," rather than, "Because it makes sense," more often than we'd like.

It is utterly refreshing that precedent is broken by treating the ending sequence in beginning one step sparring the same as in intermediate and advanced one step sparring. This has been a "memory trap" for advanced students and transfers from other schools without adequate underlying rationale and it is good to see a bold improvement.

The retaliations are also treated differently for advanced one step. No longer are we limited to only one hand technique. Thus the student may be more creative in implementing his routine.

And it is good to have clarification as to the nature of advanced one step routines for Fifth and Sixth Dan candidates (minimum four and six take downs, respectively, up from the previous three and five).

Semi-free sparring is finally freed from the limitation of requiring counterattacks to be the same class or type of technique as the immediately precedent attack. What's important are the exchanges and their spontaneity.

Somehow "Upper Dan Step Sparring Formats" includes First, Second, and Third Dan Formats. Model Sparring is for the First Dan testing to Second, Prearranged Free for Second Dan testing to Third, and Foot Technique Sparring for Third Dan testing to Fourth.

So no doubt remains, one should mention that the Model Sparring slow sequence follows the fast sequence.

Prearranged free sparring has been somewhat liberalized. Whereas in the predecessor book one was required to do one hand element and one foot element in the first two of the three sequences, it would appear there is no such limitation here. The instructor's note here is excellent in its explanation of the purpose of prearranged free sparring.

In foot technique sparring, all of the attacker's attacks, and defender's counterattacks and all of both attacker's and defender's blocks would appear to be foot techniques. This is a change from the 1998 version.

One puzzling reference is that with respect to the assumption of choon-bi position the junior partner will not begin to step into

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the position until the senior partner has begun to do so. The reviewer has found that in most schools he has visited the attacker will initiate such motion consistently irrespective of “pecking order.” There is no apparent reason this makes better sense aesthetically, pedagogically or functionally, but if it is to be so, so shall it be. (On return to baroh after final counterattack the convention has been to have the defender/counter attacker initiate the return which makes sense in terms of readiness and balance.)

Grand Master Sereff and the U.S.T.F. have presented a significant contribution with United States TaeKwon-Do Federation Step Sparring, 9th Gup High White Belt Through 6th Dan Black Belt (2004); the openmindedness and humility demonstrated by the very extensive nature of this revision should be a source of pride for all U.S.T.F. practitioner.

A Summary of Changes is the Step Sparring Syllabus

By Steve Osborn, Ph.D.

The following is a summary of the modifications made from the 1998 edition of the USTF Step Sparring syllabus to the 2004 version.

The overall presentation of the 2004 edition is clearer, contains less typos, and has improved structure and organization. This is most likely a result of feedback from higher ranks within the federation.

The syllabus has the same types of step sparring with three step (alone, beginning, intermediate, advanced), two step (beginning,

intermediate), one step (beginning, intermediate, advanced), semi-free (beginning, advanced), model, prearranged free, and foot technique.

Several things are different in the 2004 edition in the three step sparring category. First, the newer edition makes it clearer that when switching roles the defender and attacker are not to return to charyot position, unless re-measurement is necessary. In the 1998 edition, one section of the syllabus stated that when switching roles (from attacker to defender) the next routine began at the charyot position. In a different section of that same syllabus it stated that the new attacker will step into an attention stance if there is a need to re-measure the distance. The second difference is also one of providing greater clarity. The 1998 edition did not specify whether the initial attacks were to begin from the right or left side. The 2004 edition specifically states that the attacker will step back into a left walking or right L stance.

The modification within the two step sparring is in the 1998 edition it stated that the defender and attacker actually step into a stance as they executed an attack and defense. The 2004 edition makes it clearer that actual stepping is optional (in other words, the attacker and defender may only take one step instead of two).

The modification within the one step sparring is in the 1998 version it stated that for beginning one step following the counter attack the defender would kihap and step backward into a parallel ready stance while the attacker stepped forward. The 2004 version states that following the counter attack in beginning one step the

defender steps back into an L stance and kihaps (just like in one step intermediate and advanced). Then both defender and attacker step forward into a parallel ready stance. One other change is in advanced one step sparring. The 1998 edition limited the number of hand counter attacks to one, while the 2004 version does not do that (but it does emphasize the use of higher level foot techniques)

In semi-free step sparring, the 1998 (as well as 1992) edition had a requirement that counter attacks were to be in the same class as the attack (e.g., if the attack was a flying kick then the counter attack was to be a flying kick). The 2004 version does not state this, but perhaps the requirement remains the same.

The modification within the prearranged free sparring is that the 1998 edition stated the first two attacks will be either hand-foot or foot-hand, and the third being whatever the defender instructed to the attacker. The 2004 edition states that there are no specific rules of order concerning hand and foot techniques, but that the use of foot techniques is encouraged. The other modification in this type of step sparring also applies to a change in the foot sparring as well. This change is the addition of a statement allowing for deviations in the sequence of attacks, defenses, and counter attacks, as long as these deviations (in what the step sparring syllabus instructs) are comparable in content and demonstration of technique. The addition states that the sequence (of attacks, defenses, and counter attacks) is simply a recommended framework in developing these routines.

Also within the foot

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sparring type is a change in what was written in 1998 from 2004. The 1998 edition stated that the ideal counter attack in foot sparring would be one powerful hand or foot technique. The 2004 edition makes it clear that the ideal counter attack would be one powerful foot technique.

Included within the 2004 edition is a statement that applies to all of the step sparring. The statement is a requirement that when a counter attack is a kick, the kicking foot is set down (as the lead leg) into an L stance and a middle guarding block with outer forearm takes place (the addition is the guarding block).

There is another addition in the 2004 edition where there is a statement on dodging as a defense. Dodging is acceptable; however, in general, it is not to occur more than once in any one routine and not more than once or twice in any series of five routines.

The Chang Hun System for Warming Up

By Earl Weiss, 7th Dan

[Editor's Note: the essay referred to by Master Weiss may be found in the [Flash](#),

Vol. XVI #4, and was authored by Theresa Brandt. This is Master Weiss's first appearance in these pages and we are grateful for his thoughts and insight.]

A prior [Flash](#) article addressed the topic of using the Chang Hun Pattern system as a warm up in preparation for more strenuous exercise. By its nature, a newsletter article cannot fully address all the relevant aspects of

this topic. Indeed, an exploration of this topic may take a volume.

That being addressed, this supplement will not attempt to be an exhaustive exploration of the topic, but an attempt to make each person consider relevant aspects of this subject.

As we know, even before the first pattern is learned there are two fundamental exercises to be learned. These should not be ignored when considering the system as a warm up. At the risk of taking extreme liberties provided by the reverse engineering process, we should consider the progression of movement and exertion from the four direction exercises through the pattern progression. (Which, quite frankly in this author's opinion appears to be an ingenious design.)

In the fundamental exercises we are limited to nominal exertion through arm motions downward and laterally, and simple stepping forward and backward in a 50/50 weight distribution stance, with only a quarter turn at a time.

In Chon Ji additional levels of exertion are added through half turns, and loading 70% of the weight on one leg.

Dan Gun adds more exertion through three-quarter turns, techniques where the arm is raised above the head and both arms move away from the body simultaneously.

Do San has yet more strenuous activity through kicks and a new type of exertion afforded by the sitting stance.

Won Hyo, includes a stance where 100% of the weight is on one foot with a new exertion in the more strenuous side piercing kick, as well as dipping the knee for the circular block. (Seems the popular "Lunge" exercise has been around

awhile.) Of course there is the new kick and punch while putting the foot down that adds a wrinkle of coordination and balance which stresses the core muscles.

The most obvious candidate for increased exertion in Yul Guk is the jump which now appears after a decent warm up has occurred.

Nothing incremental or really new from an exertion standpoint occurs to me for Choon Gun. However, new ways of moving or orienting the body occur in the reverse knife hand block, palm upward and pressing blocks, and upper elbow attack, as well as some other movements. These all serve to warm up the joints through various ranges of motion.

Similarly, Toi Gye does not present a new exertion, but there are seem to be quite a few moves requiring relatively more exertion, such as all the two-handed motions, W shape blocks, Jumping and circular blocks.

Hwa Rang continues in the same vein, adding some new motions such as the downward strike, shifting, and two fast kicks in a row.

Chong Moo has obvious additions to the level of exertion through a 360-degree jump and Flying kick.

I conclude this short analysis with the last Color belt pattern. I am certain that others may identify other instances of progressive and new exertion through the patterns addressed. So much the better.

I will also leave the task of exploring this topic through Black Belt patterns (Ju Che being ripe for exploration) to others... for now.