

# The T.K.D. Flash

## A Publication of the Association of Academies of Martial Arts

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Upcoming tournament action:  
**U.S.T.F. 2005 Nationals in San Diego.** June 24 and 25, 2005. Contact Mr. VH for details.

**Third Annual USTF West Virginia State TaeKwon-Do Tournament** Saturday May 7 in Bluefield W.Va. Contact Dr. Tony Henderson 1-304-324-1000, taekwondo@citilink.net.

On April 16 a Gup Test was held in Charlotte.

On July 16, 2005 the Region 5 Director and the Association of Academies of Martial Arts will host the U.S.T.F. Region 5 Black Belt test. Testing will be candidates from 6 states for ranks ranking from First to Fifth Dan. Presiding will be GrandMaster Charles E. Sereff. Questions? Ask your instructor. Instructors with questions? Ask Mr. Van Hecke fmvh@execpc.com.

On June 8, a TaeKwon-Do Summer Camp will be held in Charlotte.

Mr. Mike Van Pietersom, Mr. Jim Pals, Mr. Mike Harper, Mr. Mitch Pals, Miss Hannah Harper and Mr. VH recently participated in a 2 day USTF Class C Instructor Course taught by Master Mike Winegar in Broomfield CO. It was an excellent experience!

**Grand Master Charles E. Sereff will be conducting a Grand Master's Seminar on July 16. This will be held at Fredonia, Wisconsin. Open to all irrespective of rank, these seminars have received rave reviews from prior participants. Now you have the chance to train with and learn from one of TaeKwon-Do's true greats and our national leader. Preregister (Required) through your instructor or Mr. VH. Applications available from fmvh@execpc.com. Or here.**

How can we not top off the Black Belt Test and the Grand Master's Seminar with a dinner? Speaking will be GrandMaster C.E. Sereff. The event is intended to be family-friendly.

On May 5 a demo will be held in Charlotte NC by students and faculty of the Academy of Martial Arts and Fitness.

Mr. VH conducted a seminar in Neenah at the Neenah YMCA at the invitation of Dr. John Butitta on April 3 "Getting More Power in My Forms."

In Grafton April 21, 22 students tested and another 4, Tom Martin, Tony Magestro, Anya Magestro and Nick Moralez, were sworn as Deacons. At the Corner were Amirah AbuLughod, Zeki AbuLughod, and the newly sworn Deacons. The test resulted in 10 Decided grades.

On April 18 Mr. VH taught "Juche in Depth" at the Sheboygan Academy of Martial Arts.

On April 29 the Academy of Martial Arts, Grafton, did a demonstration at Parkview Elementary School.

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In July of 2000 in remarks given after a Black Belt test in Charlotte, Mr. VH said:

"When I think of perseverance I cannot help but think of perhaps the most important person of this century, a man who played the key role in the defeat of what I believe to be the greatest evil known to modern man. He in the last month, the last few weeks, visited his homeland, which is Poland, and while he was there he spoke to the Polish Parliament. And before he spoke and after the national anthem had been sung the people sang in his honor a Polish song--don't worry, I won't sing it for you-- "May He Live One Hundred Years".

He is old, enfeebled somewhat by Parkinson's Disease, and his elderly voice was heard to say, when the last note faded, 'It is easier to sing it than to do it.'

What Pope John Paul II meant was that there is a difference between imagination and realization. Imagination requires only your mind; realization requires that you stay the course, that you continue to give of yourself--in short, that you persevere."

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Mr. VH notes a letter from Master Tran Trieu Quan to Tadeuz Loboda the head of I.T.F. Poland, concerning the loss of Pope John Paul II. Master Quan referred to the late Pope as a champion of freedom and justice. He will be missed.

### Etiquette

By Becky Lamboley

[Editor's Note: this essay was contributed by Miss Lamboley as a portion of her First Dan requirements. Part I was in last month's Flash.]

When teaching, I've found that it helps when you give your students a motive to follow etiquette. That motive may be as simple as negative reinforcement. For example, when a student doesn't follow etiquette, assign push ups. But, it is important, especially when working with kids, to assign the punishment in a way so that they know they are being punished. By that I mean have them do the push ups on their knuckles, rather than with an open hand. When you have them do push ups as part of a warm up then allow them to use their open hand; this makes it clear as to when push ups are a punishment and therefore a consequence of failing to follow etiquette. But there is more than one way of motivation.

At camp I also learned why we wear white uniforms

and just exactly what our belts signify. White is a sacred color in Korea. The uniform, and the way the student presents them self in it, represents not only them, but their school, instructors and both their country as well as Korea. Students are taught to keep their uniforms in presentable condition, however they may have more of a drive to do so when the understanding of why shifts from avoiding push ups to avoiding push ups and following a sacred tradition. The same goes for our belts. They represent our TaeKwon-Do soul, as my instructor says, but also our training in TaeKwon-Do. To wash your belt is to wash away your training. For some, that training involves sweat, blood, heart, soul, tears and many years of their life. None of which are things I desire to simply send down the drain.

Edict affects us in every aspect of our life, whether we are under different authorities or we ourselves are the authority. Keep in mind the next time you step on the floor as a student that each instructor is expecting something a little different. Dig deep for whatever it is that drives you and pour it out into everything you do. As an instructor, be patient. Give reasoning behind edict so that a lesson is learned and push ups are not simply done. Also find what drives you and pour it into your teaching and your students. A student's drive often comes from those who teach them.



**Two practitioners of the Korean art of Taekyon display their abilities for Mr. Van Hecke and Mr. Kempka at the National Gym in South Korea during their recent visit there.**



**Mr. Kempka, originally intent on leaping into a pile of Association students during an exhibition recently in North Carolina, changes his mind in mid-air and requests somebody immediately find a one-by-twelve, cut it into appropriate lengths, and bring it to the other side of the pile. Fortunately, somebody alert above the norm does so and the moment is, thusly, about to be saved. "An alert student is worth many nickels."**



The Association of Academies  
of Martial Arts  
&  
Region 5, United States TaeKwon-Do Federation

Invite You  
to the

## Region 5 Grand Master Sereff Seminar

July 16, 2005 at High Noon

Fredonia WI

We must have your application soon!

\$65.00 all Dan ranks

Colored Belts, \$10.00 for every underlying Belt Color

Questions? Contact F.M. Van Hecke  
fmvh@execpc.com  
1-414-852-9229

Mail Liability Waiver & Your Check  
to

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752 Lake Shore Rd.  
Grafton WI 53024

Name \_\_\_\_\_ USTF School \_\_\_\_\_ Instructor \_\_\_\_\_ Rank \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**LIABILITY & PHOTOGRAPH RELEASE**  
**GRAND MASTER SEREFF SEMINAR**  
July 16, 2005

*In consideration of your acceptance of my and/or my child's participation in this event, I hereby, for myself, and for and on behalf of my child, indemnify, release, forever discharge and agree to hold harmless Grand Master Charles E. Sereff, Master Renee' Sereff, Mr. F. Van Hecke, United States Taekwon Do Federation, Inc. and the officers employees and agents thereof, from any and all liability, claims or demands for personal injury, sickness, or death, as well as property damage and expenses of any nature whatsoever, including reasonable attorney's fees, which may be incurred by the undersigned and/or the child-participant while participating in this event.*

*I clearly understand that the sport and art of Taekwon Do involves bodily contact. I am aware of my, and my child's personal medical condition and hereby certify that my and/or child's participation is voluntary and that I, and/or my child, am mentally and physically fit to participate in said event.*

*I hereby consent to and authorize the taking of photographs or videotape in which I, and/or my child may appear. I hereby waive for myself, and for and on behalf of my child all rights of privacy in and to any said photographs or tapes, including without limitation, and any all claims for libel and/or invasion of privacy. I hereby grant for myself, and for and on behalf of my child to USTF, Inc. the irrevocable right and permission in respect to the photographs or videotape that it has taken or has had taken of me to use, re-use, publish, re-publish, modify and display the same, in whole or part, individually or in conjunction with other photographs and in conjunction with any other copyrighted matter, in any and all media now or hereafter known, for illustration, promotion, art, advertising and trade, or any other purpose whatsoever, and to use my name in connection therewith if it so chooses.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature \_\_\_\_\_ Date \_\_\_\_\_

My health insurance is through \_\_\_\_\_ and current.

Seminar Fees: \$65.00 any Black Belt  
Rank  
Gup 10, 9 \$10.00  
Gup 8, 7 \$20.00  
Gup 6, 5 \$30.00  
Gup 4, 3 \$40.00  
Gup 2, 1 \$50.00

Waiver and Check to "A.A.M.A., 752  
Lake Shore Road, Grafton WI 53024"