

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Upcoming tournament action:

October 8, Neenah WI.

At the Neenah Menasha YMCA. Promoter is Dr. John Butitta. In addition to the pattern, sparring and team pattern events, this year's featured event will be a breaking competition.

A Gup Level test was held at Grafton on September 7. Tom Martin and Zeki AbuLughod cornered and Mr. AbuLughod was sworn to Black Belt Candidate rank. Presiding, among others, were, in no particular order and with apologies for any omissions, Mr. V.H., Mssrs. James Pals, Rick Bauman and Harley Pals, Miss Alice Soriano, Mr. Luke Mattias, Mrs. Mary Lubner, Mrs. Erin Graff, Mr. Hasan AbuLughod, and Miss Amirah AbuLughod. A total of 22 tested. Miss Nora Schauble, who tested to Gup 1 rank, Decided Wednesday before, is off to Germany for a year.

First Dan Miss Alice Soriano will be off to Toulouse France for a year for Campus Crusade for Christ. We wish her the best and look forward to her return to us here.

Congratulations to new Black Belt Candidate Katie Hallanger.

A Test was held for gup level students of Master Earl Weiss at DesPlaines Sept 14.

There will be a gup level test in Charlotte October 8

On September 17 a Black Belt test was conducted at Big Dog TaeKwon-Do in Grand Rapids Michigan. Presiding was Grand Master C.E. Sereff. Congratulations to new Black Belts **Dr. Jeff Wilt, Mrs. Sharon Spungen, and Ms. Betsy Dunmire**, and to new Second Dan **Mr. Jeff Smar**. Grand Master Sereff conducted a special class after the test which was attended by 53 people.

It's official! Congratulations to Master Renee Sereff on her promotion to Eighth Dan! Mrs. Sereff has been a "rock" for the U.S.T.F. and I.T.F.-style TaeKwon-Do. Generally "in the background" her mastery of logistics and steady hand has contributed immensely to those who have kept the faith with Gen. Choi, Hong Hi. It is well deserved.

And congratulations to our good friend Mr. Kirk Steadman on his promotion to Seventh Dan Master. Master Steadman has contributed immensely to the quality of refereeing throughout the U.S.

A Halloween Party will be held at the UNCC school on October 8. Witches, Witchevers, Goblins, Hoblins, Noblins and Nastie Beasties who prowl the night!

On September 10 Cadillac MI saw a true I.T.F.-style tournament. The Promoter was Dr. Steve Osborn. We await words as to the winners (other than traditional TaeKwon-Do, which seems to win whenever Dr. O is involved.)

The following promotions took place on the faculty of the Academy of Martial Arts, Grafton:

To Assistant Instructor (joining Mssrs. Brauer, Prohuska, Brudnak, Mitch Pals and Miss Soriano)--Mr. Hasan AbuLughod, Miss Valerie Pals, and Mr. Harley Pals.

To Associate Instructor (joining Mssrs. Mattias, Hebein, and Mrs. Graff)--Mr. James Pals, Mr. Brian Nusslock.

To Senior Instructor (joining Mr. Minesal and Mrs. Lubner) --Dr. Rick Bauman.

The Grafton school is also fortunate to be served by Instructors Peter Spitz and Gregg Thursten and Senior Associate Instructor Mike Van Pietersom.

From Mr. Jeremy Kempka concerning the September 24, USTF NC Tournament:

What a weekend. We had 27 take the referee course! Two for A, one for B and the remainder for C. The tournament had 24 Black Belts out of 29 that had experience competing in International competition. The level of expertise in those divisions was great! I'm going to do it again!

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On October 29 from 10:00 a.m. to 2:00 p.m. National TaeKwon-Do will hold a Pattern and Sparring Seminar with Canadian Team Members (ITF International Competition Medalists.) This is a chance to see how international competitors get their edge! \$20.00 tuition if you have preregistered. This interesting seminar will be at the Golf Maine Park District, 9229 Emerson DesPlaines.

For further information, contact Master Earl Weiss, EWeissTKD@aol.com.

Received from Master Renee Sereff:

We are excited to announce that Sereff World Camp 2006 will be held at the YMCA Snow Mountain Ranch of the Rockies, June 18 - June 23rd at 2:00 pm.

Grand Master Sereff, Master Renee' Sereff and Staff want to welcome you for a great week of Taekwon Do in the Rocky Mountains.

Our theme this year is "Get Your Kicks in 2006"! We have several reserved spaces for previous years campers and are now opening it up to all campers.

Camp participants are required to stay on campus. Rooms are supplied with linen, blankets, and towels. There will be from 4-5 campers per room, single bunks. Headquarters will make room assignments, however, if you have a request to room with

someone, please let us know in writing when you send in your forms. A three meal daily service is provided.

Make sure you arrive at camp no earlier than 3:00 pm. We will have room assignment and check in around 4:00 in plenty of time for Dinner! Many will carpool from Sereff Taekwon Do gym around 1:00 pm. Camp is only 2 1/2 hours from Broomfield. We suggest flying in on Saturday evening or afternoon and we can send you a list of hotels in the area for the night.

We will finish on June 23rd around 2:00 pm up in Grand Lake.

Students under the age of 12 must be recommended by their instructor in writing. After review, they will be contacted with further instructions. Please note for the younger students, they need supervision by their instructor or another adult camper.

World Class

Instructors will be instructing at camp this year. We have several countries that will be represented including Colombia, Australia, and New Zealand. We are looking forward to a great week of training and renewing friendships plus making many new ones.

The non-refundable deposit of \$200.00 is due on January 15, 2006. The balance of \$250. will be due May 1, 2006. This includes the lodging, linens and all, 3 meals a day, training all day plus your T-shirt. Of course the most important thing to

bring with you is a Great Attitude! If you e-mail me interest in attending, we will forward snail mail paperwork to you.

Any questions, please email or call 303-466-4963.

C.E. Sereff Essay Contest:

Mr. VH announces the C.E. Sereff Essay Contest to be sponsored by the Association of Academies of Martial Arts. First Prize is a full scholarship to the Sereff World Camp in June of 2006 valued at \$450.00. For a complete set of contest rules, contact Mr. VH at fmvh@execpc.com. prior to December 1, 2005.

Received from Steve Osborn, Michigan State Director, U.S.T.F.:

SPARRING AND PATTERNS INSTRUCTIONAL COURSE

Master Earl Weiss, VII Dan and one of the highest ranking members within the United States Taekwon-Do Federation (USTF), will conduct a day-long instructional course in sparring and patterns. The first part of the training will focus on sparring techniques and strategies while the second part will examine patterns.

Master Weiss, Chief Executive Officer of the National Taekwon-Do Academy and Head Instructor for the Skokie and DesPlaines, Illinois schools, began his martial arts training in 1971

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and became a master instructor in 2002. He has served as USTF Director at both the State and Regional levels. He is on the Executive Council for the USTF, as well as a member of the International Taekwon-Do Federation's legal consultative council. He is an International Instructor and International Umpire (referee). Master Weiss has not only received extensive direct training from Choi, Hong Hi, founder of Chang Hun Taekwon-Do, but has personally hosted General Choi for an International Instructor's Course. Master Weiss has had numerous articles published in such magazines as Taekwon-Do Times, has achieved the black belt (Shodan) level in Ju-Jitsu, has received training from martial arts experts in cross-fields (e.g., Wally Jay, the Gracies), and has been to USTF World Camps.

**DATE OF COURSE:
SATURDAY DECEMBER
10, 2005**

**COURSE LOCATION:
CADILLAC, MICHIGAN
NATIONAL GUARD
ARMORY**

AGENDA SCHEDULE:

9:00am-11:00am

SPARRING

11:15am-1:00

PATTERNS

1:00pm-2:00pm

LUNCH BREAK

2:00pm-4:30pm

PATTERNS

6:00pm-?

DINNER

COST: 10th-9th GUP \$10
8th-7th GUP \$15
6th-5th GUP \$20
4th-3rd GUP \$25
2nd-1st GUP \$30
DAN \$35

**CONTACT PERSON: STEVE
OSBORN**
231-775-2806 (HOME)
231-775-6517 (WORK)
sosborntkd@hotmail.com (e-mail)

No preregistration is required. Line up will take place at 8:50am. Proper do-bok (including belt) is required. Bring sparring gear. No jewelry, only white tee shirt is allowed under do-bok top, proper etiquette goes without saying (please review proper etiquette for a Master!), note taking is encouraged, and meals are not included in the cost.

There will be a Gup Level Test in Skokie at National TaeKwon-Do on December 13.

And in DesPlaines, the Dee Park District will be the site of another Gup Level Test on December 14.

Meanwhile, a Gup Level Test will be conducted by Mr. Jeremy Kempka on December 17 in Charlotte NC.

Teaching Black Belt
Candidates

By: Luke J. Mattias

Upon considering how to teach a student at the level of Black Belt Candidate,

Instructors must first reflect on what being at that level of development in the Art means.

In his Encyclopedia of TaeKwon-Do, General Choi Hong Hi, Founder of TaeKwon-Do, compared the student's training and progress up to the level of First Dan Black Belt to building a foundation on which a house can then begin to be built. Continuing with this idea, a Black Belt Candidate is at the stage of finishing up the foundation on which a house must then be able to be built. At this stage, it must be made certain that the foundation under construction is sturdy and secure so that the building of the house can confidently be begun without any fear of it crumbling to the ground.

In other words, the Instructor of a Black Belt candidate must be certain that the student has mastered the basics of the Art to a degree at which both the Instructor and the student are confident that the student will be able to successfully build upon this foundation at the Black Belt level before he is awarded that rank.

The student must be capable of honorably representing his soon-to-be fellow Black Belts not only by demonstrating competency of technique, but also the wisdom, knowledge, and gentleness which are essential characteristics of persons

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worthy of this rank. General Choi said, "The Black Belt holder enters a new era of responsibility. Though a freshman, he has entered an honorable fraternity of Black Belt holders throughout the entire world; and his actions inside and outside the training hall will be carefully scrutinized. His conduct will reflect on all Black Belt holders and he must constantly strive to set an example for all grade holders."

Thus, the period of training of a Black Belt Candidate is very significant. A Candidate must be instructed in a manner which will round out the development of his entire character to the point where he, his Instructors, and his fellow students recognize that he is worthy to be a Black Belt.

In order to accomplish this task, an Instructor must view each Candidate that he trains as an individual person with individual strengths, weaknesses, abilities, challenges, personalities, and backgrounds that contribute to his accomplishments and deficiencies in the Art. This is the only way for the Instructor to truly help his student grow to the point at which he is the best that he can be in light of his natural limitations, allowing his character to develop to the degree worthy of being a Black Belt.

The Instructor must continually challenge his Candidate to improve in as many ways as possible. However, if he does not know his student's own areas of accomplishment and deficiency, and is rather trying to measure him up to some arbitrary standard without taking his uniqueness into account, he will fail to properly challenge him to overcome his deficiencies and to achieve further improvement in his areas of strength.

Thus, it is important for the Instructor to know his Candidate well as an individual person so that he will be able to help the Candidate in the best way possible to reach his personal potential. This way, the Candidate will feel a greater sense of accomplishment when he finally achieves his Black Belt because he will know that he really did put in the hard work, time, and effort to improve in the areas in which he needed to improve and thus he will know that he earned it.

Therefore, no two Black Belt Candidates should be taught exactly the same. I believe that it is very important to design individual training programs for each Candidate, as they are all individuals with individual needs that if addressed properly will make them better Black Belts.

This is not to say that there can't be similar aspects involved in more than one Candidate's program, just that

the course that an Instructor puts each Candidate through should be designed with that specific person in mind. This can be done in several different ways. In the dojang that I was trained in and currently teach in, as well as in my own school, there is a neat process by which the training regimens assigned to various Candidates is decided upon. This process is the Deaconhood/Sponsorship program.

Under this program, a Gup 1 student is awarded the special rank of Deacon when his Instructors decide that he is ready to be officially recognized as a Black Belt Candidate. He must take the Deacons' Oath, in which he pledges his loyalty to the school, his Instructors, and the Art and promises to practice the tenets of TaeKwon-Do in his daily life. The time at which the student is to take the oath is un-announced, and sometimes he does not expect this recognition from his Instructors as a serious practitioner who is expected to be "next in line" to join the Black Belt family.

An experienced Black Belt volunteers to sponsor a Deacon and act as his personal mentor in helping him prepare for his Black Belt. During Deaconhood, the Sponsor is responsible for the complete training and rounding out of the candidate. He should set up some sort of individualized training program with the

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Candidate which is aimed at challenging him to work toward improvement in the areas that the Candidate is struggling with as well as getting even better in the areas in which he already excels. In general, the Candidates then spend anywhere from a few months to a year working with their Sponsors on the tasks that they are given.

Often, the Sponsors and Candidates will have specialized workouts in which they get together at times other than regular class meetings and work on things. Sometimes they will meet at the dojang and other times elsewhere depending on the subject at hand. Often, the Candidate and Sponsor will bond during this time and many times will continue to have this special relationship after the Candidate achieves First Dan. The intense, specialized one-on-one training that the Candidate is given usually serves to help him improve tremendously from the time he was awarded Deaconhood to the time of his Black Belt Test. It is a great way to build a Candidate's character and help him put the finishing touches on what he must be to deserve his Black Belt. For many, including myself, it is the most memorable time in a student's training.

I have Sponsored several students who have now

achieved their Black Belts. I have found this program to be very effective in training these Candidates to help them prepare for their Black Belt. If a particular school does not have an official Sponsorship/Candidate program, that's OK. There is no reason why an Instructor can not be a mentor to a Candidate anyway and provide some sort of specialized training for him to help him get to the point where he and his Instructors feel that he has really earned his Black Belt. If done well, this will pay off in the long run.

Now that I have explained what I believe are important components of Candidate training, I will describe some of the very different experiences I've had in training Black Belt Candidates; some of whom I sponsored and others whom I became a mentor to anyway, to emphasize that each Candidate is unique and must be trained differently if an Instructor is to be of the most help possible to the Candidate.

For example, I put the well-built teenage boys that I sponsored through pretty intense physical training including aerobics, bike-riding, swimming, trampoline jumping, and hard TaeKwon-Do workouts so that they would improve their conditioning and use their youth and physical abilities to their advantage. I also worked quite a bit with them on humility, respect, and

gentleness as they were still learning about these virtues at the time. In addition, both of them still needed to work on the details of their technique. They had the physical gifts, but hadn't figured out quite how to apply them correctly when they first became Candidates.

In contrast, the first Candidate I sponsored and another one I was a mentor to were extremely gifted and skilled in terms of their technique. They had no specific physical deficiency and neither lacked maturity as one of them was in his forties and the other in his twenties. For them, I concentrated on getting them out of their comfort zone while training. For example, we worked out at my house and I had them use their TaeKwon-Do techniques and skills in new and more difficult ways such as jumping over a staff held at their chest height or using various blocks against unconventional weapons. This allowed them to challenge themselves get even better at the skills that they were already good at.

I also worked a lot with them on intellectual aspects of TaeKwon-Do: reciting pattern histories, explaining the tenets, using Korean terminology, etc. This developed a component of their abilities that they had not been specifically challenged to work on much before.

Another person I sponsored required a very different emphasis in his

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training for Black Belt. This man, eighty years of age, did not need my help with understanding respect and humility, nor would he have benefited much from a challenge to jump over something held at his chest height. Strong as an ox, he did not need to do lots of weight training, although he did need to stretch out to keep his muscles and joints limber. One of the main areas that he needed to emphasize was working his memory. The main way we did this is to continue to practice his patterns over and over. First, we broke a pattern into segments and worked on a smaller set of techniques. Then, we did it as a whole. After that, we repeated it again and again. We did this with every pattern he knew. We also worked on remembering the proper intermediate hand positions for some of the techniques and some of the technique names. For a change of scenery, we did this not only at the dojang, but in my yard and at his house on his deck. I've never taught anyone who worked at the challenges I gave him harder than this gentleman. He did not lack in respect or humility, and displayed great perseverance and indomitable spirit.

He and all of the other Candidates that I mentioned have now earned their Black Belts. They all truly deserve them.

From these examples, one can clearly see that no Black Belt Candidate is the same as any other just as no two students and no two people are the same.

Each Candidate needs a different emphasis in his training if his Instructor is to truly help him grow to be the best he can be and develop his character to the degree of a true Black Belt.

One great method to provide the requisite specialized training is by assigning each Black Belt Candidate a mentor Instructor. The opportunity for the Candidate to train one-on-one in intensive fashion with a qualified Instructor who is a good role model for the Candidate will help the Candidate learn to honorably represent the fraternity of all Black Belts.

(This method) will show the Candidate how to help others grow through the Art, an essential ability of all good Black Belts and all good Instructors. He will then be able to pass what he has learned onto other students as they work toward earning their Black Belts, thereby helping the Art grow and prosper.

[Editor's note: this essay was completed by Mr. Mattias as a component of his Third Dan requirements. Mr. Mattias successfully tested for his Third Dan before Grand Master Charles E. Sereff this summer. Mr. Mattias is a valued member

of the faculty of the Academy of Martial Arts in Grafton (Associate Instructor) and is Headmaster of his own school, the Special Needs Academy of Martial Arts, where he exhibits more patience than the Editor ever, ever will!

References are made in this essay to a "Deacons/Sponsorship" program.

This program is currently the practice in a number of AAMA schools. This bears some explanation for those unfamiliar with the practice.

A "Deacon" is a Gup One student who has been classified ready as a Black Belt Candidate to undertake the final push for his or her First Degree. He or she is for all purposes external to the school simply a Gup One student.

We have found this period of sponsorship a helpful "time out" for students to concentrate on their deficits and augment their skills. It is approached with great seriousness and students within our schools recognize the special effort made by the candidate.

There is only rarely a candidate who does not have a deficit in one area or another, usually in an area which does not interest or excite him or her. If I hate free sparring it may well coincide with a lack of skill in the area. And that is the exact area where I may need concentration.

Because this concentration requires energy expended in an area "uncomfortable" for the student, the student has a good shot at mastering the area and an excellent shot at mastering himself.]