

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Upcoming tournament action:
Region 5 Championships in Waunakee WI on March 19 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.
March 19 A.A.M.A. North Carolina Tournament. The promoter is Mr. Jeremy Kempka. Pure U.S.T.F. Competition with a twist.
U.S.T.F. 2005 Nationals in San Diego. June 24 and 25, 2005. Contact Mr. VH for details.

On February 19 a Gup Test was held in Charlotte.

Yidan Mark Johnson and Gup Two Caren Johnson have expanded their family and our TaeKwon-Do family with the arrival of Natalie Ann on Saturday, January 29th at 3:08pm. She weighed 7 lbs 2 oz and was 20 inches long. Welcomed by mom and dad and her big sister Rosalia, Natalie has black hair and a beautiful smile.

On April 16 a Gup Test will be held in Charlotte.

And on March 5 in West Va.

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. Imagine testing before one of the "greats!" Questions? Ask your instructor. Instructors with questions? Ask Mr. Van Hecke fmvh@execpc.com. Information will follow in detail to those inquiring. The test will be held in Eastern Wisconsin, location and details TBA.

On February 13 Mr. Braxton Miller and the Society of Traditional TaeKwon-Do of Crystal Lake IL hosted a U.S.T.F.-sanctioned Referee Seminar. Taught ably by Mr. Kevin McDaniel, numerous participants listened, role-played, participated in mock matches, and had the occasional laugh. Results soon.

Marquette TaeKwon-Do had a youth test January 26th and the following students were promoted. Max Spiessl youth orange belt. Toivo Hendrickson, Nick Fulsher, Roland Mota, Amanda St. Germain, and Daniela Seong all youth yellow belt. Luke Whitehouse was promoted to 8th Gup yellow belt.

March 22 there will be a Gup level test in Skokie IL presided over by Master Weiss.

INVITATION

Coming to the Midwest and Region 5! Grand Master Charles E. Sereff will be conducting a **Grand Master's Seminar** on July 16. For those travelling to Wisconsin for the Black Belt test to be held the same day, here is the opportunity to participate in two magnificent events in a single day. 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. **Preregister** through your instructor or Mr. VH. (Required) Applications available from fmvh@execpc.com. This will meet all continuing education standards, as well as being information and fun! The good times, the opportunities to get together and learn, continue to roll. So you're here to see a high quality test at numerous Dan levels on July 16. So you get the chance to put on your dobok and work up a little perspiration while improving your skills. How can we not top off the celebration with a **dinner**? Speaking will be GrandMaster C.E. Sereff. Mr. Van Hecke will M.C. the family-friendly event the evening of 7/16/05. Details forthcoming.

On March 23 National TaeKwon-Do Academy will hold a gup test at DesPlaines (Dee Park District Gym).

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The February 2 Black Belt classes in Grafton dealt with patterns Gwan-Gae and Eui-Am. The handout related to uniforms, Dans One through Three. Next class, May 1.

On May 5 a demo will be held in Charlotte.

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

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

On April 20, the Charlotte Academy of Martial Arts & Fitness will do a demonstration at the Charlotte Bobcats game

Mr. VH will conduct a seminar March 12 in Neenah at the Neenah YMCA at the invitation of Dr. John Butitta.

Beneficial Games for the Student of TaeKwon-Do

By: Hasan AbuLughod

Games can be a fun way to learn new skills and drill TaeKwon-Do.

Three main games will be mentioned in this paper but remember that the rules to each of these games can be altered and added to at any time.

The first game has a few variations that I know of. It involves at least two people but plays out better when more are involved. One person sits

cross-legged holding a long rope with something tied to the end of it to give it weight. (A big boxing glove works just fine and is safe). The rest of the people line up to the left side of the person with the rope. This person must always have about a 10-foot radius of clear space all around them. To begin the game they start spinning the rope around in a big circle, counter-clockwise. It should look as if they are about to lasso someone. One person, from the group standing to the side, will step forward as the rope comes around to them. Once it reaches them, they must jump forward over the rope. While the rope spins around again the person rotating it should pull up slightly to make the rope spin higher in order to let the individual duck under the rope this time around. Next, the rotating rope should be dropped back down to jumping level and the cycle repeats itself. The person should avoid the rope by ducking and jumping in a clock-wise direction until they have gone all the way around the person twirling it. If the individual going around the circle gets caught by the rope, tripped or for some reason causes the rope to stop in any way, they must go to the other side of the room and wait for another student to make it around the circle in order to set them free. To incorporate Tae Kwon Do techniques into this game, one can keep the rope twirling at a jumping level constantly. Instead of avoiding the rope by

just jumping, an individual will execute a flying or jumping kick over the twirling rope until they have completed a full circle going clock-wise.

The following is another variation of this game. In front of, and horizontal to, the person spinning the rope and within the 10ft radius, there will be about 3 to 6 small, soft objects set in a line. The rope is spun around at a constant jumping level in this version of the game. The object is for the individual to pick up all the items and keep them all in their grasp while jumping over the oncoming rope each time it spins around towards them. There is no time limit set for this game but it might work well to use one if this game appears too easy for the players. There is also the possibility of increasing the speed the rope. The jumper isn't required to go all the way around the circle in this version of the game but must pick all the objects up and have them all in hand before they jump out of the circle in which the rope is spinning. Skills that are developed in this game include: Hand-eye and timing coordination, endurance, overall quick thinking, conservation of energy and a certain amount of perseverance.

Throwing around a medicine ball (big heavy ball) in a circle, consisting of three or more people, is a very good way to get warmed up on a cold, winter day. It is also an excellent way to start sweating on a hot, summer day. Adding one or more medicine balls to

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the ring of people will quicken the pace of the throwing and catching of the balls. To make this game a little more exciting one can add a rule: When someone drops a ball or misses a catch they have to do a certain amount of push-ups, sit-ups or some other form of work out. This game is also a good way to practice Korean terminology. Before someone throws a ball they have to shout out a Korean word. Once the ball has been thrown and caught, the receiver must yell out the meaning of that word or else suffer the same consequences as though they had missed catching the ball. If they still don't seem to know the meaning of the word after they have experienced the consequences, then someone else from the group should yell out the word to let everyone know what it is. As the group becomes fluent in Korean terminology the thrower can start calling out techniques in Korean while the person catching the ball must translate them to the English language and demonstrate the technique. To twist the game up even more, the person throwing the ball can call out something in either Korean or English and the individual catching the ball must convert the word or words to the opposite language. Also, if the person who throws the ball calls out a body part in Korean, the catcher must point to the part on his or her own body. For example, say the thrower yells, "Sonkal!" The catcher must point to their knife-hand and

say it in English after catching the ball.

This game is beneficial for a few reasons, the first of them being Korean language memorization, also the use of peripheral vision (seeing a ball coming at you from two different angles.) and upper body strengthening. Skills used and developed during this game include: quick thinking and development of swift reflexes, memory challenge, endurance and hand-eye coordination.

The last of these games is a modified version of kicking the snot out of the bag. One might think of it as an obstacle course of some sort. Kicking the bag is the ultimate goal, but first the person must overcome a few barriers and obstacles. Some of which could be: a small wall to jump or dive over and roll out of on to a mat, a few barriers that must be dodged around in some way, something to duck under or tumble through and one individual standing to the side holding two long poles. The person swings one pole down as the other gets swung upwards. They perform this over and over again at a constant speed, as the person going through the maze must jump through this at just the right time in order not to hit the poles and lose momentum. As the player is finding their way through the obstacles, one or two people can stand to either side of the game and toss small soft things at that person who must then try to block the incoming objects or else pay

the price of getting smacked. These are just a few different obstacles that can be used. A large part of this game is to actually make up creative obstacles once the already given ones have been worn out. Also, keeping one's momentum after going through all the obstacles in order to kick the bag well is key to a successful round. This game has many of the same skills practiced and benefits received as the last two games. This particular game requires perseverance, for one might be discouraged by the difficulty of the obstacles.

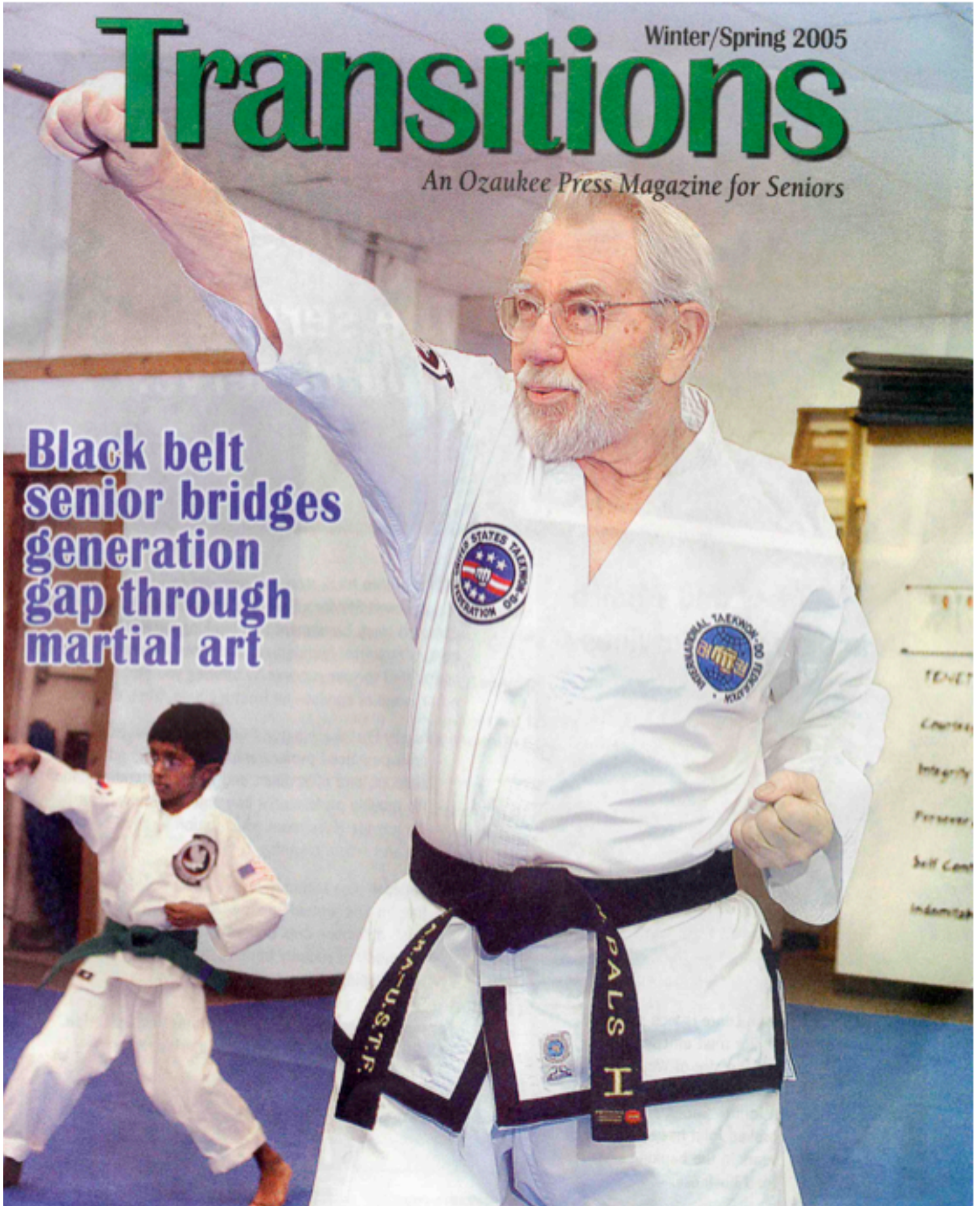
The rules and objects of each game can be altered to better fit each situation. Remember that if the rules are changed, the skills and benefits should still be positive and beneficial to the students playing the game. After a while, it can get tiring and hard to learn and practice techniques, terminology or calisthenics over and over again using the same process. The benefits of being taught things in the format of a game are endless because of the simple fact that it can make the learning process a lot more engaging. It might even cause the student to further push himself or herself into knowing more about a particular technique, vocabulary or exercise.

Winter/Spring 2005

Transitions

An Ozaukee Press Magazine for Seniors

Black belt senior bridges generation gap through martial art



TAENET
Courtesy
Integrity
Perseverance
Self Control
Indomitable

A black belt at 80

Tae kwon do senior helps family's younger generations get their kicks

By STEVE OSTERMANN

Ozaukee Press staff

Harley Pals would be the first to admit he's no Bruce Lee. But that doesn't mean the Grafton resident isn't equal to the challenge of excelling in the world of martial arts.

Last November, he stepped into the spotlight as one of eight students at the Academy of Martial Arts in Grafton who achieved first dan black belts in tae kwon do.

The candidates ranged in age from teenagers to Harley, who at 80 became the oldest student in the academy's 20-year history to be awarded a black belt. Also passing tests the same day were two other Pals family members — his granddaughter Valerie, who achieved first dan status, and son Jim, who earned second dan.

Add to the mix Harley's grandson Mitchel, who also holds a first dan black belt, and you've got a lot of Pals whose shared love of a Korean discipline defies any generation gaps.

"I enjoy it. I think it's interesting and challenging," said Harley, a retired electrician who takes pride in his accomplishment but downplays its significance.

"I especially like the fact that we can do it together as a family."

For Port Washington resident Jim Pals, 42, his father's achievement is nothing short of inspiring.

"My dad's always been physically active, but to do this at his age is remarkable," he said. "I can only hope I'm in half as good of shape as him when I'm that old."

Like his other family members, Harley typically spends three or four days per week at the Grafton academy, where he works out and helps teach classes. Although he has acquired a love of tae kwon do, Harley didn't set his sights on a black belt when he ventured into the school five years ago.

Problems with pain and stiffness in his arms and shoulders had him searching for an exercise that would provide relief and improve flexibility.

"I was having trouble just lifting my arms over my head," he recalled. "I asked my son Jim about it, and he suggested trying tae kwon do."

Jim was already studying tae kwon do at the Grafton academy, where his children followed suit. Despite the Hollywood-hyped images of high-flying killer kung fu characters that perpetuate misconceptions about martial arts, the Pals learned tae kwon do is a discipline that stresses self-control, integrity, courtesy and perseverance as well as physical fitness.

Such tenets were well-suited for a family eager to share a challenging intergenerational activity, Jim said.

"Kids pick up things a lot more quickly and tend



AGE IS NO BARRIER when 80-year-old Harley Pals and his granddaughter Valerie Pals, 14, take part in family workouts at the Academy of Martial Arts in Grafton.

Photo by Sam Arendt

to stick with them if they like them," Jim said. "With my dad, I thought he would enjoy it, but I wasn't sure for how long.

"The fact that he stuck with it all this time, it's really exceptional. There's a lot to it, hundreds and hundreds of hours of training, and not everyone can achieve what he's done.

"I think that from time to time he was uncomfortable, but I was in the same boat when I started. It just takes time to learn something that's so new and different."

Harley, who worked for Wisconsin Electric Power Co. for 36 years, has tackled a few other adventurous activities, including big-game hunting and stock-car racing. But he didn't know what to expect when he first went to the academy.

Although it took him several years to qualify for black-belt testing, he discovered patience can be a well-rewarded virtue.

"At first, I wasn't sure what it was all about, but I knew it would be a challenge," Harley said. "I've always tried to stay fit and have done exercises, including a few sit-ups every morning, but this was something completely new. I had a lot to learn, and I just decided to keep going back."

In the process, he opened quite a few eyes,

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including some close to home.

"I was kind of shocked when I first heard that he was going to try it," said Valerie, 14. "But he really showed he could do it."

Valerie's 17-year-old brother has been even more impressed.

"I thought it was awesome that he wanted to learn tae kwon do," Mitchel said. "He's the oldest student there, but everyone looks up to him because of what he's been able to accomplish.

"I still think of him as my grandfather, but he's also someone I can share a martial art with."

When the Grafton academy hosted its second black-belt test for 2004 in November, students from Grafton, Port Washington, Saukville, Milwaukee and other communities were recognized for a variety of accomplishments.

The Pals family was given the Courage Award.

LOVE OF TAE KWON DO has inspired three generations of a local family to pursue and achieve black belts in the martial art. They include (from left) Valerie Pals, 14; her brother Mitchel, 17; grandfather Harley, 80; and father Jim, 42.

Photo by Sam Arendt