

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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EDITORIAL POLICY

Persons submitting letters to the editor or reactions to published articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any such submission prior to publication.

Upcoming Black Belt Tests:

A Black Belt Test will be held at SOCTKD (northern Illinois) On February 25 or on a week end shortly thereafter depending upon interest. Contact Mr. Braxton Miller, U.S.T.F. Illinois State Director for details if you are an instructor interested in participating; if you are a student, contact your instructor. Mr. Miller can be reached at soctkd@hotmail.com.

Black Belt Testing (tentative) in **North Carolina** in March of 2006. Instructors: contact Mr. Jeremy Kempka if you wish to participate. _
amatkd@bellsouth.net.

On February 18 a Black Belt Test will be held at Marquette TaeKwon-Do in the **U.P.** Contact Mr. Chuck Giotto, U.P. Director, if you are an instructor interested in participating; if you are a student, contact your instructor. Mr. Giotto can be reached at CGiotto@hline.org

On January 7 the American Marial Arts Center and its Headmaster Kevin McDaniel, 5th Dan, hosted a Black Belt Test in Middleton WI. Presiding were Mr. McDaniel, Dr. Rick Bauman, 4th Dan, Mr. Luke Mattias, 3rd Dan, Mrs. Jacqueline Karpinsky, 3rd Dan, and Mr. VH. At the Corner was Second Dan Aric Broeking. In attendance or otherwise participating were such distinguished guests as Mr. Mike Van Pietersom, 5th Dan, Ms. Lily Chang, 3d Dan, Mr. Mark Johnson, 2d Dan, Mr. Mathiam Mbow, 1st Dan, Ms. Becky Lamboley, 1st Dan, Mr. Tony Shircel, 1st Dan, Mr. Matt Detric, 1st Dan, Mr. Ed Girdaukas, 1st Dan, and family and friends of the testees and students at American Martial Arts Center, the Sheboygan Academy of Martial Arts, and elsewhere.

Successfully testing for First Dan were Mr. John Hoskins of Middleton, WI and Mrs. Caren Johnson of Plymouth, WI. Successfully testing for Second Dan was Mr. Kirk Keller of Madison, WI and for Third Dan Mr. Mike Love of Mazomanie, WI. Congratulations to AMAC for a well run event. Congrats to Mr. Love, Mr. Keller, Mrs. Johnson and Mr. Hoskins for their very significant accomplishment.

Sereff World Camp 2006 will be held June 18 - June 23rd in Colorado. It is full!

A Gup Level Test was held at Grafton WI on January 12. Presiding were Mssrs. Rick Bauman, Luke Mattias, Brian Nusslock, Drew Dondero, Hasan AbuLughod, Jordan Wagner, Roc Bauman, and Mr. VH and Mmes. Mary Lubner, Erin Richardson, and Val Pals. At the Corner were Mr. Mike Van Pietersom and Ms. Amirah AbuLughod. A total of fourteen tested. The test was adjudged to be of very high quality.



From left, front row: Mr. McDaniel, Mr. Keller, Mr. Hoskins, Mrs. Johnson. From Left, back row: Mr. McDaniel, Mr. VH, Dr. Bauman, Mrs. Karpinsky, Mr. Mattias.

A lock-in was held in Grafton overnight on January 26. Mr. Luke Mattias, Ms. Erin Richardson, Mr. Roc Bauman, Mr. Prohuska, Mr. Shircel, Mr. Abulughod, Mr. Wagner, Mr. Nusslock, and Dr. Bauman kept 20 wild savages at bay through Looney Tunes, Trouble (the board game, of course), and who knows what else ALL NIGHT LONG! From Pizza to doughnuts.

From Big Dog--
Congratulations to Mr. Jeff Smar on his promotion to Program Director.

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Baby Girl McDaniel came in to the world at 9 lbs 10 oz and 21 inches long! Congratulations to Mr. & Mrs. McDaniel on another excellent production.

REACTION

Mr. V.H.,

Thank you for (Amirah AbuLughod's) fascinating article on Muslims practicing TKD. It was enlightening and truly something I had never considered.

I had the absolute pleasure of teaching a _____ Minister and his two sons TKD when I taught in Merrill. He is a Minister in the _____ church [the

conservative branch of the (name of major faith deleted for editorial reasons)]. He approached TKD with a little trepidation because of the perceived doctrine on Martial Arts in general. One of the most rewarding experiences I had in teaching TKD came after I stopped teaching TKD. About a year after I stopped teaching, Rev. _____

visited me at me office. He expressed his sadness and understanding as to why I quit teaching but he also expressed something else. He explained his original trepidations. He then said that he felt that the values of TKD where in direct communion with the values of his faith and that TKD transcends religion and speaks to the core of humanity.

Thanks again for the article.

-Jason Cram

The Special Needs Academy of Martial Arts, Luke Mattias, Headmaster, conducted a test on February 3. Presiding were Mr. Mike Van Pietersom, Mr. Brian Nusslock, Mr. Harley Pals and Mr. VH. At the Corner was Mr. Luke Mattias and Mr. Tony Mattias. Successfully testimg were Yusuf Quereshi to Gup 4, Aliyah Quereshi to Gup 6, Anthony Carini Gup 7, Annaliesa Strobach to Gup 8, and Ruth Haggith to Gup 9.

The Grafton Academy Basketball Outing will be held February 19. The Marquette University Women play at "The AI" named after legendary coach Al McGuire, and we'll be there!



Madison, Emily, Sage, Ben & Mitchell leap into the new year at Sheboygan!

Anna Strohbach's Brownie Troop #240 of Cedarburg attended a demonstration given by the Special Needs Academy of Martial Arts on January 20. Everybody had a great time, including the Brownies and Mr. Luke Mattias's students. The Demo was held in

Grafton.

Participating were Tony Mattias, Mr. Harley Pals, and Mr. Mattias, assisted by Tony Carini and Ruth Haggith.

AAA's of Self Defense, Condensed

By Jeremy Kempka, V Dan

[Editor's Note: This is an interesting but different perspective from Mr. Van Hecke's typical "O.O.D.A. Loop" construct. Perhaps the editor himself could think of a "Reaction," but we'll leave it to our readers. Mr. Kempka has had the fortune to find himself under arms in such diverse places as Haiti and the east coast of Africa, of course, so his is not a perspective with which to trifle.]

The term Self-defense is used in the martial arts world as a tool to get anyone involved in their methods. Let me suggest a more logical approach to the term self-defense. "I don't want be hurt by anyone", that is my definition of self-defense. Now, What do you do to stay safe? Let me point you in a direction of my logical review of personal safety.

Awareness

We are creatures of habit. We live in the same house, drive the same way to work, park in nearly the same place so we don't forget where are car is and we repeat the same behaviors to make our live easy and simple. If a predator, a

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person intend upon doing you harm, wished to prey on our routine he could simply lay-in-waiting at any number of locations where your guard is down. Imagine if you always hit a red light on the way to work, it seems that way doesn't it. You could have your window broken and a predator could enter the once safety of your locked vehicle. Just one scenario, there are too many situations of how you could be surprised and overtaken by someone that wishes to do you harm. Imagine and consider a few of the places a person could overtake you and determine ahead of time what your reaction would be. You are now one step closer to becoming prepared. Keep your awareness skills on high to see your surroundings.

Assessment

Assess what you see and determine the threat level. I have heard numerous times that we can determine if a person is a safe person or a threat most often by the non-verbal cues we as humans give off. Trust these cues. Look at your environment and surroundings as a Defcon level 1 threat, limited need for awareness. Defcon level 5, ask yourself where is your grenade and atomic bomb because everyone else has one. I would assess a person walking towards me while I vacationed in [a foreign city with a high crime rate] a greater threat than a person walking toward me in a

shopping mall in the nearest city to my home. Keep in mind when more criminals/predators are available your risk is increased. Trust your assessment the non-verbal cues are first to register in your brain, listen to them. If you get beyond this stage and you are concerned for your safety move immediately into Action. A pre-emptive strike may be your best choice.

Action

You are aware of your daily habits and danger zones, you assess what you see so you can take action when necessary. Put into your mind that you will live at all cost, your family will agree with you. Next is the action phase. This is where we as martial artists get to fluff our feathers and say what we do will work better than what those other martial artists do. I have read marketing material for other organizations that say all fights end up on the ground. I ask why? And if it did end up on the ground lets look to see what brought it there. Did you fail to act at the Awareness stage, meaning you didn't see anything. Did you fail to properly assess your threat? Did you allow a person you saw and determined as a threat to get you to the ground? How did this happen? I have a good sense of confidence that if and when a fight goes to the ground I will do expertly, how do you feel? Oh yes I am 6'1" and weigh 200 lbs. and in good shape. Why would I risk it if I could

end it sooner? Lets look at what has had to have happened to convince me to fight on the ground.

I was Aware of my surrounding yet didn't see this attack strategy. I Assessed the predator incorrectly. I didn't run. I didn't get help. I didn't kick, punch, elbow, knee or even bite. I have failed at least in NINE different ways to this point, what makes me even feel I would have a chance fighting on the ground in a wrestling without rules fashion? In official wrestling there are weight categories, I could expect to lose even if my competitor is 15 pounds heavier than me. Is it fair to say a smaller person could win over a dramatically larger person? Something for you to think about.

Might I suggest that we look at a Martial Art that provides instruction in the earlier part of self-defense with a balance of Awareness, Assessment, and Action. I was lucky to choose Taekwon-Do in 1982 and feel quite confident that I have the tools necessary to Act when given the opportunity. If you do not feel the same way ask your instructor to help you see a realistic approach for you to defend yourself. Remember someone who chooses to attack you will feel they are bigger either in size or fire power, what do you possess that will even the odds?