

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

VIII, Number 10. The Flash is published by the Academy of Martial Arts, Inc. Offices at 752 Lake Shore Road, Grafton WI 53024. E-Mail: fmvh@execpc.com. USTF Region V site www.ustf-region5.org 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 submission prior to publication. Persons submitting articles and photographs represent that they have the right to publish the submitted material.

Get ready for the A.A.M.A. Fall Classic! October 7, Neenah WI. Promoter, Dr. John Butitta, 4th Dan. This is always good! Contact docjob2001@tds.net.

On Saturday September 30, the Academy of Martial Arts & Fitness hosted the 2006 North Carolina Annual TaeKwon-Do Tournament under the leadership of A.A.M.A. Vice-president Mr. Jeremy Kempka, 5th Dan.

The Region 5 Regional Black Belt Test for 2006 was held on September 16 in DesPlaines, IL. Master Earl Weiss presided, assisted by Mr. Braxton Miller, Mr. Mike Van Pietersom, Mrs. Mary Lubner, Dr. Steve Osborn, and Mr. V.H. Testing for First Dan were Mr. **Alex Kornetzke** of Sheboygan, Mr. **Tom Martin** of Grafton, and Mr. **Chris Imig** of West Dundee. Testing for Second Dan were Mr. **Tony Shircel** of Sheboygan, Mr. **Hasan AbuLughod** of Saukville, and Mr. **Jordan Wagner** and Mr. **Roc Bauman** of Grafton.

Testing for Third Dan were Michigan's distinguished trio of outstanding ladies, Mrs. **Valerie Dodds**, Mrs. **Janelle Kershner**, and Mrs. **Liberty Kayden Gray**. Testing for Fifth Dan was Dr. **Rick Bauman**. At the Corner was Mr. John Firmiss. Thanks are in order to the supporting instructors for their contributions to another Region 5 success.

You are cordially invited to attend a Ho Sin Sul course November 4 taught by Mr. Frank Hannon, 6th Dan. Participation may lead to level 1 U.S.T.F. Ho Sin Sool certification.

The course will cover ho sin sul fundamentals, such as: breakfalls, throws, sweeps, wrist locks, chokes, and arm bars.

This outstanding event will be held at Cadillac, Michigan, Mackinaw Trail Middle School and is hosted by Dr. Steve Osborn, Michigan State Director.

For more information, please contact Steve Osborn at: sosborntkd@hotmail.com 231-7756517 (work) 231-7752806 (home) 231-7756587 (fax).



From left, Mrs. Janelle Kershner, Mrs. Valerie Dodds and Mrs. Liberty Gray hit their marks simultaneously while testing for Third Dan.

Saturday September 9 Mr. Rafal Olenski, II Dan, ranked 1st in Poland and ranked 2nd in Europe taught a 3 hour seminar at the Academy of Martial Arts and Fitness in Charleston NC.

On Saturday September 23rd, in the fair city of Middleton, of the Dairy state of Wisconsin-The American Martial Arts Center had Mr. Grayson Lins successfully test for 1st Gup with a dazzling display of aerial kicks and a superb break. Dr. John Printen displayed great skill in his triumphant test for 2nd Gup. Mr. Tyrell Quinto attacked and defeated his green belt test with spectacular kicking display which culminated in a demonstration of a set of nearly stratospheric flying front snap kicks. Mr. Reagan Stauffer the lone 8th gup candidate fired his way through his test from rock solid L-Stances serving as launching platforms for his cruise missile type side piercing kicks. Mr. Robert Lovely, Mr. Erik Slater, Ms. Laila Mengesha, Jake Hoskins (Son of our esteemed first dan Mr. John Hoskins) and Mr. Davis Roquet all demonstrated clarity of purpose as they all powered their way through their 9th gup tests!

--Submitted by Mr. Kevin McDaniel

[Editor's Note: I told Mr. McDaniel that this time I would not edit his prose. What are their ordinary tests like? I know, I know, there's no such thing at AMAC.]

A Black Belt test will be conducted at Crystal Lake IL by the Society of Classical TaeKwon-Do on October 21.

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

Page Two

Four Good Men: Meet my Fifth Dan Students

By F.M. Van Hecke

[Editor and author's note: With Rick Bauman's recent test for Fifth Dan, Mr. VH has had occasion to contemplate the best products of the last forty years. Among these thoughts is this one: perhaps there is more to come.]

Rick Bauman: Rick Bauman is a Ph.D. in Psychology. One would normally think that's fairly impressive, but the truth is that I deal all the time with people who are "book smart" and otherwise unimpressive. Rick is impressive not only intellectually but as a human being. Here is a Division One collegiate All-American who has his choice--he could study his TaeKwon-Do with those who led him through his Fourth Degree and move on from there or he could study with me. How incredibly humbling and what an incredible gift that he chose our path! How phenomenal that he had the balance and humility to perceive the limitations of prior training and the will to work to correct and grow better. It doesn't end there, with my gratitude, it goes beyond into a great friendship I have found in Dr. Bauman a kindred spirit. Rick does not shy from the big questions, and is willing to ask them and share insights. Often willing to pursue an outright Socratic approach to learning, he is a source as well as the recipient of the thoughtful and unvarnished criticism necessary to the development

of, among others, his teacher. This is a true friend, a brother.

Mike Van Pietersom:

Mike has been with me since childhood. Some had football, some had soccer, but Mike always had a job, a responsibility to himself or others. He made time from that responsibility to dedicate himself to TaeKwon-Do, just as he dedicates his time and devotion to his son Devon. Devon will grow through his example and caring. Mike fought his way through the system to seize an education, graduating college when it wasn't easy, when the only person picking up the tab was--well--Mike. He fought his way through his Fifth Dan with devotion to duty and his focus clear. He is the student one can only dream of. Spectacular leaps, an understanding of the drama and utility of our Art, and an uncompromising and disciplined athleticism combine to make him "the total package." Mike gives TaeKwon-Do a good name by his association with it. This is a gentleman and a gentle man. This is my unflagging and loyal student.



Mr. Jordan Wagner, in the interest of consistency, splits two boards on the right and two on the left.

Kevin McDaniel:

Kevin McDaniel has been not only the pearl found in the oyster, he has been the Find of a teacher's lifetime. A superb martial artist and a rock-solid ally, he was once put the challenge as to where his loyalties lie: were they to an organization, to a teacher (yours truly) or to his students? His answer was unfailingly correct. Mr. McDaniel's loyalty is to his students, and his passion is for them and their growth. One can only respect this true warrior's devotion to his family and to the Art. An impressive seven feet tall (or so it seems to his shrimpy instructor) and about four jillion pounds, with wrists like Mr. VH's ankles, somehow this skilled former international competitor is even more impressive airborne. Mr. VH sought to have him the first USTF certified instructor in tournament officiating east of the Mississippi, sought to have him succeed him as Wisconsin State Director, and has never been disappointed in the way he has seized upon his duties and delivered performance to extraordinary levels.

Professionally and in terms of his address of responsibility, this is a Man. His loyalty honors me more than perhaps he will ever know.

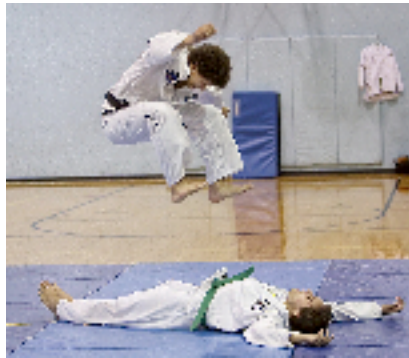
Jeremy Kempka: This is my TaeKwon-Do son. His children are my grandchildren and my hopes for his happiness in TaeKwon-Do and in his life are an important force in mine. Jeremy started with me as a little boy and has stayed true ever since. His skills in competition are well

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

Page Three

known, his exactness and devotion to proper technique a model for all his students. His military background led almost naturally into a further flowering in our Art. Mr. Kempka has many gifts, and they are used well in the Art as the Art has been blessed by his gifts. A rare talent of this sort does not often come along, but when it does an instructor can only take to his knees in gratitude for God's provenance. This is my student, not my clone, and has on occasion sought his own path. That does not diminish my love for this man and my hopes for his future. A successful full-time martial arts instructor, he has carried his devotion to the Art farther than any of my students. I care for him. He will always hold a corner of my heart.



Mr. Samuel Flood rethinks his earlier consent to serve as Mr. Hasan AbuLughod's Ho Sin Sool partner.

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The Tenets of Taekwon Do and Their Influence On Our Daily Lives

By Tom Martin

[This is the continuation of an article which began in the September TKD Flash. The Editor has taken considerable liberty to expunge names of specific individuals referred to in the article; those who know them know who they are, and second Mr. Martin's comments.]

Mr. XXXX and his display of the tenet of *courtesy* – In addition to Mr. XXXX teaching at our Dojang, he has also worked for our company over the past two summers. Mr. XXXX displays a level of courtesy in his daily life that one would not normally expect from a person of his age. Many of my clients who have met him have commented on how very polite and respectful he is. They almost seem shocked that he displays a level of courtesy not seen these days in people of his age. His steadfast adherence to the tenet of courtesy reminds me to be courteous to all people I encounter on a daily basis.

The *** family and the tenet of *integrity* – Talking many hours with (a family member) over the past few years I have learned about Islam and his family's practice of their faith. In a predominantly Christian society where the adherence to the moral codes of that faith is not commonplace and where

sadly, non-Christian faiths are becoming increasingly unpopular, a steadfast practice of their religion requires a great deal of integrity. I have a



Rick Bauman cleaves concrete and Terry Bauman's camera captures the moment.

profound respect for all the *** family, and the integrity they demonstrate with an adherence to a strict moral code in the daily practice of Islam.

Ms. **** and the tenet of *perseverance* – Ms. **** is a fellow student and she works very diligently at developing her art. She has some old injuries that sometimes limit her range of motion. Her steadfast perseverance in spite of this inspires me to realize that many physical limitations can be overcome with enough effort and perseverance. She is an inspiration for me to work harder every time I see her practicing a new form, sparring, or doing floor drills.

Mr. ***** and the tenet of *self-control* – Of late, all of our instructors practice patience with students in the

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

Page Four

Dojang. But a level of self-control that seems almost divine can be seen in Mr. ***** and his special needs class that meets four days a week. When teaching other students, a calm and supportive attitude goes so much further than a “beat them till they drop” approach. Mr. *****’s firm and supportive approach is one to be emulated. When working with younger students or students that seem to have a difficult time learning, Mr. *****’s approach is one that inspires me every time.



Mr. Hasan AbuLughod mashes wood on the way to his Second Dan.

Mr. ** the tenet of *indomitable spirit* – Advancing age for many people can be a merciless enemy. Not for Mr. ** who at the age of 82, learned his art, completed his black belt test, and continues his practice to this day. As a somewhat older student myself, Mr. **’s indomitable spirit

and continuing practice says that there is hope for all of us chronologically challenged students with a positive attitude and a stay young at heart spirit.

A strong moral compass is important for society and individuals alike. The tenets of TKD provide us with a moral compass for both our art AND our daily lives. We prosper and grow from daily adherence to the tenets in both our art and lives. We live well and interact in a positive fashion with our society. When we cannot find inspiration and a moral compass from those who lead us or with public role models, we can gain that inspiration, guidance and leadership from those whom are closest to us in daily life. Our fellow students and teachers who endeavor to live by the 5 Tenets of Taekwon Do.

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Here is a chance to become a published author on TaeKwon-Do or related topics! If you want us to consider your students’ essays or your own, submit a copy in any standard word processing format or “cut and paste” to an email’s text and email it to us at the address above. About 50% of submitted articles get published including essays by children. We reserve the right to edit.

Tips on getting published in the Flash: Keep it pithy. Longer articles can be serialized and published, but they must then be of unusual

merit to be so considered. Shorter articles (3 pg. max) and commentary are more likely to be published. Do not merely recite the writing of others. Put forth an original idea or provide news of recent or upcoming events. Your students like to see their names in print. People like to know how your event(s) went. Folks also want to know what they can do/attend. And people are interested in ideas.



In perfect mid-air synchrony, Rick Bauman and Janelle Kershner prove that TaeKwon-Do has a way of keeping you young. Picture taken at the 2006 Regional Black Belt Test.

Do you have a school newsletter?

If yes, send it to the TKD Flash and we’ll give publication credit on any articles derived and let your information circulate more broadly.

If no, give us information and we’ll try to feature your school and its event; we’ll even circulate the Flash to your students electronically if you provide email addresses.