

# The T.K.D. Flash

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

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**USTF Nationals** will be held in Waunakee, WI on July 20th and 21st of 2007. This is your chance to compete with the best in the country! The Sunday after competition their will be a picnic with plenty of activities for the kids, a relaxing atmosphere for the adults and food for all diets. If you have any questions please give the Promoter, Mr. Kevin McDaniel, a call or drop him an e-mail (608) 831-5967 / [kevin.mcdaniel@amac-tkd.com](mailto:kevin.mcdaniel@amac-tkd.com).

To the Editor:

*Thank you very much for February's TKD Flash. As always, there is something to really grab hold. This month, Master Weiss' article on getting the most from seminars is a reading assignment for my students. I especially liked the subheading in regard to asking questions appropriately.*

*I too see TKD Times pp. 70-71. (No citations, unless I've overlooked something inadvertently, to the author of those words verbatim on p. 71, the right hand column.)*

*Respectfully,  
Elizabeth J. Roshdy*

On March 24 Mr. Jeremy Kempka will host the **Academy of Martial Arts Spring Tournament** in NC.

On March 25 a Black Belt test will be held at Charlotte NC.



Participants and their HoSinSool partners and a two old folks pose upon completion of a Black Belt Test February 17 in Madison WI. From Left, back row: Mr. Kevin McDaniel, Michael Wang, Mr. Alexander Atwell, Christin Langlois, Mr. Tony Magestro, Miss Anya Magestro, Mr. Tony Mattias and Mr. VH; from Left, front row: Miss Kathryn Hill, Jacob Neuman, Mr. Grayson Lins, and Mr. Zeki AbuLughod.

At Marquette TaeKwon-Do in the U.P., a **Black Belt Test** will be held on March 2.

A gup level test was held at the Academy of Martial Arts & Fitness in Charlotte on February 24.

A Black Belt Test was held February 17, 2007 at American Martial Arts Center in Middleton. Mr. Kevin McDaniel, Ms. Lily Chang, and Mr. VH presided as Mr. Aric Broeking and Ms. Beverly Hottman shared Corner. Successfully testing for their

First Dan were Mr. Tony Magestro, Mr. Alexander Atwell, Mr. Grayson Lins, Miss Kathryn Hill, Miss Anya Magestro, and Mr. Zeki AbuLughod. Congratulations, new Black Belts!

Congratulations to Mr. Chris Gunkle, 2nd Dan, LaCrosse, and Mrs. Gunkle on their new baby boy Camden Even Gunkle born on the night of February 13th coming into the world at 5 lbs 15 oz and measuring 19 inches. One of those middleweights....

And not to be outdone, congratulations to Mr. Jeremy Kempka and Amber on the birth February 17 of a beautiful 9 lb. baby girl EmmaRose Marie Kempka, with a 21 inch length. Say, a light heavy?

### **Tournament Results: February 24 at Cadillac MI**

51 Participants  
37 Gups  
14 Black Belts

### FUNDAMENTAL TECHNIQUES

#### 1<sup>ST</sup> PLACE WINNERS

Cheyenne Heck  
Jade Dostal  
Alex DePoy  
KC Campbell

#### 2<sup>ND</sup> PLACE WINNERS

Sara Everret  
Olivia Kuiper  
Kyle Reitsma

#### 3<sup>RD</sup> PLACE WINNERS

William Perez  
Katey Armstrong  
Tom Jacobson

# The T.K.D. Flash

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## Page Two

### STEP SPARRING

#### 1<sup>ST</sup> PLACE TEAM

James McInerney and Sean Irwin

#### 2<sup>ND</sup> PLACE TEAM

Rob Stilson and Simon Brown

### HOSIN-SUL

#### 1<sup>ST</sup> PLACE TEAM

James McInerney and Rob Stilson

#### 2<sup>ND</sup> PLACE TEAM

Tom Jacobson and Sean Irwin

#### 3<sup>RD</sup> PLACE TEAM

Scott Haranda and Simon Brown

### PATTERNS

#### FIRST PLACE WINNERS

Sara Everret  
Olivia Kuiper  
Alex DePoy  
Steve Brown  
KC Campbell  
Dennis Little

#### SECOND PLACE WINNERS

Cheyenne Heck  
Mikey Byard  
Kyle Reitsma  
Stacey Raygoza  
Adam Sweemer  
Rob Stilson

#### THIRD PLACE WINNERS

William Perez  
Jade Dostal  
Katey Armstrong  
Aaron Dull  
David Ferret  
Kathleen Heck

### SPARRING

#### FIRST PLACE WINNERS

Dustin Derrick  
Tom Jacobson  
Dennis Little  
Sara Everret  
Samantha Brown  
Maureen Spiessl  
Simon Brown

#### SECOND PLACE WINNERS

Aaron Dull

Sean Irwin  
Scott Haranda  
Cheyenne Heck  
Olivia Kuiper  
Kathleen Heck  
THIRD PLACE WINNERS  
Rob Stilson  
David Ferret  
Jade Dostal  
Stephanie Brown

### BLACK BELT COMPETITION WOMEN'S PATTERNS

1<sup>st</sup> Place-Marianne Armstrong

2<sup>nd</sup> Place-Janelle Kershner

### MEN'S PATTERNS

1<sup>st</sup> Place-Chad Boolman

2<sup>nd</sup> Place-Jeff Wilt

3<sup>rd</sup> Place-Eric Spungen

### MEN'S SPARRING

1<sup>st</sup> Place-Brian Sowers

2<sup>nd</sup> Place-Chad Boolman

3<sup>rd</sup> Place-Eric Spungen

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*[Mr. Van Hecke explores why the community service requirement is a strict condition of testing for Dan rank in U.S.T.F., what Gen. Choi, Hong Hi had to say on the subject, and the proper relation of such service to maturity in TaeKwon-Do.]*

Why Community Service?  
by F.M. Van Hecke

Community Service (*Sahwe Bongsa*) is an important component of the Moral Culture (*Jungshin Sooyang*) of TaeKwon-Do. Its importance is often inadequately understood.

Part of what instructors should be doing is educating TaeKwon-Do students to be complete and



Mr. Alexander Atwell displays perfect high kick form

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proactive adult humans. Community service, or personal sacrifice on behalf of one's community, is an essential part of the adult human moral character.

Look around your community. There are parks, schools, perhaps an American Legion Hall. There is undoubtedly a Chamber of Commerce, a volunteer Fire Department. There are Churches, maybe a hospital. There may be a Senior Center, a playground or two. The main street may have trees, benches,

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

## Page Three

places to walk. And if you ask the average 18-year-old about how all these things got there, he or she might not have a clue.

This cluelessness arises from the passivity of the immature--they are accustomed to receiving benefits, not giving them. The immature person does not envision his responsibility as a component of the community fabric.

The community fabric goes beyond buildings and institutions, although much of the work of helping people in the community takes place in them and through those channels.



Tony and Anya Magestro perform double forearm block

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A great deal of the fabric of a community is evidenced by the practical work of ordinary people on a modest scale. The lady down the block will baby-sit if the young working mother gets "in a pinch" when a snowstorm closes the school. The priest

will spend many hours counseling a troubled family.

There are those of us, deeply committed to women's athletics, who thought little of the mainstream media blather about the federal role and Title 9 as somewhat causative of the successes of the U.S. Women's World Cup Soccer team. We just knew of too many dads and moms bringing up the sun at too many soccer fields from sea to shining sea who REALLY made it happen.

And the many examples of little recognized but humanitarian service never truly end.

We might loan a few bucks to the neighbor who can't make the rent because of a layoff at the plant. Almost all mature adults have at least one older person they visit for no other reason than alleviating suffering and loneliness. And changing a tire for a stranger rather than just speeding on about your business is really a part of the same thing.

It is astounding to me that a person could attend a church and not write out a check to help defray costs or a picnic and not bring potato chips and a ball to throw around, but many people just expect things to be there for them without looking to their own responsibilities.

Think about your dojang. That workout floor--how did it come to be installed, who installed it with what labor, how much did the materials cost him? Who makes sure there is soap, toilet paper, paper towels in the bathroom? Who put up the walls for the locker rooms, and what did those cost in labor and materials? How

about the painting, the lighting, the cleaning? Who files the tax returns, keeps track of inventories of uniforms, writes out a check when needed? How does all this come about?

More importantly, how did the relationships among students and instructors come to be? Did those relationships involve effort beyond your knowledge to build a mini-society? How many years of effort did that mini-society you enjoy take to grow, 20, 30 years or more of essentially fiscally-unrewarded but unrelenting work? How many students studied there without tuition when there was a strike at the local manufacturer? How often did an upset child pour his or her heart out to a faculty member, trying to find an answer to the tragedies in life, often caused by a parent himself or herself in need of growing up?

Community service at its smallest reach is about being good to yourself and your immediate family, and at its grandest scale about love of country and your fellow man.

Being good to yourself and your family alone, however, is limited to a smaller number of beneficiaries and can even be practiced selfishly. And the grand scale can be too grand--Condi Rice is not likely to answer a phone call on my part with suggestions as to Kim Jong il's psyche, although I can honor the U.S. soldier by thanking any one of them for his or her service.

It is on the level slightly above the immediate family that we are likely to get the maximum impact for our efforts. The church group, the

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

## Page Four

community organization, the folks on my softball team, all have needs and are efficiently accessed and helped. It is possible to take care of Mrs. McGillicuddy's little girl for a day, but almost impossible to take care of all the children in the village at once.

We have learned much to our horror of the pernicious effects of many schemes to raise the quality of life for all mankind, or of an entire nation. Somehow divorcing oneself from the "on the ground" effects of national or broad social policy on individual families, businesses, and communities can result in both in perverse practical consequences for the "beneficiaries" and the moral sloth and deterioration of the do-gooder.

Community service involves, on the one hand, getting "over" yourself, and seeing others as a reflection of self, and on the other hand, actually performing the work or making the contribution. It is in the former that we build character and put things in their right order for ourselves, and in the latter that we actually "deliver the goods" for our community.

I was very impressed recently when I discussed community service with a Black Belt candidate and he indicated that he and his children often picked up trash along the highway, served meals to the less fortunate, and performed similar service routinely. Those kids have a wise father and will in turn be wise as adults. And happier.

Like bees, like a wolfpack, mankind has a cooperative social existence. This extends not merely to economics but also to spiritual, moral, intellectual and recreational life.

No man is truly complete as a man without the aid of others. We may think we are "independent," we may be utterly self-absorbed, but the most arrogant and audacious "self-made" person is not really the product of his own efforts alone. Somebody gave that person birth, fed him, changed his diapers, potty-trained him, talked to him until he could understand words and grew to understand the existence of others and social relationships. Somebody put brick on brick, or money on the line, to provide an education, not just a college education but one that began in day-care or kindergarten and continued from there. A teacher, perhaps mom or dad, taught today's genius the alphabet and how to do simple math.

And if one has a successful family, or successful relationships, guess what? By definition, it is not my success alone.

So no man being an island, it is well to strengthen the bridges of our communities. Even if you may not need a bridge now, others do, and the day of your need may be coming. And if that day doesn't come--well, it has already and lives in your past.

The realization of our debt to others has a dimension in our own character; recognition of the importance of other humans reinforces the

value we see in ourselves.

Lives should be labeled, "Handle with care--only one to a customer." Might as well, as long as we're here, do the best we can with it.

To do that best, it makes sense, for all of us, to find the "us" in us.

Community service, then, is an important component of what completes human beings, makes them whole. Man as a mature being is a social animal. Being social animals enables us to achieve great things both for ourselves and others. Community service is a realization of that social character and of the value of its component men and women.

Through community service we affirm both our communities and our individual humanity.



Grayson Lins and Kathryn Hill at American Martial Arts Center in Middleton, students of Fifth Dan Kevin McDaniel.