

# 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. Come see the Best of the Best compete. And if you would someday be among them, don't just see, but compete. 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).

Master Earl Weiss has been certified to teach official USTF Ho Sin Sul courses. Master Weiss never fails to open minds and find innovative approaches. He would be available throughout the Region and the country for your next seminar. Contact [eweisstkd@aol.com](mailto:eweisstkd@aol.com).

Put aside October 13 on your calendars for **tournament action**. Dr. John Butitta will host the annual **A.A.M.A. Fall Classic** in Neenah WI.

The U.S.T.F. Regional Black Belt Test for 2007 will take place in Green Bay, Wisconsin, on November 3. Instructors who are interested contact Mr. Van Hecke, [fmvh@execpc.com](mailto:fmvh@execpc.com) or 414-852-9229. Students who are interested, contact your instructors. We have the great fortune to announce the probable presence of Grand Master Charles E. Sereff and Master Renee Sereff.

On April 24 a colored belt test was held at Charlotte.

A gup level test will be held at the Society of Traditional TaeKwon-Do in Crystal Lake IL on June 2.

In the recent election, the candidates for United States TaeKwon-Do Federation President were Master Paul DeBaca and Master Robert Neidig, Master DeBaca withdrew and Master Neidig failed to achieve a majority as required by the Bylaws. Thus a new election will be held, deadline for application being May 15. State and Regional Directors are the voting constituency.

On Saturday June 9 Master Earl Weiss will host a U.S.T.F.-sanctioned Black Belt Test at Skokie IL. Attend and cheer them on!

Camp TaeKwon-Do, NC, will be held this year starting on June 11. Details to follow.

O.K., so why does The Flash publish notices of births and adoptions in our TaeKwon-Do family? Browsing the other

day, the answer leapt out at me: "Each child comes with the message that God is not yet discouraged of man."

--Sir Rabindranath Tagore

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### Out with the Octagon

By F. M. Van Hecke

There is a tendency for TaeKwon-Do practitioners to think too rigidly about the meaning of the base coordinates A, B, C, D, E, F, G and H, and their derivatives AD, AC, BD, and BC, CE, CF, DE, DF, etc. While the former base coordinates invariably refer to the dominant direction of movement of a stance (unless tied directly by stating so to direction of technique), the latter four refer to a range of possible directions of the derivatives contained within the extremes of the coordinates.

Thus, one could define, for example, AD, as "not A and not D but between them." This is a different concept from that of an "octagon" of equidistant coordinates.

The first pattern in which this becomes evident is Do-San. In movement 13 one is told, "Move the left foot to CE, forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm." Subsequent movement and techniques are said to be in the CE direction and, commencing with movement 17, the same are said to be in the CF direction. Analyzing these techniques and the totality of the pattern makes it readily apparent that the direction of movement of these

# The T.K.D. Flash

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## Page Two

techniques are not forty-five degrees from the E to F baseline but, rather, closer to 70 degrees from that baseline (or 20 degrees from the D to C baseline). We base this not only from observing the pattern performed by excellent practitioners but also from its internal logic--all patterns return to their starting position.

There are numerous other instances where the idea of a pure octagon of directions can lead to fallacious conclusions, but nowhere more patently than in pattern Yoo-Sin.

Starting with Yoo-Sin's movement 8, stepping to BD, the angle relative to the A to B baseline is analogous to that of movement 13 in Do-San, 70 degrees from the A to B baseline (20 degrees from the D to C baseline); this is "echoed" in movement 12. Proper pivots into sitting stance for the scooping block/middle front punch sequences thereafter can be relatively pure in aiming to the 45 degree angle from either baseline. This also enables the student to pivot properly for movement 16, which calls for a left walking stance toward BC, and for movement 18, which calls for right walking stance toward AD.

[Here, the Encyclopedia, Fourth Edition, is confused, calling for movement 18 to be right walking stance to BD. This contradicts its own stepping diagrams and the internal logic of the pattern. The U.S.T.F. Patterns Handbook (Revised, 2005) is correct in this regard,

as is the Fifth Edition of TaeKwon-Do (The Korean Art of Self-Defense). I do not here address the matter of the direction of hand technique in this sequence, which is another controversy.]

If we are to follow the internal logic of the sequence 16, 17, 18, 19, then, the front punch in sitting stance in each instance (17, 19) will again be on a relatively "pure" 45 degree angle from the A to B baseline. The pivots into walking stances at 16 and 18, however, will aim the walking stances very close in direction to the A to B and the C to D lines, respectively. Thus the stance assumed to BC at 16 will be approximately 15 degrees to the "C" side of the A to B line, and the stance to AD at 18 will be approximately 15 degrees to the "A" side of the C to D line. This is also dictated by the necessity to follow these verbal coordinates without disintegrated walking stances.

### Part Two, Octagon

"O.K. Sir, he said, I got what you said about ousting the octagon in principle, but if you are going to argue that movement 16 of Yoo-Sin takes your stance assumed to BC approximately 15 degrees to the "C" side of the A to B line, how do you interpret what would appear to be a comparable sequence at movements 5, 6, 7 and 8 in pattern So-San? After all, the first stance is formed to BC at 5, following by a front punch to BD in sitting stance, followed by a walking stance oriented directly to D. If I were to follow your logic as to Yoo-Sin, should not the latter

walking stance be oriented not to D but to AD?"

"Well, I get your point," I responded, "and it shows great intelligence on your part to have even raised the question, but let me solve your problem with a question: Who says the punches in sitting stances at 6 and 8 in So-San are to the same 'perfect' 45 degree bisector of B and D? Assume, instead, that these punches are both approximately to a 30 degree angle from the A to B baseline and the stance at movement 5 to BC is not 15 degrees to the "C" side of the A to B line but 30 degrees to the "C" side of the A to B line. Try it, and you will keep the integrity of all stances including that to D (movement 7). Anyway, that's my two cents."

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### Technical Corner

The following question was recently raised by Master Earl Weiss. We'd be interested in any reader input.

"The USTF gup requirement booklet says that the tool for the U shape block is the arc hand. The encyclopedia says it is the reverse knife hand. Although not among what I would call my favorite technique from a utilitarian standpoint, in my opinion this difference radically alters how the block is performed and how it would be used. Which approach do you take, and why?"

Address your discussion & answers to [fmvh@execpc.com](mailto:fmvh@execpc.com).

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

## Page Three

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### Safety

By Third Dan Angela Giotto

[Editor's Note: Ms. Giotto is in Graduate School at the University of Michigan.]

In my line of study, I focus on safety; safety for the worker, safety for the environment, and safety for the facility. When people ask me to explain the master's degree in public health that I am trying to achieve, they do not realize how broad of a topic safety is. It is not as cut and dry as one would believe it to be. Workers must be protected against exposures to chemical, physical, and biological hazards. The environment must be protected from hazardous chemical, overdevelopment and improper use of the land. Facilities need to be protected from fires, explosions, and accidental spills. This is just a small portion of the safety issues that safety professionals need to be aware of when working in industry. This same thought process can be applied to Taekwon-do.

There are many different safety aspects to Taekwon-do. One of the reasons people participate in martial arts, not just Taekwon-do, is because they want to learn self-defense for their own personal safety. This is a great reason for students to become involved in martial arts and it is what people tend to think about when discussing the safety issues of Taekwon-do.

According to the American Institute on Domestic Violence (AIDV), 5.3 million women are abused each year.\* Being a woman, I am a strong believer that all women should at least take a self-defense class if they are not interested or have time to commit to a style of martial arts. This being said, I do believe that learning self defense is very beneficial for people of all ages, no matter what their gender.

Another aspect of safety in Taekwon-do is stretching. It is important to remember and make time for stretching no matter how old or young the students are. This is because the major benefit to stretching is to help prevent injury. There are other reasons why students must perform their stretching routines. To just name a few reasons they include, increasing the range of motion in the joints, reduce stress, increase blood circulation in the body, improve posture, and help reduce stress. Stretching also improves flexibility. This is important because maintaining flexibility, especially as students grow older, will help to improve performance and make physical tasks easier.

It is also important when training to protect yourself and your opponents during free sparring. Free sparring is a training technique and the primary purpose of it is not to cause harm to your opponent or yourself. To help with this, there is a variety of sparring gear that the two opponents can wear. This way, if one opponent gets struck by an attack, it will not harm their opponent or injure themselves.

The last safety issue that I will touch on is the issue of proper breathing techniques. By maintaining proper breathing techniques, the body will stay more relaxed. This helps to reduce stress and fatigue which helps to reduce injury. It also helps to cleanse the body of contaminants and help maintain mental clarity especially in a stressful situation. If proper breathing techniques are performed, it will be easier to finish a physical task and give the student an edge over an exhausted opponent.

There are many different safety aspects of Taekwon-do that participants should be aware of. It is important for instructors, as well as students, to become acclimated with all of the different safety aspects of Taekwon-do. By doing so, it will help to protect and promote the well-being of both.

\*"Domestic Violence in the Workplace Statistics." American Institute on Domestic Violence (AIDV). 2001. Accessed, February 27, 2007. <http://www.aidv-usa.com/Statistics.htm>

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### How Tae Kwon Do Has Improved My Life

By Grayson Lins

My Tae Kwon Do training has improved my life in many ways including balancing my time, strengthening my body, improving my health, teaching me to be more disciplined and to be respectful to others,

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educating me on how to look deeper into the meaning of things, and giving me a sense of accomplishment. First off, training in Tae Kwon Do has forced me to better manage my time. In a normal week, I spend about two and a half hours practicing my trumpet and five hours doing homework and other daily school work. In addition to my school work, I also used to have two 45 minute classes a week (with about a 45 minute roundtrip drive between home and the Tae Kwon Do school). Lately, it has been even more difficult because I now have two 90 minute classes instead of 45 minute classes. Along with my "in class" training, I also need to manage my home practice of patterns and techniques, as well as learning of knowledge from the Tae Kwon Do White Book. Secondly, Tae Kwon Do has greatly strengthened my body in more ways than one. Through doing numerous falls each class, I have fortified my muscles and it has made me stronger than I ever was before. Through repetitions of doing falls, rolls, running the stairs, and doing throws without taking a break, it has built up my endurance. It has also helped me to stay more focused knowing that I would have to keep repeating it until I performed correctly. In addition, the self defense seminar up in Cadillac, Michigan boosted my endurance significantly. Through enduring these brutal challenges, there is no doubt that this will prepare me for the real world and its own brutal times.

Third, Tae Kwon Do has helped me regain my health and assisted me to be more physically fit. In the beginning of each and every class, I have to stretch out so I don't pull anything. These stretches have helped me a lot and have made me more agile and flexible. Exercising in and out of class has also helped me stay fit and athletic. Because of this, I have much more speed in which I can use for other sports. Furthermore, practicing the techniques has given me more power in Tae Kwon Do techniques and in life. Doing Tae Kwon Do has made me feel better and be healthier.

Fourth, Tae Kwon Do has taught me to be more respectful to others, especially to my instructors and seniors. In doing many push ups and other forms of discipline, I have learned to be more respectful to others. This is going to help me when I grow up because when I work for somebody, I will be more respectful to them because of my Tae Kwon Do training. It has also taught me to be more disciplined and controlled. I used to fidget a lot and mess around in school & Tae Kwon Do class, but now after Tae Kwon Do training and discipline, I almost never fidget and am controlled in serious situations. This will help me in later years to come when I am giving a presentation to a big group. The Tae Kwon Do training will help me be less nervous and squirmy. Teaching Tae Kwon Do classes will also help me later in life when speaking to a large group. It will help me to speak more clearly and confidently.

Fifth, Tae Kwon Do has taught me how to look deeper into the meaning of things. Having to read and understand the meaning of each form has helped me understand the form and a little bit about Korea's history. It's interesting how the movements and techniques of each form reflect Korean leaders, their birthplaces, and/or their deaths. Finally, Tae Kwon Do has given me a sense of accomplishment. One way it has done that is through having to memorize many challenging forms and information. It makes me feel good to know that I can do such a thing. This would help me later when I have to memorize a code or an oath for some other purpose. Another way Tae Kwon Do has given me a sense of achievement is doing tournaments and other competitions. Getting good placements helps me become more competitive and makes me feel like I achieved something. Additionally, teaching classes gives me a feeling of fulfillment. Knowing that I can break down complex techniques or patterns and be able to teach that to someone else is very satisfying. In conclusion, I think that Tae Kwon Do has improved my life through helping me balance my time, strengthening my body, improving my health, helping me to be more disciplined and to be respectful to others, educating me on how to look deeper into the meaning of things, and giving me a sense of accomplishment.

[Ed. Note: Mr. Lins is a student of Mr. Kevin McDaniel and is 13.]