

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

Volume XIX, Number 11. 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.

On September 30 at **Big Dog TaeKwon-Do** in Grand Rapids Mr. Kevin McDaniel conducted a referee seminar. A number of advanced students and instructors participated and took examinations in an attempt to achieve U.S.T.F. Referee Certification. (Picture below.)



The A.A.M.A.-Charlotte TaeKwon-Do Open Tournament will be held in Charlotte on Saturday November 17. Any questions? Contact Mr. Kempka at 704-494-0800 or email to amatkd@bellsouth.net.

There will be a Class B USTF Instructor Course in Denver, Colorado on Nov. 10th & 11th. Those interested may contact USTF Headquarters for more information.

Mr. **Tom Cope**, Missouri, will be hosting USTF Class C Instructors Course February 2nd & 3rd 2008. with G.M. **Mike Winegar**.

On October 20, 2007, a Gup level test was conducted at the School of Classical TaeKwon-Do in Crystal Lake, IL. Mr. Braxton Miller presided.

On October 20 a U.S.T.F.-sanctioned Black Belt Test took place at the Academy of Martial Arts & Fitness in Charlotte NC. Mr. Jeremy Kempka put his students through their paces. Successfully testing for First Dan were Mr. Gregory Shelton, Mr. Weldon Jones, Mr. Darryl Richardson, Mr. Miguel Sanchez, Miss Atiya Felder, and Mr. Brenden Padgett. Miss Justina Hauss successfully tested for her Second Degree Black Belt.



Between book-ends Mr. VH and Mr. Jeremy Kempka, Vth Dan, participants in the October 20 Charlotte Black Belt test: front row, from left, Miss Justina Hauss, Mr. Miguel Sanchez, Mr. Brenden Padgett, and Miss Atiya Felder. In the back row are Mr. Gregory Shelton, Mr. Weldon Jones, and Mr. Darryl Richardson.

On May 3 and 4, 2008, **Grand Master Mike Winegar** will teach one of his excellent "C" instructor courses in Cadillac MI. Dr. **Steve Osborn** will host this inaugural event for our Region. Your editor has attended all of Grand Master Winegar's Instructor Courses. As the only person in the Region to have done so, he can speak to the quality and value of G.M. Winegar's instruction on all levels. This is simply not to be missed. Contact your host, Dr. Steve Osborn, at Cadillac TaeKwon-Do, sosborntkd@hotmail.com. Please put this one on your calendars now!

A Class C USTF Instructors Course will be taught in Denver Feb. 9th & 10th, 2008 by Grand Master Mike Winegar. (For those who can't wait for the Region 5 course mentioned above.) Take it twice!

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The annual **A.A.M.A. Fall Classic** in Neenah WI was hosted by **Dr. John Butitta**. Competitors from throughout Region 5, including schools from Illinois, Michigan and Wisconsin, participated in Patterns, Team Patterns, Free Sparring and Breaking Competition. Mr. Kevin McDaniel acted as Chief Referee, Mr. VH as Director, Dr. John Butitta as Tournament Host and Promoter. Dr. Butitta continued his annual string of excellent Fall Classics, this time sanctioned by U.S.T.F. Congratulations are in order to him and all officials and participants.

Big Dog TKD is pleased to announce it is sponsoring a Treats for the Troops Halloween Candy Drivethrough Nov. 9. In an effort to promote fitness, fight childhood obesity, and promote a spirit of sharing and giving, we are asking the community to donate unopened Halloween candy to be sent to our troops overseas. We ask that the children make the donations and prepare a picture or letter to be included with our packages. Any child who makes a donation to the cause will receive a \$5 merchandise credit.

Monetary donations to help with shipping costs will be accepted but are not required. All that is needed is a generous spirit and some Halloween candy! Donations will be accepted at Big Dog for the next 2 weeks: Monday - Thursday 4 - 9 pm., Saturday 9 am - 1 pm.

Call 942-6640 if you have any further questions. Thanks for your support in advance
--Sharon Spungen

Events happening at your school? Promotion, gup test, births, weddings, births, courses, seminars, demos, tributes? Pop us an e-mail at the [Flash](mailto:fmvh@execpc.com), fmvh@execpc.com, and you can get free publicity and advertise to others in Region 5 and beyond. The price is right, right?

A recent Gup Level Testing was conducted in Middleton WI under the supervision of Mr. Keven McDaniel.



Miss Justina Hauss, recently promoted to Second Dan in North Carolina, participates in Mr. John Cacioli's Tournament in New Haven CT. The tournament drew over 300 participants, including students at the Academy of Martial Arts & Fitness, Charlotte.

Nutrition

By: Brian Nusslock

[Editor's Note: Mr. Brian Nusslock, Third Dan, is a member of the Faculty at the Academy of Martial Arts, Grafton.]

This paper is designed to be an informative piece for the average person, the athlete, but more importantly, the martial artist. In our busy lives many of us find it difficult to focus on exactly what we are eating each day. More importantly, focusing on eating a well balanced diet. In a nation where sixty percent of the population is overweight, healthy eating and exercise is an issue that must be addressed.

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For many taking the time to understand nutrition is at the bottom of their list of things to do. So taking the easy road might be a more viable option. This might include 'fast food' which is exactly that, food that is prepared as quickly as possible with little to no concern for nutritional value. We owe it to ourselves to make conscious choices about what we are eating and to know where it comes from. What follows here is a short breakdown of essential vitamins and minerals and a brief description on how they can lead to a more healthy lifestyle.

This categorization can be broken down into six groups. They are: minerals, carbohydrates, fiber, fats, proteins, and vitamins. Many of the items listed can be found in more than one category and there are many others than could be included.

MINERALS

Iron. Iron is used in the production of red blood cells and oxygen transportation. Green leafy vegetables including kale and cabbage, beans, lentils, tofu, pumpkin seeds, millet, figs, dried apricots and dates are good sources of iron. Iron is best absorbed with vitamin C. When eating foods that are high in iron you should avoid teas and coffee, they can have high levels of acid that can prohibit the breakdown of iron.

Calcium. Calcium is good for teeth, bones, muscles, hormones and blood clotting. Milk if fortified with calcium is a good source although plant sources can be more beneficial. Almonds, green leafy vegetables, kale, spinach, broccoli, turnips and tofu all contain calcium.

Zinc. Zinc is important for a strong immune system and wound healing. It is best to get zinc in a variety of foods. Green leafy vegetables, pumpkin seeds, sesame seeds, tofu, almonds and whole grains.

Iodine. Iodine is important for metabolism and a healthy functioning thyroid gland. Again, green leafy vegetables, asparagus, kelp, and seaweed.

Magnesium. Magnesium is good for bone strength, nerve and muscle function. Green leafy vegetables, whole grains, soybeans, avocados, bananas, apricots, apples, cashew nuts and almonds.

Potassium. Potassium aids in high blood pressure. Foods that are high in potassium are brazil nuts, whole grains, chickpeas, pumpkin seeds, yeast extract, and many fruits and vegetables including bananas, strawberries, and tomatoes.

CARBOHYDRATES

Carbohydrates are used for energy. When focusing on carbohydrate intact, white sugar and white flour should be avoided. Whole grain rice, whole meal bread, oats, potatoes, beans, lentils, and whole grain pasta are excellent forms of carbohydrates.

FIBER

Fiber is a vital part to any diet. It keeps bowels healthy and lowers cholesterol which helps to keep a regular appetite. Foods that are high in fiber are, whole grains, beans, lentils, nuts, seeds, and fruits and vegetables.

FATS

Fats can generically be described as good or bad. Essential fats, which help aid in brain function can be found in flax seed oil, hemp seed oil, green leafy vegetables, avocados and nuts including almonds and hazelnuts. Bad fats are those that are high in saturated fat.

PROTEIN

Protein is essential for the growth and repair of body tissue. Beans, lentils, tofu, milk(soy), seeds, nuts, and hummus are all foods containing protein.

VITAMINS

A. Vitamin A is a powerful antioxidant that aids in sight, bone health and growth, and tissue repair. Carrots, spinach, red/yellow peppers, tomatoes, green leafy vegetables, dried apricots, and mango.

B. Vitamin B aids in digestion cell growth, the nervous system, uses fat and proteins to create energy and is water soluble so it is best when steamed or raw. Bean sprouts, avocados, whole grains, nuts, mushrooms, bananas, oranges, beans, yeast extract, and green leafy vegetables including kale. B12 is important for nerve formation and cell production. B12 vitamins or fortified products containing B12 include soy milk, cereals and margarine(non-hydrogenated).

C. Vitamin C is used to fight infections and heal wounds. It is a powerful antioxidant. This vitamin can easily be destroyed by heat,

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Mr. Weldon Jones, on his way to First Dan, doesn't let his studies in masonry skills atrophy and shows us how to cleave bricks with a handy tool, his knifehand.

light and prolonged storage. Green leafy vegetables, cabbage, broccoli, parsley, potatoes, peas, oranges(juice), black currants, kiwi and mango are excellent sources of Vitamin C.

D. Vitamin D is helpful for strong bones and teeth. Outdoors Vitamin D can be obtained from sunlight. Vitamin D can be found in milk, margarine and fortified cereals.

E. Vitamin E is a powerful antioxidant. It is used to protect against disease. It aids in tissue healing and healthy skin. Olive oil, tomatoes, avocados, apples, carrots, nuts, seeds, and whole grains all contain Vitamin E.

K. Vitamin K is used for energy. It also helps fight infection, for instance blood clotting and maintaining healthy bones. Vitamin K should be plentiful and varied in the diet. Green leafy vegetables including kelp, lettuce, broccoli,

peas and lentils are all good sources of Vitamin K.

What was mentioned above most likely seems like an overload of information. Not all of these things must be on your mind all day long. After slowly incorporating each into your diet you may slowly begin to understand their workings a little better. You will also be on your way to a healthier lifestyle.

The U.S.T.F. Regional Black Belt Test for 2007 took place in Green Bay, Wisconsin on November 3, 2007, just as the Flash was readying itself for publication.

Testing were the following individuals:

Candidates for First Dan

Geralyn Liverett

Keith Madison

Ken Moen

Maureen Spiessl

Artem Bordetskiy

Ashley Doebert

Peter Thompson

Austin Schopbach

Collin Madison

Candidates for Second Dan

Mrs. Caren Johnson

Mr. Edward Girdaukas

Candidates for Third Dan

Mr. Brian Nusslock

Mr. Paul Hebein

Mr. Brian Sowers

Candidate for Fourth Dan

Mr. James Alger

Candidates for Seventh Dan

F.M. Van Hecke

Braxton Miller

Ably hosting the event were Mr. Henry Goddard, Second Dan, and the Green Bay Academy of Martial Arts. Mr. Goddard also hosted the Regional Awards Dinner that evening.

Presiding were Grand Master C.E. Sereff, Master Renee Sereff, and Master Earl Weiss. Board Adjutant was Fifth Dan Mike Van Pietersom, and Aide-de-camp was Fourth Dan Mary Lubner.

In all, testees represented six of the Region's schools. Results, pictures and more details will be in the December, 2007 Flash.