

The T.K.D. Flash

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On October 18 the Mad City Chang Hon Challenge was held at Middleton WI. Participants from Illinois, Minnesota and Wisconsin competed in Patterns, Team Sparring, and a large and enthusiastic Team Pattern competition. The American Martial Arts Center and Mr. Kevin McDaniel hosted the event. Master F.M. Van Hecke sang the National Anthem, but thereafter the event was of uniform high quality.

The United States Taekwon-Do Federation's National Championships for 2009 will be held on June 26 through 28th in Kelso, WA. The Tournament Promoter is Master Dan Huntington. Check out NWUSTF.com. Always best to plan ahead.

Grand Master Mike Winegar will teach the USTF Class A Instructors Course on November 8th and 9th at Sereff Taekwon-Do in Broomfield CO.

On October 25 a testing was held in Missouri.

The North Carolina Invitational will be held in Charlotte NC on November 15. For details, contact the Academy of Martial Arts & Fitness, amatkd@bellsouth.net

On November 1st the Utah State Championships will be held (presumably somewhere in Utah).

On November 15th the Basic HoSinSul Course will be held in Missouri.

Also on November 15th, a Black Belt Test will be held in Massachusetts.



Mr. Kevin McDaniel presided at a gup level test at the American Martial Arts Center on September 13. Testing, and pictured above, were: Ryan Love for 1st Gup, Tyrell Quinto for 2nd Gup, Kevin Sandoval for 6th Gup, and Neal Miller for 7th Gup.

The Cadillac, Michigan YMCA Taekwon-Do club raised just over \$1,800 in fund raising activities that included a car wash, collecting returnable bottles and cans, and a kick-a-thon. \$1,308.20 was donated to the Oasis Women's Shelter, a safehaven for women and children fleeing domestic violence and sexual abuse. \$500 was donated to the Missaukee County Humane Society, an animal shelter that does not euthanize. Each year the YMCA Taekwon-Do club raises money for worthy causes as part of the program's community service activities. Previous international donations have been used to fund the provision of wheelchairs and bio-sand water filters. Local donations have been to the Women's Shelter and Humane Society.

An official USTF Referee Course will be held in Broomfield on February 21st.

On September 20, 2008 competitors from three different states gathered at the Casper Recreation Center in Casper, Wyoming for the 9th Annual Wyoming Invitational. Rampage at the Rec brought out an array of students and instructors. The level of competition was high, with the sportsmanship exhibited by all on a scale to be expected at a USTF sanctioned event.

Participants ranged in age from four to sixty-one, white belt through black, with friends and new acquaintances enjoying time in the ring. The tournament offered brackets from pee-wee to senior adults, with a grand champion round at the end. All divisions were filled, and the competitors had fun showing the spectators what Taekwon Do is all about.

Grand Champions were:
 Black Belt - Mrs. Deedee Connell, Sheridan, Wyoming
 Adult Color Belt - Mr. Giovanne Leon, UW TKD, Laramie, WY
 Junior Color Belt - Mr. Neal Hubenthal, Foot Hills TKD, CO

[The Editor welcomes to these pages
 Grand Master Mike Winegar.]

Sir:

For the past three or four workouts (in Broomfield CO) with Grand Master Sereff, I have been struck by the number of Masters still training. Headquarters is probably unusual in the USTF in its number of Master students. The class last night (10/1/08) had 55 black belts on the floor and we had Masters standing in the second row. (One might observe, with tongue in cheek, that respect is hard to come by at his school). A few months back I asked all Masters to see me after his class was finished. I asked

them to raise their hands if they were over 50 years old. Every hand went up. I looked at this honored bunch of old soldiers and wondered what made them continue. Continue to TRAIN that is. Most all of them had grey or greying hair, and there was not one healthy person in the group. By not healthy, I mean, at least one or more (for most, it was many more) serious injuries that has required past surgeries. There were fused ankles, multiple knee operations, hip replacements, shoulder injuries, back problems, etc. With the exception of a minor left foot injury, I



Black Belt Womens division, Sereff Fall Championship, Susan Marx, Lorie Shaffer, Chrissy Rosenof, April Bowing, Julie Farris

myself am pretty healthy, attributable to great genetics (thanks Mom & Dad). I felt lucky. But for this group that I stood in front of, I was in a little bit of 'shock and awe'. For me, at age 57, to continue to train, is not as easy as it was when I started at age 19. In Grand Master Sereff's class, a typical workout is all gup patterns, followed by black belt patterns up to your rank or sometimes just to about all first and

second dan patterns. This is mixed with basic hand techniques, kicking, jump kicking, either holsinsul or step sparring and then a finish with some quick free sparring if time permits.

You see, in the traditional Korean TKD culture, when a black belt made it to the status of Master, he did not train anymore. At least not on the floor of a regular class in front of all other students. Actually, I've known many black belts who haven't trained anymore, on the floor, at a lot lower rank, like 4th or 5th dan, even though they continued to teach. I have no respect for such a practice. But, at Master level, it was considered not only OK, but understood, that one would not see this person in a uniform again, unless doing a demonstration or assisting the General or another Grand Master at a seminar. In all of the years I trained with the General at seminars or



On October 1 Grand Master Sereff taught a Black Belt Class in Broomfield.
Somebody totalled up 208 Degrees of Black Belt on the floor at once!

at his home, I never saw him in a uniform. And this was proper and correct. I recently went to observe Major Hannon's Advanced Hol Sin Sul class, which was very good by the way, but I did not get on the floor. It would be improper for a 9th dan to train with a 6th dan. I was attired in dress blues and watched from off the floor. But Grand Master Sereff's class is different. He is my senior and my instructor. So, when he teaches, I put on my dobok, and train. So do many of the 7th and 8th dans in Colorado. We could all claim rank or injury, and not participate. But we don't. With glass knees, titanium hips and grey hair, we train. In front of our younger and lower ranking students. This takes courage because each one of us remembers how good we were when we were young. And it's hard to train in front of students when you're not the best you know you can be. In pro sports, you're pretty much washed up at 35 to 38, if you can last that long. Of course we see the aging coaches on the sidelines, but they don't train anymore. They just coach. In TKD, we teach AND we train, at any age, until father time or misfortune makes it totally physically impossible. Mentally, this veteran group just doesn't seem to want to quit. Physically, some of them probably should. They're all old enough to join AARP, and a lot of us are drawing our retirement or social security checks. The first three Masters I asked last night were ages 62,63 and 64. But

Grand Master Sereff is still on the floor, in uniform, ready to teach. This December he celebrates his 75th birthday

I would like to extend my admiration and congratulations to all students, Masters and others, who somehow find the perseverance and tenacity to continue to train in a regular class, in front of an instructor, in spite of age or injury. My hat is off to you all.

Grand Master Mike Winegar

Sir:

Congratulations are in order to all who participated at Grand Master Sereff's Fall Championship October 12. The event consisted of sparring, pattern and breaking team events. There were 10 Junior breaking teams and 11 Adult breaking teams with a breaking demonstration from some of the Masters Instructors from Colorado. Top honors in breaking were Boulder "We don't break on Sabbots" for adults and Shiloh House, "Penta Frogs" on juniors. For pattern Grand Championships we had Dee Dee Connell for adult Black Belt division and Jessica Xu Color Belt Division plus Jifu

Groleau for Junior Black Belt division and Kenneth Nguyen for Junior color belt division. Special Thank you to Master Ricky Todd USTF Regional Director and his competitors from Nebraska, Mr. Robin Johnson USTF State Director and competitors from Wyoming and Mr. Michael Boyd, USTF State Director and all of the Colorado classes. Over 70 certified USTF Referee's helped us this year. We could not have done it without you!

Of course we were honored to have Grand Master Sereff, President of the USTF, Grand Master Mike Winegar, USTF Technical Director, Master Renee' Sereff, Tournament Coordinator, Master Paul DeBaca, Master Bob Neidig, Master Dale Burkhart, Master Jonas Pologe, Master Dennis Swan, Master Kent Hups, Master Bill Strouse, Master Kirk Steadman, Master Dan Griffin, Master Ricky Todd and Mr. Kevin Bushor, Nebraska State Director, in attendance! Our tournament Director was Master Kirk Steadman and the Chief Referee was Mr. Keith Rose.

Master Renee Sereff

On Oct. 5th, Master Martin had the monthly Black Belt Class for Wyoming. The guest instructor was Mr. Tony Giese. Not only is Mr. Giese a 4th Dan in the USTF, he's also a Master Sergeant in the Wyoming Army National Guard. His title for the Guard is the State Modern Army Combatives Coordinator. Mr. Giese explained that the Army wanted to standardize its hand to hand combat, instead of having a mix of martial arts programs that taught different techniques, which most do not work in combat anyway. The Army chose a Jiu-Jitsu based program for ground fighting. Mr. Giese taught the class on basic ground fighting. He explained that in combat the objective was to improve your position to a point that you hold on to your opponent until your buddy can come up with a gun and shoot the enemy, or you get a submission by breaking a joint or a choke out. The class worked on several basic drills that went through the different mounted positions. The most advantageous position being the rear mount, mount, side control, guard, while being mounted is the worst position. The drills went through how to get in and out of each position, with the objective always being to improve your position.

TECHNICAL CORNER

[Editor's Note: From time to time questions as to technical aspects of Taekwon-Do arise in the context of correspondence. "The Technical Corner" is intended to provide some feel for these questions and the perspective advanced practitioners may have on potential answers. In many past issues of the *Flash*, the Corner has elicited interesting perspectives. The ultimate answer to any question posed in the Corner, of course, is to be found in living students of Gen. Choi, such as Grand Masters C.E. Sereff and Mike Winegar, who may themselves choose to weigh in on various topics correcting or confirming various thoughts. In short, these discussions here certainly do not supplant the need for learned instruction or the proper sources for their ultimate resolution!]

On Sep 30, 2008, at 9:46 PM, Steve Osborn wrote:

Dear Master Weiss and Master Van Hecke:

In pattern Yon-Gae movements 7 and 18 are described in the general's encyclopedia and in the USTF Patterns book as 'downward thrust with straight elbow', yet the pictures on pages 35 and 57 (1999 edition) show downward block with straight elbow. I am teaching this technique as a block, not an attack. Is this correct?

Master VH responds:

I see no reason why a thrust, a strike, a punch could not be used defensively as a block, e.g.,

First, Second and Third place in Junior female Black Belt sparring at Grand Master Sereff's Fall Championships: Ashleigh Ray, Caitlyn Fitch, and Jifu Groleau.



forefist pressing block. Take a look at the Encyclopedia, Vol. 3 p. 90 under Tulgi where defensive use of the straight downward elbow technique is discussed.

Dr. Osborn responds:

Sir, certainly many of our blocks can simultaneously serve the function of attack. However, the pattern movements are categorized by specific wording as either a block or an attack (e.g., downward thrust v. downward block). When the general writes that a technique is an attack but depicts a block, I wonder whether the technique has been mislabeled.

Master VH responds:

Once again, I would take a look at V. 3, p. 90 for the following reason: irrespective of function, he does not change the name of the technique. (The



“Hey, it’s twin forearm block,” demonstrates an enthusiastic kibitzer at the Ninth Annual Wyoming Invitational.

discussion on Straight Elbow as a block, by the way, is at Vol. 3 p.254.)

Now, I have generally held to a rubric of discernment with respect to the General's intentions that weighs express and unambiguous written language above photographic illustrations even where directly antagonistic. That's because looking at the evolution of the Encyclopedia from 1st through 4th Editions corrections are more often made in illustrations and also because it has proved to be not uncommon that the General in person has criticized the illustrations.

But if you wish to give the illustrations weight here, perhaps the best way to present this to your students is to say, "The technique is downward thrust with the straight elbow. In the context of this pattern, it functions as a block."

In that way, you would be consistent

with:

- a) the illustrated application(s), not merely one but two,
- b) the text description of the General as a thrust in describing the technique in the pattern,
- c) the "potential uses" described in the technique description in Vol. 3.

Best of all, you don't have to question the General's choice of any of these, the illustrations, the text description, or the explanation on p. 90.

Master Earl weiss writes:

Gentlemen,

Having reviewed the e-mails, relevant portions of volume 3, Volume 12 for Ju Che #s 27 & 29 including "Additional Techniques" section, Volume 14 Yon Gae #s 7 & 18, I have come to the following conclusion.

There is no technical distinction with regard to the execution of these techniques. Interesting to note the Downward thrust comments about defense in "Rare Circumstances" I guess the point of Yon Gae is to illustrate such a circumstance.

[Editor's note: the following book review is republished from the Nov. 1999 [TKD Flash](#)]

The Gift of Fear: Survival Signals that Protect Us from Violence, by Gavin de Becker (Little, Brown, 1997). Review by F.M. Van Hecke.

“Rare is the expert who combines an informed opinion with a strong respect for his own intuition or curiosity.” De Becker, an expert and consultant on violent confrontation to Presidents and prominent public figures, acknowledges that expertise can be a limiting factor in predicting assaultive behavior by individuals. Expertise can cause a sublimation of the behavioral instincts inculcated in Man through millennia of evolution. The expert may well be aware that, for example, violent criminals are almost always the product of broken homes or abusive childhoods; yet what does that tell us as a practical matter? Can we jail a major portion of the population because of something only a minute percentage of that group might do? De Becker makes the best case yet for relying upon instinct. In many cases, de Becker asserts, our



Black Belts assemble to participate in a seminar with Mr. Tony Giese on October 5.

embarrassment at relying on primitive instinct may lead to elaborate rationalizations in support of our distrust. Mrs. Jones will not hire a particular home improvement contractor because her dog growls at him; de Becker says it is more probable that the dog knows little about home improvement but a great deal about his own mistress's apprehensions and is merely picking up on her unease.

Through example after example, de Becker shows us how on both conscious and subconscious levels a grouping of clues can give rise to well-founded fear. Often we refer to "gut instinct" or "women's intuition" when, instead, the discomfort is rationally grounded in data readily apparent to us. The difficulty is that we often rationalize such feelings away, deferring instead to the knowledge of statistical improbability of a violent act.

De Becker examines the mind of the violent criminal with extraordinary precision. The reviewer's dealing with violent criminals and their characteristics are remarkably in line with the author's.

One of the critical first points made is that one cannot expect the violent criminal to be an inhuman figure. Sigmund Freud noted that the drives to preservation and unity coexist in every person with the drives to destroy and kill. The killer is not "inhuman", but rather a human who actualizes violence. The notion of "us" versus "them" is, according to de Becker, a comfortable fiction but an inaccuracy. A

person who may appear to be vulnerable or charming or a "winning rogue" may be far more dangerous than a seemingly grouchy, impenetrable, rude person from "the other side of the tracks".

The reviewer has had occasion to represent persons with the best prep school background, the best looking, successful and most verbally adept people who were both potential and actual killers. The idea that "it can't happen here", or among a particular social set, or with such a nice-appearing young man is a limiting factor on accurate perception.

So what are some of the key characteristics and tactics of the violent criminal? De Becker, in this reviewer's opinion, nails it. Almost always the product of a loveless, "remote" or abusive childhood, the violent criminal copes with humans, whom he instinctively distrusts, by controlling them. He does not walk in the moccasins of the victim, or internalize the hurt he causes; rather, he looks upon other humans and their feelings as of little comparative significance when weighed against his own. He may go so far as to dull any empathetic sensitivities with alcohol or depersonalization of the victim through racism or sexism. The mechanism of control can be verbal, social, physical or take any one of a number of forms. De Becker is at his best in showing how the violent criminal's control mechanisms provide clues to the violence to come.

Some criminals are socially inept and exert their brand of control through threat of violence. However, overtly violent behaviors are easy to anticipate and avoid.

A greater danger is posed by the person who controls by charm, by apparent false vulnerability, by "forced teaming" ("Gee, we'd better go into your apartment so we can warm ourselves up."), who uses discourse and "positioning" to compromise the victim's defenses.

Such people are often story-tellers, liars for the sake of control. They are often exposed by the presence of too many non-contextual details in their lies. ("I often helped my aunt carry in her groceries like this--she was a church deacon in Waupaca.") De Becker points out that stepping back to consider the context enables better

perception. (“Wait a minute! I don’t know this guy and I’m letting him into my house like a long-lost brother?”)

In another type of lie--the unsolicited promise, the potential assailant reveals his intention as the opposite of that stated. (“I’ll just stay a minute.”)

Another controlling behavior is called “loan-sharking”, the making of gratuitous favors to cause you to let down your guard and provide a “you owe me one” justification for continued contact.

Another characteristic of this person’s interaction with the prospective victim is the discounting of the word “No”. A decent man can appreciate the fear of a woman refusing a kindly offer; the prospective attacker will persist, uncaring as to her discomfort.

DeBecker claims that intuition is always in response to something, even something unconsciously coupled with the apparent (the kinds of “factoids” that the sleuth points out in the ending revelations of a mystery novel) but can often be misinterpreted. The reader can improve one’s communication with oneself by being receptive to intuition.

Parts of the book border on the impractical (unless the reader were intending to get into deBecker’s occupation). Thus, materials on statistical models of behavioral factors can be of interest to the entirely

objective predictive analyst, but are not likely to be useful to the target audience and, in fact, have the potential for being counterproductive by muffling receptivity to the “inner self”.

The effort spent on this material beefs up the book, but suffers from the same flaw most often seen in women’s self-defense courses taught by martial arts experts--it fails to take into account normal human behavior in processing material presently and working with material in the future under stress. This is why the reviewer has long maintained that men, particularly physically competent men, are insufficiently insightful to teach these courses, and why the insights of women such as Lyn Davis and Mary Lubner, both competent martial artists but also mature women who understand physical limitation, are more likely to save somebody’s life.

DeBecker has some other things to say which reveal him to be a person blessed with ordinary sense. Discussion of worrying as an avoidance, bullet/gun control, and disproportionate fear of random unlikely and exotic threats whipped up and exploited by the media and politicians are a few topics treated well.

In all, deBecker’s book is good reading by a competent social scientist infused with common sense.



Master Van Hecke, several students were recently tested at Marquette TaeKwon-Do School. Students promoted, in front row from left, are Anija Spiessl, Eva Wisuri, Levi Wisuri, and Jessica Wisuri; and back row instructor Heidi Spiessl, students Sara Wisuri, Brooke Wisuri, Nick Rintamaki, Amanda Wisuri, instructors Chuck Giotto and Hilija Spiessl. All students were promoted to 8th gup yellow belts on October 13, 2008.
--Chuck Giotto, U.P. (MI)

State Director