

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts
The National Newsletter of the United States Taekwon-Do Federation

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TOURNAMENTS

Why tournaments? To assure your students of the value of what they learn, to test their abilities beyond the four walls of your dojang. Why national tournaments? To do the same, but in the highest and best level of competition. The United States Taekwon-Do Federation's **National Championships** for 2009 will be held on June 26 through 28th in Kelso, WA. The Tournament Director is **Washington State Director David Mason**, who can be contacted at 360-601-7713. Check out tournament materials at www.mountainview.cmasdirect.com

The **Maestas Team Challenge** for 2009 will be held on March 21, 2009. **Robert Martin** is the Tournament Promoter. He may be contacted at bmartin@maestastkd.com or 303-895-9741. Applications and information are available at www.maestastkd.com. The event will be held at the Apex Rec Center in Arvada CO. Now is the time.

On March 28 the Chang-Han Challenge will be held at American Martial Arts Center, Middleton WI. The Promoter is Mr. Kevin McDaniel. He can be contacted at kevin.mcdaniel@amac-tkd.com

Master Ricky Todd and Axe Taekwon-Do are sponsoring the **Second Annual Axe Taekwon-Do Tournament** at Bellevue, Nebraska on May 9. **Master Tom Cope** is the Tournament Director and Master Todd the Promoter.

The Utah Cup Tournament will be held on May 30th.



Maybe Elvis Narvaez and Alex Van Nelson can work you into their busy schedules....

The Utah State Championship Tournament will be held November 7.

COURSES

An official USTF **Referee Course** will be held in Broomfield on February 7th. Contact Headquarters for details at (303) 466-4963.

The Concord School of TKD will host a USTF Referee Seminar on February 7.

On February 21 & 22 Grand Master Mike Winegar will conduct a Class C U.S.T.F. Seminar. Contact Headquarters for details.

Master Ricky Todd will host a U.S.T.F. Referee Certification Course on March 14 at Axe TKD.

Grand Master Mike Winegar will instruct a Class B U.S.T.F. Instructor Seminar on April 25 & 26. Contact HQ for details.

EVENTS

On January 17 Ms. Amanda Freiborg and Mr. Christiam Narvaez tested for First Dan before Master F.M. Van Hecke, Mr. Marcus Paar, and their Instructor Ms. Elisabeth Hunt, MN State Director.

On January 31 the **Sereff Invitational Chili Cook-off** was held and, as the old saw would have it, a good time was had by all.

Preston Tauschek successfully achieved Gup 9. Good for him! Preston is a student of Mr. Luke Mattias at the Special Needs Academy of Martial Arts.

A Black Belt test is scheduled at American Martial Arts Center, Madison, for February 1.

On March 28 there will be a Black Belt Test at Sereff Taekwon-Do.

A Black Belt Test will be held in Casper Wyoming on April 4.

A Black Belt test will be held at the Concord School of Taekwon-Do on May 31st.

Utah Summer TKD Camp will be held June 26th through 28th.

The Region 5 Black Belt Test for 2009 will be held on July 18 in Madison WI. Master Renee Sereff will preside.

Sir:
My students submit essays for their Black Belts. Can they be published in the Flash?

The Editor:
Their submissions are always welcome. Submit in almost any work-processing format (avoid graphic, data-base formats), such as DOS text, Word, Appleworks, or "cut and paste" into an e-mail. We can't guarantee publication, but shorter, more original articles with new ideas have a great chance. Occasionally even an article by a child may be among the more interesting submitted. See page 1 for restrictions and cautions.



Ruby Tresch tries to figure out what Master Van Hecke is doing.

A Letter From Our Michigan State Director

Sir:
Underneath our multi-colored, pine scented Christmas tree were thoughtful gifts, including the eye-opening first book in English on Taekwon-Do. General Choi Hong Hi

published the first manual of Taekwon-Do in the Korean language in 1959 and the first book published in English was an update of the manual entitled, "Taekwon-Do: The Korean Art of Self-Defense". Though I have been passionately studying Taekwon-Do since 1986 there were things I learned from the 1965 book, some truly "fun facts."

I did not know that the original tenets were modesty, perseverance, self-control, and indomitable spirit. I did not know that the general called today's side fist



A Seminar in St. Peter MN, “Improving my Patterns; Knowing my Kicks” was taught on January 18. Pictured from left, Front Row: Alex Van Nelson, Elvis Narvaez, Mitchell Hockenberry, David Hockenberry, Levi Ballman, Ruby Tresch, Second Row, Miss Andrea Narvaez Zambrano, Mr. Ben Vaaler, Master F.M. Van Hecke, Miss Amanda Freiborg, Mr. Christiam Narvaez, Back Row, Mr. Marcus Paar, Mr. Jerad Lanes, Ms. Elisabeth Hunt.

a hammer fist and that the fingertip thrusts were known as spear finger (flat spear finger, straight spear finger, single/double spear finger). The original theory of power did not have ‘mass’ as one of the factors. I did not know that the general called a walking stance a forward stance and an L-stance, back stance.

A sitting stance was called a riding stance and the front toes of the rear foot stance pointed straight ahead. The toes of the front foot in a forward stance pointed slightly inward while the toes of the back foot were rotated no more than 15 degrees outward. There were no defined names for vertical or bending ready stances. An obverse punch from an L-stance was called a

back stance lunge punch. In patterns, the levels of blocks and attacks were identified by sections (high, middle, low). A side piercing kick was called a side thrusting kick and the smashing kicks were known as destroying kicks. The twin block with outer forearms did not have the arms crossed in front of the chest for the chamber position. Instead, both arms were down off to the side and swung up

The color belt system was white (10th-7th gup), blue (6th-5th gup), brown (4th-1st gup), and black. There were 20 patterns. Instead of a guarding block for the bending ready A stance, the side (hammer)



To the left, Instructor Miss Elisabeth Hunt, U.S.T.F. Minnesota State Director, is pictured with her two new Bryant Park Taekwon-Do Black Belts, Mr. Christiam Narvaez and Miss Amanda Freiborg.

To the right, Mr. Christiam Narvaez demonstrates flying reverse turning kick while Miss Amanda Freiborg demonstrates flying reverse turning kick ponytail whip.



And to the left, Miss Andrea Narvaez Zambrano contemplates both her brother Christiam's test February 17 and why, exactly, she moved from sunny, warm Honduras to Minnesota.

fist of one hand was placed near the under fist of the other. The side blocks with inner forearm and hooking blocks with palm in Yul-Gok (Yul-Kok) were to the high section, not middle. The back fist strikes in Joohn-Gun (Chung-Gun) were to the middle section, not high strikes. In Hwa-Rang, the side front blocks while extending the other arm to the side downward were middle section blocks with the inner forearm and low section blocks with the forearm.

The 1965 book also has pictures and describes the movements for patterns from the Sho-Rin (Hei-An, Bat-Sai, Kouh-Shang-Kouh, En-Bi, and Ro-Hai) and Sho-Rei schools (Tet-Ki, Han-Getsu, and Ji-On).

The historical development of our Art is fascinating. For more information on the etiology and subsequent contextual development of Taekwon-Do I respectfully recommend the general's memoirs, and of course the C.E. "Chuck" Sereff Made in the USA photo journal book on Grand Master Sereff (put together by Master Renee Sereff),

[Editor's Note: The following review, originally published in 1999 Vol XI #6, and republished in April 2004 Vol XVI #4, is reprinted here for our newly national readership.]

50 Drills for the Martial Arts Instructor, by Rick Royster: A Review

By: F.M. Van Hecke

You can't get enough good ideas for new drills, especially in today's teaching environment. I recall



Amanda Freiborg

well the solid one and one-half hours of repetitive floor drills in which many of today's senior instructors spent the classes of their formative years. Today's students want entertainment. And that places an entirely different burden on instructors.

Classes must move faster, exercises be less repetitive. If variety is the spice of life, martial arts education today is spicy indeed. TaeKwon-Do, which has an extensive repertory of techniques when compared to many other "fistie" arts, lends itself well to the new environment, but, even then, today's more demanding students, especially the very young,

want to do new things, even at the expense of failure to become proficient in a few fundamentals.

There are plenty of texts to aid the instructor in maintaining the integrity of the educational process for his particular art, such as *The Encyclopedia of TaeKwon-Do* of Gen. Choi, Hong Hi for I.T.F. TaeKwon-Do, and *Advancing in Tae Kwon Do* by Richard Chun for W.T.F., but few texts are designed to provide the "flash" instructors occasionally need to make classes exciting.

Rick Royster's *50 Drills for the Martial Arts Instructor* attempts to meet the need.

This little book, available through the Turtle Press, has a "home made" look to it, but what counts is content and it contains a few gems. Many of the

exercises are probably counter-productive, so the teacher should pick and choose if practicality is the pedagogic objective. Nevertheless, Royster has ideas, old and new, clearly explained and of potential value to the teacher looking for something new to present to the class.

In the Jumping Foot Clap, the student straddles a pad or bag, jumps in the air clapping the soles of the feet together and returning without contacting the straddled item. The level of difficulty can be increased by carrying a weight.

The Candle Drill, in one of its variations, has the student "punching out" a flame.

For the Hand Deltoid Slap, the old playground game of slapping the hands of your opponent, who begins with palms out in front as the slapper starts on top, is turned into a martial arts drill. Of course, on the playground a miss forfeits the top position.

The Squat Balance Drill works well to train students on the relationships of force both forward and back to balance. Both students squat and attempt to push or pull the other over.

Several of the drills involve heavy bags, balloons and other props, so the teacher can make use of the party leftovers from kids' birthdays.

Royster's idea of collecting drills is a good one. The book would be successful in achieving its essential purpose if it had a more extensive collection.



Andrea Narvaez Zambrano