

The T.K.D. Flash

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The Region 5 Black Belt Regional Test for 2009 will be held on July 18 in Madison, WI.

The Utah State Championship Tournament will be held November 7.

On August 15, 2009 there will be a USTF Referee Course taught at Sereff Taekwon Do.

September 12, 2009 will mark a Black Belt Test to be held at Sereff Taekwon.

Major Frank Hannon will teach a Basic Ho Sin Sul course on September 13, 2009 at Sereff Taekwon-Do.

Grand Master Sereff's Championship will be held at Broomfield High School on October 18, 2009.

Set aside June 13th-18th 2010 for Sereff World Camp, Snow Mountain Ranch. Deposit due by November 15, 2009 (\$200.) Balance due May 1, 2010. Contact HQ for details.

A Class A USTF Instructors Course will be conducted at Broomfield Colorado October 17, 2009. Contact HQ for details. The course will be taught by Grand Master Mike Winegar.

A Class C USTF Instructors Course will be held at Broomfield Colorado on February 6 & 7th, 2010. Contact HQ, Master Renee Sereff, for details.

A Class B USTF Instructors Course will be taught at Broomfield Colorado March 13th & 14th, 2010. Once again, details available at Headquarters.



USTF Nationals for 2009 were hosted by Region One in Kelso WA on June 26 and 27. Mr. David Mason, Tournament Director, and Master Dan Huntington, supported by Region One Clubs, turned out a huge effort to make this a national competition to remember.

Sir,

As always I read the June issue of the Flash from first to last page. I wanted to drop a special note about an article in this last issue (June 09).

As you may be aware in addition to my rank holding in the original TaeKwon-Do, I also hold a 2nd degree in Aikido. At my school a great deal of our ho-sin-sul is based on the releases and other basics found in Aikido as well as Jujitsu. As with most schools one of the hardest things to teach, especially to the spatially challenged, has been the forward roll.

I found Mr. Giotto's article very illuminating and immediately (we had ho-sin-sul that night) went



Little guys and gals get to compete too! A snap from the gup level competitors' tournament in Kelso WA



The Grand Champions, USTF Nationals, with Grand Master Charles E. Sereff.

to the sports store purchased a couple of the large workout balls (inflation left me somewhat light headed and giddy for a period) and put them to use teaching forward rolls. I have never seen students get forward roll so quickly. Please pass on my many thanks to Mr. Giotto for teaching an old dog a new trick!

Also my continued thanks to the staff of the Flash (based on the quality and quantity of the articles there must be hundreds), for their hard work, dedicated commentary and sincere dedication to spreading news about our art and generally all the great things happening in the USTF each month!

*Best Regards & Tae Kwon,
Kevin McDaniel, V Dan*

Sir:

Great job and kudos to USTF Region 1 in hosting the USTF Nationals this year. Master Huntington turned over most of the preparations to the Washington State Director, Mr. David Mason and he did a fantastic job with his team.

Over 200 competitors competed for top honors over the weekend. There were 14 USTF Masters attending and they worked the entire weekend! The very organized competitions were great to watch and of course the little girls did steal the show at the color belt event.

Master Renee Sereff

Grappling Master, Combat for Street Defense and Competition, by Gene LeBell: A Review

By F.M. Van Hecke

Gene LeBell has been around a long time. The reviewer's first martial art was Judo, and his little Gene LeBell's Handbook of Judo, by LeBell and L.C. Coughran (Thos. Nelson & Sons, 1962) earned a permanent place in his library early and has maintained it for over 45 years.

Grappling Master, Combat for Street Defense and Competition, (Pro-Action Publishing, 1992) is another winner.

Outfitted in outrageous tights, old men (anybody over 21 who hoists an occasional beer and shows an appropriate "spread") don't necessarily photograph well, but, in the end, the martial arts is not a beauty contest, and wrestling is a great martial art.



The Marquette TaeKwon-Do and West Marquette County TaeKwon-Do Schools would like to announce the following student

achievements for the Spring of 2009. At Marquette TaeKwon-Do in picture #1: front row from left to right, Anja Spiessl promoted to Youth High Yellow Belt, Sarina Maki, promoted Youth



High White Belt, Elissa Neves promoted High Orange Belt Jake Maki promoted to Youth Orange Belt, and Cecelia



Attwell promoted to Youth High Green Belt. Back row, Instructor Heidi Spiessl, Chuck Giotto, Maureen Spiessl, and Hilija Spiessl. Picture #2 Isabella Ruesing, Noah Seppanen, Tyler TenEyck promoted to Youth Orange Belt. Second row Instructors Ms. Heidi Spiessl, Ryan Spitz to Youth High Purple Belt, Ben

Anthony to Youth Blue Belt, Instructor Hilija Spiessl, School Director Chuck Giotto, and Maureen Spiessl, Assistant Instructor Picture # 3 advanced class: front row from left to right Cody Dhont 2nd Gup Red Belt and Max Spiessl 1st Gup High Red Belt. Back row, Instructor Heidi Spiessl, Chuck Giotto, Maureen Spiessl, and Hilija Spiessl. Picture 4 from West Marquette County classes: front row from left to right, Trent Holmgren to Youth Yellow Belt, seated Chuck Giotto School Director, Nathan Wisuri promoted to Youth Yellow Belt, second row A.J. Ogea 4th Gup Blue Belt, Alex Wisuri promoted 5th Gup High Green Belt, Emily Wisuri promoted to 5th Gup High Green Belt and Hana Wisuri promoted to Youth Green Belt.

At first, I was not impressed, because the book seemed to be a bit difficult to understand, the photo illustrations notwithstanding. But after re-reading it twice, I realized that the

problem was mine, not the author's. It's been too many years since I wrestled to quickly pick up the complexity that good wrestling technique requires.

The book is well organized and proceeds organically. Just like a wrestling match, we begin

with finding the tools and the way to make entry,
Then we lock, crank, crush, and pin.

LaBelle does not much deal with some of the fundamentals of sport wrestling such as balance and weight distribution, escape and scoring. but, then, the objective is not really to teach sport wrestling as his Judo book teaches sport judo. Rather, it would appear to be more oriented towards the self-defense aspect of grappling. The book can, however, be a good supplement for the sport wrestler once sport wrestling fundamentals are grasped.

Even if you do not grapple in conjunction with your particular mix of martial arts, LeBell has put together a fun read of significant value. Just be sure to read it through at least three times.

[Editor's Note: This is a reprint of an article originally published in Vol. 13, April TKD Flash.]

Guge Gongji: Seven Primary Targets to Take Anyone Out of a Fight, by Master Hei Long: A Review

By F.M. Van Hecke

Once again, a "little book", of the type we've all been tempted to buy, but reluctant to spend for. Guge Gongji: Seven Primary Targets to Take Anyone Out of a Fight, (Paladin Press, 1991) is another book of this sort by Master Hei Long. Again, we are provided with little biography for the author, but the methods outline in the book imply a background in the Chinese martial arts.

This book focuses, as others previously reviewed, on the subject of target selection. However, it is deliberately oriented toward immobilization, rather than injury or fatality. The techniques presented are obviously not without the capability of permanent injury.



Gathered at Nationals, from left to right: Grand Master Sereff, Master Sereff, Master Swan, Master DeBaca, Master Schoonover, Master Meek, Master D. Stephenson, Master Haynes, Master Weiss, Master Griffin, Master Van Hecke, Master Hungtington, Master Affatigato, Master Neidig, and Master Strouse.

However, injury as an objective is secondary to causing an inability of the opponent to continue battle.

As such, speed, power, fighting tactics, and the central and peripheral nervous systems are regarded as less critical than the bodily structures that enable movement.

Hei Long designates seven primary targets critical to movement. They are the bridge of the foot, the ankle, the knee, the fingers, wrist, elbow, and cervical vertebrae. Each is discussed in detail. The anatomical drawings, while generally helpful, fall short with the complex structures of the knee and the cervical vertebral structures; however, even the best medical illustrators struggle with these areas.

Discussion, with very good pen illustrations, addresses angles of attack and method in attack of the primary targets.

By virtue of limiting the subject matter and simply illustrating some practical attacks on that limited number of targets, Hei Long gives the reader some realistic and likely efficacious approaches to immobilizing the hostile assailant.

[Editor's Note: This review was originally published in Vol. 13, May issue.]

Sir:

There is a "One-Two-Three Speedy Black Belt America" Karate shop which just opened down the street in a shopping center. The kids get to wear red and blue uniforms, they advertise 24/7, they hold a tournament where "everybody gets a six-foot trophy" and how can I compete?

The Editor:

You can compete. You know what real Taekwon-Do is and are part of something bigger than yourself. Your students don't want a 27-year-old "Twelfth Degree Grand Sifu," they want skills for themselves. Your school is nationally recognized by the best in Taekwon-Do, the U.S.T.F. Not only is there a plaque on your wall, there is a national publication, and three months ago it recognized your students' promotions and published a picture. See the bulletin board?

One-Two-Three exists to make money and is often limited to its four walls, living in fear that they may be, somehow, compared and found wanting. You are willing to be compared with schools nationwide, by a uniform authority, and you have been found to be on the right path. Use the tools you have, in the Flash and otherwise, and compete away!



Meanwhile, back in Region 5, the Michigan State Taekwon-Do Tournament was held on May 16, 2009. Pictured here are participants with "book-ends" Dr. Steve Osborn and Mr. James Alger.