

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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The Utah State Championship Tournament will be held November 7.

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. 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.

Awesome video of the Region V Black Belt Test <http://www.amac-tkd.com/myoffice/storeonline/whatsnew.aspx?orgId=13740>

On March 9th, 2010 there will be a Color belt test Sereff Taekwon-Do.

A Black belt test will be held at Sereff Taekwon-Do March 13th next year.

Master Hups will lead a demonstration on December 5th at the Roller Derby. We dunno, some of those girls look mighty scary!



Mr. Gary "Bo" Meek II, V Dan, USTF-5-239.... was selected by the AFOSI Detachment Commander to be the Defensive Tactics instructor for all agents assigned to the detachment, as well as the regional headquarters which sits at Scott AFB. In addition, Mr. Meek has instructed assigned security police forces at Scott AFB, Maxwell AFB, Keesler AFB, and Offutt AFB due to his knowledge and experience in the martial art of Taekwon-Do and avid experience in defensive tactics, weapons, and ground fighting.

[Editor's Note: The below article ran in April in the Scott AFB, base newspaper.]

April 2009-Scott AFB, ILL: Self Defense Instructor, Gary Meek, left (foreground), [Ed. *supra.*] demonstrates a self-defensive technique on a student during a portion of the NCO Enhancement Program classes recently. This instruction was different from



Master Gary W. Meek and Gary "Bo" Meek
(See article on Air Force course at Scott AFB.)

the typical classroom lectures and it taught NCO's valuable skills. The first general responsibilities of an NCO are to accept and execute all duties, instructions, responsibilities and lawful orders in a timely, efficient manner and lead subordinates and exercise effective followership in mission accomplishment, according to Air Force Instruction. This puts NCOs in a unique position because they are to be leaders and followers at the same time. To help train NCOs, they attend Airman Leadership School and NCO Academy, but there is nothing in between. To help bridge this gap, Scott's Enlisted Professional Enhancement Center created the NCO Professional Enhancement Seminar. The four-day seminar refreshed 38 Team Scott NCOs on topics that all good NCOs should be exposed to. Some of the briefs included team building, financial management, enlisted history, education, effective Enlisted Performance Report writing, networking, time management and included as part of the curriculum were classes on self-defense taught by Agent Gary

Meek of the Office of Special Investigation. The program also included sessions with different professional organizations and Chief Master Sgt. Jim Suttles, 375th Airlift Wing command chief. Staff Sgt. Ronnie Woods, 375th Security Forces Squadron security forces armory NCOIC, was another participant.

"All of the briefers emphasized mentorship and education," he said. "I learned that I need to find a mentor who is somebody I can relate to and is in a place where I want to be. Also I need to continue my education."

THE TENTH ANNUAL WYOMING INVITATIONAL TOURNAMENT will be held at the Casper Recreation Center, 1801 East 4th St., Casper WY 82601 on September 19. Contact Tom Sisco (307) 472-0948 siscokidoo1@hotmail.com, or Jerry Sisco (307) 266-2798 jerrysisco@bresnan.net.

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

On August 15, 2009, there was a USTF Referee Course taught at Sereff Taekwon Do. Details in the next issue.

Errata: Boy, when your Editor goofs, it's always a testament to how nether-limits bonedheaded it's possible to be. The Region 5 Black Belt Regional Test for 2009 was held on July 18 in Madison, WI. The Editor helped preside. He also was 100% in charge of putting together the announcement for the Flash. (No easy out, like "that's how it was sent to me.") Worse, one of the three names omitted was his own direct student. (On the other hand, maybe they're used to it...) Anyway, our apologies to new Second Dan Mr. Steven Brown and new First Dans Yusuf Quereshi and Sam Flood for their omission from the article. And our congratulations to them, as well, for their jobs well done.

The American Martial Arts Center, headed by Mr. Kevin McDaniel, Fifth Dan, did a demo at the Good Neighbor Festival in Middleton, Wisconsin on August 29th. Perhaps we'll have some pictures for the next Flash.

A Class B USTF Instructors Course will be taught at Broomfield Colorado April 17th & 18th, 2010. **NOTE THE DATE CHANGE.** Once again, details available at Headquarters.

On February 27th, Sereff Taekwon-Do will be the site for yet another excellent USTF Referee Course.

On October 24 USTF Region V and the Association of Academies of Martial Arts will cosponsor a tournament at Madison, WI. The Tournament Director is Mr. Kevin McDaniel. See website: <http://www.amac-tkd.com> for further information.



Two Taekwon-Do students of Manera's Taekwon-Do recently competed at the 42nd Annual Battle of Atlanta 2009 held at the Hyatt Regency Atlanta on July 24 and 25. Leilani "Lani" Manera won 1st Place in the 12-13 Year Old Girls' Black Belt Class A - Traditional Forms Division. Tristen Harwell won 1st places in both the 12-13 Year Old Boys' "First Timers" Intermediate Traditional Forms Division and in the 12-13 Year Old Boys' "First Timers" Intermediate Fighting Division. He also placed 4th against all of the other competitors in the 12-13 Year Old Boys' Intermediate Fighting Division.

TO THE EDITOR

Sir: I'd like to submit some photos I have of some great tournament action. What's the best way to do this? Is there a particular computer graphic format? Can I submit a snapshot that's just in my album taken the old-fashioned way?

The Editor: You can submit photos either in print form (in which case they will be scanned) or in almost any

Miss Brittany Ashley creates a quantity of sawdust at her Black Belt test on July 18. Miss Ashley and her mom, Marie Ashley, were both successful First Dan candidates.



Dr. Steve Osborn, Michigan's State Director, on his way to his Fifth Dan, goes up, rotates, and completes his rotation with a knife hand strike through a pile of wood. Yes!!



Above: The Academy of Martial Arts, Sheboygan Falls, participated in the Relay For Life Cancer Walk on July 17th and 18th. I would like to thank all those who participated and contributed. And a BIG thank you to Mr. Mark Johnson, Team Captain. One of the requirements of the Relay For Life is to have one team member walking on the track for the duration of the event. We not only had walkers but Dan Meyer, father of Sydney Meyer, ran 74 laps in honor of his father. (Which has inspired Mr Johnson to take up running again..with oxygen mask in tow.) Along with the fun of camping overnight and the extra events including our teams Breaking For Bucks--Kicking For A Cure, and Mrs. Caren J's awesome pink ribbon cookies, there is a serious side to the walk. And that is raising money for the American Cancer Society. Our team raised over \$2,100, with the event total over \$85,000. Again, thanks to all for supporting a most worthy event. In the group picture: 1st row Left to right: Noah Jacoby, Rosalia Johnson, Sydnie Meyer, Jacob Norlander, Natalie Johnson. 2nd row: Mrs. Karpinsky, Mrs. Johnson, Ben Norlander, Mr. Johnson. 3rd row: Brian Jacoby, Cathy Jacoby, Mr. Girdaukas, Dan Meyer, Erin Murphy. Absent: Mr. Marc Mikkelson.

Mrs. Jacqueline Karpinsky, 3rd Dan

common digital format. We will return printed photos if you provide a return envelope. People love to see their photos, their names, in print! See page 1 masthead for restrictions and cautions.

Emmie Mandel of Mequon WI breaks through.



DoSan, You Betcha!
Emma Mingo at Bryant Park.



Jifu Groleau, Second Dan (kneeling) does a little community service, making wind chimes for rhinos and giraffes at the Denver Zoo. I guess rhinos and giraffes can be a community, of sorts!



Darby O'Connor, in his quest for Third Dan, gives an awesome demonstration of Taekwon-Do power.



Color Belt Test (August 12, 2009) - On a super hot summer day, nine students tested for ranks from 8th gup to 2nd gup at Bryant Park Taekwon-Do in Minneapolis. Despite the heat and humidity of Minneapolis in August, the students did a fine job and everyone watching was treated to great display of Taekwon-Do. In addition, for the first time in the history of the school, a peewee earned the rank of 2nd gup red belt. Congratulations to new 8th gups Mr. Ayers-Moran, Ms. Errante, Mr. Farmer, Mr. Ka, and Mr. Lucas; new 7th gup Mr. Hockenberry; new 6th gup Ms. Mingo; new 4th gup Ms. Bakalov; and new 2nd gup Mr. Narvaez. The school is headed by Ms. Elisabeth Hunt, Second Dan, Minnesota State Director.