

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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ANNOUNCEMENT

The **First Annual Flash Kids in TKD Drawing Contest** was announced in the last issue of the TKD Flash. Due to a voluminous issue this month and several requests, the contest deadline is extended to October 20. Send

artwork to TKD Kids Drawing Contest, P.O. Box 853, Grafton WI 53024.

COMING EVENTS

A USTF Basic Ho Sin Sul Course is scheduled at Sereff Taekwon Do on October 2, 2010 with



On August 29 there was a Class A USTF Instructor seminar taught by Grand Master **Mike Winegar** at Sereff TKD. Pictured, the participants, the Grand Master seated.

Master **Jonas Pologe**. If you have any questions please call headquarters at 303-466-4963.

On October 16 there will be a USTF Referee course at Crystal Lake IL taught by Dr. **Steve Osborn** and hosted by the School of Traditional Taekwon-Do and Master **Braxton Miller**.

The **Sereff Fall Championships** will be held at Broomfield HS gym on October 17. Contact HQ for more information.

October 17 is scheduled for a Basic **Ho Sin Sool** course to be taught at Crystal Lake IL by Senior Master **Earl Weiss**. The course is hosted by Master **Braxton Miller**.

A **Black Belt test** will be conducted at the **School of Traditional Taekwon-Do**, Crystal Lake, Illinois, on October 23.

Tournament action! The place to find it on October 23 is in **Cadillac**, Michigan, hosted by Dr. **Steve Osborn**. Contact Dr. Osborn for

USTF Members, Sister Organizations and Invited Guests,

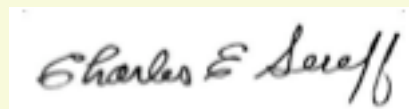
It is with great pleasure we invite you and your school to participate in the first United States Taekwon Do Federation International Championship. Our USTF Nationals have been held every other year and we are proud to include our Sister Organizations and Invited guests in 2011. Black Belt competition will include Sparring, Pattern and Breaking. No Team events this time, all individual.

The event will take place at Broomfield High School, Broomfield, Colorado USA June 25th and 26th, 2011. Weigh in for Black Belts will be held at Sereff Taekwon Do, 6801 W. 117th Ave., Broomfield, Colorado on June 24th from 3:00 pm – 7:00 pm. This year we will also host a color belt event including sparring and pattern for all ages starting 9:00 am June 25th. The USTF Rules and Regulations will apply for both events. Information packets including competition forms and referee sign up will be available in September. All Black Belts must pre-register there will be no onsite registration for Black Belts. We will accept registrations for color belts up until 8:00 am the 25th of June, 2011.

Our designated hotel will be the Ramada Plaza and Convention Center, 10 East 120th Ave., Northglenn, Colorado, 303-452-4100. When you call for reservations, please mention Sereff Taekwon Do to get the discount rooms at \$89.00 per night. Time is of the essence because there is a National Girls Softball Tournament that same weekend so please make your reservations early. The airport you want to fly into is Denver International Airport. If you have any questions, please e-mail Sr. Master Renee Sereff at rsereff@rmi.net.

We look forward to a great championship with good competition and camaraderie. Australia, Ireland, Canada, New Zealand, Scotland and Puerto Rico have all received invitations to the event. We hope to see you there.

Sincerely,



tournament details. sosborntkd@hotmail.com or **231-884-0043**.

On November 6 Region 5 Director Dr. Steve Osborn will visit with MN State Director Mr. **Marcus Paar** and his students at **St. Peter Community Taekwon-Do** in St. Peter, Minnesota.

November 6th - **Utah State Championship** Tournament, Salt Lake City, Utah.

On November 13 a Black Belt Test will be held at **Big Dog Taekwon-Do**, Grand Rapids, Michigan.

On November 20 an **Advanced level Ho Sin Sool** course will be taught at Cadillac, Michigan by Mr. **Jim Alger**.

November 20th - Black Belt testing - **Utah**.

There will be a Gup level test at **Sereff TKD** on December 7.

A **USTF Class B Instructors Course** is scheduled for February 5th & 6th, to be taught by Grand Master **Mike Winegar**.



On September 11 Sr. Master **Earl Weiss** hosted a test at **National Taekwon-Do**, DesPlaines, Illinois. From left, in the back row: new Fourth Dan **Marianne Armstrong** of **Big Dog TKD**, Grand Rapids, Michigan, First Dan **Katie Armstrong**, new Fourth Dan **George Pawaleck**, National TKD, new Fourth Dan **Heidi Spiessl**, **Marquette TKD** (Michigan), Third Dan **Richard Mann**, National TKD, new Fourth Dan **Hilija Spiessl**, **Marquette TKD**, and new Fifth Dan **John Firmis**, new Second Dan **Jacob Weiss**, and new Second Dan **Ryan Swing**, all of National TKD. Front row from left, Master F.M. Van Hecke, Sr. Master Weiss, Master **Braxton Miller**, and Region 5 Director Dr. **Steve Osborn**.

Arvada, CO – The weekend of July 16 to 19 were the dates of the 12th annual **Maestas Taekwon-Do Summer Camp**. The senior black belts began this event as a way for instructors and their families to interact outside of a formal Taekwon-Do setting. It is a weekend of water skiing, boating, fishing, hiking, food and companionship. The 2010 edition hosted **45** black belts and their families (as with any TKD event it is hard to get everyone to stand still long enough for a picture!). The camp has been held at Wolford Mountain Reservoir near Kremmling, Colorado since the beginning. In the first years only about a dozen people attended. The largest camp was 65 for dinner on Saturday night a few years back. We look forward to many more camps.



And a **USTF Class C Instructor Course** is scheduled for May 14th & 15th at Sereff Taekwon Do, same excellent instructor.

The **USTF International Championships** will be held in Broomfield, Colorado, on June 25 and 26, 2011. Weigh-ins the 24th. Compete with the very best from **Australia, Ireland, Scotland, New Zealand, Puerto Rico, Canada** and the **United States!** We will advise as other nations come into the fold. A truly outstanding opportunity for some international competition.

Always thinking ahead, Sr. Master **Renee Sereff** has advised the Editor that dates have already been selected for **Sereff World Camp** in 2012. For those of you who are similarly foresighted, put aside June 24-29, 2012, in Estes Park, Colorado.

AROUND THE COUNTRY

On September 18, the **Eleventh Annual Wyoming Invitational Tournament** was held at **Casper, Wyoming**. Pictures and story when available.

On September 21 there was a color belt testing at Sereff TKD in **Broomfield, Colorado**. Pictures and details when available.

On September 25 and 26--a USTF Class C Instructor Course at **Mountain View Martial Arts**, was taught by Grand Master **Mike Winegar**. Pictures and details when available.

On September 25 a Beginning level Ho Sin Sool course was taught in **Marquette MI** by Mr. **Jim Alger**. Pictures and details next issue.

Instructor Training and Discipline

By Craig Craddock, 5th Dan



The other night I arrived to my taekwon-do school as any other night. To teach, to train. It was a rainy day and a rainy night. When it was time for class to start I had no students. Mind you, it was a limited class... black belts only tonight. So the class is usually small and personal. This night it was just me and the dojang. Well, I had a personal experience I don't recall having in my 10 years of teaching. I was alone in the dojang. What to do... leave and have a free night? That brief thought of what to do left in an instant. Instead I got down on the floor and stretched out for a few minutes and proceeded to line up as if it was a full class. I envisioned being at headquarters with all the very highest ranks watching my every move.... This was going to be a patterns workout for me. I thought to myself I need to be disciplined and push myself from Chon-ji to Se-jong. My patterns. Instructors and students need to remember not to

become complacent but always push yourself, whether someone is watching you or not. Don't cheat yourself out of the time you can train. We all have lows now and again. But there is something about a full honest workout that when it is over you feel like you accomplished something personal. You're working on improving your technique and doing something good for personal health. It was time to go to work.

When I started with Chon-ji I was in the zone. I was pushing myself just like a test. I wasn't holding back for my current rank patterns. I was breathing hard, and I wasn't pausing long between patterns. By the time I was at Chon-mo I was sweating good. I was feeling good. The stomps were hard in Kwang-Gae, I dropped to my left knee in Choong-Jang and kicked hard. There were no short cuts. Cheating power or technique was like cheating myself. I continued on...by the time I reached Yoo-Sin I was grabbing my knees between patterns trying to catch my breath. I didn't... Instead it was on to the next pattern, Yoo-Sin was tuff. But when I popped my do-bok when kicking it gave me more strength. It's always a good sound. More strength meant more perseverance. When I finally reached So-San and Se-Jong I was exhausted. But I made it. I proved something to myself. Taekwon-do is not something you always have to have a partner to practice. I feel that my experience alone this night made me grow. You're not practicing the art for anybody else but yourself. And practicing patterns from 10 gup through 5th Dan was a workout. There was no reward at the end, or a group clap or bow out, it was just me and my art. I bowed as I entered the dojang, bowed at the beginning of patterns and bowed as I left the dojang. The class tonight was for me. So when you think that no one is in class tonight, so should I go home? Think of the training that you could be missing. Be disciplined and show yourself your own level of perseverance. Push yourself. You'll thank yourself at the end.

*Sir: On Sept. 11, 2010 a Black Belt test was conducted at Sereff Taekwon Do, a small test due to many injuries this summer! The test board was Grand Master Sereff, Grand Master Winegar, Sr. Master Renee Sereff, Master Kirk Steadman, and Ms. Louise Fox. Master Joseph Bosse cornered. We had two from Greeley under Grand Master Winegar, **Thora Pabst** for IV Dan and **Sarah Graves** for II Dan. From Grand Master Sereff we had **Syler Graber** for III Dan, **John Ladbury** for II Dan, **Jenna Novaral** for II Dan, and **Dan Kozisek** for I Dan. From the Thornton Rec center, Instructors Barney Montano and Matt Wilson, we had **Vivian Rigsby** for III Dan. From Dol Go Rae, Dr. Meade, we had **Parker Ferguson** for I Dan. From Foothills TKD under Sr. Master Burkhart and Master Swan we had **Rebecca Louden** for IV Dan. Mr. Andresen and Ms. Graham from Boulder had **Carl Armon** for II Dan. High test scores were; Best Pattern Thora Pabst, Best Ho Sin Sul was Jenna Novaral, and best breaking was Parker Ferguson.*

Sr. Master Renee Sereff



At right: Miss **Aliyah Quereshi** tested for her First Dan Black Belt on September 18 at the Academy of Martial Arts dojang before a board consisting of Mr. **Mike Van Pietersom**, Fifth Dan, Mrs. **Mary Lubner**, Fourth Dan, Mr. **Harley Pals**, Second Dan, and Master F.M. Van Hecke. Miss Quereshi is the student of Mr. **Luke Mattias**, Fourth Dan, who also cornered the test. Pictured, from left, are Third Dan **Amirah AbuLughod**, Miss Quereshi, Mr. Mattias, and Second Dan **Tony Mattias**. Miss AbuLughod and Mr. Tony Mattias were Miss Quereshi's Sponsors.





There was a certified **Knife and Weapons** course at Sereff Taekwon-Do on August 28 taught by Master **Frank Hannon**. Below, the group. Above, lipstick applied USTF-style--on the knife blade! At left, Mr. **James Sroykum** is uncooperative with Mr. **Dubbeld**.

