

# 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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## ANNOUNCEMENTS

The **First Annual Flash Kids in TKD Drawing Contest** is over! See the Winners on page 7.

## COMING EVENTS

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

On Tuesday, December 7 the instructors of **Maestas Taekwon-Do** will conduct a color belt testing at **Early College of Arvada (ECA)**. ECA is a 6-12 grade charter school that is unique not only for its academic focus but also in that it offers Taekwon-Do as a credit course. Approximately 50 ECA students will perform a physical test as their final for the semester.

A Junior Black Belt and Color Belt test will be held at Broomfield CO on December 18.

On January 22 there will be a USTF Referee Course at Sereff TKD. Contact HQ for details.

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

There will be a **USTF Referee Course** at Broomfield CO on February 19, restricted to

existing certified USTF Referees. Details? Of course, contact Headquarters!

A Black Best test will be held at Broomfield CO on March 19.

Saturday, March 26, 2011 is the date for the Maestas Team Challenge XI. Contact Robert



On November 13 a Black Belt test was held at Sheboygan Falls YMCA. Presiding were Master F.M. Van Hecke and Fifth Dan **Rick Bauman**. Mr. **Marc Mikkelson**, Third Dan, was at the Corner. Pictured, back row from left, are "Best Ho Sin Sool Partner" **Dan Kelly**, new Fourth Dan Mrs. **Jacqueline Karpinsky**, new Third Dan Mrs. **Caren Johnson**, new Third Dan Mr. **Ed Girdaukas**, Mr. Mikkelson, and Mr. **Mark Johnson**. Front row: Dr. Bauman, Master VH.

On October 16, approximately 60 USTF competitors from six Michigan schools journeyed to Cadillac from such places as Marquette, Cheboygan, and Grand Rapids to participate in Michigan's seventh annual tournament. Mr. **James Alger** from **Lone Wolf TKD**, Mrs. **Valerie Dodds** from **Pine Grove TKD**, Mrs. **Marianne Armstrong** from **Big Dog TKD**, Ms. **B. Hilija Spiessl** from **Marquette TKD**, Mr. **Larry Gunnarsson** from the **Northern Academy of Martial Arts**, and Dr. **Steve Osborn** from the **Cadillac Area YMCA** brought students to compete in a series of events that represented a broader spectrum of Taekwon-Do than traditional tournaments.

Two events developed for younger children included the Gauntlet and Belt Sparring. The Gauntlet is a lengthy course where teams race for the fastest time. The course requires skills of balance, hand-eye coordination, agility, speed, flexibility, and beginning level Taekwon-Do skills. Strong enthusiasm and team work were evident as **Grace Knoth**, **Jasmine Steiner**, **Ben Simerson**, and **Josh Jacobson** took the gold. Belt sparring was for 10th and 9th gup children and the event targeted development of precursor sparring skills. Two competitors in the ring attempt to successfully grab two strips of belt nestled in the dobak belt, one on either side. **Ally Bannon** was the finals winner, while **Josh Pescarolo** and **Caleb Knoth** took second and third respectively.

Fundamental Techniques required competitors to execute a series of fundamental techniques scored for such elements as technical accuracy, power, sine wave, balance, stance, speed, hand-foot-breath harmony, and retraction. **Valerie Glendenning**, **Mike Byard**, and **Kelise Vriesema** were division first place champions. Second place went to **Isaac Scott**, **Jake Standerfer**, and **Brandon Kelly** while third place division winners were **Josh Jacobson**, **Katie Fairchild**, and **Matt Seward**.

Step Sparring first place winners were **Mike Byard** and **Matt Seward**, second place went to **Isaac Scott** and **Valerie Glendenning**, while third place was earned by **Dustin Eastway** and **Chris Eastway**. Routines were scored for proper format, proper stepping, emphasis on techniques for the specific level of step sparring, power, balance, control, proper execution of the techniques, use of appropriate blocking tool for the attacking tool, proper blocking, and counterattacks that were close to the proper target.

Hosin Sul was an event that provided students an opportunity to integrate hosin sul techniques learned into a smooth flowing routine, not unlike that required for first dan. Entertainment value is given points along with the progression or escalation of force, realism, proper execution of techniques, and creativity. **Mike Byard** and **DJ Byard** won the event with an outstanding performance of beginning, middle level, and advanced gup hosin sul requirements.

Gup Patterns first place division winners were **Kelise Vriesema**, **Brandon Kelly**, **Jake Standerfer**, and **Valerie Glendenning**. Second place division winners were **Adam Sweemer**, **Matt Seward**, **Aiden Raffaele**, and **Josh Jacobson** while third place winners were **Mike Byard**, **Alex Host**, **Katie Fairchild**, and **Isaac Scott**.

Gup Sparring first place division winners were **Courtney Losievsky**, **Brandon Kelly**, **Aiden Raffaele**, and **Ben Baldwin**. Second place division winners were **Cassady Guest**, **Matt Seward**, **Jake Standerfer**, and **Nick Baldwin** while third place division victors were **Ally Bannon**, **Derek Fuqua**, **Isaac Scott**, and **Mike Byard**.

Black Belt Patterns first place winner was **B. Hilija Spiessl**, second place went to **Samantha Brown**, while third place was achieved by **Katey Armstrong**.

Women's Black Belt Sparring was won by **Kelise Vriesema**, **B. Hilija Spiessl** took second, and **Danielle Spiessl** was awarded third place.

Men's Black Belt sparring saw **Tom Jacobson** win for the second straight year, **Ryan Comer** earned second, and **DJ Byard** took third place.

*Steve Osborn*, Director, Region 5

[Picture on page 3]

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[bmartin@maestastkd.com](mailto:bmartin@maestastkd.com) or 303-895-9741 for  
 information and registration packets.

Also on March 26, in Nebraska, a USTF Class C Instructor Course will be conducted at Belleview, Offutt Air Force Base. A rare and important opportunity for a top-flight study opportunity without the flight to Denver!

And a USTF **Class C Instructor Course** is scheduled for May 21 & 22 at Sereff Taekwon Do, under Grand Master Mike Winegar. **NOTE THAT THIS IS A NEW DATE.**

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!** A truly outstanding opportunity for some international competition. For some dazzling artwork, see page 8.

**Sereff World Camp** in 2012; put aside June 24-29, 2012, in Estes Park, Colorado.

Below: Michigan's Seventh Annual Tournament Competitors and Officials. (Story on Page 2.)

**AROUND THE COUNTRY**

On November 6th the **Utah State Championship** Tournament took place in Salt Lake City, Utah. Information and pictures to follow in the next Flash if provided.

Also on November 13, **Mountain View Martial Arts** hosted its own Black Belt test. Information and pictures to follow in the next Flash if provided.

November 20th there was a USTF Black Belt testing in **Utah**. Information and pictures to follow in the next Flash if provided.

The **Concord School of TKD** had a Black Belt test in **Massachusetts** on November 21. Information and pictures to follow in the next Flash if provided.

*Sir:*  
*Mr. Jim Alger taught an advanced hosin sul course in Cadillac, Michigan November 20. Mr. Alger began the instructional training talking about the legal implications of using hosin sul techniques in various self-defense situations and circumstances. He then moved into a review summary of gup hosin sul content, highlighting releases, breakfalls, joint attacks, capturing*





Left, Sr. Master **Earl Weiss** demonstrates something about wrists to First Dan **Nick Moralez** at a Ho Sin Sool seminary held on October 17.

*kicks, take downs, chokes/strangles, and pressure points. Mr. Alger built upon the knowledge and skill foundation of beginning level techniques taking proficiencies to the advanced level. More complex joint attacks and chokes/strangles were taught from ground fighting positions, as well as more involved take downs. The course also covered the second dan hosin sul requirement of defending against two attackers. The advanced course was grounded in the general's encyclopedic works addressing hosin sul while integrating some modern day knowledge. Students were very satisfied with the breadth and depth of hosin sul skills taught and will incorporate what was taught into their on-going Taekwon-Do training.*

*Steve Osborn, Region 5 Director*

## BOOK REVIEW

### TAEKWON-DO AND I:

#### The Memoirs of Choi Hong-Hi, the Founder of Taekwon-do

A Review by Brandon Stoppani, USTF-5-262

I have just finished reading General Choi's memoirs. I am not a fast reader, and I

like to read in 15 minute 'bites' here and there. I started reading these books in April and it is now October!

The first book was interesting but hard going. It covers General Choi's childhood, The Japanese occupation of Korea, General Choi's forced Japanese military induction, his initial martial arts training, his imprisonment, his involvement in the uprising, Korean Army, Korean War and the start of Taekwon-do

The second book was fascinating and enlightening. It covers General Choi's political involvement in his attempt to unify Korea, but mainly catalogs the blood, sweat and tears, literally, as he spread Taekwon-Do throughout the world.

Instructors, have you ever had a student from another organization come to you to train? They tell you they are a black belt or high color belt in Taekwon-do. You watch their patterns and drilling techniques and say to yourself "What an idiot. This is Karate, not Taekwon-do". This has happened to me many times. What I have understood from General Choi's books is not to blame the student, he doesn't know any better. There is a reason that there are so many schools practicing Karate under the name

Taekwon-do. The second book helped me understand that.

You will read about abductions, assassinations, corruption and bribery. You will also read about joy, exhilaration, success and achievement. But most of all you will understand how one man's determination, commitment and single minded focus forged the way for a martial art, like no other, that you practice, and which has made such a difference in your life.

I would love to tell you more, but instead, I encourage you to read these books and understand what Taekwon-do is all about.

*Sir:*

*I'd like to submit materials to the Flash, but I have difficulty determining what's appropriate and really lack the time to polish my prose. Is a "short course" possible in some future issue?*

*The Editor:*

*Here's the short course, right now! Submit photos in any standard graphic format such as jpg or pdf files.*

*Submit articles and picture explanations in any standard word processing formula such as Word or Wordperfect or in the body of your e-mail. We can open files in many other formats. Not to sound radical, but we can even deal with paper. Essays should not deal with technical Taekwon-Do issues, but almost any other topic is fair game. See the Flash masthead for restrictions, etc. If reviewing a book, give us the name, author, publisher, year. For event announcements (event to occur in future), tell us what the event is, where it is, and when it is, and whom to contact. For news articles (past events). follow a few simple rules and we'll proof for spelling and so on: Who is involved (who tested, who attended, who sponsored, who taught...), When, Where, and What (the event was). It helps, if a picture, to know who is in it. Have a way to get back to you if there are questions. Better to submit than worry about whether your submission is adequate. If it's news, it's probably very adequate. Err to the side of inclusion. Surprise your students by having their test, their triumphs, reported in a national newsmagazine!*



*Sir:*

*On Friday Nov. 5th a color and black belt test took place at **Fairbanks Taekwon-Do**, Alaska. **Susan Hicks** was promoted to II dan, **Lorraine Thompson** to 1st degree, **Kasper Maier** was promoted to 2nd gup, **Dominik Peterson** to 6th gup, and brothers **Cole** and **Wyatt Hubbard** to 9th gup. Kasper Maier did an outstanding job and was awarded best test.*

*Guy Williams*

[Editor's Note:

Congratulations, Mr. Williams, to these students and your excellent club.]

Arvada, CO – **Maestas Taekwon-do** held its 14<sup>th</sup> testing on Sunday, November 21, 2010 with one of our largest tests in recent times. A total of twelve people tested for various degrees of black belt from 1st Dan to 3rd Dan. Master

**Maestas** and Mr. **Pettijohn** promoted five new 1st dans, three new 2nd dans, and four new 3rd dans. Of special note was the age range – the youngest testing was 11 years old and the oldest was “old enough to know better” (ok, 50’s). This was true club effort in that in one way or another every student above the rank of green belt helped in some way. A big thank you to Master **Steadman** and Master **Bosse** for attending. Pictured are the testing candidates and the test board along with special guests.



*Robert Martin*

On November 13 a Black Belt Test was conducted at **Big Dog Taekwon-Do**, Grand Rapids, Michigan. Pictured below from left to right: Dr. **Steve Osborn**, Region 5 Regional Director and V Dan, Mr. **Michael Byard**, new 1st Dan, Ms. **Kelise Vriesema**, new 1st Dan, Mr. **Adam Sweemer**, new 1st Dan, Dr. **Jeff Wilt**, new 3rd Dan, Mrs. **Marianne Armstrong**, IV Dan and Head Instructor, Big Dog TKD, Ms. **Breanna Stayskal**, new 2nd Dan, Ms. **Katey Armstrong**, new 2nd Dan, Ms. **Maggie Foley**, new 2nd Dan, and Mr. **James Alger**, Michigan State Director and IV Dan.





The Winnahs of the Taekwon-Do Kids Coloring Contest for 2010! First Place to **Cam Hunt**'s boys and girls doing Taekwon-Do in USTF. Second Place to the indefatigable **Rosalia Johnson**'s portrayal of why her ki-haps are like her dog's bark. Third Place to **Michelle Kelly**'s black and white rendering of a girl kicking over the legend "Tae Kwon Do" and the South Korean flag. Congratulations to our winners and many deserving entrants! You are ALL winners!



**USTF**  
INTERNATIONAL  
TAEKWON-DO  
CHAMPIONSHIP  
2011

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**June 25<sup>th</sup> & 26<sup>th</sup>, 2011**  
Broomfield High School  
Broomfield, Colorado, U.S.A.

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