

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

The Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 853, Grafton, WI 53024. E-Mail fmvh1@mac.com. Archived at USTF Region V site www.ustf-region5.org Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation.

On March 6th, Sereff Taekwon-Do will be the site for yet another excellent **USTF Referee Course**. Note change of date.

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

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



The **10th Annual Maestas Taekwon-do Team Challenge** will be held Saturday, March 20, 2010 in **Arvada**, Colorado. Be sure to be there! Complete rules and registration forms are posted to www.maestastkd.com.

A **Class B USTF Instructors Course** will be taught at Broomfield Colorado April 17th & 18th, 2010. Taught by Grand Master Mike Winegar, this is an excellent opportunity to focus on the “guts” of the First through Third Dan curricula.

Don't forget: June 13th-18th 2010, **Sereff World Camp**, Snow Mountain Ranch. Contact HQ for details.

A USTF Referee Course will be given at Sereff TKD on August 21. A great opportunity.

On 14 December, 2009, the following people tested from Senior Master De Baca's class for ranks noted. They all passed with flying colors. From left to right, above: Senior Master **Paul De Baca**, testing candidates **Greg Wunderlich** (1st Dan), **Scott Foster** (4th Dan), **Mike Gimelli** (4th Dan), **Mark Lynton** (4th Dan), and, on the Testing Board Master **Dan Griffin** and Senior Master **Gary Meek**.

Master **Bill Strouse** and **Western Slope Taekwon-Do** will have a tournament coming up on May 15, a Saturday. The tournament venue will be at Warmlesley Elementary School in Rifle CO. Master Strouse encourages participation by all USTF members. **Reasonable entry fees, good officiating, patterns, sparring, and breaking. What more could you ask for?** Contact Master Strouse at 970-984-2956 if any questions.

I.T.F. President Master **Tran Trieu Quan** died in the rubble of the Montana Hotel in Haiti. This publication and its Editor, who met the Master in Toronto, extend our condolences to his family and friends.

June 26 is set for a Black Belt test in **Wisconsin**. Contact Master F.M. Van Hecke if interested at fmvh1@mac.com.

On February 23 seventy students from **Marquette, Cadillac, and Grand Rapids, Michigan** participated in the annual **Michigan State Taekwon-Do Tournament** at Cadillac MI. Officials worked hard to improve their officiating skills while competitors were able to

demonstrate the progress they have made since the last tournament. The tournament was an excellent venue for students to show what they have done with their Taekwon-Do lives since the last time everyone got together. Dr. **Steve Osborn**, Region 5 Director, acted as Promoter.

A **Regional Taekwon-Do Workshop** is scheduled for April 10 at the Thornton Community Center, Thornton CO. An all-star lineup of instructors includes Grand Masters Sereff and Winegar and many others.

A Black Belt test for Second and Third Degree candidates will be held at the Academy of Martial Arts, **Grafton**, on April 3.



Grand Master Mike Winegar taught a USTF Instructors Course Class C on the 6th & 7th of February at Sereff Taekwon Do. Despite the Super Bowl Week End we had over 45 participants including over 19 re-takes! We opted to go longer on the first day, Saturday, so we could perhaps finish a bit early on Sunday and watch a little of the Super Bowl. And we did get to see the second half due to the determination of the students, who put Taekwon-Do first. States represented were **Colorado, Wyoming, Utah, Nebraska, Missouri, New York, Mississippi, Alabama, Wisconsin** and **Illinois**! Pictured is the entire group. In the front row, from left, Master **Joe Bosse**, Master **Bob Haynes**, Grand Master Winegar, Sr. Master **Stan Martin**, Master **Kirk Steadman**, and Master **Vincent Affatigato**.



Grand Master Mike Winegar works with Ms. **Kari Wernlein** from Thornton Taekwon-Do during the Class C Instructor Course.



Sereff Taekwon-Do's annual **Chili Cook Off** was won by **Jim and Kathy Maestas**; **Wendy Klob and Luke Esbenson** took second place. From his smile, Grand Master Sereff likes **chili!** (Exercising editorial discretion, chili is bolded.)

Will late July bring about a state-wide Black Belt Test in **Minnesota**? Stay tuned.

“A Trip to the Darkside, a Chapter in my Life” by **Grandmaster C.E. Sereff** was introduced after a workout at Sereff Taekwon-Do on February 13 as a part of the “Lunch & Learn” series. Mr. **Karl Nicoletti** joined Grand Master and read part of the article about the 1980 trip to North Korea and being a part of the demonstration team lead by **General Choi Hong Hi**. 40 students attended the workout, lunch and lecture. Kudos to Mr. **Jim Smith** for his contributions.

On February 15 a gup level test was held at the Academy of Martial Arts, Grafton. On the Board were Fifth Dan **Mike Van Pietersom**, Fourth Dan **Mary Lubner**, Third Dan **Brian Nusslock**, Second Dans **Zeki AbuLughod**, **Artem Bordetskiy** and **Aaron Prohuska**, First Dan **Emmie Mandel** and Master F.M. Van Hecke. Second Dan **Amirah AbuLughod** led a corner crew consisting of herself and candidates **Mohammed AbuLughod** and **Nick Moralez**. Testing successfully to the ranks indicated were

Grand Master Mike Winegar, Colorado State Director, **Jacqueline Karpinsky**, Wisconsin State Director, Master **Kirk Steadman**, USTF Head of Referee programs, Master **Vincent Affatigato**, USTF Regional Director, **Jerry Sisco**, USTF Wyoming State Director, and **Jeremy Bennett**, Mississippi State Director taking a break at the Class C Instructor Course.



Oliver Joshua Locklair, Gup Two, **Mike Herzfeld**, Gup Three, **Logan O'Brien**, Gup Four, **Majka Drewitz**, Gup Six, **Kristen and Troy Spielbauer**, Gup Seven, **Tyler Tsui**, Gup Eight (Decided), and **Jaden Mirek, Tony Nicora, Kristi Slattery and Ben Klein**, Gup Nine.



Master Van Hecke,

With all due respect, most of your articles seem to be focused on the Senior Black Belt level. I would suggest more emphasis be put on gup level and local First-Third Dan tests. Our kids would be thrilled to be in print!

Thank you for what you do!

The Editor:

I'll make you a deal: you submit it and I'll publish it. With pride!

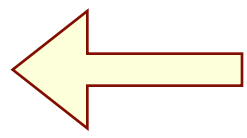
Here's the Future, comin' at ya! White Belts taking pride in their accomplishments at the **Sereff v. Maestas Junior Invitational.**



Just a few of the competitors at the Sereff vs. Maestas Invitational on January 30, 2010. The junior event had over 45 competitors competing in Pattern and Sparring at Sereff Taekwon Do. As a learning exercise some juniors tried Center refereeing and discovered it's not as easy as it looks!



More competitors yet! Sereff v. Maestas, a lot of juniors and a lot of fun.



The Lunch & Learn Crowd, glad to learn and glad to work out under the leadership of Grand Master Sereff.



Grand Master C.E. Sereff and the late Master Tran Trieu Quan.

