

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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COMING EVENTS

Master **Bill Strouse** and **Western Slope Taekwon-Do** will have a tournament coming up on May 15. The tournament venue will be Warmsley Elementary School in **Rifle CO**. Master **Strouse** encourages participation by all USTF members. Contact Master Strouse at 970-984-2956 if any questions.

Level 1 **Ho Sin Sool** Seminar! Taught by **Jim Alger** at Cadillac May 16. jmsalger@yahoo.com

It's happening! The **3rd Annual Axe Taekwon-Do Tournament** in Bellevue NE. A distinguished officiating and administrative crew combined with the best in competition. June 5. Contact Master Ricky Todd ustfneb@cox.net or Mr. Kevin Bushor at kbushor@cox.net.

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

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



July 24 will bring about a state-wide Black Belt Test in **Minnesota**.

August 6th-8th - **Utah Summer TKD Camp**

A **USTF Referee Course** will be taught at Sereff TKD on August 21. Contact HQ for details.

June 5th - Tournament, **Offutt AFB**, Neb.

Third Dan **Amirah AbuLughod** shows her brother Mr. Hasan AbuLughod a little trick she learned in Girl Scouts. Delighted in the background are Fourth Dan Mrs. **Mary Lubner** at table and Mrs. **Jacqueline Karpinsky**, in uniform.

There will be a Black Belt testing June 5 in **Utah**.

August 28th & 29th - **USTF Class C Instructor Course, Mountain View Martial Arts**, taught by Grand Master **Mike Winegar**. Contact Mr. **David Mason** at mountainviewtkd@gmail.com.

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

November 20th - Black Belt testing - Utah.

AROUND THE COUNTRY

On April 21 there was a Black belt test at **Rock Springs, Wyoming**. Information available when information is available.



On April 3 a Black Belt Test was held at **Grafton WI** for 2nd and 3rd Degree candidates. On the Board were Master **Braxton Miller**, Fourth Dan Mrs. **Mary Lubner**, and Master F.M. Van Hecke. Miss **Chris Langlois** achieved her Second Dan, and Mr. **Hasan AbuLughod** and Miss **Amirah AbuLughod** their Third Dans. From left, Ms. Langlois, Mrs. Lubner, Miss AbuLughod, Mr. AbuLughod, Master Van Hecke, and Master Miller.

Sir:
Sr. Master Dale Burkhart (formerly head instructor of Foothills TKD, our sister club, and now instructor at Shiloh House) was the test board for Boulder TKD's testing on March 30. First, starting a bit after 7 PM, Mr. Ivan Arizpe Ramirez and Miss Desiree Arizpe Ramirez (they're cousins) tested from white belt to high white, with both demonstrating strong TKD technique and good etiquette. Next Mr. Sebastian

Blatt tested from red belt to high red and Dr. Grzegorz Miecznik tested from high red to I Dan. Both showed strong technique and perseverance, and both the physical and mental abilities required for their new ranks. Dr. Miecznik's testing ran until just before 11 PM!

Bob Ito

On February 27th at **Mountain View Taekwon-Do**, a USTF Hol sin sul course was conducted by Mr. **Brandon Stoppani**. USTF Students from all over Region 1 attended the course and had a blast. The event was hosted by Mr. David Mason, Region 1 Director. For a more recent event taught by Mr. Stoppani, see next page.

On April 24, at **Sheboygan Falls Wisconsin**, a seminar, "Improving my Step Sparring," was taught by Master F.M. Van Hecke. The event

was hosted by Mrs. **Jacqueline Karpinsky**, Wisconsin State Director and Mr. **Marc Mikkelson**, co-Head Instructor, **Sheboygan Falls Academy of Martial Arts**.

Teaching to Learn

By Amirah AbuLughod, III Dan

“I believe that what my students’ accomplish by teaching is to re-learn basic knowledge in ways that deepen what was at best a superficial understanding,” this observation by Heidi G. Elmendorf, a professor in the biology department of Georgetown University, illustrates the learning and understanding that comes from teaching. This same philosophy of teaching rings true for the teaching of Tae kwon do. Elmendorf’s comment merely scrapes the surface of the benefits both the student and the teacher can receive through a philosophy of learning through teaching. Tae kwon do enables those who have pursued the art to be able to continue and deepen their learning by teaching it to other students.

This philosophy of teaching to learn can be implemented soon after a student has joined Tae-



On March 27th Region 1 Director **David Mason** held the **Mountain View Martial Arts and Fitness Annual Spring Forward Tournament**. The Event was held in **La Center WA** and had over 110 competitors. There were divisions for all ages starting from the age of 3 years old all the way to the Adult divisions! Grand Championships were awarded based on the competitors placing in Sparring, Breaking and Patterns. The event was a huge success for all involved with over 15 USTF schools competing.

Grand Champions were as follows: Mighty Mite Color Belt (3 to 4 year olds) **Nicholas Foote**, Mountain View Martial Arts & Fitness; Mite Color Belt (5 to 6 year olds) **Grace Sigler**, Mountain View Martial Arts & Fitness; Pee Wee Color Belt (7 to 9 year olds) **Noah Stiffler**, Mountain View Martial Arts & Fitness; Junior Color Belt (10 to 15 year olds) **Gerig Hanson** Lake Shore TKD; Adult Color Belt (16 Years and Up) **Michelle Sigler**, Mountain View Martial Arts & Fitness; Pee Wee/ Junior Red/Black Belt **Nathan Pruitt**, Mountain View Martial Arts & Fitness; Adult Red/ Black Belt **Sarah Layng**, Grays Harbor Taekwon Do.

Top left picture, medal winners, bottom left, grand champions, and, reveling in good sportsmanship, 3 and 4 year old winners.





kwon-Do. Having a student with a colored belt teach a lower ranking colored belt student may seem unorthodox, yet with adequate observation from black belt instructors, this student-teacher match up creates an environment in which both become better martial artists. As a student begins to teach they come to the understanding that they don't know everything. It is through questions and observations that one becomes a better teacher and student. When a teacher is asked a question he is unable to answer, he must take this opportunity of learning through the teaching process to find the answer. Although admitting to not knowing the answer to a question as a teacher is difficult, the integrity teachers learn and practice as they seek out the answer for their students

Master Van Hecke:
On Saturday April 10th Mr. Scott Saccareccia USTF Oregon State Director hosted the USTF Weapons Course which was conducted by Mr. Brandon Stoppani USTF certified Hol Sin Sul and Weapons Instructor. Mr. Stoppani is also the USTF Washington State Director and Head instructor of Bodystrong Taekwon Do Academy. The weapons course was the first held in the Northwest in over 12 years and was overdue! USTF Students from all over Region 1 attended the course which was well received by all and greatly appreciated. Mr. Stoppani broke the course down into very easy to learn sections and cover all the required material. All in all the USTF students went home full of ideas and sore bodies!

David Mason

Picture on left: Mr. Stoppani and Mr. Lawrence Archer.

At Sheboygan Falls WI a Board consisting of Mrs. **Jacqueline Karpinsky**, Mr. **Marc Mikkelson**, and Master F.M. Van Hecke presided over a gup level test on April 10. Miss **Rosalia Johnson** passed to Gup 9. (Miss Johnson comes from good stock, her Mom and Dad both being Black Belts.) Mr. **Dan Kelly** and Miss **Michelle Kelly**, father and daughter, passed to Gup 2 Red Belt. From left, under a rack of "babies," are Miss Kelly, Miss Johnson, and Mr. Kelly.



emphasizes this specific tenet of Taekwon-Do.

Although some students shy away from teaching, the experience of recognizing what you don't know is an integral part of a martial artist's success. Learning through teaching instills, in martial artists, the understanding that learning is a continual process no matter the color of your belt. To encourage or even mandate teaching at colored belt levels leads to a deepened understanding of basic techniques and confidence in their Tae kwon do knowledge.

As a teacher one must learn to understand and try to cater to different learning styles. When a teacher is faced with a variety of learning types, they must teach the same concept in a variety of ways. Learning to present material in a diverse yet specific manner to each learner, broadens the teacher's understanding of the martial art on a personal level. Having the chance to look outside of the box, in order to teach skillfully, creates a new dimension for the teacher, enhancing his knowledge and sparking further interest in the martial art.

Tae kwon do includes both cognitive and physical learning; when a teacher comes to understand a student's cognitive and physical level he will be



Third Dan Hasan AbuLughod makes short work of kindling production.

able to effectively teach. For example: students of six or so are commonly bundles of energy, and their physical stamina has few bounds when they are enjoying what they are doing. A child at this age will gladly kick the bag all night, keeping him in sitting stance explaining the mechanics behind sine wave, on the other hand, will be of little interest to him and a waste of the teacher's time. Instead, when working with younger children it is best to teach them the basic motion of sine wave, "down, up, down," and

leave out the physics. As the child progresses in Taekwon-Do and matures, they will have the correct motion of sine wave. Once students reach the cognitive stage where they are able to understand the science behind sine wave, they will then be able to apply the concept and improve the previously learned physical aspect of their sine wave.

Taekwon-Do attracts people of all age. Because of this, oftentimes the age difference between a teacher and a student may be quite pronounced. It is through this teaching process that people of a younger age can teach those who are older than themselves. Although this age difference between the teacher and student is not commonly seen in other areas of learning,

Tae kwon do creates a respectful teacher-student relationship based on the

teacher's ability to adequately teach the material. Conversely, the teacher learns to respect and understand the student, not only based on age, but because they learn to communicate and recognize the difference between teaching someone older than themselves as opposed to someone younger. This teacher-student relationship and understanding creates communication skills that are not only beneficial in the dojang but also in an individual's interactions outside of the dojang.

Having this unique dynamic within a dojang creates an environment in which teaching is based solely on the material being taught rather than the hierarchical baggage that age difference can create. The paradigm of teacher to student can be shifted to include the mutual respect and acceptance of receiving information from a teacher of any age based on the ranking system of Tae kwon do. The ranking system facilitates respect and courtesy based on knowledge and skill level, and yet this respect must come full circle as a teacher learns from their students' questions, learning styles, and insights.

Teaching to enhance one's learning is as important as being an attentive student. Tae kwon do exemplifies through its ranking system, high regard to courtesy and respect, and cognitive and physical aspects of the art, the potential teachers have to learn and benefit from their teaching experience.

Note on photographs in this issue: Thanks to Mr. **James Sroykum** and to **Kathy Van Hecke** for their excellent work and to our other photographic contributors.

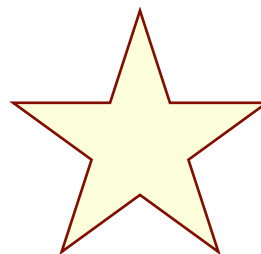


In his footsteps: Grand Master Winegar teaches in front of Grand Master Sereff's portrait.

So THAT'S what you use that kick for...
Second Dan Chris Langlois shows us how.



A **Class B USTF Instructors Course** was taught at Broomfield Colorado April 17th & 18th, 2010. Grand Master Mike Winegar taught students from throughout the country patterns from First through Third Dan, airborne kicking, and philosophy of Taekwon-Do. Picture below.

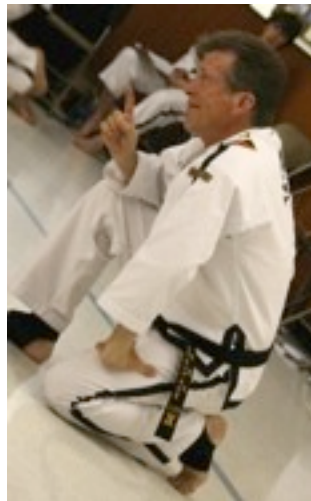


Left and Below: A **Regional Taekwon-Do Workshop** was conducted April 10 at the Thornton Community Center, Thornton CO. An all-star lineup of instructors included Grand Masters **C.E. Sereff** and **Mike Winegar** and Sr. Masters **Paul DeBaca** and **Stan Martin**, Masters **Kirk Steadman** and **Joe Bosse**, and Mssrs. **Davit Ott**, **Paul White**, and **Mr. and Mrs. Bill Jennings**. Lotta teachers!





A Black Belt Test was held at Marquette MI on April 24. Pictured: Front row, Corner **Hilija Spiessl** 3rd Dan, **Maureen Spiessl**, 2nd Dan candidate, **Chuck Giotto** Co-Michigan Director, 3rd Dan. Back Row, Dr. **Steve Osborn**, Region 5 Director, 5th Dan, **Cierra Kempainen**, 1st Dan candidate, **Nick Rintamaki**, Hos sin sool partner, **Max Spiessl**, 1st Dan candidate, **Jack Eibler**, 4th Dan. Congratulations to the Candidates and all at **Marquette Taekwon-Do**.



Above: Grand Master Mike Winegar teaching and showing how it's done.
To the right: Second Dan Chris Langlois was up for her test.

