

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

The **3rd Annual Axe Taekwon-Do Tournament** in Bellevue NE is June 5. Contact Master Ricky Todd ustfneb@cox.net or Mr. Kevin Bushor at kbushor@cox.net.

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

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

A Gup level test will be held June 8 at Sereff Taekwon-Do

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.

Senior Master Sereff conducts a seminar in Washington State on May 15. Participants assembled.



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

There will be a **USTF Referee Course** taught at Sereff Taekwon-Do on July 24. NOTE THIS NEW DATE REPLACES EARLIER AUGUST DATE.

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

On August 28 **Mountain View Martial Arts & Fitness** will host a referee training course at Battleground WA.

There will be a certified **Knife and Weapons** course taught at Sereff Taekwon-Do on August 28.

On August 29 there will be another of the excellent Class A instructor seminars taught by Grand Master **Mike Winegar** at Sereff TKD. Your editor has attended a total of two of the Class A's and thinks they're just great!

On September 11 there will be a Black Belt Test at **Sereff Taekwon-Do**; a Gup level test will follow on September 21.

September 25 and 26--USTF Class C Instructor Course, Mountain View Martial Arts, taught by Grand Master Mike Winegar. Contact Mr. David Mason at moutainviewtkd@gmail.com.

The **Sereff Fall Championships** will be held at Broomfield HS gym on October 17.

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

November 20th - Black Belt testing - Utah.

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

USTF Nationals will be held in Broomfield CO on June 25 and 26, 2011.

AROUND THE U.S.A.

On May 2 Master F.M. Van Hecke taught a seminar at Big Dog Taekwon-Do of Grand Rapids Michigan, "Take My Point: the Principles of Knife Self-Defense." Kudos to Mrs. **Marianne Armstrong** and Mrs. **Sharon Spungen** for hosting this event. Participating were **Ann Mitchell, Wally Wasilewski, Madeline Tlapak-LaVean, George Carroll, Noah Spungen, Erin Conklin, Elise Conklin, Connor Zautke, Kelise Vriesema, Adam Sweemer, Brad Hecht, Katie Huszarik, Harris Spungen, John Huszarik,** and Ms. **Katey Armstrong, Ms. Breanna Stayskal, Mr. Aaron Dull, Ms. Stacey Flaughter, Mr. Eric Spungen, Mrs. Sharon Spungen,** and Mrs. Marianne Armstrong.

Congratulations to the new Class B USTF Instructors, who passed examinations on April 18th: **Mike Van Pietersom, John Firmis, Valerie Dodds, George Paweleck, Matthew Wilson, Stacey Holyoak, Marianne Armstrong, Grant Bradbury, Daniel Nelson, Patrick Finan, Lisa Winkler, James Pals, Corinne Sroykum,** and **Kimberli James**.

Master F.M. Van Hecke gave a lecture, "**Pedagogy in the Martial Arts**" to academic master's degree level students at Amerstate University, Racine, WI, on May 14.

Senior Master Sereff Weekend!

by David Mason, Region 1 Director

On May 15th Senior master Sereff visited the State of Washington for a weekend full of events and good times. Senior Master Sereff was the guest of Region 1 Director David Mason. Senior Master Sereff presided over the twice annual Northwest USTF regional Black Belt testing which is a mutual and joint participation event held by the USTF Schools of the States of

Washington and Oregon. This area of the country has been conducting these joint testing's for over the last 15 years. The events were as follows:

- USTF Ladies Breakfast
- NWUSTF Black belt testing
- All Ranks Seminar
- Banquet Dinner

Saturday morning Senior Master Sereff Inaugurated the first Ladies of the USTF Breakfast! The Breakfast was participated by over 35 ladies and daughters that actively train in the USTF. Senior Master Sereff commented that this

occasion was the first time in the country that an actual Ladies only breakfast was held and that she hopes to hold more across the country in the future. At the Breakfast Senior Master Sereff talked of the strength that the ladies of the USTF bring to the Art of Taekwon Do. She emphasized the sense of family bonding that having not only men in TKD but the fact that when most women in families are active participants in the art, it leads to entire families being part of the USTF Taekwon Do culture. She talked of the trials and tribulations of her own career in TKD and many

On May 1 at the kind invitation of **Big Dog Taekwon-Do**, Head Instructors **Marianne Armstrong**, Third Dan, and **Sharon Spungen**, Second Dan, Master F.M. Van Hecke conducted a seminar, "Improving my Free Sparring." Pictured below are the 39 participants. Among the "notables" in the picture below on the left is Region V Director Dr. **Steve Osborn** (far left) and other participants, including **Austin Smith, Ainsley King, Anthony King, Josh Parker, Ethan Lund, Audrey Lund, Shawn Barr, Noah Joseph, Katie Fairchild, Noah Spungen, Emily D'Amato, Sheryl D'Amato, Connor Smithee, Erin Smithee, Madeline Tlapek LaVean, George Carroll, Brendan Wendlandt, Fadi Muallem, Jake Standerfer, Zac Lynn, Nick Baldwin, Ben Joseph, Mark Joseph, Erin Conklin, Harris Spungen, Elise Conklin, Alex Host, Connor Zautke, Ben Baldwin, Todd Smithee, Adam Sweemer, Miss Katey Armstrong, First Dan, and Mr. Kelvin Urena and Mr. Aaron Dull, First Dans, Miss Breanna Stayskal, First Dan, Mr. Eric Spungen, Second Dan, Mrs. Sharon Spungen, Second Dan, Mrs. Marianne Armstrong, Third Dan.**



pioneering women in the USTF that helped make the USTF such a strength for a family bonding and a way of life. The ladies at came away highly motivated and energized from the breakfast!

Senior Master Sereff then presided over the NWUSTF Black belt testing conducted at the Storefront Mountain View Martial Arts School in downtown Battleground. There were 12 candidates presented for testing ranging from the ages of 49 to 13 years of age and testing to the ranks from 5th Dan to 1st Dan.

Afterwards Senior Master Sereff conducted an all ranks seminar that was attended by over 80 students of the NWUSTF ranging from Masters to 10th gups. Senior Master Sereff balanced the seminar with great hard training going over technical parts of the

fundamental movements of TKD while at the same time mixing in many other faucets of the TKD training and situations from etiquette to self defense in the real world. The students all left inspired and pumped from the seminar, many were looking forward to sharing what they experienced with their fellow students back at their own schools.

At the banquet dinner over 70 students and their family members celebrated the day's events. Senior Master Sereff shared many great stories of her experiences in the world of TKD. The sharing of many stories of the different cultures across the world that all train, kick and punch illustrated the great sense of bonding that Taekwon Do has brought everyone.



Below, competitors line up for the **AAMA Spring Classic** held in Grafton WI on May 8. Tournament Director was Dr. **Rick Bauman**, Promoters Mr. **Luke Mattias**, Special Needs Academy of Martial Arts, and Master F.M. Van Hecke. Competitors from Minnesota, Wisconsin and Illinois participated in a solid day of double elimination competition. Talk about efficiency!

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At left, Umpire **Mike Van Pietersom** makes sure **Dan Kelly** (Red Belt) and **Mike Herzfeld** (Gup 3) play it straight.





At the May 1 Region 6 Black Belt Test: Above, from left to right: back row, **Bradley Schlesselman, Landon Conner, Jasmine Lindsey, Anna Lochbaum, Cheston Callais and Kelly Koenig**; front row, Master **Ricky Todd**, Master **Dustin Stephenson**, Grand Master **Mike Winegar**, Senior Master **Bill Stephenson**, and Master **Larry Winn**. To the right, Senior Master **Bill Stephenson** awarded his Eighth Dan by Grand Master **Mike Winegar**.

A gup level test was held at the Academy of Martial Arts, Grafton, on May 13. Presiding were Mrs. **Mary Lubner**, Dr. **Rick Bauman**, Mssrs. **Zeki AbuLughod** and **Aaron Prohuska**, Miss **Chris Langlois**, and Master F.M. Van Hecke. Congratulations to the following students, who achieved the ranks indicated: **Josh Locklair** and **Matthew Thur**, Gup One, **Mike Herzfeld**, Gup 2, **Troy Spielbauer**, Gup 6, **Tyler Tsui**, Gup 7, **Ben Klein**, **Kristi Slattery**, **Owen Liebelt**, and **Jaden Mirek**, Gup 8, and **Coleen and Gavin Schmidt**, Gup 9.

Master Van Hecke,
 Here is some information on Sr. Master Bill Stephenson's promotion and our spring black belt test. We had 3 people testing for 1st Dan, 1 for 2nd Dan, 1 for 3rd Dan, and 1 for 4th Dan. The test was a success with 100% passing. Grandmaster Winegar conducted Sr.

Master Stephenson's promotion and the black belt test in Grandmaster Sereff's absence. It was a great honor and pleasure, as usual, to have Grandmaster Winegar conduct the proceedings. Sr. Master Stephenson received many awards and gifts including a MO Senate Resolution for his dedication and effort in the Kirksville, MO community. The Resolution was presented by Senator Wes Shoemyer.

Thanks,

Master D. Stephenson

Sir:

Mr. **Jim Alger** taught a Level 1 Hosin Sul course in **Cadillac**, Michigan on May 16. He covered the gup level hosin sul requirements of the USTF Testing Syllabus through demonstration, practice, and performance feedback. Mr. Alger referenced the general's works on hosin sul outlined in a few of the encyclopedia volumes while incorporating

important elements in the theory of power to enhance technique effectiveness.

The legal implications of self-defense techniques was addressed. As an instructor it is important to document in some form or be able to demonstrate that hosin sul training (strangles, chokes, attacks to fragile vital or sensitive spots) emphasized the concept of punishment fitting the crime. Training should include addressing the various types of hosin sul counter-attacks that are reasonable given the particulars of the circumstance, condition, or situation. It is also important to include the point at which the counter-attack should cease. Whether "reasonable force" was used is the ultimate determination of the fact finder should litigation occur, but training should address various scenarios that are intended to guide the student's decision-making during a situation where force is used. The course taught by Mr. Alger, as is typical for him, was excellent. The USTF is served well by students such as Mr. Alger guiding our way into the future.

Steve Osborn, Region 5 Director

A demonstration was given at the Thorson Elementary School, Cedarburg WI on May 14 by students and faculty of the **Academy of Martial Arts, Grafton**. Leading the effort were Mrs.

Mr. Lawrence Archer makes kindling.
Count 'em if you can!



Mary Lubner, Mr. Aaron Prohuska and Miss Chris Langlois. Participants were: **Jack Faase, Troy Spielbauer, Nick Morales, Danny DiCriscio, and Ben Klein.**

Congratulations to the following promoted at the Northwest Regional Taekwon-Do Black Belt tests on May 15: Tested to 5th Dan, Sharon Cormier Mt Rainier View TKD; Tested to 3rd Dan, Lawrence Archer Mountain View Martial Arts & Fitness, **Natasha Gentry** Mountain View Martial Arts & Fitness; Tested to 2nd Dan, Joel Crawford Mountain View Martial Arts & Fitness, **Samantha Schock** Bodystrong TKD Academy; Tested to First Dan Sarah Layng Grays Harbor TKD, **Randy Shroy** Mountain View, **Justin Bock** Longview Academy of Martial Arts, **Cole Forren** Vancouver TKD, **Casey Cox** Mountain View, **Jacob Mora** Bodystrong TKD Academy.

Master **Bill Strouse** and **Western Slope Taekwon-Do** conducted a tournament on May 15 in Rifle CO. Details in the next issue.

Mma Ramotswe thought about this. Having the right approach to life was a great gift in this life. Her father, the late Obed Ramotswe, had always had the right approach to life--she was sure of that. And for a moment, as she sat there with her friend, with the late-afternoon sun slanting in through the window, she thought about how she owed her father so much. He had taught her almost everything she knew about how to lead a good life, and the lessons she had learned from him were as fresh today as they have ever had been. Do not complain about your life. Do not blame others for things that you have brought upon yourself. Be content with who you are and where you are, and do whatever you can do to bring to others such contentment, and joy, and understanding that you have managed to find yourself.

[From Alexander McCall Smith, The Double Comfort Safari Club.]