

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.

For those of our readers who are concerned with the latest news of Grand Master Sereff's condition, be advised that his surgery was successful and he should be home soon. Please do not contact him or his family directly while he is convalescing. Rather, cards can be mailed to 6801 W. 117th Ave., Broomfield, CO 80020.

COMING EVENTS

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 at Sereff Taekwon-Do on August 28

taught by Master **Frank Hannon**. Cal HQ for details.

On August 29 there will be another of the excellent Class A instructor seminars taught by Grand Master **Mike Winegar** at Sereff TKD. Class B Instructor status is a prerequisite.

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

Sr. Master **Earl Weiss** will host a Dan testing at **National TKD**, DesPlaines IL on September 11. Sr. Master Weiss and Masters **Braxton Miller** and F.M. Van Hecke will preside.

On September 18, the **Eleventh Annual Wyoming Invitational Tournament** will be held at Casper, Wyoming. This is bound to be a well-run, well-officiated and high level competition. More information? jerrysisco@bresnan.net or <http://www.caspertkd.com>



Taekwon-Do reaches around the world. California State Director Mr. Ed Newcomer (third from left) is pictured in Thailand, where in Bangkok he aided other ITF-style practitioners in conducting examinations. He assures us that the mere fact of blistering hot weather has no impact whatsoever.

On September 21 there will be a color belt testing at Sereff TKD.

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

A USTF Basic Ho Sin Sul Course is scheduled at Sereff Taekwon Do on October 2, 2010 with Master **Jonas Pologe**. If you have any questions please call headquarters at 303-466-4963.

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.

Dear Master Van Hecke,

*The Referee course at Sereff Taekwon-Do July 24 was very successful. Master **Kirk Steadman** with Mr. **Jerry Sisco** from Wyoming taught the course to students from Colorado and Wyoming. Good news, all passed the course which included USTF Class C, USTF Class B, and USTF Class A.*

Sr. Master Renee Sereff

[Pictured below, Mr. Sisco and Master Steadman with the new Rules And Regs. book.]



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

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 CO on June 25 and 26, 2011. Weigh-ins the 24th. Compete with the very best from Australia, Ireland, New Zealand, 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 CO.

AROUND THE COUNTRY

Region 6 Summer Camp was held in Mexico MO, July 30-August 1. Details and pictures, if supplied, in the September Flash.

New **USTF Tournament Rules & Regulations** is hot off the press! Contact HQ with your orders.

On July 25 Master F.M. Van Hecke taught “Take My Point: The Fundamentals of Knife Self-Defense” at St. Peter, Minnesota, to students from **Bryant Park Taekwon-Do** and **St. Peter**



New First Dan Jessica Xu with Board and Corner. But who took the picture?



Who else?

this fall on a scholarship, was held at Broomfield recently. Grand Master Sereff presented her with a white rose by proxy because he was in the hospital and could not attend. The test board consisted of Sr. Master Renee Sereff, Master Steadman, Master Dan Griffin, Master Ikuko Lubow, and Mrs. Louise Fox. Miss Cameo Zugschwert took the Corner. Miss Zugschwert was Ms. Xu’s partner for self-defense and step sparring. Miss Xu did a great job and successfully passed her First Dan test with flying colors! Congratulations are in order.

Sr. Master **Renee Sereff**, **Terry Sereff** and **Guy Sereff** pose in front of Old Glory. Guy Sereff, who has recently started teaching again in **Tennessee**, visited USTF Headquarters while here for his father, Grand Master **Charles E. Sereff**, who had heart surgery last week.

Grand Master Sereff is doing very well and is headed home after 6 days in the hospital. The surgery was a success and the Doctors expect a full recovery from him. Needless to say, he will be teaching in September.



Community Taekwon-Do and family members.

On July 24 a Black Belt Test was held at St. Peter Community Center. Testing were students of Ms. **Elisabeth Hunt**, Second Dan, and of Mr. **Marcus Paar** and Dr. **Karen Larson**, Third Dans. Presiding was Master F.M. Van Hecke, and Mr. Marcus Paar was at Corner.

Testing for Second Dan were Miss **Amanda Freiborg**, Miss **Andrea Nicole Narvaez-Zambrano**, Mr. **Christiam Narvaez**, and Mr. **Benjamin Vaaler**. Testing for their First Dans were Mr. **Elvis Narvaez** and Dr. **John Cha**. After the test, a workout was led by Master Van Hecke.

Here they come! Miss Amanda Freiborg, Mr. Christiam Narvaez, and Miss Andrea Nicole Narvaez-Zambrano of Minnesota during their testing July 24.



And there they go!



How did Master Van Hecke get us into this, anyway?



From left: Mr. Elvis Narvaez, Dr. John Cha, Mr. Benjamin Vaaler, Mr. Christian Narvaez, Miss Amanda Freiborg, Miss Andrea Nicole Narvaez-Zambrano. (Story on page four.)



Take me out to the ball game, as the

Grafton Academy of Martial Arts holds a baseball outing. The Milwaukee Brewers beat the Pittsburgh Pirates with Corey Hart's blast into the stands in the bottom of the ninth, and a good time was had by all. Upper left, Mssrs. Prohuska lead the pack. Upper right, literal tailgating.



Lower left, who brought the sunscreen? Lower right, a great shot ends it.

