

The T.K.D. Flash

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A MESSAGE FROM GRAND MASTER CHARLES SEREFF

Happy New Year to you! We are looking forward to a wonderful year full of family, friends and Taekwon Do! I hope you are all training hard and working toward coming to Colorado for the USTF International Championship in June.

Remember there is no success without U! To all the officials, instructors and students, my best wishes for peace, prosperity and good health in 2011.

COMING EVENTS

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

Arvada, CO – **Maestas Taekwon-Do** held its 29th annual Christmas Party on December 15. Students, instructors and their families came together to celebrate this special season, reflect on the past years activities and look forward to next year.

Mr. **Robert Martin**, VI Dan senior instructor, had the pleasure of awarding plaques to the Maestas TKD 2010 Breaking Champions. Each month during the past year students attempted to break the most boards. Color belts attempted front kick, side kick and turning kick. Black belts added 180 back kick to the list. To make it a little harder students received minus points equal to the number of boards tried if they missed the break. Color Belt Champion was **Brian Swetlic** and Black Belt Champion was Mr. **Robert Pettijohn**.

Head instructor Robert Pettijohn, VI Dan, was pleased to continue his tradition of awarding Color Belt and Black Belt Student of the Year plaques. This year he selected **Yovani Pina**, 3rd Gup, as Color Belt Student of the Year and Mr. **David Martin**, V Dan, as Black Belt Student of the Year. Both gentleman are members of the MTKD board of directors and provide leadership to the club. In addition, Mr. Martin is the club's testing director, an important instructor and also handles the thankless job of filling all the class slots with instructors.

Photo, from left to right Black Belt Student of the Year Mr. David Martin, Color Belt Student of the Year Mr. Yovani Pina, Black Belt Breaking Champion Mr. Robert Pettijohn and Color Belt Breaking Champion Mr. Brian Swetlic.





Arvada, CO – On December 7 the instructors of **Maestas Taekwon-Do** supervised the first large testing of Taekwon-Do students at **Early College of Arvada**, a 6th to 12th grade charter school. Ms. **Susan Marx**, 3rd Dan, is the ECA Taekwon-Do head instructor and also one of the school counselors. Taekwon-Do is an ECA credit course counting towards PE graduation requirements. (Ms. Marx has shared some of her experiences with ECA in the Flash in previous months.) Over the past 2-1/2 years there have been a number of small testing at ECA but this was the first one where all students tested together. In all 46 students tested for all ranks from 9th gup to 4th gup. This was, in essence, their final exam for the semester.

The partnership between Maestas TKD and ECA has developed into a close and productive relationship for both groups. Many Maestas instructors have volunteered time teaching the TKD program and have also been involved in other activities at ECA including serving on the ECA board of directors.

We congratulate the ECA TKD students on the fine job at testing.

Pictured above: The students of ECA Taekwon-do after their testing on December 7. Ms. Susan Marx, far right, is the head instructor of the program.

A **USTF Class B Instructors Course** is scheduled for February 5th & 6th in Broomfield, 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 Belt test will be held at Broomfield CO on March 19.

March 26 is this year's date for the **Maestas Team Challenge XI**. The tournament will be held in Arvada, Colorado. Contact Robert Martin at bmartin@maestastkd.com or 303-895-9741 for information and registration packets. This unique event focuses on team competition for folks under 16 and individual competition for those 16 and older. Bound to be well-officiated, well-run, and fun.

Also on March 26, in **Nebraska**, a USTF Class C Instructor Course will be conducted at

Bellevue, Offutt Air Force Base. A rare and important opportunity for a top-flight study opportunity without the flight to Denver!

Region 5 will host an Instructors C course in **Cadillac, Michigan** on Saturday April 9 and Sunday April 10. For information, contact Region 5 Director Dr. Steve Osborn, sosborntkd@hotmail.com

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.

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

AROUND THE COUNTRY

There are no reports of completed events around the country in November or December not previously reported or not included here as picture articles. Sort of a shame to put such tremendous energy out to hold an event and not be acknowledged.



Dear Master Van Hecke,

*We just finished our color belt test with four young ladies testing to I Dan at Sereff Taekwon Do. Grand Master **Charles E. Sereff**, Sr. Master **Renee Sereff**, Master **Kirk Steadman**, Master **Joe Bosse** and **Louise Fox** were our test board this time with Ms. **Cameo Zugschwert** calling the testing. Ms. Zugschwert had her hands full with designing the four ladies' Ho Sin Sul routines and also personally training them for the last few months. We have decided to adopt the routine she choreographed for all juniors testing to I Dan at Sereff Taekwon Do. This will help the instructors and students when it comes time for I Dan.*



*At the color belt half of the test Mr. **Jonathan Drake** and Mrs. **Jenny Balleuw** were voted high test score of the event. At the Black Belt half, Miss **Syrina Phu** was voted best pattern, Miss **Stacy Phu** was voted best breaking and Miss **Kaetlyn Jackowski** was voted best Ho Sin Sul with her partner **Kelli Piontek**. Grand Master Sereff decided to make an early Christmas for these ladies and presented their belts at testing. He usually does not do this and presents them in the next class. Congratulations to all the candidates that tested this day. We want to sincerely thank all of the instructors that worked so hard in getting the students ready for this day. Of course, tomorrow it starts all over! Happy New Year!*

Sr. Master Renee Sereff



Top picture: Syrina Phu, Best Pattern, Kaetlyn Jackowski Best Ho Sin Sul with partner Kelli Piontek, Stacy Phu Best Breaking with Grand Master Sereff. Center picture: Color Belt High Test Score Jenny Balleuw, Green Belt and Jonathan Drake yellow Bottom picture: Introducing the newest Black Belts in the USTF Syrina Phu, Stacy Phu, Kaetlyn Jackowski and Jonatha Tighe.

Land of the Morning Calm

By: Mary Lubner, 5th Dan

Have you ever played Gateball or Kongi Noli? How about going on a hike in the Baekje Mountain Range? I was fortunate to spend a month in S. Korea this year and experience all of these things. I chaperoned a 4H exchange program where the participants and myself each had our own family experience. My home was located in Jinju City which is in the southern part of the peninsula about an hour from Busan. During my stay, I was able to visit a Korean War POW camp, a shipbuilding factory a few museums including the Jinju Fortress. At the Jinju Fortress is a panel depicting a young Korean woman holding a Japanese general. This woman is a renowned patriot as she drowned while she held the Japanese general to his drowning death during the Japanese invasion of 1593.



While spending time with my family, I observed a game that reminded me of golf and croquet. I later had a chance to play this game called Gateball. The object is to get your ball through a series of gates first while helping your teammates in the process. The ball is about the same size as a croquet ball and the striking implement looked like a croquet mallet or a large headed golf driver. The game was played outside on grass (golf-like driver) or inside on dirt (heavy croquet mallet). I played the dirt surface variety. There is a lot of strategy to this game.



Kongi Noli is a game of Korean jacks. There five jacks; you toss them down, pick up them up one at a time after tossing the chosen one in the air and then catching it after successfully picking up the required number. After completing *onezies*, you move on to twos and threes. When you get to four, one is tossed and four put down. The next step is to pick up the four after the one is tossed and of course catch the one that is tossed. At this point, you toss all five and *catch* them on the back of your hand. Any that are caught (good luck) are then tossed up off the back of the hand caught with your palm and fingers facing downward. If you keep score, your score is the number of jacks caught.



I was able to attend two camps while in Korea. The first was a Hippo camp, the cooperating group with Wisconsin 4h. At this camp were the exchange participants from the US and Japan with their host families and members of the Hippo Family Group. Many team building activities were performed including making posters and creating a dance. Participants ranged in age from 3 years to mature adult. I enjoyed playing, swimming, eating and sleeping on the floor with all my new friends at the camp.

Did you know that proper Korean etiquette requires that when eating, the rice is always on the left of the soup? The soup can be spooned into the rice and then eaten with a spoon. Soup is served at almost every meal as well as rice and kimchi—fermented spicy cabbage.



The typical meal is served with many small dishes filled with salad, pickles, sauces and meat from which you help yourself—with chopsticks, of course! In Jinju City, the meat can be beef, pork or chicken. My second host family had a BBQ featuring pork. The strips, similar to bacon, were cut into small pieces after cooking so that you took a piece, put it on a leaf with rice and add the sauce you want. Wrapping the leaf around the “goodies” and putting it in your mouth. YUM! When the fruit is served, the meal is over.

Schools in S. Korea are very different from here in the States. There are no sports teams offered in schools and the day starts at about 7:30 am and over about 4:00 pm. Many students stay at school to study until 5 or 6 at night. Vacations are very short and usually filled with a special class that lasts two weeks out of the four week break. Very few of the high schools are co-ed. Students stay in the classroom and the teachers move. The students are busy learning all of the subjects we learn here in addition to Japanese, Chinese, English etc. There are no teenagers with jobs—they are all too busy studying. Many of the students go to special Academy classes in the evening for the subjects that are of interest to them. Many take extra English or math class in this way.

Martial Arts are very popular in Korea. I was able to visit Taekwondo classes as well as TaeKyon. The TKD in Korea that I observed used different forms than those here in USTF. I observed kicking drills and sparring. Kicks were hard and fast and sparring was hard also. Sparring used mostly kicks as one would expect in TaeKyon. The hands were low and very few hand techniques were used. I had a chance to participate in a TaeKyon class also. The class I attended worked on kicks very similar to what we do in TKD. In a class I observed, the students were working on forms for a short time and had also worked on kicks and sweeps. I also attended several Yoga classes. It was very different having the instructions given in Korean.

This was my second trip to S. Korea. The first time I spent a month in Seoul and this time I was in Jinju. Both experiences were very rewarding. The Korean people are warm and caring. All the families went out of their way to make me feel comfortable. They were generous with their time and talents so that I could experience the culture of the country. I was welcomed into many homes and hearts. Korean families usually have two children and are concerned about the same thing American families are, especially health and education. If you get the chance to visit Korea, take advantage of the opportunity! I am glad I did.



[Editor's Note: Mrs. Lubner is pictured, above, center.]