

The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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COMING EVENTS

On December 3 there will be a Black Belt Testing at **Burning Phoenix Taekwon-Do** in Salt Lake City, Utah.

On December 4 Master **Braxton Miller** will host, and Region 5 Director **Steve Osborn** will teach, a USTF Referee Course at the **School of Classical Taekwon-Do** in Crystal Lake, Illinois.

The INTA Open ITF Taekwon-Do Tournament will be held in **Kilkenny, Ireland**, on March 10 and 11, 2012. Inquiries to Mr. Jerome Wezelman,

18 Verschoyle Drive, Saggart Abbey, Citywest, Dublin 24. These are great folks and great hosts.

We have a date for the Maetas TKD Team Challenge XII – March 24, 2012. Details coming to www.maestastkd.com.

And once again we take the opportunity to remind you of **Sereff World Camp** in 2012; put aside June 24-29, 2012, in Estes Park, Colorado.

AROUND THE COUNTRY

Dear Master Van Hecke:



The TKD Flash, always providing a concrete perspective! On left, Mr. **Kevin Bushor**, on right, Master **Lenard Graham**. Holy Toledo!





Kirksville, Missouri testing group, Board, and families!

*Sr. Master **Bill Stephenson** and Master **Dustin Stephenson** hosted the Missouri Black Belt test November 5, 2011 in Kirksville, Missouri. Grand Master **Renee' Sereff** presided over the test that included **Lenard Graham** for Master Instructor, **Philip Ordonio, Jr.**, and **Kevin Bushor** for VI Dan, **Kyle Graham** for V Dan, **Deb Goggin** and **Megan Matheney** for III Dan.*

*Master **Ricky Todd**, USTF Region 6th Director brought his student Kevin Bushor to be tested for 6th Dan in Missouri.*

*Sr. Grand Master **Charles Sereff** sent a Masters Sword and Black Belt to be presented to Master Lenard Graham by Grand Master Renee' Sereff. The High Test Score for an excellent test was given to Kyle Graham, Master Graham's son.*

*Master **Tom Cope**, former regional director presented Maste **Larry Winn**, Missouri State Director an engraved ID bracelet for his service. Master Winn steps down as USTF State Director and Mr. **James Rolston** of Kirksville was appointed Missouri State Director by Master Dustin Stephenson, the current Regional Director. Grand Master Renee' Sereff included the families of the testing candidates in the group picture and let them know how much they are appreciated for their support of their loved ones in their Taekwon*

Do journey. A wonderful video tribute to Master Lenard Graham was presented at a banquet in his honor. Special thanks to Mrs. Dustin Stephenson for putting the tribute and banquet together.

Grand Master Renee Sereff

New Missouri State Director
Mr. James Rolston



On November 20 an Invitational Taekwon-Do Tournament was held at **Concord, Massachusetts**. Promoter, **Karl Huffmann**, special guest Sr. Master **Louis Reyes**. Tournament Director Ms. **Samantha Glasberg** and Chief Referee Mr. **John Murphy**. Pictures and results when made available to the [Flash](#).

The **USTF Utah State Championship Tournament** was held in **Salt Lake City, Utah**. November 5. Pictures and results when made available to the [Flash](#).

On November 12, the **Michigan Taekwon-Do Tournament** was held in Cadillac, Michigan. Pictures and results when made available to the [Flash](#).

On November 19 there was a Black Belt Test in **Utah**. Pictures and results when made available to the [Flash](#).

From left, at Kirksville, Master **Dustin Stephenson**, Master **Lenard Graham, Sr.** Master **Bill Stephenson**.



Also on November 19, **Washington** Statehosted a **USTF Class B Instructor Course**. Pictures and results when made available to the [Flash](#).

USTF Region 1 Black Belt Testing & Senior Grandmaster Sereff Seminar

By Brandon Stoppani, Sixth Dan

On October 8th, USTF Region 1 Director Mr. David Mason hosted the semi-annual Black Belt testing for Oregon and Washington. 15 candidates from both states ranging from 1st Dan to 6th Dan had the honor of testing in front of Senior Grandmaster **C.E. Sereff!** Joining Senior Grandmaster Sereff on the testing panel were Senior Master **Art Schoonover** and Mr. **David Mason**. Mr. **Scott Saccareccia** (Oregon State Director) and Mr. **Brandon Stoppani** (Washington State Director, tested to 6th Dan, while Mr. **Joe Hancock** from Washington tested to 5th Dan.

Senior Grandmaster Sereff put all the candidates through a thorough testing with the following candidates receiving high test scores: Mr. Scott Saccareccia 6th Dan, Best Black Belt Patterns. Mr. **Michael Hughes** 2nd Dan, Best Black Belt Breaking. Mr. **Chad Rynard** 2nd Dan, Best Black Belt Hosin Sul (tie), Mr. **Chris Platner** 2nd Dan, Best Black Belt Hosin Sul (tie). Ms. **Emma Southard**, Best Red Belt Patterns. Ms. **Michelle Sigler**, Best Red Belt Hosin Sul.

After the testing, Senior Grandmaster Sereff conducted a Seminar for over 100 participants from USTF schools throughout Oregon and Washington covering sine wave, fundamental movements, patterns, and philosophy about life and Taekwon-Do. This very special event had ranks consisting of White Belt through 8th Dan Senior Master Black Belt on the floor together learning and training with the Father of American Taekwon-Do!

On October 9th, Senior Grandmaster Sereff enjoyed a Sturgeon Fishing trip in the



The Washington/Oregon Test October 8, left, Sr. Grandmaster Seminar, below, and a sturgeon snagged by the Sr. Grandmaster.



scenic Columbia River Gorge accompanied by Mr. David Mason, Mr. Brandon Stoppani, Mrs. **Natasha Gentry**, Mr. **Bill Gentry**, and Ms. **Michelle Sigler**. Some fine fishing was had in the Pacific Northwest!

Master Van Hecke,

*News from the Doghouse is that Mrs. **Marianne Armstrong**, Fourth Dan, ran two recent black belt testings here at **Big Dog Taekwon-Do** in Grand Rapids, Michigan. The first grouping was on October 29 when Mr. **Aaron Dull** tested for 2nd Dan and Mr. **Todd Smithee** tested for 1st Dan. The second test was completed on November 6, with Mr. **John Huszarik** and his daughter **Katie Huszarik** both testing for 2nd Dan.!*

Thank you, Sir, for your interest in our school and we will continue, as Dory does in Finding Nemo, to just keep swimming....

Sharon Spungen, Second Dan

[Editor's Note: photo on page 5]

Sir:

The Maestas TaeKwon-Do Dungeonless Dragons made their strongest showing ever in this year's 11th annual Colorado Dragon Boat Festival. The Maestas team raced three 500-meter heats and three 250-meter heats in the event held July 30-31 in Denver. Although they were competing in two very tough Competitive Division brackets made up of predominantly younger, more physical teams, the Dungeonless Dragons won five of their six races, besting very strong PASCO, Spirit of Cambodia and Lao teams. The highlight of the weekend was the team's second 500-meter heat, finally beating their local nemesis, The Flying Dragons, for the first time (by a scant 0.01 second in a photo finish - Yikes!!!) In that race, the Dungeonless Dragons also posted their best time ever in the event, breaking the 2:30 barrier w/ a 2:29.46. (They were also racing w/ an empty seat this year,



Recent black belt promotions at **Big Dog TKD** in Grand Rapids, Michigan: From left to right, Mr. **Aaron Dull**, 2nd Dan, Mr. **John Huszarik**, 2nd Dan, Presider 4th Dan Mrs. **Marianne Armstrong**, Ms. **Kathrine Huszarik**, 2nd Dan, Mr. **Todd Smithee**, 1st Dan.

having only been able to field a team of 18 for the event.)

Maestas

TaeKwon-Do first raced in the Colorado Dragon Boat Festival in 2003, when they entered as a fundraiser to help send three students to Brisbane, Australia to compete as part of Team USA in the International TaeKwon-Do Championships. Not only was the event a very successful fundraiser, the Maestas team enjoyed it so much they decided to compete again in subsequent years. They found that Dragon boat paddling and TaeKwon-Do are very complementary activities - practicing patterns together had already given the group a

good feel for the total paddling synchronization needed to effectively race dragon boats. Team

member Michael Boyd and former team member Robert Martin were also instrumental in founding the Dragonboat Racing Association of Colorado, or DRACO (latin for "Dragon") to establish dragon boating as a year-around activity in Colorado. To facilitate off-season training, DRACO President Michael J. Boyd designed and constructed an innovative training platform that simulates dragon boat paddling in a

swimming pool. A short video that chronicles the



design and construction of DRACO’s pool simulator can be seen on YouTube.

Respectfully submitted,

Michael J. Boyd (Captain Bligh), Captain
 Maestas TaeKwon-Do Dungeonless Dragons
 USTF-5-259

Black Belt Test, Concord School of TaeKwon-Do

By Roselyn Romberg

On May 22nd Senior Master **Louis Reyes** held an exciting Black Belt test at the **Concord School of TaeKwon-Do** in Massachusetts. The six I Dan candidates included **Kurtis Chien-Young, Monica Lyons, Evan Raiff, Prakhar Sahay, Mary-Anne Schubert,** and **Lily Supovitz.** **Ron Micheels** tested for II Dan and **Eric Vining,** from **New England TaeKwon-Do** of Hanover MA, tested for IV Dan.

The event was especially exciting for families and students of Concord TKD, who

watched Sabumnim **John Murphy** test for VI Dan.

Patterns were very strong. I Dan candidates showed focus and power, and their grace and precision were exciting to watch. Mr. Vining wowed onlookers with IV Dan testing patterns Sam-II, Yoo-Sin, and Choi-Yong. A real highlight was the senior patterns So-San, Se-Jang Po-Eun, Choong-Jang, and Choi-Young, performed by Mr. Murphy as part of his test. Most among the spectators had never seen these demanding patterns before, and many students and families had not seen a school instructor test prior to this event. The Advanced One-Steps and sparring segments of the test for both IV and VI Dan were equally impressive, and thrilling.

Candidates had worked hard preparing all the required kicks and combinations of techniques. One-Steps were especially creative. Many of those testing combined familiar sequences from advanced patterns with specialty kicks or strikes, for engaging performances of



Maestas TaeKwon-Do's Dungeonless Dragons dragon-boat racing crew proudly poses at left. Below, the incredible photo finish in which they snatched their first place victory from the gaping maw of alsoranitude.



technical skill and agility. Ho Sin Suls are always a favorite at Concord TKD tests. Family and audience members know they can count on routines that demonstrate mastery and also entertain, and this test was no exception.

Sparring and breaking segments were dramatic and fun. I Dan candidates showed off their hand and foot breaks, going through single, double, and triple boards with ease. Senior

candidates took on four, five, and six board challenges, on the ground and in the air.

In the end, the star of the show turned out to be **Sydney**, 22 month old daughter of instructors **Nate and Meg Oldham**, attired in a doll-sized DoBok (and pink belt!). We look forward to Sydney starting to train with us soon!

Arvada, CO – Maestas Taekwon-Do held black belt testing on Sunday, November 21 , 2011. Two



The **Concord Massachusetts TKD** test group, right. Above left, **Eric Vining** splits two in the air and will finish the third before landing. Above center, **Sydney Oldham**, “Pink Belt.” Above right, **Monica Lyons** displays side piercing kick.





News From HQ
Sereff Taekwon Do hosted the USTF Referee seminar November 12, 2012. Participants from Wyoming, Colorado and Utah spent a day with Sr. Master **Kirk Steadman** learning the tournament rules and regulations of the USTF. There were several grading up to either Class B or Class A and the majority taking the course for the first time. The hands on practice at the end of the course with

some of the upgrade students running the rings gave everyone the experience in dealing with many of the problems that sometimes come up at tournaments. Many comments about whether to have coaches or not. No final decisions made. Congratulations to all who attended the course. We had a 100 percent pass this time. Above: the group.

The **Maestas Taekwon-Do** Test candidates and Board, at Arvada November 21. [Article commences page 7 and continues on page 9.]



people tested for 4th Dan and 6 tested for 1st Dan. This was a very special testing for the club. Over 20 years ago several of the senior instructors and students met to discuss how to encourage and develop more women in Taekwon-Do. In the years since we have had a number of women test for first dan, a small number for 2nd and a very small number for 3rd. On the 20th we finally had two women join the ranks of “Expert” 4th Dan instructors. Ms. **Susan Marx** and Ms. **Clare Langmacher** are only the 2nd and 3rd women to reach that rank in our club. We are extremely proud of them and honor them for their personal achievement. Additionally we recognize the contributions they have made to our club providing role models for the women and girls that are behind them. Additionally, each has contributed their time and talents to furthering the growth and development of Maestas Taekwon-Do.

Ms. Marx is a member of the board of directors of the club and has assisted instructing for a number of years. In addition she is the head instructor of the Taekwon-Do program at Early College of Arvada charter school. She works with children in 6th to 12th grade as a counselor and teacher. She has had a number of articles published in the Flash regarding the school. Ms. Marx is mother to one daughter and the aunt of several Maestas Taekwon-Do black belts.

Ms. Langmacher is also on the board of directors for the club. She is the secretary and also serves as the student registration director. She is the chief instructor of our 8 year old to adult beginning program (white belt to high yellow belt) responsible for instruction and testing for that group. When not in uniform Ms. Langmacher is the Manager of Inbound Logistics for MillerCoors. She has one son who is a 2nd Dan at Maestas Taekwon-Do.

In recognition of their contributions to the club and in honor of what they personally mean to

their instructors, Mr. **Robert Pettijohn** (6th Dan head instructor) and Mr. **Robert Martin** (6th Dan senior instructor) presented the women with the 4th Dan belts that were given to them by Senior Grand Master Sereff when they tested for 4th Dan.

In addition to the above two adults and 4 juniors tested for 1st Dan. They are **Craig Meyers**, **Yovani Pina**, **Jeremiah Bechtold**, **James Nguyen**, **Nathaniel Bechtold**, and **Kevin Nguyen**.

Mr. Meyers is the father of five – four of whom join him in Taekwon-Do (ok – the baby will get there someday too!). The children vary in rank from 9th gup to 1st gup. We are glad to able to “give back” Mr. Meyers to his wife at least until he starts the next hard push to 2nd Dan.

Mr. Pina is yet another member of the Maestas TKD board. He has been instrumental in redeveloping the club website and developing various programs and activities. Mr. Pina has two children.

The four boys range in age from 14 to 17. It was very special to have two sets of brothers test together for black belt. Each of the boys worked very hard to achieve their 1st Dans. Since we began holding our own black belt tests in the fall of 2002 a total of forty-two students under the age of

18 have earned their black belts. These young men join the group as the 43rd to 46th students. We look forward to watching their futures in and out of Taekwon-Do unfold.

As a bit of important trivia of the 46 mentioned above 17 were girls. Seventeen of the 46 earned a 2nd Dan while under 18, two earned a 3rd Dan and 1 earned a 4th Dan (right at his 18th birthday).

A special thank you to Grand Master Sereff and Master Neidig in joining us for a special day.

[A Note from the Editor: Merry Christmas!]



Sr. Master **Louis Reyes** and daughter **Lexi**, age 3.