

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

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

There will be a **USTF Referee Course** at Broomfield CO on February 19, restricted to existing certified USTF Referees.

On February 26, at Cadillac Michigan, there will be free sparring and pattern competition opportunities in a unique "quick hit" format. All competition is to be completed in three hours



Master Van Hecke:

*On December 6th, we folks in Utah held our largest colored belt testing to date! Close to 80 students from white to red belt tested in the event held in Salt Lake Community College's main arena. Mr. **Chris Wadium V**, and Mr. **James Sroykum IV**, conducted the two test boards and want to thank everyone who helped out. Congratulations to Mrs. **Ellen Ashton** and Ms. **Jessica Brown** for receiving the high test scores!*

Ms. Corinne Sroykum



Is Anija Spiessl's trophy bigger than she is?

from the opening gun! Contact Dr. Steve Osborn, Vth Dan, with your questions. sosborntkd@hotmail.com

A Black Best 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 & 27, 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! Registrations due by February 18! Contact Master Todd or Mr. Bushor at ustfneb@cox.net.

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. 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

On January 22 there was a USTF Referee Course at Sereff TKD.

About Earl Weiss

By Steve Osborn, Fifth Dan, Region Five Director, USTF

I am a proud member of the United States Taekwon-Do Federation and hold the organization in very high regard. An important reason for my positive perception is the quality membership of the USTF, beginning with Grand Master Sereff. It is of value to inform the membership at large about some of those



USTF members who have made meaningful contributions to the USTF and Taekwon-Do, and the Flash is an excellent forum for this. One such outstanding member is Senior Master Earl Weiss.

Senior Master

Weiss is a founding member of the USTF, a sixth gup when the federation was first formed. He has been a loyal supporter of the USTF through serving in the roles of: Illinois State Director, Region 5 Director, member of the Executive Council, member of the USTF Constitution Committee, USTF Course Instructor for Hosin Sul, and quality instructor for USTF students. He has attended eight International Instructor's Courses (IIC), seven with General Choi and one with Grand Master Sereff. He hosted an IIC with General Choi. The general appointed him to the ITF legal council and he has officiated at the International Championships in Russia and Italy.

He also served as Jury President at the ITF World Cup. Senior Master Weiss has published numerous informative articles on various aspects of Taekwon-Do (go to "<http://sites.goggle.com/site/ntkdacad/articles>" <http://sites.goggle.com/site/ntkdacad/articles>).

Senior Master Weiss is highly respected by his juniors and seniors. He has a very high level of expertise and wisdom, and he is readily willing to share these with others. He teaches and advises students from all over the world. He holds high standards and is able to identify and bring out the best in his students. He humbly serves as a positive role model while continually seeking out knowledge to grow as a student. He has been a loyal student and instructor.

[Editor's Note: Dr. Osborn's comments about Sr. Master Weiss are seconded. Your Humble Editor, YHE, commenced TKD studies in 1967 and took First Dan in 1970, but only found his way to USTF in 1992. Thus YHE is well aware of the claimed benefits of other martial arts organizations and chose USTF. It was Sr. Master Weiss who was the determining factor in this choice.]

Sir:

*On November 6th, we held the annual Utah State Championship tournament. We had nine different schools participate, including some great competitors from Rock Springs, WY! We'd also like to send a special thanks to Ms. **Julie Farris** for flying all the way from Denver to compete. Everyone did well as we prepare for Internationals!*

Ms. Corinne Sroykum

*At right, **Jase Pennock** competes in his first tournament.*



10 Years Later

By: Caren Johnson, Third Dan

It has been ten years now that I have been practicing the art of Taekwon-do. In those same ten years I got married, moved across the state, had a family, and started a new career. One thing I've done consistently in those last ten years is repeated the Student Oath before every Taekwon-do class. If on average there is 2 classes per week that I attend, it would be at least 1000 times that I have said the Oath in ten years. We work on techniques over and over to build "muscle memory" and improve our technique. I know that I've memorized the Student Oath over the last ten years, but to actually improve the technique of what it teaches it helps to break down each section of the Oath.

I shall observe the tenets of Taekwon-do
 Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit. Part of the required knowledge for 6th gup is to learn the nine reasons for practicing courtesy, this should tell you it's important. We teach our children to say "please", "thank you", and "excuse me" as soon as they can start blending sounds into words. Even this simple idea seems to get lost as we get older. Kids forget to bow when leaving the dojang, adults hurry in without offering a friendly greeting, and the closing "ko-map sum-nee-da" at the end of class gets lost in the shuffle of feet and chairs scraping as people get ready to leave. Courtesy is important and fundamental and we shouldn't lose it in the busy lifestyles of today. Never forget to bow in or out of a class, greet your fellow

students, parents, and teachers with a hello, in step sparring ask your partner to "Please, step forward with a ...", offer a bow and thank you to your pad holder, pick up any trash or debris on the floor, be fair, and always be thankful for the lessons you received. In ten years I've learned teaching and practicing courtesy is important; not only TaeKwon do, but life. At 5th gup we learn a little about poor integrity. The required knowledge gives us eight examples of poor integrity. When we say the tenets of Taekwon-do lets remember to have integrity. To be honorable, trustworthy, and to have humility. In ten years I've become more honest with myself. Perseverance is the idea to never give up, keep striving to be better, and to learn more each day. In this tenth year of Taekwon do I've learned that if you persevere to "Start your day with Juche" the rest of the patterns go a lot smoother. Self Control is another idea we try to teach the very young. Learning to control your emotions and your body physically is something we can work at, at any age. In ten years I've learned that it's not only the kids who need a time out sometimes. Indomitable Spirit is one that goes along with perseverance. In ten years I've watched indomitable spirit shine on those first board breaks, new belt presentations, and students who find a way to work out through injuries and obstacles. And I've learned that CIPSI is a fun acronym for kids to learn, Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.

I shall respect my instructors and seniors

On November 20th, Mr. **William Dubbeld** became the first Master Instructor in Utah. Master Dubbeld tested to 1st Dan in 1989 with Grand Master Sereff, and has been going strong ever since. What started as a fun way to spend time with his kids, Taekwon-Do quickly became his passion and he has passed this on to his students. Because of his dedication to teaching, the USTF is strong in Utah, and six of his students are currently instructors as well. Master Dubbeld's instructor, Sr. Master **Martin**, was present for the promotion and Black Belt testing.



Others testing that day included Mr. **Rob Riley** for 6th Dan, Mr. **Ed Jackson** for 2rd Dan, and Mr. **Dustin Ochoa** for 1st Dan. All of the candidates did an amazing job. After the testing Sr. Master Martin held a seminar on stances, basic kicks, and patterns.

At left: Master Dubbeld and Senior Master Martin.

This part of the Oath ties right into the first tenet of courtesy. Being respectful and courteous go hand in hand. Respecting your instructor goes farther than just remembering to come to attention and call them “sir” or “ma’am”. Respect your instructor by being courteous at all times inside the dojang and out. A good instructor wants you to be better so asking questions and being eager to learn is a great way to show respect to your instructor. In ten years I have learned that your moist loyal friendships are the ones that last the longest. I have also learned to be respectful when you have an appointment, by being on time.

I shall never misuse Taekwon-do

Upon first meeting someone new, the subject of Taekwon-do rarely comes up in the first conversations. Eventually as we talk and learn more about each other it will come out that I attend classes in Taekwon-do a few times a week. Countless times I have heard, “Cool, so you could take me out right now?”. Response, “Why would I do that, you seem very friendly”. In ten years I have learned Taekwon-do is a defense and should remain that way. It is not to be bragged about or used to show off at a party.

I shall be a champion of freedom and justice

This is one I love to hear the kids explain. “That means when I win and get a trophy!” Well, kind of. Being a champion does mean being a winner. This part of the Oath reminds us that in studying Taekwon-do we are also practicing the art of standing up for our fellow man and making sure that we do the right thing. I believe our requirement of community service also falls into being a champion of freedom and justice. If you remember to follow the tenets and follow the ‘golden rule’, you are a winner. By 2nd gup we learn about the Hwa-Rang youth group. From our required knowledge this group seems to be great examples of champions of freedom and justice. The Hwa-Rang warrior code talks about loyalty, obedience, being honorable, not to retreat in battle, and to be just. In ten years I’ve learned you can be small but mighty. I have also learned that the greatest work is many times the kind you don’t get paid for.

I shall build a more peaceful world.

Isn’t this the idea we should all strive for? I would settle most days for a more peaceful house. The last line of the Student Oath reminds us to tie all these things together. If we can find a way to live the first four lines in our everyday lives, we will be helping to

build a more peaceful world. Although it is a simple five line Oath that takes about 30 seconds to recite, it is much harder to practice these techniques than it is just to say them. Just the same as it is much easier to tell someone to do a 360 reverse hook kick, than to execute it perfectly. We need to remember to not just recite the Oath at the beginning of every class, but to try and put these words into our daily practice.

I have learned a few other things in the last ten years in Taekwon-do, and in life.

I’ve learned that I still have a lot to learn.

Not everyone knows their right from their left, don’t assume anything.

Side piercing, side thrusting and side pushing kick to an outsider all look like the same kick. I’ve learned one will break ribs and drop your opponent like a stone, one will knock the wind out of them, and one can propel them back a good 10 feet.

Step sparring can be fun, but don’t step on your Masters toes during a demonstration.

Balance is a beautiful thing I don’t always have.

I’ve learned that laundry is my least favorite household chore.

Many times I believe I learn more teaching a class than the students learn from me.

There is never enough time to do it all; pick your battles and embrace them.

Camping is still fun, as long as it’s just for a weekend.

You really will feel better when you eat better. But there’s always room for cake.

Time really does go faster the older you get.

Duct tape works to fix just about anything, except ducts.

When you have a bakery in your basement and have to haul the 50 pound bags of ingredients down the stairs, you build some really strong shoulders and back.

An eight year old will ask tough questions and a five year old can plain stump you.

I wonder what I’ll learn in the next ten years.

[Editor’s note: Mrs. Johson, a student and teacher at the Academy of Martial Arts in Sheboygan Falls, Wisconsin, is duly famed by virtue of her professions as wife, mother, and cake baker. Take a look at <http://www.scbycaren.com/> for some of those cakes!]