

The T.K.D. Flash

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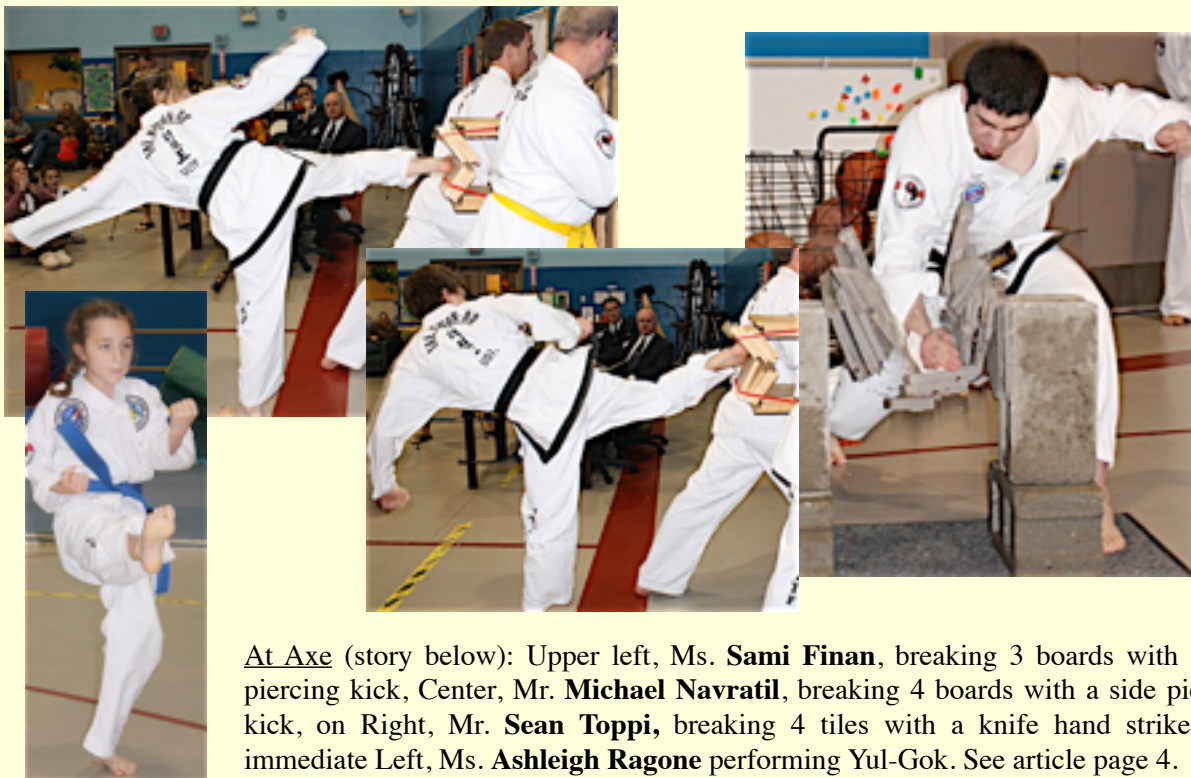
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ANNOUNCEMENT

The TKD Flash announces the winners of the “Great Sayings of Great Teachers” Contest. We’d like to thank people for the many entries which portray a diverse group of our USTF Instructors, including those with senses of humor, plain common sense, and insight. We regret the fact that we cannot find enough swag to pay for the extremely generous rewards for the winners,

but we are pleased that so many of you chose to participate. As indicated, the awards are not to the Instructors whose words hereby achieve immortality, but to those sagacious enough to have perceived the value of their words and submit them for our enlightenment.

As with the selection of Miss America, we go in reverse order:



At Axe (story below): Upper left, Ms. **Sami Finan**, breaking 3 boards with a side piercing kick, Center, Mr. **Michael Navratil**, breaking 4 boards with a side piercing kick, on Right, Mr. **Sean Toppi**, breaking 4 tiles with a knife hand strike, and, immediate Left, Ms. **Ashleigh Ragone** performing Yul-Gok. See article page 4.



Testing group photo, Axe TaeKwon-Do, April 16 Article below, page 4.

Honorable Mention to Sr. Master **Earl Weiss** for the following unattributed quote: “No, no, the OTHER right foot.”

Third Place to Mr. **Paul Hebein** of Port Washington Wisconsin. Mr. Hebein relates his tale as follows: My quote is from Mrs. **Mary Lubner**, Fifth Dan. She recently had a knee operation and was on crutches and in a cast the size of Detroit but was saddled with teaching the Children’s Class as I was coming in the door in preparation for my stint with the Adults. Mary is a retired physical education instructor and knows more exercises than McDonald’s has burgers. Anyhow, she was conducted a brutal series of up-downs for the kids while standing perfectly still herself. leaning on the crutches. I nearly busted my gut when I heard her yelling, “Faster, harder, faster, I’m not tired yet!”

Second Place. To Grand Master **Mike Winegar**, who tells the tale of practical wisdom as follows: Sr. Grand Master **Charles E. Sereff** was giving a demo a long time ago. A Chinese stylist had been invited also by the sponsor of the event. At the end of the demo, the other style artist commented to Sr. Grand Master Sereff that if he applied the 'death touch' to him that the Sr. Grand Master

would die years later. Sr. Grand Master Sereff replied to the Chinese instructor, "See the size of that fist (pointing to his own hand)? If I hit you with that, you'll die right now."

First Place. To Sr. Master **Earl Weiss** who submitted the following quotation attributed to Sr. Grand Master **C.E. Sereff**, “Good technique is forged on the anvil of hard training, tempered by sweat.”

The Flash thanks you all for your entries. Certainly we will publish a few from time to time. A bit of insight never hurts.

COMING EVENTS

On June 4 there will be a Black Belt Test at **Salt Lake City**.

On June 11 a Black Belt test is scheduled for **Salt Lake City**.

On June 18 a combined Colored Belt and Black Belt Testing will be held at **Rifle, Colorado**.

The **USTF International Championships** will be held in Broomfield, Colorado, on June 25 and

26, 2011. The very best from **Australia, Ireland, Scotland, New Zealand, Puerto Rico, Canada, now Malaysia, and the United States!**

On July 16 a Gup Level Test is scheduled for **Casper, Wyoming.**

Region 6 Camp will be at **Mexico, Missouri** on July 30 and 31.

On July 30 Black Belt Test will be held in Grafton, Wisconsin. Presiding will be Senior Master **Earl Weiss.**

Utah Summer TKD Camp will be August 5 through 7.

On August 13 **Advanced Ground Tactics** will be held (replaces Advanced Ho Sin Sool). Master **Frank Hannon** will instruct at Sereff Taekwon-Do.

A Level 1 Ho Sin Sool course will be held at **Salt Lake City** on August 20.

Black Belt Test. **Sereff TKD**, September 10.

On September 13 there will be a Color Belt Test in **Broomfield, Colorado.**

On September 17, the **Wyoming Invitational Tournament** will be held at **Casper, Wyoming.**

The date for the USTF Class A Instructors course was set for October 1, 2011. This will be a one day event.

Kirksville, Missouri will have a Black Belt test November 5.

On November 19 there will be a Black Belt Test in **Utah.**

On November 20, at **Acton, Massachusetts**, there will be a Black Belt Test.

On December 3 there will be a Black Belt Testing at **Salt Lake City, Utah.**

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



On April 16, The Academy of Martial Arts, Grafton, and the Special Needs Academy of Martial Arts, Mr. **Luke Mattias**, Headmaster, jointly hosted the **AAMA Spring Classic** at Our Savior Lutheran Church gymnasium in Grafton, **Wisconsin.** The tournament featured competition in individual patterns and freesparring with double elimination and team patterns. Dr. **Rick Bauman**, Fifth Dan, acted as Tournament Director and Mr. **Mike Van Pietersom** as Chief Referee. Left, **Josh Locklair** ducks a shot, right, **Majka Drewitz** just misses **Katelyn Dick**. More pictures can be found on page 4.



AROUND THE COUNTRY

And a **USTF Class C Instructor Course** was conducted May 21 & 22 at **Sereff Taekwon Do**, under Grand Master Winegar.

On April 30 at Concord Massachusetts, the **Concord School of Taekwon-Do** hosted the **Concord Invitational Tournament**.

Axe Tests

By Master Ricky J. Todd

On Saturday, April 16th, **Axe Taekwon-Do** at Offutt Air Force Base in Bellevue, **Nebraska** hosted a quarterly testing. Twenty-six students tested for various ranks from 9th gup, White Belt Yellow Stripe through 2nd Degree Black Belt. The testing board was composed of Master **Ricky Todd** VII Dan, USTF Region 3 Director, Mr. **Kevin Bushor**, 5th Dan, USTF Nebraska State Director and Ms. **April Bowling**, 4th Dan.

Promoted to 2nd Degree Black Belt were Mr. **Sean Toppi**, Mr. **Michael Navratil** and Ms. **Samantha Finan**. Promoted to 1st Degree Black Belt were Mr. **Zachary Cochran** and Ms. **Amy Buckley**.

Competition at the **A.A.M.A. Spring Classic**. (See page 3,) Right, **Casey Garza** does her thing, and, below, Dr. Rick Bauman addresses a few of the participants.

The following gups were also promoted: To Red Belt, Mr. **Keith Buckley**, Red Belt Black Stripe, Mrs. **Sharon Buckley**, Blue Belt Red Stripe, Ms. **Ashleigh Ragone**, Blue Belt, Mr. **Shawn Carter**, Mrs. **Connie Navratil** and Ms. **Sarah Navratil**, Yellow Belt Green Stripe, Mr. **Nathan Hansen**, Mr. **Darell Kodad**, Ms. **Samantha Seaman**, Ms. **Lauren Seaman**, Mr. **Joseph Seaman** and Mr. **Luke White**, Yellow Belt, Mr. **Daniel Cook**, Mr. **Don Duralia** and Mrs. **Wendy Seaman**, to White Belt Yellow Stripe, Mr. **William Duralia**, Ms. **Emily Frey**, Mr. **Joseph Gomez**, Ms. **Julia Mathemeier**, Mr. **Matthew Wheeler** and Ms. **Aishia Wooten**.

On April 28 a gup level test was conducted at the Academy of Martial Arts, Grafton, **Wisconsin**. Presiding were Mr. **Tom Minesal**, Dr. **Rick**



Bauman, Mrs. Mary Lubner, Mr. James Pals, Mr. Zeki AbuLughod, and Mr. Kevin Friede. At the Corner were Msrs. Josh Locklair, Mike Herzfeld and Matthew Thur. Ms. Chris Langlois and Master F.M. Van Hecke assisted. Promotions were as follows: **Majka Drewitz** to Gup 3, **Katelyn Dick** to Gup Four, **Kristi Slattery, Owen Liebelt** and **Ben Klein** to Gup 5, **A n d r e a Voulgaropoulos, Alyssa Jankowski,** and **Coleen** and **Gavin Schmidt** to Gup Seven, **Max Wilhelm, Garrett Friede,** and **Lance Freeman** to Gup Eight, **Patrick Jankowski, Luke Kempka** and **Joey Willman** to Gup Nine.

LETTERS

Sir:

My instructor, Sr. Master **Jonas Pologe**, has provided our class a wealth of insight and wisdom over the years. My Taekwon-Do notebook is filled with humorous stories, important lessons, and subtle knowledge from his lifetime of dedication to his art. Reflecting on all I've learned, however, there is one saying of his that stands out:

"Accept where you are. Enjoy the journey. Never be satisfied."

I've head Master Pologe say this in the dojang many times, and it always seems to come back to me whenever I've encountered hardship or difficulty in life. Over the last two years I've changed jobs three times, moved from Boulder, CO to Silicon Valley, and then from the California coast to West Virginia. During all of this upheaval, my wife and I had our first

children -- twin boys, born prematurely. A few months after they were born (in fact, the weekend Master Pologe was promoted to 8th dan) one of my sons was admitted to Stanford Medical for a life-threatening staph infection. Throughout all of this

difficulty and stress, Master Pologe's words kept coming back to me. His teaching helped me find the strength to deal with all the chaos in my life at the time, and reminded me to come back to a place of clarity and focus when I drifted into feeling resentful or downtrodden. It kept me working to improve myself and my standing, even when the odds seemed firmly against me. I continue to do my best to follow his sage advice, and I firmly believe that doing so both helped me



"Who says White girls can't jump?" **Alyssa Jankowski** proves otherwise on April 28 at Grafton, Wisconsin.

get through some rough times and continued my growth as a student of Taekwon-Do. The punches and kicks are the easy part of the art.

Of course, that's not to say that the physical aspects of Taekwon-Do are simple or gained without considerable effort. When I first moved to Colorado out of college, I'd gone several years without training in Taekwon-Do; there was no dojang in the area. Not only had my skills atrophied, but the standards of the class I'd joined (Boulder TKD) were much higher than I was used to. I'd never met anyone higher than 3rd dan before, and now I was surrounded by senior instructors and international competitors. I did my best to come up to the high level of precision and expertise being demonstrated in my new class. I came to class early, stayed late, and went to extra Sunday practices led by Dr. **Nic Brummell**.

Dr. B, as he's known in class, is quite friendly, but unrelenting in his demand for excellence, and he sets the bar high for both himself and his fellow students. I'd come to Sunday practice and work as hard as I possibly could (sometimes to the point of wanting to pass out), only to be told that my stances were not low enough, that my punches had no snap, that my kicks were slow and weak. This went on for months. "Mr. Sizemore!" I'd here him say during line drills, "Lower your stance!" Or we'd be doing some exercise or other, and I'd hear, "Mr. Sizemore! You really think that's what an L-stance is supposed to be?" Every Sunday, I'd come to class, work hard, and hear how my back knee wasn't where it should be, or my shoulders weren't square, or my feet weren't parallel -- Dr. B always found something I was doing incorrectly.

I grew to accept this; I was going to spend a lifetime never hearing anything

but how lousy I was. But, I reminded myself, perseverance is a tenet of TKD, and I'd sworn an oath to those ideals. So every Sunday, I'd put on my uniform, work hard, and listen to Dr. B tell me what I was doing wrong. One day we were in the middle of kicking drills, and I heard him call out my name again. "Here it comes," I thought. "I wonder what I'm doing wrong now."

"Mr. Sizemore!", I heard Dr. B announce to the class. "Your stance doesn't completely stink!" I glanced over; Dr. B had the barest hint of a grin on his face. "Thank you, sir!" I responded, and redoubled my efforts in the drill. I have never been paid a higher compliment in all my years of training.

Thank you for allowing me to share these stories with you; I feel fortunate to have such fine instructors, and I am a better martial artist -- and a better person -- thanks in no small measure to their teaching. I look forward to reading



From the Region 3 Tournament (article, page 7)--above, Women's Gup Patterns Winners Mrs. **Wendy Seaman**, Ms. **Sarah Navratil** & Mrs. **Sharon Buckley**; above left, Ouch! Mssrs. **Michael Navratil** & **Luke Carter**; top right, PeeWee **Joe Seaman**, first tournament, first medal. At bottom, Team Pattern Winners, 1st place black belt division, center - Kirksville TKD, 2nd place black belts - Foothills TKD, 1st place color belt - Kirksville TKD; below right, Junior color belt patterns - Ms. **Ashleigh Ragone**, and the Misses **Easton**; below left, Women's black belt division sparring, Ms. **April Bowling**, 3rd place, Ms. **Megan Matheny**, 1st place and Mrs. **Deborah Ragone**, 2nd place.

about the lessons of other students in future issues of the TKD Flash.

Nathaniel Sizemore

USTF REGION 3 TOURNAMENT

Master Ricky J. Todd

On May 14th, Axe Taekwon-Do hosted its 4th annual tournament at the Offutt Air Force Base Youth Center in Bellevue, Nebraska. Students and instructors from Colorado, Kansas, Missouri and Nebraska participated. This event served as a final tune up for Region 3 and 6 preparing for the USTF Internationals in June.

We would like to congratulate all the winners and to everyone who helped make the event a success. Special thanks to Master **Dustin Stephenson** from Missouri who was the Tournament Director and the entire officiating staff. Of special note are Promoter Master **Ricky Todd**, Chief Referee Mr. **Kevin Bushor**,

Coordinator Ms. **April Bowling**, and Bracketeer, Mr. **Patrick Finan** [Pictures, page 6]

Sereff Taekwon Do hosted the USTF Class C course the week end of May 21-22 with Grand Master Mike Winegar, USTF Technical Director instructing. The participants included were from Mississippi, Wyoming, Colorado, and Utah. Over 40 students enjoyed the weekend together learning the most recent updates within the USTF. Sr. Grand Master C.E. Sereff joined us Saturday for a lunch with the Masters.

Pep. Sales. “12 Secrets to Increase Your Sales.” “You, Too, Can Be a Martial Arts Millionaire.” What is this all about? The appeal to our egos. The bitter truths remain: Claims of numbers of students do not equal numbers of students. Numbers of students do not equal students actively training. Students paying tuitions do not equal students learning true Taekwon-Do.



The Class C Instructor Course at Broomfield.