

The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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AND, TO BEGIN...

We at the Flash to apologize. Last month there were some technical glitches in delivery that

required we send out the publication more than once. Previously we had prided ourselves in efficient and timely delivery. We're truly sorry for inconveniencing our readers.

United States Taekwon-Do Federation
NORTHEAST CHALLENGE
MAY 6th,
2012

INTERNATIONAL TAEKWON-DO FEDERATION
UNITED STATES TAEKWON-DO FEDERATION

ALL BELTS
PATTERNS
SPARRING
BREAKING

Hosted By:
The Concord School of Taekwon-Do
Concord / Carlisle High School
Concord, Massachusetts USA
For More Information, Please Call
+1-978-369-1909
www.concorditftkd.com

COMING EVENTS

On March 3 a MiniTournament will be conducted in **Cadillac**, Michigan. These tournaments at Cadillac are notorious for innovative contests. Dr. **Steve Osborn** is the tournament Promoter, and may be contacted at sosborntkd@hotmail.com.

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.

On March 13 there will be a gup level test at Skokie, Illinois, and on March 21 at DesPlaines, Illinois, for students of Sr. Master **Earl Weiss**.

Don't forget the **Maestas TKD Team Challenge XII** – March 24, 2012, Arvada, Colorado. Details at www.maestastkd.com.

On March 31st Master **Kirk Steadman** will teach his always popular Referee Course at the **Concord School of TaeKwon-Do**. A number

Sir:

On Thursday, February 16th, Axe Taekwon-Do at **Offutt Air Force Base in Bellevue, Nebraska** hosted a quarterly testing. Thirty-eight students tested for various ranks from 9th gup, White Belt Yellow Stripe through 1st Degree Black Belt. The testing candidates ranged from in age from 5 years old to into their 50s. The testing board was composed of Master **Ricky Todd** VII Dan, USTF Region 3 Director, Mr. **Kevin Bushor**, 6th Dan, USTF Nebraska State Director and Ms. **April Bowing**, 4th Dan.

Promoted to 1st Degree Black Belt was Mr. **Keith Buckley**.

Other promotions were: To Red Belt Black Stripe- Mr. **Shawn Carter** and Ms. **Sarah Navratil**; Blue Belt- Ms. **Samantha Seaman**, Mr. **Darell Kodad** and Mr. **Daniel James**; Green Belt Blue Stripe - Ms. **Lauren Seaman**, Mr. **Joseph Seaman**, Mr. **Nathan Hansen** and Mr. **Don Duralia**; Green Belt - Mr. **Matthew Wheeler**, Mr. **Joseph Gomez** and Mr. **William Duralia**; Yellow Belt Green Stripe - Ms. **Trinity Manna**, Mr. **Jordan Manna**, Ms. **Gabrielle Jocson**, Mrs. **Angelique Jocson**, Ms. **Samantha Jocson**, Ms. **Emily Frey**, Mr. **Tom Grant, Jr.**, Ms. **Brianna Grant**, Mr. **Anthony Clark**, Mr. **Daniel Cook**, Ms. **Cassie Carney** and Ms. **Lydia Barrows**; Yellow Belt - Mr. **Zachary Seaman**, Ms. **Rhorie Nochols**, Mr. **Randen Jones**, Mr. **Robert Cardoza**, Mr. **Pablo Chavez**, Mr. **Andrew Cameron**, Mr. **Sean Ede**, Ms. **Mikayla Jensen**, Ms. **Hanna Johnson** and Mr. **Nick Barrows**; White Belt Yellow Stripe - Mr. **Jayden Broadway**, Mr. **Tristan Jones** and Mr. **Wyatt Peterson**.

USTF Taekwon-Do has been taught at the Offutt Air Force Base Youth Center since 1988. The classes are open to both military and non-military students.

Master **Ricky J. Todd**, USTF-7-50

Director, USTF Region III

[Editor's Note: Testing Group below, and be sure to see next page for more pictures.]



of schools in the Northeast Region and New York will be attending. Anyone who wishes to attend should contact Mr. **John Murphy** at Concord TKD (J.Murphy@concorditftkd.com, phone 978-369-1909).

On April 28th & 29th a **USTF Class C Domestic Instructors Course** will be taught at Sereff TKD

by Grand Master **Mike Winegar**. These courses are guaranteed extraordinary by YHE.

Look for another excellent **USTF Referee Course** on May 5th in Broomfield CO.

On May 5 out there in Region 6, our brothers and sisters in Taekwon-Do will hold a Black Belt test.



PICTURES FROM OFFUTT AFB

Above, left, Mr. **Keith Buckley**, making a statment on his way to First Dan, takes on three concrete tiles. He wins, the tiles lose. Above right, Miss **Samantha Seaman**, on her way to Blue Belt, demonstrates perfect form--catch that tuck!

The venue is **Kirksville**, Missouri, and the promoter is Sr. Master **Stephenson**.

Also on May 5, The **AAMA Spring Classic Tournament** will be in Grafton, **Wisconsin**. Dr. Rick Bauman, 6th Dan, is the Tournament Director.

The **Concord School of TaeKwon-Do** will be hosting a USTF invitational tournament in Concord, **Massachusetts**, on May 6th. **This is a Sunday and may be a change from a previously published date.** All USTF schools in the US are invited, along with our friends from Canada and Puerto Rico. More information will be coming soon. Anyone who wishes to attend should contact Mr. **John Murphy** at Concord TKD (J.Murphy@concorditftkd.com, phone 978-369-1909). See the poster on the front page!

And once again we take the opportunity to remind you of **Sereff World Taekwon-Do Camp**; put aside June 24-29, 2012, in Estes Park, Colorado. This is always "a blast."

Check out the **5th Annual Axe Taekwon-Do Tournament** on Saturday, May 19th. <http://www.axetkd.com> Bound to be well-officiated, fair and fun.

July 7 marks a **Ground Tactics Course** taught by Master **Frank Hannon** in **Missouri**. Contact Headquarters for further information.

The Sr. Grand Master Sereff Fall Championship is tentatively scheduled for October 21 at Broomfield High School.

Set aside November 3 for a **USTF Class B Instructors Course** to be taught by Grand Master **Mike Winegar** at Broomfield. Class C Instructorship is a prerequisite. Contact Headquarters for details.

AROUND THE COUNTRY

February 18, 2012

Sereff Taekwon Do Host

Master Frank Hannon Instructor

Sir:

Master Hannon head of the USTF Ho Sin Sul program conducted a seminar on the Basics of Ho Sin Sul at Sereff Taekwon Do. This seminar was geared toward the way the USTF wants the basics taught. Several instructors from Colorado and Wyoming attended the course and took away a new understanding on teaching. The course is intended not only for Black Belts to enhance their Ho Sin Sul skills, but for the beginner whose techniques will flow from their current kicking and punching skill set. The basic level skills taught at this course definitely will augment your kicking and punching skills. Sr. Grand Master

Sereff asked Master Hannon to make sure that all instructors are following the guidelines within the USTF Ho Sin Sul Basics.

Master Hannon let us know that the Ho Sin Sul techniques require about 1000 repetitions to perfect and many hours of correct repetitions before you can feel hot and dangerous in your execution. The break falls are a life skill that will protect you against unexpected falls, being thrown, pushed or forced to the ground. The same commitment on hours of practice to be second nature. The wrist locks are meant to break the wrist. Because we are careful in training we minimize the injuries to our training partners. There is so much information to try to teach in 7 hour period that retaking this course would be strongly suggested. The focus on the basic technique and execution plus “Train Hard” and “Train Safe” made for an excellent USTF Taekwon Do Day!

Grand Master Renee Sereff

P.S. I have enclosed a photo of the group, Master Hannon on the left. [Editor, reproduced below.]



Corrective Rubric for Student Technique

By F.M. Van Hecke

[The author was requested by his Faculty to outline his methods of technique correction for a recent meeting. The following was distributed as a consequence.]

1) In general order, keeping in mind that you make choices and judgments as to which few points you must choose to deal with and actually discuss with the student, proceed mentally (within yourself) to review:

- a) stance
 - i) foot position
 - ii) leg/knee angle
 - iii) length
 - iv) width
- b) posture
- c) facing
- d) tool formation

e) height of technique
f) "chamber" or intermediate position or course of travel (depending on the required sophistication)

g) off-hand (non-tool hand) of opposite body-side travel/reciprocity
h) massing and triangulation
i) acceleration

2) Try to relate the foregoing to the purpose of the given technique for the student.

3) In the context of the moment, adults should be corrected a maximum of four points. Children a maximum of two. Some things may slide temporarily--that's life. And eventually you'll get to enough of the "fine points" after the rough points are fixed. You may be a "natural," but the student may require more patience to achieve proficiency. [All of this is meant to achieve a goal of total proficiency, of course. But if you correct every thing, every time, you may never get there.]



The Way They Were Many Years Ago: from left, **Sam Van Hecke**, **Jeremiah** Van Hecke, **Master** F.M. Van Hecke in a far younger version, **Teddy**, and **Elizabeth** Van Hecke. By now, Teddy's gone and, as of April, all children pictured are married, two are parents. [This photo predated Master Van Hecke's schools joining USTF and initiating proper uniform style.]

4) In determining the number of points of correction, judge by the probable physical and mental receptivity of the individual (“Will they get it if it is explained?”) and the emotional acceptability of the commentary to the recipient of correction. (“I’ll never get it, I’m no good at this, this is no fun.”) Don’t exceed either limit.

5) Deliver correction in a neutral tone of voice. (“O.K., move your left foot forward about three inches....”) and avoid negative or demeaning tone. (“Johnny, don’t you get anything? I told you to move that blasted foot!”) Try to take the accusatory “you” out of the vocabulary while correcting technique. (Of course, every student is different, and a few might actually thrive with a lashing, but most won’t.)

6) You must deliver at least as much praise as correction, and your voice should convey enthusiasm in doing so. (“All right, Johnny, way to go!”) Repeat praise, keeping technique quality on both sides of the body in mind. (You may be able to use correct technique to one side as stimulus to correct poor performance on the other.)

7) Correct error (and praise/reinforce) correct execution of technique right away. Don’t let students practice mistakes repeatedly and don’t let their conscious corrections go without immediate confirmation. Immediate confirmation reinforces synaptic connection.

8) In general order of desirability, corrections are made with:

- a) demonstration (do it yourself)
- b) explanation (“this technique requires that on completion the fingertips will be at the level of the shoulder”)
- c) negative/positive comparative demonstration (“I’ll demonstrate--not here or **here**, but **here**.”)
- d) pointing (“move that foot out to here,” pointing to a place on the floor)
- e) physically handling/touching (least desirable)

9) As to 8)e):

- a) be gentle rather than “rough”
- b) respect the MODESTY of the student by:

--avoiding contact with the chest, buttocks, thighs, etc.

--making “touching” as much a visual, hand-removed process as possible, letting the student supply the motion

--using the lightest touch possible
[Note that often one can “touch” without touching by gesture showing, for example, a change in angle of a forearm, thigh, foot, etc. by moving your own hands.]

10) Repeat correct technique enough that the student will retain it and practice it invariably in future. The ultimate goal of repetition is to make correct technique “automatic,” devoid of conscious thought.

Try not to leave your teaching responsibility on an “error” note. (If you must because of time constraints, try to track down the student toward the end of class and repeat a bit of the lesson in an attempt to leave on a positive “yes” note.)

Finally, if some other Black Belt is assisting in instruction, make absolutely certain he or she is not tolerating the repetition of mistakes. If necessary, the assistant must slow it down to get it right. Make sure he does.

[The author took his Black Belt in 1970. He is a former USTF State and Regional Director.]

LATE BREAKING

The **Grafton Academy of Martial Arts** will have a gup level testing on March 19.

On February 25, the Academy of Martial Arts held its annual Women’s Basketball Outing at the Al McGuire Center, Marquette University, where the University of Connecticut (4/4) took on the M.U. Golden Eagles.

A Black Belt test will be held on April 29 at Grafton, **Wisconsin**.