

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

The Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 853, Grafton, WI 53024. E-Mail fmvh1@mac.com. Archived at USTF Region V site www.ustf-region5.org Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation.

COMING EVENTS

On April 6 a Black Belt test will be held for **Fairbanks Taekwon-Do** in Fairbanks, **Alaska**. YHE's good friend Mr. **Guy Williams** is the Promoter.

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

by Grand Master **Mike Winegar**. Not to miss.

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

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

On Saturday March 10th Region 1 Director Mr. **David Mason** VI Dan hosted Master **Frank Hannon** VII Dan, USTF Director of Hosin Sul for a Basic Hosin Sul Course in **Battle Ground, Washington**. Instructors and students from Washington and Oregon were in attendance along with Senior Master **Art Schoonover** VIII Dan. Below, course participants, with Master Hannon dead center.





A good time was had by all at the Annual Women’s Basketball Outing February 25. by the Academy of Martial Arts, Grafton, Wisconsin, as evidenced by the sign held by **Alyssa Jankowski**, national screen star, and her dad **Patrick Jankowski**. Pictured behind them, left to right, Mrs. Wojcik, Mrs. Garza, Mr. **Jeff Wojcik**, Admiral Garza, Mr. **Josh Locklair**, Ms. **Chris Langlois** (leading cheers, Jacob Garza (being ninja-like), Miss **Casey Garza**, and Mrs. **Mary Lubner**.

On May 5 out there in Region 6, our brothers and sisters in Taekwon-Do will hold a Black Belt test. The venue is **Kirkville**, Missouri, and the promoter is Sr. Master **Stephenson**. We wish them all well.

Also on May 5, The **AAMA Spring Classic Tournament** will be in Grafton, **Wisconsin**. Dr. **Rick Bauman**, 6th Dan, is the Tournament Director. Promoters include Mr. **Luke Mattias** with the Special Needs Academy.

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).

Check out the **5th Annual Axe Taekwon-Do Tournament** on Saturday, May 19th. <http://>

United States Taekwon-Do Federation

NORTHEAST CHALLENGE

MAY 6th, 2012




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




www.axetkd.com The Tournament Director is Master **Dustin Stephenson**, Chief Referee Mr. **Kevin Bushor**, Promoter is Master **Ricky Todd**, and Tournament Coordinator Ms. **April Bowling**. Bound to be well-officiated, fair and fun.

A gup level test will be conducted for students of Sr. Master **Earl Weiss** in Skokie on June 5.

A Black Belt test will be conducted at National Taekwon-Do, **Skokie, Illinois**, June 9.

And in keeping with the relentless drive to excellence extant in the Taekwon-Do culture of Sr. Master Earl Weiss, June 13 he will host a gup level test in **DesPlaines**.

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.”

July 7 marks a **Ground Tactics Course** taught by Master **Frank Hannon** in **Missouri**. This replaces Second Level Ho Sin Sool.

The Special Needs Academy of Martial Arts in **Grafton, Wisconsin**, will conduct a Black Belt Test on August 11.

On Saturday February 25th Mr. **David Mason** conducted a Referee Course for **USTF Region 1 in Battle Ground, Washington**. Schools from Washington and Oregon were represented with attendees certifying for Class A, Class B, and Class C certifications. There were also a number of attendees taking the course as a Refresher for continued learning and honing of their skills.

Mountain View Martial Arts & Fitness, Grays Harbor Taekwon-Do, Lake Shore Taekwon-Do, Body Strong Taekwon-Do, Golden Tiger Taekwon-Do, and Columbia River Taekwon-Do all had attendees representing at the course.

Mr. Mason covered the course material in the morning and early afternoon. All certifying attendees spent the remainder of the course practicing their skills in numerous rings. Mr. Mason provided feedback on areas that were performed well as well as areas that may be improved. Everyone had a great time learning and developing those umpire skills! [Below, course participants, and seated, Mr. David Mason.]



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

HAPPENINGS

The INTA Open ITF Taekwon-Do Tournament was held in **Kilkenny, Ireland**, on March 10 and 11, 2012.



Normally the *Flash* doesn't publish technical materials, but the working notebook of Gup 8 **Makayla Schueller** of **Sheboygan Falls, Wisconsin**, seems to merit an exception. (Credit **Jacqueline Karpinsky**, 4th Dan.)

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

The **Grafton Academy of Martial Arts** conducted a gup level testing on March 19. It was a special occasion because our Wisconsin State Director Mrs. **Jacqueline Karpinsky** was in attendance. Presiding was Sixth Dan **Mike Van Pietersom**, ably assisted by Fifth Dan **Mary Lubner**, Third Dan **Tom Minesal**, Second Dan **Zeki AbuLughod** and First Dan **Nick Morales**. In attendance as distinguished visitors were Third Dan **Aaron Prohuska**, Second Dans **Harley Pals** and **Christin Langlois**, and First Dans **Kevin Friede** and **Mike Herzfeld**.

Congratulations are in order to new Gup Nines **Ben Herzfeld**, **Logan Werner** and **Rachel LaPorte**, new Gup Eights **Delaney Reindl**, **Dalton Reindl**, **Valerie Locklair**, **Adelyn Klein**, **Isaiiah Holland**, **Elijah Holland** and **Caleb Tarnowski**, new Gup Seven **Jake Schaum**, new Gup Six students **Patrick Jankowski** and **Joey Willman**, new Gup Fives **Max Wilhelm** and

Garrett Friede, new Gup Fours **Casey Garza** and **Alyssa Jankowski**, and new Gup Twos **Kristi Slattery** and **Ben Klein**.

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** taught his always popular Referee Course at the **Concord School of TaeKwon-Do**. A number of schools in the Northeast Region and New York will be attended.

The Will is a Muscle

By F.M. Van Hecke

“Self-Control” is one of the Tenets of Taekwon-Do. *Encyclopedia of Taekwon-Do*, Choi, Hong Hi (4th Edition, Vol. 1, pg. 16). The purpose of this article is to take a look in more depth at this principle and posit how a study of practical human psychology reinforces the concept.

[The author is well aware that self-control figures mightily in oft-quoted portions of Gen. Choi's

essay on Moral Culture (*ibid.*, pp. 45-67) and aphorisms found in his Moral Guide Book. Their repetition recognizes their aptness but does not necessarily advance understanding anew.]

All Taekwon-Do instructors who work with children deal with emerging maturity.

Many instructors set a threshold age for studies in serious martial arts. Our experiences over

the last four decades of instructing children and adults are that the serious study of martial arts (the ability through attention and practice to conform bodily actions to a model to achieve correct technique over time and the integration of correct technique into complex iterations) requires the achievement of the age of six. If attention can be focused through the prisms of parental encouragement. “teaming” with a

Sir:

*Aloha! Monday, March 12, 2012 we celebrated the testing and promotion of Mr. **Randy Casco** to VII Master Instructor of the USTF. The event was held at the Lahaina Civic Center Social Hall on **Maui, Hawaii** with Grand Master **Renee’ Sereff** conducting the testing. Prior to the event Sr. Grand Master **C.E. Sereff** called Mr. Casco to wish him well and to thank him for the great support of the USTF not only as a student but for being the USTF Hawaii State Director for over 30 years. A Masters sword was presented to Master Casco from Sr. Grand Master Sereff. The significance of this sword was it did have a dragon on it and Master Casco was born in the year of the dragon. He will celebrate his 60th birthday in June. This was quite an historic testing for Hawaii because Master Casco is the first instructor to be promoted to Master in Maui.*

*The traditional celebration would not be held without congratulation leis presented to Master Casco. All of his students and friends place a lei on his neck to pay special respect and tribute to his success. Master Casco and his brother both took Taekwon Do in college in Greeley Colorado and were instructed by Grand Master **Mike Winegar** about 38 years ago. Master Casco’s wife **Stacy** planned the celebration with his sister **Tina** cooking all of the Pu Pu’s for the evening. Ms. **Louise Fox** traveled with Grand Master **Renee’ Sereff** for the event. All of the Kei-Ki’s surrounded Master Casco and wished him well.*

Master Casco is someone who has truly made a difference.

GM R. Sereff



Below: Kainoa Casco (signing “hang loose”), Kevin Spenser, Ron Balagso, Master Casco, Wayne Cochran and GM Renee Sereff. Above, Master Casco, “leiicized.”



parent or older sibling, or truly excellent and individualized instruction, some children can fruitfully be taught as young as four and one-half, but that is not the norm.

Instructors are often induced by the market to take children younger and younger. The author has had inquiries from mothers of children as young as three as to the possibilities of matriculating a course of study. Instructors should ask themselves whether, under such circumstances, they are willing to be honest, and potentially lose these future clients to somebody who will, indeed, dress the children up in cute uniforms and have them break “boards” and play games with loud “ki-yahs,” in effect

creating an organized play experience. (Perhaps the instructor can run such a play experience, but he should be candid with the parent as to what he is providing.)

The problem with children’s focus is mirrored by many in adult life and arises from the absence of self-control. In the case of children the problem is a result of an immature understanding of temporality, and in both children and adults on an inability to exercise judgment in assessing the value of an immediate gratification.

Of considerable interest in this regard is the famous “Stanford Marshmallow Experiment.” In 1972 Walter Mischel of Stanford University, using four to six year old children, conducted an experiment in which the child was told he could eat a marshmallow (or cookie, or pretzel) placed in front of him right away, or if the child could wait a period of time receive two. A few of the children ate the treat immediately. Only a third of the four to six year olds

were able to “hold on” for the treat. (The experiment has been hilariously re-created on YouTube.) As you might expect, chronological age was a significant factor in the achievement of a second treat.

The more interesting data arise from follow-ups done on the same children 16 and more years later. Those children who delayed gratification tended to be more successful in several respects, including achieving higher SAT scores!

Adults who delay gratification by, for example, saving money rather than spending, curbing the appetites for food,

for sweets, or for other

forms of gratification, are, in the experience of the author, often more successful in achieving positive outcomes. Impulse control disorders, addictions, antisocial and borderline personality disorders are psychological disorders often associated with a poor capacity to delay gratification. As may be such common human problems as divorce, poverty, assaultive behavior and legal difficulty.

The infamous B.F. Skinner (of “Skinner Box” fame) posits numerous approaches to modification of behavior, including such readily apparent things as satiation, manipulation of emotional constructs, deprivation, alteration of stimuli, punishment, reward, and so on.

Jeffrey Kluger, in “Lent and the Science of Self-Denial,” (Time Ideas, February 23, 2012) says that there are hidden benefits to the ritualized self-denial of Lent, Ramadan or Yom Kippur. He states that willpower is a quality increasingly seen as cultivatable. Impulse control and the executive



Casey Garza breaks with determination.

decision-making functions are found in the pre-frontal cortex, and exercise and meditation increase neuron density in that area of the brain.

Says Kluger, "Prohibitions against shellfish and pork in Jewish homes may have begun long ago with health concerns over the cleanliness of both foods, but modern inspections have effectively eliminated that worry. Still when you can pass up bacon....that same facility with discipline can be applied to other areas of your life."

So for many years, I had, without an understanding of psychological studies or other thought in the area, a regular dialogue with my students every two or three years:

Master VH: How many of you have been offered some candy in the last two weeks?

(Show of hands, almost unanimous.)

Master VH: How many of you said, "No, thank you."

(Nobody.)

Master VH: I would suggest that once in a while you should say no to the candy. Why?

(Sometimes the children's answers to this question can be a lot of fun.)

Master VH: Here's why I think you should--you want it, and it's good, but there's something better. What's better?

(These answers can be even more hilarious, and, of course, will involve puppies or their equivalents.)

Master VH: I'll tell you what's better, is being able to say no and doing so just to be able to do so.

(Generally, the responses range from, "What?" to "I don't get it.")

Master VH: When you said no, you exercised your will. You were the boss. You were in control, and you were in control of the most important thing, you were in control of yourself. And even though you might have wanted the candy, you made sure your desire for the candy was not stronger than your decision not to have it. Why is that important?

(Various answers.)

Master VH: The reason that's important is because you made a decision, maybe not even a really, really hard decision, to control yourself even when you wanted something else, something little. What you did was exercise will-power. Just a little.

But Will is like a muscle. The more you exercise it, the stronger it becomes. Eventually you can go from little things, like turning down a Lemonhead, to turning down a whole candy bar. If you can turn down a whole candy bar, you can turn down even harder things to turn down. If you exercise a lot, you can go from ten pushups to a hundred, and from controlling life in little things to controlling your life in big things. So you can study for eight hours straight. You can work for years and buy the car you want, or you can defer the car you want and send your own children to college. You can do a lot if your willpower is strong. But you will be lost and wrapped up in the little things, or the wrong things, if you can't say no to them.

Gen. Choi talked about Self-Control, which is one of the Tenets of Taekwon-Do. He knew that all great things are accomplished by the application of great willpower, great control. Control puts you in charge, and gets you where you know you should be. So exercise self-control, and you will find, when you are older, that happy people are self-controlled people, and you, because of all that exercise, are happy, too.

The subject matter is, of course, far deeper than this dialogue. Self-control is relevant to more than simple behavior. Self-control can extend beyond behaviors to control emotions, esthetics, desires. They, in turn, can reflect themselves in behavioral change.

If, for example, I do not see the beauty in a salad for lunch, one can utilize many of Skinner's techniques to make it appear beautiful and, eventually, be beautiful to the extent that beauty is a subjective reference. The soldier, cold, wet and miserable in a foxhole, can tell him often enough of the importance of his work (and the comfort of a foxhole as opposed to even greater exposure) to appreciate the foxhole.

In choosing self-control, one chooses happiness.



Mr. Zeki AbuLughod and Mr. Mike Herzfeld hold for Jake Schaum.