

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 Black Belt test is scheduled for June 3 for **Big Dog Taekwon-Do**, Grand Rapids, Michigan.

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, on 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. Recent cancellations make openings available this late for the first time in years.

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



Participants (with Instructor dead center) in the **USTF Class C Instructor Course**.

More pictures and article in following pages 2 and 3.



From the USTF C Instructor Course: Grand Master Winegar demonstrates why one must wear glasses to teach defensive hooking kick and Sr. Master **Stan Martin** acquits an important duty of the USTF presidency by serving the cinnamon rolls.



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

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

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

HAPPENINGS

USTF INSTRUCTOR "C"

By Grand Master Renee Sereff, Flash Stringer

Sereff Taekwon Do hosted the **USTF Class C Instructors Course** seminar the 28th and 29th of April.

Sr. Grand Master **Charles Sereff** was very pleased with the turnout for the USTF Class C Instructors course that included instructors and students from **New York, Georgia, Louisiana, Wyoming, Utah, Colorado, and Mississippi**. The two day event taught by Grand Master **Mike Winegar**, USTF Technical Director was a great time for technique review for those that were taking a refresher and especially for those first

time students and instructors that have never had the opportunity to learn from the best!

This first level of USTF Instructors courses educates the participant not only in technique, but etiquette, how to teach from white belt up and the opportunity to ask questions. Of course there is also a proper way to ask questions at these events! Grand Master Winegar teaches one of the most professional courses offered in martial arts today. As a retired Math teacher, he not only has the experience in teaching but the expertise in Taekwon Do. Grand Master Winegar has been a student of Sr. Grand Master Charles Sereff from the beginning, white belt. Special honors to both the Instructor and Student!

In the course Grand Master Winegar not only teaches the pattern, history, kicking but also some philosophy. At this course he stated that in his opinion, loyalty lasts until death. One can be loyal for 40 years and then decide not to be loyal any longer due to either leaving or taking another direction in their life. He said that Sr. Grand Master Sereff was loyal to his instructor until the day he died. That is what he expects of his students.

The Officials and Masters usually get all the kudos in these courses and it was quite refreshing when Grand Master Winegar invited some of the 4th, 5th and 6th Dans to join him in Sr. Grand Masters office to let them know how important they are to us. They all appreciated the attention!

When the front row of Black Belts came up through the ranks, they were always the ones doing the demonstrations, testings, tournaments, seminars and any activity that Sr. Grand Master Sereff asked of us. If we do not give our lower Dans an opportunity to serve, they will not have the experience needed to be the leaders of men and women in this art.

On May 5 out there in Region 6, our brothers and sisters in Taekwon-Do held a Black Belt test in **Kirkville**, Missouri. See page 8.

Another new USTF school in Massachusetts! See page 5.

The **Concord School of TaeKwon-Do** hosted a USTF invitational tournament in Concord, **Massachusetts**, on May 6th. Pictures and article when available.



Mr. Don Lee, Our Gain

On Saturday, May 19, 2012 Mrs. **Marianne Armstrong** of **Big Dog Taekwon-Do** hosted a USTF referee course facilitated by Dr. **Steve Osborn** in Grand Rapids, Michigan. See page 9.

The **5th Annual Axe Taekwon-Do Tournament** took place on May 19th. See pages 9 & 10.

Welcome to the USTF, Mr. Don Lee. WTF's loss is our gain.

In April, Mr. **Don Lee** tested for I Dan at the Concord School of TKD in Massachusetts under Mr. **John Murphy**, VI Dan. Mr. Lee came to Concord as a Second Degree Black Belt from the WTF and tested with encouragement from his sons, Aidan (Blue Belt) and Connor (Yellow Belt). --Submitted by Roselyn Romberg

Major battle: check <http://www.youtube.com/watch?v=TXhaQznYaFc>

Also at the "C" Instructor course: Left, **Tom Gibbons**, NY USTF Director, **Jeremy Bennett**, MS State Director, **Mario Manera** GA St. Director, President Sr. Master **Stan Martin**; right, further proof of the USTF monopoly on classy ladies.





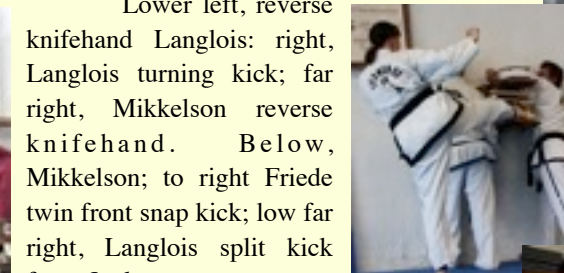
Left top, Moralez gives a friend a ride; top center, "3 on 1, eh? How'd you like 1 on 3!?" Mikkelson; top right, Friede creates a pile of lumber. At side left, Moralez punches; side right, Friede twisting kick.



On April 29, the **Grafton Academy of Martial Arts** hosted a Wisconsin Black Belt test. Presiding were Master **Braxton Miller** of Crystal Lake, Illinois, Master F.M. Van Hecke, Sixth Dans **Mike Van Pietersom** and Dr. **Rick Bauman**, and Fifth Dan **Mary Lubner**. At the Corner was Mrs. **Jacqueline Karpinsky**, Fourth Dan. Successfully completing their tests were Mr. **Marc Mikkelson** for Fourth Dan, Miss **Christin Langlois** for Third Dan, and Msrs. **Kevin Friede** and **Nick Moralez** for Second Dan.



Lower left, reverse knifehand Langlois; right, Langlois turning kick; far right, Mikkelson reverse knifehand. Below, Mikkelson; to right Friede twin front snap kick; low far right, Langlois split kick from *Juche*.



Sir:

The USTF Referee Seminar format held on May 6 at Sereff Taekwon-Do was a little different from the usual. Sr. Master **Kirk Steadman** held the Class C course from 9-1 with the emphasis on the information in the USTF Referee book and the Class B and A certification from 1-5 with emphasis on the working part of the job. Most of the students liked the fact that they were only at the course for about 4 hours instead of all day. The Class B and A participants had the option of attending all day if they wanted the refresher. Most opted for the all day routine. I think we are all Taekwon Do junkies! Sr. Master Steadman will review and decide whether to continue to teach the format this way or not.

Grand Master **Mike Winegar** was in attendance in a "student's" role to continue his honing of officiating technique, evidence of the virtues of humility and self-discipline.

Sr. Grand Master **Charles Sereff** stopped by to shake every participant's hand and to thank them for their support. Great way to spend a Sunday!

Grand Master Renee Sereff



Left, at the Referee Seminar: YHE suspects that Mssrs. McDill and Pastorino are unlikely to dispute the Center Referee's conduct of the match!

To The Editor:

We are pleased to welcome **Giorgio's Academy of TKD in Sudbury, Massachusetts** into the USTF. **Bob Giorgio** trained for many years with General Choi, Hong Hi., Master Phap Lu, and Sr. Grand Master and Grand Master Sereff. In 1992, eager to pass along his love of TKD to a new generation, Mr. Giorgio established an ITF school in Wayland MA. The school grew steadily, and eventually moved to larger quarters in Sudbury MA. Today, Giorgio's Academy has over 200 active students, a mix of both younger children and teens plus a core group of committed adults. They are excited to be joining the USTF, and we look forward to supporting their growth and participation in future events.



Roselyn Romberg, Flash Stringer



News from **Big Dog Taekwon-Do**: Mrs. **Sharon Spungen** tested successfully for her Third Dan Black Belt on April 29 and in attendance, from left, Sr. Master **Kirk Steadman**, Dr. **Jeff Wilt**, Mrs. Spungen, Mrs. **Marianne Armstrong**, Region 5 Director Dr. **Steve Osborn**, and Michigan State Director Mr. **James Alger**.

Mr. **Theo Goetemann** tested on May 20th for IV Dan under Senior Master **Louis Reyes**, VIII Dan, and Mr. **John Murphy**, VI Dan, at the **Concord School of TKD**. Theo has competed nationally and internationally, served as a tournament referee, and is a regular class assistant instructor. Outside of the Dojang, Theo is an accomplished cellist. He plays in the Rivers Youth



Symphony in Boston. He also composes techno-music, and has dozens of compositions and performance credits to his name. Theo is a senior in high school and will be starting college this September. --Roselyn Romberg





April 29, Grafton, Wisconsin. The **2012 AMA Spring Classic**, Sixth Dan **Rick Bauman**, Tournament Director. Top left, **Dan Kelly** and **Ben Klein** spar in front of Center **Caren Johnson**. Right top, **Alyssa Jankowski** performs patterns. Bottom row, good fellowship: from left to right, Mssrs. **Jeff Wojcik** and **Zeki AbuLughod** with trophy, **Max Wilhelm** (in helmet) and **Garrett Friede**, and **Casey Garza** with **Katelyn Dick**.



Senior Master **Bill Stephenson** and Master **Dustin Stephenson** of Region 6 hosted a black belt testing on May 5th in Kirksville, MO. Presided over by USTF President Sr. Master **Stan Martin**, the test produced five new black belts and advanced the rank of five others including the following Kirksville candidates: **James Rolston (V)**; **Nathan Eastin (IV)** ; **Larry Barker**, **Eric Amini Rad**, and **Natasha Truitt (II)**; **Jayde Schilling** and **Jeremy Hettinger (I)**. James Rolston and Nathan Eastin were jointly declared “Best in Test.”

Photos. Top: Eric Amini-Rad pinwheels Nathan Eastin during two-on-one ho sin sul. Second from top: Nathan Eastin and Kyle Graham (V) demonstrate aerial foot-sparring. Low left:: Larry Barker powers through a 5-board side pierce kick. Next lower right: James Ralston smashes his way through 5 tiles with his knife hand. Lower right, officials and dignitaries pose with candidates. Submitted by **Lisa Eastin**, Fourth Dan.





Big Dog Taekwon-Do hosted a Referee Course on 5/19 led by USTF 5th Region Regional Director, Dr. **Steve Osborn**. Mrs. **Marianne Armstrong** was the course host and looked spectacular with her silver crutches! Attendees came from Michigan and Ohio to learn more about the rules, roles, and responsibilities of the various level Referees and a great time was had by all.

Sir:

On Saturday, May 19th, **Axe Taekwon-Do** at Offutt Air Force Base in Bellevue, Nebraska hosted the **5th Annual Axe Taekwon-Do Invitational Tournament**. The event began around 1030am and was finished at 5pm. It was a day of intense competition conducted under the rules and regulations of the USTF. Students from Colorado, Kansas, Missouri, Nebraska and Wyoming participated in this USTF sanctioned tournament. There were 70 students competing in patterns, sparring and breaking competition, and 8 teams that battled it out in the team pattern division. The Tournament Director was Master **Dustin Stephenson** –USTF Region 6 Director, Tournament Promoter – Master **Ricky Todd** – USTF Region 3 Director, Chief Referee – Mr. **Kevin Bushor**, 6th dan – USTF Nebraska State Director and Tournament Coordinator – Ms. **April Bowing** – 4th dan – Axe Taekwon-Do.

Sharing World Experiences
LIFE and DREAMS of
Sr. Grand Master C.E. Sceriff

USTF Member Workshop: 11:00 am-3:00 pm

Black and Color Belts

Saturday, August 11, 2012

Mr. Montano's Rec Class
2211 Eppinger Blvd, Thornton, CO

No Charge for the workshop. Please bring current membership card to present at the door. There will be a liability form to sign.

Good-fellowship
Good Training
More Information
303-466-6965

Bring Sparring Gear
Bottle of Water
And
A Great Attitude

Special Guests in attendance were Sr. Master Stan Martin – USTF President, Sr. Master Bill Stephenson – Kirksville Taekwon-Do, Master Lenard Graham – Kirksville Taekwon-Do and Mr. James Rolston, 5th dan USTF Missouri State Director.

Opening the tournament, 8 teams showed off their timing, creativity and technique in one of the closest team pattern competitions ever at the tournament. After a great competition, the “Kirksville Heavyweights” from Kirksville Taekwon-Do won the black belt division and the “Fighting Ninjas” from Axe Taekwon-Do won the color belt division.

After the individual patterns competition, all winners were then bracketed for the Patterns Grand Champion. Each competitor gave it their all before a panel of 5 judges; the competition was intense. The Patterns Grand Champion for the Black Belt Division was Mr. Nathan Easton, 4th dan from Missouri who demonstrated his pattern with balance, stamina and control. Winning the Color Belt Division was Ms. Ashleigh Ragone, 1st gup from Nebraska showing her skill with Choong-Moo.

The tournament then proceeded with the sparring and breaking divisions. There were too many individual winners to list in the news, but pictures have been posted on the Axe Taekwon-Do Facebook page. Individual schools represented were: Casper Taekwon-Do, Kirksville Taekwon-Do, Axe Taekwon-Do, Hannon Taekwon-Do, Columbia Taekwon-Do and Foothills Taekwon-Do. We want to thank all instructors and students who helped make this our biggest event yet! The tournament also provided many of our USTF referees with valuable experience. A special thanks to our photographer for this event, Mr. Larry Jones from Kansas City, Missouri. Our goal is to increase our attendance each year, so look for us in 2013!

Master Ricky J. Todd, USTF-7-50



Pictures from the 5th Annual Axe TKD Invitational Tournament.

Top: Ms. Ashleigh Ragone – Grand Champion Patterns – Axe TKD.

Center: 1st place gup team patterns – Axe TKD – Bellevue, Nebraska.

Bottom: 1st place black belt team patterns – Kirksville TKD – Kirksville Missouri

**COLUMN OF STUFF GLEANED SHORTLY
BEFORE PUBLICATION FROM VARIOUS
PLACES ABOUT UPCOMING EVENTS
NOT PROVIDED TO THE FLASH BUT
CERTAINLY WORTH KNOWING ABOUT!**

June 2, Black Belt Test, Salt Lake City.
Sponsored by USTF-Utah.

Also June 2, Black Belt Test, Burning Phoenix,
also Salt Lake City, Promoter Mrs. Heather
Gemmell.

June 9 and 10. USTF Instructor C Course,
Mountain View TKD, Battle Ground,
Washington. Promoter: our good friend Mr.
David Mason. Another excellent opportunity with
Grand Master Mike Winegar. YHE has now
attended 3 of the "C" Courses, and cannot speak
more highly about the opportunity they present.
Even if you THINK you know it all (usually a b-
a-a-a-d idea), how do you KNOW you do? Time
to plug in a bit of reality and clean up the old act!

July 28 Black Belt Test, Battle Ground,
Washington.

August 3rd through 5th, USTF-Utah TKD Camp.
Sponsored by USTF-Utah.

August 18, Test, Axe TKD, Nebraska.

August 18 Burning Phoenix TKD Workshop.
Promoter Mrs. Heather Gemmell. To be taught
by Grand Master Renee Sereff.

September 8, Black Belt Test, Sereff TKD.
Contact HQ for details.

October 6. Weapons Self-Defense Course,
Burning Phoenix, Salt Lake City. Mrs. Heather

Gemmell, Promoter, Master Frank Hannon,
Instructor. YHE has studied Ho Sin Sool with
Master Hannon, and the experience was
excellent.

October 27, Black Belt Test, Battle Ground,
Washington. Promoter Mr. David Mason.

November 3, USTF-Utah Championship, Salt
Lake City. Promoter USTF-Utah. Tournament
Director, Master William Dubbeld. Chief
Referee, Mr. Chris Wadium.

November 15, Black Belt Testing, Axe TKD,
Bellevue, Nebraska, Promoter, Master Ricky
Todd.

November 17, Black Belt Test, Salt Lake City.
Promoter, USTF-Utah.

December 1, Black Belt Test, Burning Phoenix
TKD, Sale Lake City, Promoter, Mrs. Heather
Gemmell.

[Editor's Note: If you are interested in any of
these events, contact the Promoter, State Director
or Head Instructor of the schools involved and
hopefully they can provide you with additional
information. YHE continues to be amazed at the
many excellent USTF sanctioned events, testings,
tournaments and courses of high quality which
take place without significant publicity. Perhaps
it is credit to our strength as an organization and
the drawing power of our events that we do as
well as we do under that circumstance. Event
organizers: do not expect us to search for your
event (any more) if you wish it noted in the Flash.
Simply feel free to send information or a link to
the publication at fmvh1@mac.com. Even better,
feel free to provide us with pictures and news of
your events after the fact. What better way to
support USTF than to permit its newsletter to
publicize your event?]