

The T.K.D. Flash

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COMING EVENTS

October 6. **Weapons Self-Defense Course**, Burning Phoenix, Salt Lake City. Mrs. Heather Gemmell, Promoter, Master **Frank Hannon**, Instructor. Bound to be well-taught and taut. (O.K., an editorial prerogative....)

Foothills Taekwon-Do will hold a Black Belt test September 26.

On October 20, USTF Wisconsin State Director **Jacqueline Karpinsky** will host a combined USTF **Referee Course** (to be taught by Region 5 USTF Director Dr. **Steve Osborn**) and mini-tournament (all gup competition with double elimination features) with Tournament Director Dr. **Rick Bauman** and Chief Referee F.M. Van Hecke. The format assures an ample opportunity to be examined for Class C, B, and A Referee

Mr. **Chuck Giotto**, U.P. State Director, reports that in the Upper Peninsula of Michigan **Marquette Taekwon-Do** conducted a test on August 13th.

Congratulations are, of course, in order.

Pictured in the front row: **Louis Carriere**, Youth High Yellow Belt, **Isaac Cooper** Youth Yellow Belt, **Duncan Hogan** High White Belt, Shawn Sitar High White Belt, Chuck Giotto (school director). Back row: **Jack Eibler** (senior instructor) **Thomas Nevala**, Yellow Belt, **Kory Miron** Green Belt, **Duane Wisuri** High Yellow Belt, hiding **Thomas Hogan** High White, **Brian Sowers** (senior instructor). All did a fantastic job. Mr. Eibler who has been with the school since 1978 said that this was the first time for all students to make their breaks on the first attempt.





And on August 27th the testing process continued at **Marquette Taekwon-Do** in the U.P.

Congratulations, again, in order. Pictured in the front row: **Ceceilia Attwell**, 2nd Gup Red Belt, **Deidre Attwell** 7th Gup High Yellow, **Jessica Wisuri**, 2nd Gup Red Belt, **Eva Wisuri**, 2nd Gup Red Belt, **Amanda Wisuri** 2nd Gup Red Belt, **Mason Hietikko** Youth Yellow Belt, **Chuck Giotto**, School Director. Back row: Mr. **Jack Eibler** 4th Dan testing board, **Sara Wisuri**, 2nd Gup Red Belt, **Levi Wisuri**, 2nd Gup Red Belt, **Brandon Hietikko** 3rd Gup High Blue Belt, **Brian Sowers** 4th Gup,

credentials, for some to refresh their training, and for those referees to do hands-on officiating in a truly competitive environment.

The Sr. Grand Master Sereff Fall Championship is scheduled for October 21 at Broomfield High School. Competitors can look forward to another excellent opportunity for fun and skill-building.

October 27 in **Cadillac, Michigan**, there will be a tournament. Promoter, Region 5 Director Dr. **Steve Osborn**.

Also on October 27 in Casper, Wyoming, there will be a combined Black Belt and Colored Belt test hosted by Sr. Master **Stan Martin**.

Set aside November 3 & 4 for a **USTF Class B Instructors Course** to be taught by Grand Master **Mike Winegar** at Broomfield. Class C Instructorship is a prerequisite. Bound to be awesome, as all these courses are. Highly endorsed by YHE, who has attend two of the

Class B courses in past. Chock full of the sort of detail necessary to really understand Taekwon-Do from one of consummate students of our Art.

November 3, **USTF-Utah Championship**, Salt Lake City. The Promoter is USTF-Utah. The Tournament Director will be Master **William Dubbeld**. Serving as Chief Referee is Mr. **Chris Wadium**. This should be an excellent tournament run by outstanding officials, "fair and balanced."

Also on November 3, a Region 6 Black Belt test will be presided over by Sr. Master **Bill Stephenson** in Missouri.

Concord School of Taekwon-Do will host its annual **New England Regional Invitational Tournament** on Saturday, November 10th in Concord MA. This tournament is always lively and fun, and well-attended. Anyone interested in more information, or to request an invitation, contact Mr. **John Murphy**, VI Dan, at 978-369-1909 or j.murphy@concorditftkd.com.

Sir:

On August 3-5th **USTF-Utah** hosted its **24th Annual Summer Camp**, at East Canyon Reservoir State Park. This camp gives students who are otherwise unable to travel out of town the opportunity to train with a guest Master instructor. This year we were excited have Master **Joe Bosse** join us from Las Vegas, Nevada. We trained on the nice grass overlooking the reservoir, and thanks to our only third Dan, Mr. Dale Burtch, we enjoyed awesome weather. No rain this year!

The camp kicked off Friday evening with an awesome class taught by Master William **Dubbeld**. He helped us get our bearings on the sloped grass and focused on the importance of basics; such as stances, preps, and a strong reaction hand.

Saturday morning began with a black belt/red belt class, taught by Master Bosse. After which campers split into their teams to rotate between three different classes taught by Utah black belts Mr. **Chris Wadium** VI Dan, Mr. **Grant Bradbury** V Dan, and Mr. **Dale Burtch** III Dan. Mr. Wadium's class was on pressure points. He taught us the precise location and name of many pressure points such as the "Brachial Plexus Tie-In" and the "Mandibular Angle". Mr. Bradbury taught us the importance of taking care of and strengthening our body. He discussed nutrition, and exercise and taught us easy ways to improve in both areas. Everyone came away knowing how many tablespoons of sugar are in a Coke and how to do a proper push-up! Mr. Burtch worked with us on patterns, and gave us many fun ways we can practice and improve. In the afternoon, all ranks lined up for another awesome patterns and kicking class from Master Bosse.

After dinner campers and their families gathered together for the evening's entertainment - team skits and patterns to music. (Go team Red!!) This year, we held our first ever "spontaneous" patterns to music. Each team picked two brave souls to go out and perform a pattern, real or made-up, to whatever song DJ James Sroykum felt inspired to play. A good time was had by all, especially those of us in the audience watching! There was another first this year: an impromptu dance party on the grass inspired by Master Bosse. Black and colored belts alike busted a move, some impressive, some a little rusty, but all having a great time. This might need to become tradition! That night after some inventive team photos, and a few showers; many campers chose to stay up playing cards, eating popcorn, and chatting.

Sunday morning Master Bosse talked us through many pointers on board breaking, and let everyone ask questions. All students had the opportunity to practice several different breaks, and get feedback. Master Bosse wrapped up by demonstrating an 8-board (rebreakable) back kick break! Video of this break and photos of camp can be found on USTF-Utah's Flickr's page, a link is on www.USTF-UTAH.com.

We want send Master Bosse a huge THANK YOU for being our guest instructor, and hope to see everyone again next year!

Corinne Sroykum, Distinguished Flash Stringer





Sixth Dan **Guy Williams, Fairbanks (Alaska) Taekwon-Do**, reports the following test results from September 7: **Marion Puchek** 4th Dan; **Elizabeth Davis** 4th gup; **Kristopher Davis** 5th gup; **Erin James** 4th gup; **Kimbell Carver** 6th gup; **Crystal Castona** 8th gup; **Serenity Stonecipher** 8th gup; **Elizabeth MacMaster** 8th gup. Congratulations to all! The testing group is pictured on the left. Miss Puchek is to the right of the group.

On November 15 there will be a Black Belt Testing at **Axe Taekwon-Do** in Bellevue, Nebraska, The Promoter is our most excellent friend Master **Ricky Todd**.

Continuing the trend of November as a “hot month” for Black Belt tests, November 17 will bring yet another Black Belt test, this time to **Salt Lake City**. Promoter, **USTF-Utah**.

Also on November 17, Master **David Mason**, Region 1 Director, and **Mountain View Taekwon-Do**, host a Black Belt testing in **Battle Ground, Washington**. Sr. Master **Art Schoonover** will preside.

Finally, on December 1 there will be a Black Belt Test conducted at **Burning Phoenix TKD**, Sale Lake City, Promoter, Mrs. **Heather Gemmell**.

HAPPENINGS

Georgia State Director Mr. **Mario Manera** announced a new USTF schhol headed by Mr. **Omar Welch**. Mr. Welch has 7 students already. Way to go, Georgia!

On September 15, the **Wyoming Invitational Tournament** was held in Casper. The Tournament Director was Mr. **Tony Giese**, the Chief Referee **Bob Thompson**. Hopefully, some pictures and more information in the next Flash.

A referee course was held September 22 at **Battle Ground, Washington**. Hopefully, some pictures and more information in the next Flash.

THE BATTLE OF THE BELTS Tournament, Promoter Sr. Master **Bill Stephenson**, was September 22 in **Kirkville, Missouri**. The Tournament Director was Master **Ricky Todd**, and

the Chief Referee Master **Dustin Stephenson**. Hopefully, some pictures and more information in the next Flash.

LETTER TO THE EDITOR

Master Van Hecke,

Yet another great edition of the Flash. Great coverage of all the testings going on around the regions! Superb job Sir!

Respectfully,

Sr. Master Gary Meek

NOTICE

The Editor of the TKD Flash will be abroad once again, leaving shortly before the end of October. Thus the Flash for November will “go to bed” early next month. We so advise our readers, correspondents and faithful contributors so that all are aware that any articles, photographs, letters or other submissions must be in the hands of the Editor early. Also, the offices of the TKD Flash will be closed during our absence from October 30 through November 22 as our entire staff will be “taking a break” from their dedicated work.



Sr. Grand Master **Charles E. Sereff**, Grand Master **Mike Winegar**, Grand Master **Renee' Sereff**, Sr. Master **Stan Martin**, USTF President, Sr. Master **Kirk Steadman**, Mr. **Barney Montano** and Ms. **Lorie Shaffer** sat as the Board for a Black Belt Testing at Sereff Taekwon-Do on September 8.

Mrs. **Vicki Winegar** graded to Master Instructor, **Jim Smith** graded to VI Dan, **Arcangel Di Laura** and **Martin Rodriquez** for III Dan, **Tim Parker**, **Jonathan Hill** and **Bryan Hill** for II Dan and **Jenny Ballew**, **Maurice Ayeboua** and **Jackson Potter** for I Dan.

Sr. Grand Master Sereff presented a Master sword to Master Vicki Winegar and Grand Master Winegar presented his VII Dan belt to his student and wife! (Pictured at right, above; left, above, the testees and the Board.)

Sr. Grand Master C.E. Sereff spoke of “the three P’s” exemplified by these student and to be instilled in future USTF leaders: **PASSION, PREPARATION, AND THE PEOPLE YOU SURROUND YOURSELF WITH!**

Photo: Lt. Col. Finan performs two-directional kick from pattern **Juche**.



USTF in the ROK

By Lt Col Pat "Havana" Finan

There I was, finishing up 18 months of work preparing for a major exercise, when I get the notification that I will be transferring to Osan AB, Republic of Korea for a one year remote. I knew that I would be required to go on a remote soon, leaving my family behind in Omaha, so we were prepared for this inevitability.

As I was getting ready to depart, I set a few short-term goals for myself, finish my professional military education course I was currently enrolled in, lose weight and get into better shape, get back into civilian flying, and open my own TaeKwon-Do school.

Shortly after getting to Korea and settling in, I started talking with a few people interested in working out. We got together at odd times, whenever we could find time, and trained. I started looking for a location to hold a class and finally found one that would not conflict with the other martial arts classes being taught on base.

I now had a classroom and a set time to teach, and most importantly, I had a few students to start out with. MTM TaeKwon-Do was born! The community center I was holding the classes in started to advertise my class, and more people showed interest. Now I have a regular group that meets (whenever we do not have exercises going on) and the students are progressing. Most of them have previous martial arts experience, and now want to become part of the USTF. As this is only a one year assignment for most people,

including me, most of the people I am training are trying to learn the USTF program up to their current rank, and then will progress from that point.

It is definitely a rewarding experience being able to pass on my love for and knowledge of this art. Seeing the students progress and improve while I get to get back to the basics as well, while keeping up with my own training requirements is very exhilarating. I am glad to have this opportunity to grow as an instructor and continue to develop within TaeKwon-Do.

My time here is almost at an end, then I get to return to Offutt AFB, and continue as a student with my instructor, Master Ricky Todd, building on my foundation.

[Editor’s Note: Mr. Finan, right, demonstrates side piercing kick. Nice tuck!]



Secret Life of Dans: Ron Micheels

By: Roselyn Romberg

Ron Micheels tested not long ago for II Dan at the **Concord School of TKD**, under Mr. **John Murphy**, VI Dan and New England Regional Director. Ron holds a Class B Referee certificate, and regularly serves as a Corner and Patterns judge at tournaments hosted by the Concord School. A research chemist by profession, outside of the DoJang “Dr. Ron” is an avid sailor. He regularly competes in sailing races, as a member of a team and with his own 16’ catamaran, in the waters around the Boston area. Left below, Mr. Micheels congratulated by Mr. Murphy; right below, the sailor and his ship.

