

# 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](mailto:fmvh1@mac.com). Archived at USTF Region V site [www.ustf-region5.org](http://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

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 10, **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**. NOTE THAT THIS IS A CHANGED DATE.

September 15<sup>th</sup> the sleepy village of Casper, Wyoming, greeted the **13<sup>th</sup> Annual Wyoming Invitational Taekwon-Do Ttournament**, hosted by Sr Master **Stan Martin** with the help of Mr. **Gerald Sisco** and the Rec Center Taekwon-Do students. The Tournament Director was Mr. **Tony Giese** and the Chief Referee was Mr. **Bob Thompson**. Mr. Sisco was the Tournament Promoter.

Among honored (and, in some cases, unexpected!) guests were Grand Master Winegar, Sr. Masters Steadman and Haynes, Masters Todd and Dubbeld and Mssrs. Bushor and Riley.

Among schools in attendance were – Utah, Maestas TKD, Casper Rec Center TKD, Martin's TKD, Sheridan TKD, Rock Springs TKD, Sereff TKD, Casper Armory TKD, Axe TKD, Casper College TKD.

The Grand Champion winners this year were : Black Belt Grand Champion – **Dee Dee Connell** 4<sup>th</sup> Dan – Sheridan TKD; Adult Color Belt Grand Champion – **Brent Bihr** 6<sup>th</sup> Gup – Casper Rec Center TKD; Junior Color Belt Grand Champion – **Birch Robinson** 1<sup>st</sup> Gup – Martin TKD

Each year a benefit luncheon to supports a charity and this year the recipient was Jason's Friends Foundation, which supplies support to families of children with catastrophic illnesses.



**Kirksville Taekwon-Do** hosted the **Battle of the Belts** tournament at Kirksville High School on September 22nd. Ninety-seven martial artists from several states attended and competed in the day-long event. Contestants participated in team patterns with 4 or 5 people working on a single presentation, individual patterns, sparring, and power breaking. The Kirksville club was honored to bring home 17 medals in the team event, 19 medals in individual patterns, 15 medals in sparring, and 6 medals in power breaking. Senior Master **Bill Stephenson** said, "It was a successful day for the club."



Above, Black belt competitors: Lisa Eastin, Megan Matheny, Natasha Gaugh, Deb Goggin, Larry Barker, Eric Amini-Rad, Jayde Schilling, Matt Matheny, Zachary Berry, and Nathan Eastin.



Above right, Colored belt competitors: (front row) Mati Pinkston, Piper Bitney, Andrew Nothdurft, Simon Chen, Kyle Morganstern, Andrew Phan (second row) Aaron Birch, Anna Wang, Taylor Schoonover, River McCarty, Abigail Ihnat, Zack Corbett, Matthew Nothdurft, Victoria Nagel, Stephen Chen, Samin Abdullah, Kyle Berry, Genet Eastin (third row) Matt Holzmeier, Katie Speak, Tigist Eastin, Jessie Schoonover, Emily Garth, Logan Yardley, Jonathan Gillette, Alex Tubergen-Maglio, Reza Hamidi, Shon Probasco, Sky McCarty, Noah Findling

Also on November 3, a Region 6 Black Belt test will be presided over by Sr. Master **Bill Stephenson** in Missouri. Bound to be an excellent exposition of skills.

On November 10 **Big Dog Taekwon-Do** of Grand Rapids, **Michigan**, will hold a Black Belt Test. Mrs. **Marianne Armstrong** is the Promoter.

**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](mailto:j.murphy@concorditftkd.com).

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**.

November 17 will bring yet another Black Belt test, this time to **Salt Lake City**. Promoter, **USTF-Utah**.

Also on November 17, our good friend Master **David Mason**, Region 1 Director, and **Mountain View Taekwon-Do**, will host a Black Belt testing in **Battle Ground, Washington**. Sr. Master **Art Schoonover** will preside. We wish these students the best of luck.

November 18 there will be a Black Belt grading at **Secrest Youth Center** in **Arvada, Colorado**.

On December 1 there will be a Black Belt Test conducted at **Burning Phoenix TaeKwon-Do** in Sale Lake City, The event's Promoter will be Mrs. **Heather Gemmell**. Good luck to all participants!

December 8th there will be a Ho Sin Sul Weapons Course at **Lakeshore Taekwon-Do**, Vancouver, Washington. Mr. **Brandon Stoppani** will conduct the course. Mr. **Dan Crossman** is the Promoter.

On January 8 of next year **Centerline Martial Arts**, Walla Walla, **Washington**, will have a Black Belt testing. Mr. Mike **Glencross** is the Promoter.

**HAPPENINGS**

[Editor's Note: This portion of the TKD Flash is compiled from differing sources. In some cases, we have been contacted by the Promoter or a Stringer--the preferred courses--who informed us the event took place. However, in some cases the only information we have is derived from third-

party websites, USTF Event Applications, etc., which may not be perfectly reliable. We apologize if inaccurate information causes any inconvenience. Several of the October events occurred after the submission deadline (five day prior to end of month) and we can expect more information in the December issue.]

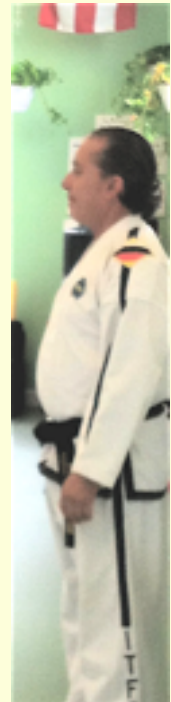
October 6. **Weapons Self-Defense Course**, Burning Phoenix, Salt Lake City. Mrs. Heather Gemmell, Promoter, Master **Frank Hannon**, Instructor. Hopefully, pictures and a fuller account in the next Flash.

**Inferno Taekwon-Do** of Harrod, **Ohio**, held a Black Belt test in October. The Promoter was Mr. **Larry Kaiser**, Fourth Dan. Sixth Dan Ohio State Director **Ron Britt** presided. We will have pictures and a fuller account in the next Flash.

A USTF Referee Course was held at the Concord School of Taekwon-Do October 14. The instructor



Senior Master **Louis Reyes** (pictured, right) led a Color Belt seminar at the **Concord School of TKD** in **Massachusetts** on September 30<sup>th</sup>. Several dozen students from schools around New England attended the workshop, which focused on the early exercises and patterns from Saju Jirugi to Won-Hyo. SM Reyes spent the first hour taking the



class through stances and the basics of punches and blocks. Black Belts served as class demonstrators, but even the youngest and most junior ranks had a chance to show their stuff before the whole group. The seminar lasted four hours, with SM Reyes paying careful attention to technical details and explaining the purpose of many pattern elements. Each participant received individual corrections and suggestions for improvement. Thank you, SM Reyes, for a super seminar. --Submitted by Roselyn Romberg, Flash Stringer



Sir:

The **Concord School of TKD** hosted an Interschool Tournament on Sunday, October 7<sup>th</sup> at its Dojang in Concord Massachusetts. Held three times a year, these smaller-scale tournaments allow junior rank and younger students to compete in patterns and sparring. For many, the Interschool is their first tournament ever. The event is structured to introduce newer students to tournament competition in a fun and informal way, while covering basic rules of the ring, tournament protocol, safety measures, and scoring. Interschools serve as “practice” or “warmup” tournaments for many who will compete in the larger annual tournaments in the New England region. They also provide an opportunity for referees to get practical experience. All classes of Referees, and all candidates for Black Belt, are encouraged to participate as Corner Judges, Center Referees, and Patterns Judges. Aspiring Referees serve as Scorekeepers and Timekeepers, and senior Class A Referees provide training in Bracketing as well.

*Roselyn Romberg*



Above, Center Referee Mr. John Murphy instructs the fighters. Below, they take it to heart and to each other.



was Sr. Master Louis Reyes. Hopefully, pictures and a fuller account in the next Flash.

On October 20, USTF Wisconsin State Director **Jacqueline Karpinsky** and **The Sheboygan Falls Academy of Martial Arts** hosted a mini-tournament at the **Sheboygan Falls, Wisconsin, YMCA**. Gup level competitors from Illinois, Wisconsin, Michigan jostled in pattern and free sparring competition under the supervision of Tournament Director Dr. **Rick Bauman**. The Chief Referee was F.M. Van Hecke. (Pictures page 6 ff.)

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

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

Mr. **Troy Spielbauer** tested for his First Dan Black Belt on October 27 at the Academy of Martial Arts in **Grafton, Wisconsin**. The Presider was Master F. M. Van Hecke. Article in the next Flash.

**A WORD FROM OUR FOUNDER**

[Editor’s Note: Senior Grand Master Charles E. Sereff, President Emeritus and Founder of the USTF, here tells us some of the exciting things he’s up to. We are sure all USTF practitioners as well a the Editorial Staff of the TKD Flash, join in wishing him a joyous 79th birthday.]

Here we are with another year winding down. I would like to share with you some of my thoughts and goals. Let me be the first to wish you a wonderful holiday season and good fortune in the year to come. I am approaching my 79th birthday on December 8. It is quite a milestone for me, let me tell you why. My instructor General Choi the father of Taekwon Do had a special philosophy about numbers. All of the oriental cultures feel that odd numbers are quite lucky. Thus 1-3-5-7-9 are considered to bring good fortune. He picked the number seven to signify a master instructor rank. The number nine being the highest single number would designate a Grand Master. So my upcoming birthday includes the best two numbers you could hope for. The General was also fond of adding numbers so  $9+7 = 16$ ,  $1+6$  equals 7. My wife Kim is running a marathon on my birthday weekend. Her 16th, another  $1+6 = 7$

**Bizarre Local Ritual Department:** The Academy of Martial Arts, Grafton, won the Grafton Pumpkinfest Scarecrow Contest with this entry, submitted by Third Dan **Chris Langlois**, First Dan **Mike Herzfeld**, First Dan Candidate **Troy Spielbauer** (pictured; no, in the foreground).



So I am looking forward to a very wonderful year ahead.

I am also drawing close to another milestone that of being a black belt for 50 years. It has been a long sometimes rough and tough, but most of the time wonderful road.

I was very fortunate to see a lot of the world with my instructor General Choi. Having him call me his beloved student, on the world stage was truly one of the highlights of my Taekwon Do life.

Now one of my beloved students, Mr. James Smith a 6th degree black belt, has made it possible for me to teach the Generals art to students around the world. Through the magic of videotaping and the Internet I have the ability to teach thousands of students, many of them people I will never see face-to-face. The video shoot was set up for early February this year. James Smith has formed a new company. Their website is [www.findyourzone.tv](http://www.findyourzone.tv).

I am the senior advisor for martial arts. It is designed to produce and make available sports oriented training aids. A top ranked filming and production crew would do the two days of filming.

The Friday before the first day of filming turned into a full-scale Colorado blizzard. I didn't think any of the crew or my black belts would be able to get to the gym. We had people coming from Casper Wyoming, Greeley and the Denver area.

After a four-wheel experience I made it up the driveway at Sereff Taekwon Do. I was surprised at the number of vehicles and trucks that were already there. I walked into the gym and found that the production crew had turned it into a movie set. Everything was blacked out, the only color the cameras could see was the workout floor, it made a wonderful contrast for the filming. Three high quality cameras were on the floor plus a number of flood lights.

It was exciting. In two long days of filming we captured some brilliant Taekwon o techniques and instructions.



Dr. **Steve Osborn**, Region 5 Director, conducts a USTF Referee Seminar at Sheboygan Falls, Wisconsin on October 20. The Promoter was Mrs. **Jacqueline Karpinsky**, Wisconsin State Director. Attendees were **Adam Koenig, Ben Norlander, Mrs. Caren Johnson, Mr. Mark Johnson, Mr. Ed Girdaukas, Dr. John Butitta, Mr. Marc Mikkelson, Madison Kelly, Michelle Kelly, Dan Kelly, Mr. Nick Moralez, Mr. Kevin Friede, Mr. Mike Herzfeld, Mr. James Pals, Mr. Mitchel Pals, Mrs. Mary Lubner, Mr. Paul Hebein** and Master F.M. Van Hecke.



Tough panel at the Sheboygan Falls YMCA on October 20! From left on left, Mr. Mitchel Pals, Mr. Marc Mikkelson, Master Braxton Miller, Mr. Mark Johnson, and Mr. Nick Moralez. Above, ready to rumble.





SOME PICS from the Mini-touunament, Sheboygan Falls, Wisconsin, October 20. Above left, Miss **Michelle Kelly**; center, girls ready to rumble; top right, Master **Braxton Miller** clues his fighter in; right, Mr. **Dan Kelly** does what fathers do for his daughter **Madison** (counseling her as to how to knock the block off the next opponent).

Later Mr. Smith and I would travel to Milwaukee, Wisconsin, for editing. I had the job of picking the best techniques filmed by the three cameras for the instructional videos video.

The end result was a truly high-quality video. We filmed 50+ kicks in 20+ breaks. The 3 to 7 minute videos are available for downloading as a training aid for students and instructors. These videos will cover all of the kicks listed in the USTF requirement books. They are not designed to take the place of classes taught by a qualified instructor. I urge you to go to the website (listed above) and pull up the Taekwon Do introduction. This will give

you a great insight to the quality of filming and technique.

The scope ranges from your basic front kick to kicking four targets while in the air. Watch Grand Master Winegar (age 60+) perform amazing multiple kicks in the air. He will then teach you how to practice these kicks. The breaking portion of the videos, will illustrate the power and athleticism of the TKD of the hands and feet. My sincere thank you to all of my beloved students who made this project happen, they are listed on the videos.

Available soon for download on the same website will be the book I wrote "A Trip To The Dark Side."

It chronicles my trip with General Choi to North Korea. I am currently writing a new book working title, "Bare Knuckles In Detroit city." It will cover my early martial arts history. I hope to have it done and online by New Year. I think all of this this will be legacy for me, what ever that may be.

I'd like to thank all of you for your continued support and best wishes, and hope your journey in Taekwon-Do continues long and happily.

*Senior Grand Master C.E. Sereff*



The **Sr. GM Sereff Fall Championship** was held at Broomfield Colorado on October 21 and competitors from Wyoming, Nebraska, Missouri and Colorado participated in team breaking, sparring and patterns.

The Tournament Director was Sr. Master **Kirk Steadman** and the Chief Referee' was Ms. **Lorie Shaffer**. Sr. Grand Master **Charles E. Sereff** and Grand Master **Renee Sereff** hosted the event.

Schools represented at the event were **Maestas Taekwon-Do, Dol Go Rae, Thornton Rec, TKD, De Baca TKD, Sereff TKD, Ipyondanshim TKD, Axe TKD, Free Spirit TKD, Casper Rec, TKD, Foothills TKD, Martins TKD, New Life TKD, Kirksville TKD, Battlement Mesa, Westview TKD, and Sheridan TKD.**

Grand Champions were: **Tracey Rodgers** (Adult Color Belt), **John Ditts** (Adult Black Belt I and II), **Dee Dee Connell** (Adult Black Belt III and IV), **Grayson Ragone** (Junior Black Belt), and **Birch Robinson** (Junior Color Belt).

Team Breaking results:

Adult First Place, **Axe Taekwon-Do**; Second, **Foothills Taekwon-Do**; Third, **Maestas Taekwon-Do**. Junior First Place, **Foothills Taekwon-Do**; Second Place **Maestas Taekwon-Do**; Third Place, **Axe Taekwon-Do**.



Pictures from the Sr. GM Sereff Fall Championship: left, girls rule !, and, above the victorious Axe Taekwon-Do Breaking Team.