

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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EDITORIAL

With this issue, the T.K.D. Flash commences its 25th year of publication. From a school newsletter to a broader association newsletter it has grown into the national newsletter of the United States Taekwon-Do Federation. Thanks are in order to many within USTF who have made this possible, including the investment of faith in the Publisher by USTF's current leadership. The success of the

Flash in the longer run, however, is derived from the quality of the publication, which we owe directly to our contributors. This includes not only our excellent and dedicated stringers (see page 4, *infra*) but also those school owners and school supporters who take the time and trouble to share with us what we try to communicate to others: that throughout the United States on any given day the work of Gen. Choi, Hong Hi continues to change lives for the better and remains in very able hands.



Sir:

*On December 5th Sr. Grand Master **Charles E. Sereff** celebrated his 79th Birthday by teaching the Black and Red Belt Class at 7:00. (The real birthday is Dec. 8th) Sr. Master **Stan Martin**, USTF President, came from Wyoming to join us for the workout and celebration. We all knew we were in for a good workout by that little smile on Sr. Grand Masters face when class started! After, we enjoyed singing and enjoying his pineapple upside down cake in honor of his birthday trip to Hawaii. Sr. Grand Master did not blow out the candles, he punched and they magically went out! The first Wednesday in January he will be teaching again to start off the very Happy New Year!*

Grand Master Renee Sereff

[One might well observe that while politicians blow out birthday candles with their own hot air, our beloved Sr. Grand Master has somehow chosen a mode that much more befitting.]

COMING EVENTS

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

On January 19, the Big Chili Cookoff will be celebrated once again at **Sereff TKD**. This annual event just keeps on keepin' on.

February 23 brings those in need of certification, learning, or even just refreshing, a **USTF Referee Seminar** in Broomfield, Colorado.

A color belt test is expected at Sereff TKD on March 12.

The **Maestas Team Challenge**, always a great competition, will be March 23.

On April 6 and 7 there will be a **USTF Instructor "C" course**. These are taught by Grand Master Mike Winegar and are rated "A-1" by YHE. You can't teach if you don't know in the first place, and you can't teach teachers until you really, really know. Registration by March 6.



Benjamin Baldwin tests for his Black Belt at **Big Dog Taekwon-Do**, Grand Rapids, Michigan on November 10. Way to go, Cosmo!

June 11 is a fine time for a color belt test at Sereff Taekwon-Do.

Set aside June 22 and 23 for **USTF Nationals 2013**. The preregistration deadline will be May 20. This is all a "tad" tentative.



On December 9 the Academy of Martial Arts, **Sheboygan Falls, Wisconsin**, held a Black Belt Test. Presiding were State Director Mrs. **Jacqueline Karpinsky**, Mr. **Marc Mikkelson**, and Master F.M. Van Hecke; Mrs. **Caren Johnson** served at Corner. Photo: seated from left, Fourth Dan Jacqueline Karpinsky, Master Van Hecke, and Fourth Dan Marc Mikkelson. Standing, from left, Third Dan Caren Johnson, new Third Dan **Mark Johnson**, new First Dan **Daniel Kelly**, new First Dan **Michelle Kelly**, and, assisting, Third Dan **Ed Girdaukas**.



Mr. Sroykum with Master Bosse

On November 17th, Mr. **James Sroykum**, Utah, tested for V Dan. Master **Joe Bosse** conducted the testing. As the only testing candidate, he was asked to work extra hard, and he didn't disappoint. His instructor, Master William Dubbeld, couldn't have been prouder. Congratulations Mr. Sroykum! After the testing Master Bosse put on an awesome sparring seminar for all ranks. Everyone learned something new and came away with new drills to practice.

--Submitted by Corinne Sroykum, Flash Stringer



Side piercing kick with style!

On September 7 there will be a Black Belt test at Sereff TKD, followed by a gup test on the 10th.

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

HAPPENINGS

[The Editor notes that references to events as having occurred is predicated on third party sources.]

Alaska. Black Belt Test. December 7. Mr. **Guy Williams**, Promoter. Mickey Spillane returns. Hopefully, news about this event in the next Flash. No, not the return of Mickey Spillane, the test!

On November 15 a Gup Level testing occurred at the **Academy of Martial Arts, Grafton, Wisconsin**. Presiding was Sixth Dan Dr. **Rick Bauman**, assisted by Fifth Dan **Mary Lubner**, Third Dans **Tom Minesal** and **Christin Langlois**, Second Dans **Nick Moralez** and **Kevin Friede**, and First Dans **Mike Herzfeld** and **Oliver Joshua Locklair**. Serving as Corners were Mrs **Kristi Slattery** and Mr. **Ben Klein**. Testing to Gup Two were **Casey Garza** and **Alyssa Jankowski**, to Gup Three **Garrett Friede** and **Max Wilhelm**, to Gup Four **Patrick Jankowski** and **Joe Willman**, to Gup Six **Valerie Locklair**, **Adelyn Klein**, and **Caleb Tarnowski**, to Gup Seven **Benjamin Herzfeld**, **Rachel LaPorte**, and **Logan Werner**, to Gup Eight **Corrin Tarnowski**, and to Gup Nine **Lexi Cabell**.

A color belt test was held at Sereff Taekwon-Do for December 15. Hopefully, news about this event in the next Flash.

HELP WANTED

WANTED: Stringers for the TKD Flash. Work from your home for neither pennies nor Pulitzers. Requires willingness to share information about your school and its activities. A joy, not a burden. Publicize and thereby strengthen your school. Make your Instructors and student body famous. Join such distinguished journalists as Grand Master **Renee Sereff**, Sr. Master **Gary Meek**, Master **Ricky J. Todd**, Mrs. **Corinne Sroykum**, and Ms. **Roselyn Romberg** as

a Flash Stringer. For further information, contact this publication at fmvh1@mac.com

A New Master
by DeeDee Connell

Mr. **Robin Johnson** of Sheridan, Wyoming, tested to the rank of 7th Degree Black Belt, Master Instructor, in Casper on October 27, 2012. He was promoted by Senior Grand Master **C.E. Sereff**, President Emeritus of the United States Taekwon-Do Federation.

Master Johnson is only the second individual in the state of Wyoming to hold the rank of Master Instructor, the first being his

instructor, Senior Master **Stan Martin** of Casper, President of the USTF. Taekwon-Do dignitaries, students and friends from around the state, as well as from Nebraska, Utah, Colorado, and Louisiana made the trip to attend the Testing and Promotion Ceremony.

Master Johnson has been training in Taekwon-Do for 28 years, and holds Class A Instructor and Umpire ratings in the USTF. He has been teaching at Sheridan Taekwon-Do Club since 1987, Head Instructor since 1993, and held the position of Wyoming State Director from 2000 to 2009. He has trained and/or taught at five World Taekwon-Do Camps. He was recently selected to provide instruction and demonstrations for several Taekwon-Do techniques for

ROMBERG NAMED FLASH "STRINGER OF THE YEAR"

: Roselyn Romberg has been named Flash "Stringer of the Year" for 2012.

Mrs. Romberg is a Gup Three student of Mr. **John Murphy** at **Concord School of Taekwon-Do** in Concord, Massachusetts.

Married and mom of three, Ms. Romberg brings to her tasks for the Flash an eclectic mix of talents and interests. She started in Taekwon-Do as the student of Grand Master Duc Sung Son in 1979 and has resided in and traveled about the world. She has worked in Africa, Germany, France, Spain, the UK, and Denmark and studied in Russia, Egypt, Italy, Finland, and The Netherlands. An avid percussionist, Ms. Romberg runs a specialty construction business, is active in non-profit work for a school specializing in the needs of emotionally disturbed children, and has a soft spot for dogs.

Editor F.M. Van Hecke stated: "Our publication is one of the few ways we communicate the good work we do in USTF, one of the best ways to keep students, instructors and schools connected. Our Stringers, whether they submit one article a year or twenty, are the key to our success and have far more to do with conveying our message than anybody else. We appreciate our Stringers."

In accepting her award, Ms. Romberg emphasized her own positive experiences in working for the Flash and said: "I get all the fun of attending the events, taking the photos, doing the interviews, and drafting the stories, and others get to enjoy the spotlight and attention, and to feel good. Perfect!"



findyourzone.tv, which makes available “Educational videos featuring world class athletes and coaches”. His dedication and hard work, and his tireless gift of time and expertise to his students have made him invaluable to the entire Taekwon-Do community. He still teaches all ranks and ages and has had a positive impact on the lives of hundreds of youths and adults who have undertaken the study of martial arts over the years.

“ Taekwon-Do has provided me with opportunities to influence people’s personal lives, to change for the better through the tenets of Taekwon-Do and the student oath, which give us a code to live by. To spread Taekwon-Do and impact lives is the greatest feeling. Punching and kicking is only a small part of what we are about. Not many people understand the

whole point of what we do. The practice of Taekwon-Do brings together the mind, body and spirit. Often the results really only come after years of training.”

Senior Grand Master Sereff presented Master Johnson with a Samurai sword as a symbol that he had become one of his Taekwon-Do warriors. GM Renee Sereff gave him a scrap-book full of pictures and notes from well-wishers. Senior Master Martin presented Master Johnson his new 7th Degree Black Belt, and spoke of the pleasure an instructor finds when his dream for his student is the same as that of the student himself. He later gave him a new uniform with Master’s Flashes, wrapped in Senior Master Martin’s own 7th Degree Belt. Talk about an honor!

Sir:

*On December 8th, we held our annual State Colored Belt testing for Utah. Once a year instructors in **USTF-Utah** join together for a combined colored belt testing. This helps students in the state to get to know each other, and the instructors make sure that technique is the same and the standards are up across the state. Any problems that arise are addressed at following Red Belt/Black Belt classes. This year we had about 35 students testing.*

*Congratulations to Mr. **Luis Navarrate** and Mr. **Nathan Friscic** for receiving the high test score medals for this year!*

Corrine Troykum

[At right, High Test Score winner Mr. Nathan Friscic with his instructor Mrs. **Sara Hill**, Fourth Dan, and State Director Mr. **Chris Wadium**, Sixth Dan.]





A few pictures from Master Robin Johnson's test: top left, split kick; top right, kick splitting opponent's spine; left, Sr. Master Stan Martin, Sr. Grand Master C.E. Sereff, and Master Johnson; below, a couple of folks stop by for the occasion. Article by DeeDee Connell starts on page 4 above.

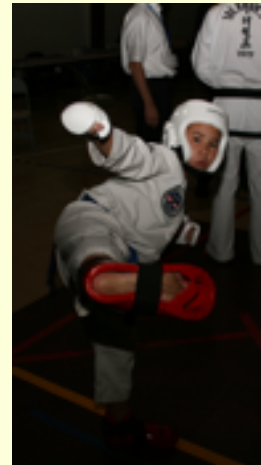


On November 10th USTF-Utah had our annual **Utah Championships Tournament**. We also had the first big **snow** storm, which also happened to be one of the biggest in recent history. It snowed for three days straight, which unfortunately prevented our Rock Springs friends from joining us this year. But despite the snow we still had a few friends from Colorado and Nevada that were able to come out. Special thanks to Master Joe Bosse, and his niece Cassie for braving the storm and driving all the way up from Las Vegas!

In the middle of the day, the **power** went out for almost two hours! The students and officials took it in stride, though, and the show went on. Flashlights and cellphones were quickly produced to read bracket sheets/score sheets and many of the students were excited to try sparring in the dim backup lights. In fact, we had so much fun that many were disappointed when the lights came back on! Thanks everyone for their Indomitable Spirit!

(On right, **Trevor Skeen** practices in the dark during the power outage.)

--Mrs. Corrine Sroykum



REGION ONE BLACK BELT TEST

By Scott Sacchareccia, Sixth Dan

USTF Region 1 Director Master **David Mason** hosted a black belt testing in Battle Ground, Washington. The testing panel was presided over by Senior Master **Art Schoonover**. Also sitting on the panel were Master **Jim Stewart**, Master **Mary Ann Stewart**, Master David Mason, and Mr. **Craig Craddock**.

Candidates were put through a thorough testing by the panel. Patterns, numerous Step Sparring types, Ho Sin Sul, Board Breaking, Kicking Techniques, and the Written Test! Seniors, Peers, Family, and Friends watched as the candidates took to their test with energy and enthusiasm!

USTF Region 1 is proud of the following candidates on their testing and promotions to their new ranks. Mr. **Dan Crossman** 3rd Dan, Ms. Connie **Kramberg** 3rd Dan, Mr. **Joel Crawford** 3rd Dan. Mr. **Dan Jackson** 2nd Dan, Ms. **Danielle Meneely** 2nd Dan, Mr. **Michael Sonners** 2nd Dan. Mr. **Michael Clark** 1st Dan, Mr. **Jordan Mui** 1st Dan, Ms. **Lynette Haney** 1st Dan, and Ms. **McKenna Haney** 1st Dan.

[Editor: See page 8 and 9 for pictures from this outstanding event!]

LETTERS TO THE EDITOR

Master Van Hecke,

Sir, I just wanted to thank you for the fabulous job in the December issue of The Flash. My students (and their parents) were pretty thrilled to see themselves in it. I guess you weren't kidding about "front page treatment!"

Sincerely,

Larry Kaiser, USTF 4-655

Mr. Kaiser,

The fabulous job wasn't mine, but yours. You supplied the date, names, place, and photos. In my opinion, if you're doing good work and taking the time to tell me about it, you and your club deserve the good things (student satisfaction, etc.) that follow.

YHE



Mr. Dan Jackson breaks.

The Board & the Candidates: Region One Black Belt testing November 17.



Arvada, CO – This past November 18 five junior students of **Maestas Taekwon-do** tested for 1st Degree Black Belt. These youngsters worked hard for many years to acquire the skill and proper mental attitude to reach this rank. They, along with all the other young people across the country and around the world, represent the future of our art. We congratulate them on their achievement. This test was also special in that Meyers siblings have a black belt father and two younger siblings as color belts and that Miss Swetlic’s sister and father are also black belts.

The candidates: **Michael Shoenberger** (High Test Score, Best Patterns, Best Step Sparring), **Collin Meyers**, **Jocelyn Swetlic** (Best Breaking), **Nautica Cobb**, and **Regan Meyers** (Best Ho Sin Sul). [Above, the Board, Instructors, and Candidates. Congratulations!]



Miss McKenna Haney at her Black Belt Test.

Err...Start Again

After reviewing the 5 Tenets the instructor tells the students about the mnemonic device "CIPSI" and goes down the line asking the first student:"'C' stands for?" The student shouts out, "Courtesy!" Turning towards the next, "'I' stands for?" The next student yells "Integrity!" Looking at the next, "'P' stands for?" The student booms, "Personality!"

USTF Region 1 Washington State Director Mr. **Brandon Stoppani** conducted a Ho Sin Sul Weapons Course December 8 in Vancouver, Washington. Mr. **Dan Crossman** and Lake Shore Taekwon-Do hosted the event.

Mr. Stoppani provided instruction, theory, and practice on knife, stick, and gun self-defense applications. Blocking, kicking, throwing, and disarming. The course attendees worked through it all! Mr. Stoppani has such passion and an extensive level of detail of Ho Sin Sul applications. Numerous defensive options were practiced in a group fashion for all of the weapon types. Mr. Stoppani worked the entire room throughout the day assisting and correcting our technique.

Schools participating in the course were – **Lake Shore Taekwon-Do, Body Strong Taekwon-Do, Mountain View Martial Arts & Fitness, Mint Valley Taekwon-Do, Golden Tiger Taekwon-Do, and Grays Harbor Taekwon-Do.**

Region 1 thanks Mr. Stoppani for a wonderful course filled with energy, excitement, fun, and tons of learning!

---Submitted by Scott Saccareccia, 6th Dan USTF Oregon State Director

