

# 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

On May 4 the **5th Annual Spring Classic Tournament** will be held in Grafton, Wisconsin. The Tournament Director will be Sixth Dan **Rick Bauman**, the Chief Referee Mrs. **Jacqueline Karpinsky**, Wisconsin State Director.

May 4, Black Belt Test, Kirksville, Missouri.

The **Northeast Challenge Tournament** will be held on Sunday, May 5, 2013 in Concord Massachusetts (Boston). Come one, come all!

The **Sixth Annual Axe Taekwon-Do Invitational Tournament** will be held on May 18 at Offutt Youth Center, Bellevue, Nebraska. Contact: Master Rick Todd at [ustfneb@cox.net](mailto:ustfneb@cox.net) or Mr. Kevin Bushor at [kbushor@cox.net](mailto:kbushor@cox.net). Master **Dustin Stephenson** is Tournament Director, Mr. **Kevin Bushor**, Chief Referee, Master **Ricky Todd**, Promoter, Ms. **April Bowling**, Tournament Coordinator.

And also on May 18th, the 2013 USTF-UTAH ANNUAL UTAH CUP TOURNAMENT. Salt



**Concord School of TKD** conducted its monthly Gup test over two Saturdays in March. On March 16<sup>th</sup>, seven candidates tested successfully for Yellow Stripe (**Benjamin Mackey, Andrew Pak, Shivam Grag, Joshua Pak, Maxwell Kim, Anna Pak, and Alexander Kim**). **Diana Sherene Raisbeck** and **Laurel Sharakan** tested for Yellow Belt. And **Thomas Albano, Olivia Durante, Joshua Koblan-Huberson, Amelia Pillar, Paul Sorrenti, Elizabeth Lorenz, and Gary Lorenz** tested for Green Stripe. On March 23<sup>rd</sup>, **Evan Guillerman** and **Thomas Quirk** tested for Green Belt. **Satish Bhat, Laurie Chen, and Michelle Chen** tested for Blue Stripe. **Erin Albano** tested for Blue Belt. **John Albano, Alyona Osadcha, Edward Shi, and Yegor Osadchiy** tested for Red Stripe. And **Sacha Guillerman, Aidan Lee, and Joshua Lee** tested for Red Belt. Left, Erin Albano's serious knife-hand, left below, the Guillerman siblings, and, right, the Paks.





On April 4 at the Academy of Martial Arts, **Grafton, Wisconsin**, a gup level test was held. Pictured, below and from left, are new Gup Eight **Alexis Cabell**, new Gup Seven **Corrin Tarnowski**, new Gup Sixes **Rachel LaPorte**, **Logan Werner**, and **Benjamin Herzfeld**, new Gup Three **Patrick Jankowski**, new Gup Twos **Max Wilhelm** and **Garrett Friede**, Gup Two **Alyssa Jankowski**, and Black Belt Candidates **Kristi Slattery** and **Ben Klein**. Left, Max breaks, right, Benjamin kicks.



Lake City. Questions? Contact Mr. Chris Wadium, [cwadium@yahoo.com](mailto:cwadium@yahoo.com)

On May 19 The New England Regional Black Belt test will be presided over by Sr. Master Reyes.

A Black Belt/Gup Testing will be conducted at Bellevue, Nebraska May 28.

June 1 is the date for USTF-Utah's 2013 Spring Black Belt Testing in Salt Lake City, Utah.

On June 9, in **Wisconsin**, a Black Belt Test. Promoter, F.M. Van Hecke.

Black Belt Testing, June 8, Mountain View Taekwon-Do, Battle Ground, Washington.

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**. Preregistration deadline will be June 1. Weigh-ins on the 21st of June at Sereff Taekwon-Do. This is THE tournament of 2013. Gup level competition will also be available. For additional information, contact HQ.

Master **Frank Hannon** will teach the USTF Basic Ho Sin Sool Seminar at Broomfield CO on August 17.

Master **Ricky Todd**, always thinking ahead, has scheduled a Testing event at Offutt Air Force Base on August 20.

The 2013 USTF-UTAH SUMMER WEEKEND TKD CAMP will be held August 2 through 4 at East Canyon State Park in Morgan, Utah.

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

Arvada, CO -- The **13th Maestas Team Challenge** was held Saturday, March 23, 2013 at the Apex Recreation Center in Arvada. Thirteen junior teams, their parents, family and friends traveled through a Colorado spring blizzard along with coaches, officials, and adult competitors.

Junior team champions were the Fatal Fists from Maestas TKD, Ninja Stars from Maestas TKD and Beauties and the Beast from Sereff TKD.

The adults held an exhibition team pattern match with first place going to Maestas TKD, a tie for second between Sereff TKD and Foothills TKD and Free Spirit TKD placing 3rd.

The adult school championship was won by Maestas TKD, with Foothills TKD 2nd and Sereff TKD 3rd. The championship was close all after noon and finally came down to the last very last events of the day.

Congratulations to the winners and everyone that competed. A big thank you to all the officials that came out on a bad spring day. Thanks to the Maestas crew, black belts, color belts and civilians who put the event on. Finally, a special thank you to Ms. Fox who MC'ed the event this year, Grand Master Sereff for her continued support, Sr. Master Steadman for, well, being Sr. Master Steadman, Sr. Master Swan for spending 3 1/2 hours getting to the event (and helping) and Master White for his help.



--Submitted by Robert Martin

[Photo below, competitors line up for the 13th Maestas Team Challenge. Photo top right: from left to right, back row -- Robert Pettijohn, Ben Pemble, Breann Duerst, Nathan Ruppert, front row -- Aidan Brown, Morgan Meyers]





The poster features a central image of a medal with a ribbon, surrounded by a circular arrangement of red and blue stars. The main logo is a circular emblem with a fist in the center, surrounded by stars, and the text "2013 NATIONAL TAEKWON-DO UNITED STATES TAEKWON-DO FEDERATION CHAMPIONSHIP". To the right, there is a vertical calligraphic inscription in black and red. The background is a dark, textured surface.

**USTF**  
NATIONAL  
TAEKWON-DO  
CHAMPIONSHIP  
2013

June 22<sup>nd</sup> & 23<sup>rd</sup>  
Broomfield, Colorado

For more information, contact USTF Headquarters  
at (303) 466-4963 or email [rsereff@rml.net](mailto:rsereff@rml.net)  
[www.USTF-ITF.com](http://www.USTF-ITF.com)

Logos for the United States Taekwon-Do Federation and the International Taekwon-Do Federation are visible in the corners.



Senior Master **Louis Reyes** conducted a seminar on sparring techniques and strategy at the **Concord School of TKD** on March 10<sup>th</sup>. Black Belts and Gups from schools around New England and New York participated. The course started with demonstration rounds, SM Reyes centering. While coaching fighters on ring technique, he explained sparring regulations and points of strategy to attendees gathered around. Some rounds paired experienced fighters, for fast-paced, strenuous displays of skill. SM Reyes staged other rounds for beginners, offering tips for pacing, breathing, and moving around the ring. The class then shifted to one-on-one drills, focusing on speed, precision, and technique combinations. The event was an excellent introduction for new trainees and a super workout for those looking to improve their performance in the ring. Thank you, Senior Master Reyes, for a great course! [Photo: on left, Luke Steele squares off with Dominic Heffron, on right, under supervision of SM Reyes.]

--Submitted by Roselyn Romberg

September 7 and 8, Grand Master **Mike Winegar** will teach one of his very excellent **USTF Class B Instructor Courses** at **Mountain View Martial Arts & Fitness**. Master **David Mason** is the Promoter. Battle Ground, Washington.

On September 14, the **Fourteenth Annual Wyoming Invitational Tournament** will be held in Casper, Wyoming.

Look for the 2013 **USTF-UTAH State Championship Tournament** November 2 in Salt Lake City. Excellent officiating, excellent opportunity to compete.

On November 16 **USTF -UTAH** will hold its **2013 Fall Black Belt Testing**. USTF-UTAH continues to lead the way.

On November 23, look for the Region 1 Black Belt Test at **Mountain View Taekwon-Do**, Battle Ground, Washington, Promoter Master **David Mason**.

And on November 26 one can expect a Black Belt and Gup Promotion Testing at Bellevue, Nebraska under the able guidance of Master **Ricky Todd**.

## HAPPENINGS

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

March 20, a test was held at Foothills TKD, Lakewood, Colorado.

March 23 featured a USTF Referee Course to **Mountain View Taekwon-Do** in Battle Ground, Washington.

On Sunday, April 7th Senior Master **Louis Reyes** led a seminar for prospective Referees at the **Concord School of TKD**. Three candidates tested for Class B Referee status, and just over half the participants tested for Class C. This makes for an exciting new crop of judges for tournaments for the NY/NE Region. A number of

attendees used the course as a refresher as well, in preparation for the Northeast Challenge Tournament on May 5th and the upcoming Black Belt Test on May 19th. Thank you to SM Reyes for an excellent course! (Submitted by Roselyn Romberg)

On April 5 or thereabouts **Fairbanks TeaKwon-Do**, Fairbanks, Alaska, hosted a Black Belt testing.

A USTF Referee Course was held at **Concord School of Taekwon-Do**, Concord, Massachusetts, on April 7.

The **Region One Championship Tournament**, Promoter Master **David Mason**, was April 13 at LaCenter Middle School, LaCenter, Washington.



Saturday April 13<sup>th</sup> brought us the USTF Members Workshop in Denver with Sr. Grand Master **Charles E. Sereff**, Grand Master **Mike Winegar**, Grand Master **Renee' Sereff** and Grand Master **Paul DeBaca**. The workshop was held at the Historic Denver Turnverein located not too far from Sr. Grand Master Sereff's first club in downtown Denver. The afternoon started with Sr. Grand Master Sereff giving us a little history lesson about some of his beginnings in Detroit! Special welcome to Mr. **Craig Craddock** and Ms. **Connie Kramberg** who attended from Washington.

--Submitted by Grand Master Renee Sereff





Want to learn a bit of Taekwon-Do history? One way might be to hear from Taekwon-Do history personified in SGM C.E. Sereff. April 13, Denver Turnverein.

### REMINDER

This year the TKD Flash will award prizes for **Best Article by a Non-Stringer** and **Best Photograph** (open to all). The former will be a single award, with possibility of Honorable Mentions, the latter will allow for a First, Second, and Third Place recognition. Decisions of the Board will be final.

### CONTRIBUTION

#### ANOTHER EXPERIENCE WITH BASIC AND ADVANCED PATTERNS

or

#### (How I learned to love having to end where I started)

by Rick C. Bauman, VI Dan

For my first five years in non-USTF Taekwon-Do I never heard the admonition, “End where you started,” in a pattern. I even earned a Black Belt without having tried to return to “start.” Somehow we students got back in the general vicinity of our point on the dojang floor, and we were happy with that. In contrast, I have heard the return to “point zero” stressed continuously for

fourteen years by my instructor, and as a result, I learned to think of it as a rule, “Because General Choi said so.”

It seems obvious now, but the reason we strive to return to our starting point is *not* just to ensure a symmetrical pattern. It is well to be reminded that the primary reason for General Choi’s design of each pattern is to ensure precise execution of each movement within the pattern. Since each form’s structure is based on the right spacing and execution of each step, proper form is confirmed by an ending back at the start. Returning to that point is not just for show.

Last weekend I was working with Dr. **John Buttita**, IV Dan, who runs a USTF school, Fox Valley Taekwon-Do in Neenah, Wisconsin. He also frequently serves as our Medical Director at various tournaments. In preparation for his V Dan test, Dr. Buttita was working on Yon-Gae, Ul-Ji, and Moon-Moo, but we kept ending short of his starting point. At first this was tough to explain because he knew the patterns quite well. Over time, though, and after adjusting such things as length of stance, sliding distance, and travel during airborne kicks, he “got it.” It was through his *Perseverance* and *Self-Control* that he came to nail the patterns, ending precisely where he had started. We were thereby reminded that the whole is truly the sum of its parts. All one has to do is to do the parts correctly.

As students, our ending position tells us about our preceding movements. We don’t even need an instructor on the floor with us. We can use the self-generated feedback available. Each step is thereby a reference point for the student, a measure of how we are performing and a basis of pride expressed for the art of TaeKwon-Do.

*Sir:*

*Wyoming hosted a Class C Referee course in Rock Springs this year on March 23. The course was taught by Mr **Jerry Sisco**. Mr Sisco did an excellent job in conducting a professionally run course. Many personal experiences were shared as well as a few laughs, and a lot of excellent information was absorbed by the people who attended. All of our Wyoming schools were represented as well as with many of our Utah Taekwon-Do brothers and sisters. 20 students certified – 1 A certification, 2- B certification and the rest for Class C Referee certification.*

*Personal thanks to **Mr Roland Flynn of Rock Springs Taekwon-Do** for hosting the course .  
Thanks to all from me for making this course such a success. (Participants pictured below.)*

*Sr Master Stan Martin*



**Casper Wyoming Recreation Center Taekwon-Do** hosted a USTF Class C Instructor Seminar on April 6 & 7 taught by **Grand Master Mike Winegar**.

We had representation from all of our Wyoming schools, Colorado, Utah and even Nebraska. Thanks to Region 3 for coming so far to be a part of the event.

There were about 90 participants at the seminar with 25 students certifying. There were 42 Black Belts at one time on the floor ranging from 8<sup>th</sup> Dan to 1<sup>st</sup> Dan.

--Submitted by Sr Master Stan Martin