

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. Archived at USTF Region V site 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.

CHILDREN'S ARTS CONTEST

Yes, it's time for the **Summer Taekwon-Do Kids' Art Contest**. In past years we've had great entries from all over the U.S.

Anybody under 14 is eligible this year. [Older folks may submit and share, but they will only be winners because they are, in fact, winners (but not in the contest).]

Entries may be scanned and e-mailed as attachments to fmvh1@mac.com. Actual original artwork may also be submitted to

"Flash Art Contest" at P.O. Box 853, Grafton WI 53024. However, original artwork should be submitted with an understanding it may not be returned (unless a suitable container or envelope for return is included).

With your entry please submit your name, rank, age, and the name of your school. All entries must be submitted by August 15.

Imagine entering and winning an art contest on your martial arts resume'!



Master Van Hecke,

On May 10th a black belt testing was held here in ALASKA.

***Susan Hicks** was promoted to Third Dan.*

*In the photo is left to right **Arleen Slocum**, myself, **Susan Hicks**, and **Marion Puchek**.*

Please share the good news.

Thanks,

Guy Williams VI Dan



Masters **Braxton Miller** and F.M. Van Hecke presided at a Black Belt Test at the Academy of Martial Arts, Grafton, Wisconsin. Pictured, from left behind the presiders, are new First Dan Miss **Samantha Tucker**, new Second Dan Mr. **Mike Herzfeld**, new Third Dan **Zeki AbuLughod**, new First Dan **Evan Koenig**, and Corner, Sixth Dan **Mike Van Pietersom**. Below, at left, Dr. **John Butitta**, Mr. Koenig's instructor, contemplates that perhaps Mr. Koenig's training has consequences for the instructor as well. Below to the right, it's "Pony Tail Wars," as Miss Tucker launches First Dan **Amanda Galway**. More photos on subsequent pages.



COMING EVENTS

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

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

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

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

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.

Region 5 Director Dr. **Steve Osborn** has announced that Senior Master **Earl Weiss** will be teaching a hosin sul level one course that will lead to USTF certification. The course will take place on Saturday, October 5 in Cadillac, Michigan in the Mackinaw Trail Middle School gymnasium.

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**.



Left, Second Dan **Mike Herzfeld** gets airborne, followed, below left, by First Dan **Evan Koenig**. Third Dan **Zeki AbuLughod**, twisting in midair prior to execution of flying reverse back piercing kick, really doesn't have his knee on the table in front of Master Braxton Miller,. Below right, the ponytail acts as aeronautical stabilizer for First Dan **Samantha Tucker**. All participated in Black Belt tests at the Academy of Martial Arts, Grafton, Wisconsin, on June 9.



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

around the region, will provide judges, timekeepers, scorekeepers, and bracketers for the event. Watch for date and registration information, coming this fall!

The **First Annual Berkshire Invitational** tournament will be hosted this coming winter by **Berkshire School of Taekwon-Do**, with promotional and logistical support from Concord TKD. The New England Traveling Referee team, made up of Class C, B, and A Referees from

HAPPENINGS

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



So, looking left, reflex kick is sort of off the wall, right? Top left, Zeki AbuLughod. (Isn't he the third Third Dan in his family? Dad's got his Black Belt, too.) Below left, Mike Herzfeld on the same path. To the right, Mr. Herzfeld makes kindling. Below, that ponytail again. Low right, so how did that test go? All photo credits from the June 9 Grafton test, this page and two prior--Kathleen Q. Van Hecke.





Arvada, CO – Sunday, June 9, 2013 was the date for the 20th Black Belt Testing hosted by **Maestas Taekwon-Do**. Mr. **Greg Strong** tested for 5th Dan, Mr. **Paul Voris** tested for 3rd Dan, and Mr. **Brian Swetlic**, Mr. **Jim Jones**, and Miss **Meredith Swetlic** tested for 2nd Dan. (Observant readers will notice that another young Swetlic tested for 1st Dan last fall proving once again that the family that kicks together sticks together.)

Sr. Master **Kirk Steadman** served as director of the test board. We greatly appreciate his support of our club.

This year represents Mr. Strong's 20th year with Maestas Taekwon-Do. He celebrates this milestone along with Mr. **David Martin**, V Dan and Mr. **Robert Martin** (the younger!), IV Dan.

Photo above: The test board, instructors and testing candidates from the recent Black Belt testing at Maestas Taekwon-Do. From left to right Mr. David Martin, V Dan, Mr. Robert Martin (the elder), VI Dan, Mr. Jim Jones, Mr. Greg Strong, Mr. Paul Voris, Miss Meredith Swetlic, Mr. Brian Swetlic, Mr. Robert Pettijohn, VI Dan, and Sr. Master Kirk Steadman.

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

There was a Black Belt Testing on June 8 at Mountain View Taekwon-Do, Battle Ground, Washington.

June 11 was a color belt test at Sereff Taekwon-Do.

U.S.T.F. Nationals were held June 23 and 24 at Broomfield, Colorado. A great time was reportedly had by all in fierce and excellent

competition. THE NEXT ISSUE OF THE TKD FLASH WILL BE DEDICATED TO THAT COMPETITION, including the results of the competition and photographs of events. Under the leadership of Gen. Choi, Hong Hi's beloved students his Art continues to flower, and we lucky few flower within it.

REMINDER

This year the TKD Flash will award prizes for **Best Article by a Non-Stringer** and **Best Photograph** (open to all). The "closing date" for the competition will be the publication date of the December issue.



The **Concord School of Taekwon-Do**, headed by Mr. **John Murphy**, VI Dan, conducted a Gup test on Saturday, 15 June. Candidates for Gup 2 Red Belt included **Ranen Leung**, **Jacqueline Martone**, **Arrad Sagee**, **Guy Sagie**, and **David Song**. **Grace O'Neil** tested for Gup 3 Red Stripe and **Caroline Harmon** tested for Gup 4 Blue Belt. Candidates for Gup 5 Blue Stripe included **Vamsi Kontham** and **Shivan Midha**. Testing for Gup 6 Green Belt were **Stephanie Hellman** and **Katherine Kelly**, and for Gup 7 Green Stripe were **Lily Lorenz**, **Patrick Rafter**, and brothers **Jonathan and Michael Zhang**. Candidates for Gup 8 Yellow Belt included **Dexter Greer**, **Lauren Kim**, **Bradley Myron**, **Jillian O'Neil** (sister of Grace), **Luke Rainis**, and brother/sister team **Joseph and Deborah Won**. Testing for Gup 9 Yellow Stripe were another brother/sister team, **Adrian and Lea Bodmer**, along with **Charles Morgante**, whose grandson recently began training, too. Congratulations to all! Photos: Left, Lea Bodner starts her journey; right, Joseph Won can't believe he broke that thing; below, group pattern. --Submitted by Roselyn Romberg



Sereff Taekwon Do Fall Championship October 20, 2013

This competition is sanctioned by the USTF and its rules and regulations. Sr. Grand Master Sereff welcomes USTF Affiliated schools and their students to compete for top honors in over 45 divisions.

The Fall Championship will include Individual Sparring, Pattern plus 5 person Team Breaking Competition. Registration forms may be obtained from all USTF schools or at ustf-itf.com or sereff-taekwondo.com.

The fighting will be light controlled contact with safety pads including head gear for Junior students 15 & under. All coaches and referees will need their Certification cards and proper dress to be on the gym floor. (Blue slacks, white shirt, Blue tie and WHITE tennis shoes.) Coaches must have a team jacket to coach. For information call Sereff Taekwon Do at (303-466-4963)

Competitors Please Bring your current USTF Card.

NO food or drink on the gym floor except water.

SEREFF TAEKWON DO, INC.

303-466-4963

Sereff-taekwondo.com

rsereff@rml.net



BROOMFIELD HIGH SCHOOL
1000 DAPHNE (CORNER OF 10TH & MAINT ST.)
BROOMFIELD, CO. 80020

SUNDAY	OCTOBER 20, 2013
TIME	9:00 AM TO 4:30 PM
REGISTRATION	8:30 JUNIORS AND ADULTS
ADMISSION	\$5.00 GENERAL ADMISSION KIDS UNDER 12 FREE

Registration and Tickets will be available at the door

Breaking Teams are Pre-Register ONLY

No one will be allowed on the gym floor until 8:15 am to allow for set up! We thank you for your cooperation!

The Concord School of TKD is pleased to announce the opening of a new school in the New England region. Ms. **Hillery Maxymillian**, IV Dan, will open the **Berkshire School of TKD** this coming fall. Ms. Maxymillian has trained for years at Concord TKD under Mr. John Murphy, VI Dan. She recently tested successfully for IV Dan at the New England Regional Black Belt test, overseen by Senior Master Louis Reyes. Her two daughters, Piper and Teagan, have also trained at Concord TKD. Ms. Maxymillian is an experienced teacher and tournament referee. She is excited to be establishing a new school in the beautiful Berkshire region of Massachusetts. Photo, right, Ms. Maxymilian and Sr. Master Louis Reyes.



“The Secret Life of Dans”

By Roselyn Romberg

Don Lee, II Dan, studies with with Senior Master **Louis Reyes** at the **Concord School of Taekwon-Do**. Don is the Executive Director of a music and arts academy by day. Don and his two young sons, **Aidan** and **Connor**, who also train at Concord, are regular participants at tournaments around New England and in Canada. In his “off hours,” Don trains for Iron Man competitions (running, swimming, and biking). Here he is, at his most recent event, a “Half Iron.”

