

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.

Sir, on Saturday, September 28, 2013 Marquette TaeKwon-Do sponsored a referee seminar in Marquette Michigan. It was instructed by Dr. Steve Osborn, Region 5 Director, and hosted by Chuck Giotto. Marquette and West Marquette County TaeKwon-Do Schools attended. The following students passed their written test: Class A, Danielle Spiessl; Class B, Angela Giotto, Brian Sowers, Micheala Spiessl, Heidi Spiessl, Hilija Spiessl, Maureen Spiessl; Class C, James Portale, Brandon Heitikko, Sara Wisuri, Brooke Wisuri, Amanda Wisuri, Levi Wisuri, Jessica Wisuri, Eva Wisuri, Trent Holmgren, Nick Rintamaki, Scott Pyykola, Robert Ross Jr., Faith Ross, Max Spiessl, Anija Spiessl, and Cecelia Attwell. Chuck Giotto took the course as a Refresher.

Respectfully, Chuck Giotto, U.P. State Director



COMING EVENTS

Look for the 2013 **USTF-UTAH State Championship Tournament** November 2 in Salt

Lake City. Excellent officiating, excellent opportunity to compete.

On Monday, November 4, 2013 a Gup testing will be conducted at **Marquette TaeKwon-Do**.

On Saturday, November 9th **Concord TKD** will host its annual Invitational Tournament in Concord MA. Schools from around New England, plus guests from Canada and New York, will participate in this popular event. USTF schools may contact Mr. John Murphy, VI Dan, at info@concorditftkd.com or 978-369-1909 for information on attending or competing.

On November 9 Grand Master **Mike Winegar** will conduct a USTF Class A Instructor Course at Sereff Taekwon-Do, Broomfield, Colorado. YHE has at this point attended two Class A courses, two Class B courses, and three Class C courses with the same instructor, which ought to indicate YHE's perception of their value. Oh, and YHE will attend this A.

On Wednesday, November 6, 2013 a Gup testing will be conducted at **West Marquette County TaeKwon-do**

Also on November 9, a Tournament at Concord Taekwon-Do. Promoter Mr. John Murphy, Chief Referee Sr. Master Louis Reyes.

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. The Promoter is Master **David Mason**.

On Sunday, November 24th, Senior Master **Louis Reyes** will conduct the **New England Region's** all-schools Black Belt test at **Concord TKD**. Promoter, Sr. Master **Louis Reyes**. In addition to Concord, schools in attendance will be **Sudbury TKD, New England TKD, and Victory TKD**. An awesome event in Massachusetts.

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

On December 14 a Black Belt Test will be held for **Mountain View TKD** and **Bodystrong TKD** in Washington, all Oregon and Washington schools invited. The Promoter is Mr. **Brandon Stoppani**.



Above left, **Jason Gao**, Grand Champion Color Belt Junior Division, at the **Sereff Fall Championship**. On the right, **Dee Dee Connell**, Black Belt Grand Champion, and **Brook Duerst**, Adult Color Belt Grand Champion, with Grand Master **Renee Sereff**. Story on page 3.

USTF Members,

The Sereff Fall Championship Tournament was held Oct. 20, 2013 at Broomfield High School.

*This was a great tournament with Colorado, Wyoming, Nebraska and Alaska represented! Special thanks to all our USTF Referees that made the 6 rings run so smoothly. Ms. **Lorie Shaffer**, the Tournament Director and Sr. Master **Kirk Steadman**, our Chief Referee ran a very good event. We were very happy to see Senior Grand Master **C.E. Sereff** start the event off and stay to visit and sign medals even though he just finished a minor surgery last week. He is feeling fantastic!*

*Sr. Master Kirk Steadman headed the wonderful half time presentation of the annual **Dr. Audrey Farley Perseverance Award**. This award was to be given to someone who shared the perseverance Dr. Farley displayed during her last 9 years of trying to beat her cancer along with the love of community. Part of the criteria for this award was community service and dedication to the Art. Sadly we lost Dr. Farley but her memory will continue to stand as the positive role model she was through the recipients. Mrs. **Marianne Armstrong** of **Big Dog Taekwon-Do** in Grand Rapids, Michigan, has fought her battle with the many joint replacements, continues to give of herself to the community and always thinks of others prior to her own needs. In route to Sereff World Camp in 2012 she encountered a very bad storm in South Dakota. The hail destroyed every window in the van but she found a way via rental car to get to world camp on time and still had time to stop at the local grocery store to pick up a cake for Sr. Master Steadman. She truly deserves this award. Not a dry eye in the house after the presentation via phone!*

The pictures below are of the adult and junior Breaking Team Champs.

Grand Master Renee Sereff



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

There will be a USTF Referee Course at **Sereff Taekwon-Do** on January 25.

On Saturday, January 25, 2014 a 1st – 3rd Dan Black Belt test will be conducted at **Marquette TaeKwon-Do**. Dr. Steve Osborn, the Region 5 USTF Director, will preside over the test.

A tentative USTF Instructor “C” course will be February 8 and 9 in Broomfield.

Sereff TKD will have a Black Belt Test and Masters Test on March 15.

And block out those calendars for **Sereff World Camp**, YMCA of the Rockies Winter Park, June 22 through 27.

AROUND THE COUNTRY

On September 14, the **Fourteenth Annual Wyoming Invitational Tournament** was held in Casper, Wyoming. Hopefully pictures and details coming in the December issue.

There was a Black Belt Test at **Inferno Taekwon-Do** in Ohio on September 14. Promoter Mr. **Larry Kaiser**, Presider Mr. **Ronald Britt**. Hopefully pictures and details coming in the December issue.

Senior Master **Earl Weiss** taught a hosin sul level one course. on Saturday, October 5 in Cadillac, Michigan in the Mackinaw Trail Middle School

gymnasium. Region 5 Director Dr. **Steve Osborn** hosted the event. Hopefully pictures and details coming in the December issue.

On the same date, Sr. Master Earl Weiss presided at a Fifth Dan testing for Ms. **Valerie Dodds** in Cadillac. Hopefully pictures and details coming in the December issue.

A combined Black Belt and Color Belt test was held October 26 at Sheridan, Wyoming. Sr. Master **Stan Martin** was the Promoter. Hopefully pictures and details coming in the December issue.

On October 27 Sr. Master **Louis Reyes** taught a USTF Referee Course at Concord School of



The Secret Life of Dans

by Roselyn Romberg, DFS

Mr. **Alex Gough** (15) trains at **Giorgio's Academy of TKD** in Sudbury MA. Alex regularly referees at tournaments and recently competed at the Northeast Challenge Tournament held on May 5th. Alex tested for II Dan at the Northeast Regional Black Belt Test on May 19th. When Alex isn't training, or keeping up with high school homework, he enjoys working with special needs children. Alex has worked for years with a young boy, Max, who has severe Down Syndrome, helping Max to master basic skills and expand his gross motor skills. Alex brings his interest in working with children to his TKD commitment, regularly assisting in and leading classes with junior ranks. Left, Alex and Max.



Above, Benjamin Martinko & Dad.

Dear Master Van Hecke,

*Teaching generation after generation we find that sometimes the Black Belt students take a break for many reasons! I think it might be called LIFE! They get married, they go to college, they move, perhaps a medical problem and many times they take a break to have a family. Mr. **Jim Martinko**, I Dan, already had a small family when he and his lovely wife found out they were having triplets! We had not seen Mr. Martinko for several years when he walked in the gym about 4 months ago with his son, Benjamin. Benjamin, one of the triplets had some interest in Taekwon Do. It seems that Mr. Martinko wanted to get his son started and perhaps would join him after he trained for a while. Benjamin Martinko was a natural and of course had the advantage of his father helping him just a little. It always warms our hearts to see those that have taken a break return. Welcome back Mr. Martinko to your Taekwon Do family!*

Grand Master Renee Sereff

Taekwon-Do. Hopefully pictures and details coming in the December issue.

To the right, **Concord TKD Splits Club** member **Jacqueline Martone** proves her membership card is current with a standing split. Omigosh!

As This year 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. Hopefully pictures and details coming in the December issue.

The History of Korea's Cavalry

By Kristi Slattery

The human race has engaged in combat since the time of Cain and Able. As civilization progressed so did their disputes and the techniques to resolve them. The domestication of the horse, first recorded in the Eurasian Steppes around 4000-3500 B.C., helped man in warfare. Nomads in the Eurasian Steppes first used horses for mobility in raids upon neighboring settlements. Horsemen could raid a village and be gone before a retaliatory force could even be assembled.

Korea's first recorded horse warfare was during the Gojosean Dynasty. During the Gojosean-Han Wars (109-108 BC) mounted warriors used both swords and bows in the





O.K., **Lauren Kim** (on floor) is also a card-carrying member of the Splits Club. But **Jacqueline Martone**, reversing her posture on the previous page, proves that what comes up can also come down.

cavalry. Later during the Korean Three Kingdoms era (57BC to 668 AD) twin swords and long swords were incorporated by only the cavalry and commanders. Several offensive and defensive techniques that were developed have survived through time and cultures, combining swords and horses.

One of the first techniques used to increase horsemanship for men in the cavalry was a game similar to polo. Polo was a common game played from Rome to Japan during the middle ages. Gyeokgu is the name of the traditional Korean game similar to polo in which a player drives a wooden ball through a gate. In the beginning of the Goryeo Dynasty (918-1392) gyeokgu was played exclusively by

Gup Test at Concord

By Roselyn Romberg, Distinguished Stringer

On Saturday, October 19th **Concord School of TKD** conducted a Gup test. Testing for Gup 9 Yellow Stripe was **Iffah Liyakath**, whose started training this past spring. In September her younger brother, **Wahid**, began training as well. The duo joined the growing ranks of sibling groups learning the Art together through the school. Testing for Gup 6 Green Belt was **Paul Sorrenti**. **Yegor Osadchy** tested successfully for Gup 2 Red Belt. Yegor's sister, **Alyona**, recently received her Blue Belt. Congratulations to all! Photo: Paul Sorrenti breaks, assisted by his instructor Mr. Murphy.



members of the royal family. Towards the middle of that period military personnel were allowed to participate. And by the end of the Goryeo Dynasty the game Gyeokgu gradually became a major event during festivals. Gyeokgu is still played during the Festival of the Fifth day of the Fifth Month in Korea. It is also celebrated here in the United States by clubs specializing in mounted games. Kyuk Koo is another ball game played on horseback using a net to carry a cloth ball, instead of a mallet and wooden ball. Kyuk Koo is similar to the present day game of Polo Crosse. The movements of the rackets mimic the movements of the sword techniques and reaching for the balls helped increased the riders ability to maneuver on a horse in motion. In addition to these games, the cavalry practiced specific postures or positions that are collectively called Masang Jae, or horsemanship. The first is standing on the back of a running horse, enabling to a man to shot an arrow from an elevated position. In the second position the rider must jump from the right side of the horse to the left, this is call the Horizontal Seven Steps (Joa Woo Chil Bo). The third position is "standing" upside down on the back of a horse with the riders shoulder in the saddle and his head lying along side the horse's shoulder. The fourth is lying on the horse horizontally looking up to the sky and pretending to be dead. The fifth position (Woodungeejangshin) the right stirrup grip has the rider leaning back to as if to pick up sand while being dragged. This is performed on the left side as well (Joadungeejangshin). these two opposite techniques hide the rider's body from the enemy and are sometimes referred to as the Jang Nee Ree. The sixth position has the rider in the saddle bent back resting his head on the horse's rump, again as if he were dead. Modern day vaulting has its roots in the games played by these early cavalries as well as being part of the education of knights and noblemen of the Middle Ages. The American Plains Indian's are also well known for their demonstration of these techniques.

There are four weapons employed by the korean cavalry. Gichang, or spear fighting uses the Jangchang or long spear. This spear is fifteen feet in length and has a nine inch metal blade and is typically made of yew. Troops practiced for combat by thrushing their spears into rice straw dummies. The medieval jousting lance by comparison was only 10.7 feet long. Masang Ssanggeom, or twin swords on horse back utilized the Dandos a short sword carried as a side arm. The Soo Doo, also called the Bak Do are similar and can also be used. Masang Woldo is the use of the crescent sword on horseback. During the 16th century the Woldo was instrumental in repelling the Japanese invaders. The Woldo is a blade with a long handle and wide blade that must reach from the horse's head to his tail. There were a total of thirty-six methods of attack and many have not been passed on to the present day. The final fighting method is Masang Pyeongon or flail method. The large Nunchaku or long flail is 8.9 feet long and the short flail is 2.1 feet. The short flail at the end of the chain was sometimes studded with iron nails to inflict fatal wounds on contact.

Korea has a rich history in martial arts. From the Silla Dynasty practicing Subak or Tae Kwon Do to present day Tae Kwon Do the art has spread throughout out the world. Other cultures have copied and adapted the techniques to suit their specific needs. Invasions have influenced Korean martial arts as Korean martial arts have influenced the world.



Ashleigh Ragone, Junior Black Belt
Grand Champion, Sereff Championships.



At a small gup testing held October 28 at the Academy of Martial Arts, Grafton, Wisconsin, **Rachel LaPorte** breaks her board assisted by Dr. **Rick Bauman** and (hidden) Mr. **Kevin Friede**. Participants were Rachel, **Benjamin Herzfeld**, **Valerie Locklair**, **Camille Spinelli** and **Michael Spinelli**. At the Corner were Mr. **Matthew Thur**, **Alyssa Jankowski**, **Max Wilhelm**, and **Garrett Friede**. Presiding was Master F.M. Van Hecke, assisted by Mrs. **Mary Lubner**, Mr. **Tom Minesal**, Miss **Chris Langlois**, and Mr. **Mike Herzfeld**. Results are pending at this time.

Caught in a random casual informal moment upon the bleachers, this group of officials--O.K., O.K., I couldn't resist one last "Nationals Memory" from the all-seeing lens of Mrs. Terry Bauman.





Concord School of TKD hosted an the **New England Regional Interschool Tournament** on Sunday, October 6th. Students ages 5 to 15 from around New England competed in patterns and sparring. The Interschool Tournaments are structured as fun events for



competitors, where younger students get to experience tournament protocol and “rehearse” for larger regional events. Referees get to practice judging patterns, keeping time, bracketing, scoring, cornering, and Centering. Black Belts demonstrate techniques for the audience, and coach Gup competitors. Everyone’s favorite is the special sparring event where competitors have been instructed beforehand to challenge and test Referees. On a signal from Mr. John Murphy, VI Dan, one or both fighters misbehave, use illegal techniques, run from the ring, collapse in tears, or fake an injury. (Sometimes we catch Gups excitedly practicing their “ring fake” weeks before the event, to the consternation of rookie Referees!) Photos: upper left, Alyssa Horton kicks, Sunny Wan defends; upper right, father and daughter referees Hiroshi and Elise Mashimo; lower left, Dexter Greer and Jack Dubrovsky; lower right, Alex and Alyssa Horton both medal.

--Roselyn Romberg, Flash Correspondent

