

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 TKD 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 fmvhl@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. Contributing Staff: Distinguished Stringers Roselyn Romberg, Ricky Todd, Stringers Corinne Sroykum, Renee Sereff.



Arvada, CO – Sunday, November 24, 2013 was the date for the 21st Black Belt Testing hosted by Maestas Taekwon-Do. Ms. **Ka-yi Moriarty** and Ms. **Fran Buschkoetter** tested for 4th Dan, Mr. **Craig Meyers** and Mr. **Yovani Pina** tested for 2nd Dan, and Mr. **Matthew Caldwell** and Ms. **Tracey Rodgers** tested for 1st Dan. Grand Master **Renee Sereff** was our special guest. Photo – The test board, instructors, special guest and testing candidates. From left to right (back row) Mr. **Scott Honas**, V Dan; Mr. **Robert Martin**, VI Dan; Mr. **Matthew Caldwell**, 1st Dan; Mr. **Yovani Pina**, 2nd Dan; Mr. **Craig Meyers**, 2nd Dan; Mr. **Robert Pettijohn**, 6th Dan; Mr. **David Martin**, 5th Dan; Ms. **Clare Langmacher**, 4th Dan; and Mr. **Ben Pemble**, 2nd Dan. In the front are Ms. **Fran Buschkoetter**, 4th Dan; Ms. **Tracey Rodgers**, 1st Dan, Grand Master **Sereff** and Ms. **Ka-yi Moriarty**, 4th Dan.

Sir: On Saturday, November 16th, USTF-Utah had a fantastic and unique black belt testing in Salt Lake City. From age 11 to 61, there were six candidates spanning a half century! Mr. **Dale Burch** actually tested to IV Dan on his 61st birthday! Mr. **Lucca Pastorino**, our youngest candidate, was happy to be testing to I Dan alongside his Dad, **Steve Pastorino**, who was testing for II Dan. Besides the father and son combo, we also had brothers testing together for I Dan: Mr. **Jase Pennock** and Mr. **Chad Pennock**. These brothers showed great perseverance by starting Taekwon-Do at white belt, even though they had previously earned a black-belt in another art. Finally, we had Mr. **Josh Piontek** testing to III Dan, who will soon be serving his country in the US Navy! Congratulations to all! Picture below: Mr. Piontek breaks. More pictures, pages 3 and 4.

--*Corinne Sroykum*, Flash Stringer



COMING EVENTS

Expect tournament competition February 1 at Mountain View Martial Arts & Fitness, Battle Ground, Washington. The Promoter is Master **David Mason**.

On February 1, in Grafton, Wisconsin, Dr. **Steve Osborn**, Region 5 Director, will conduct a USTF Umpire Course. Promoter, Master F.M. Van Hecke.

A tentative USTF Instructor "C" course will be February 8 and 9 in **Broomfield, Colorado**.

A Black Belt & color belt promotion testing will be conducted at **Bellevue, Nebraska**, Offutt Air Force Base, on February 15 under the able hand of Master **Ricky Todd**.

On February 15 the **Academy of Martial Arts**, Grafton, Wisconsin, will have its Annual Women's Basketball Outing.

On February 22 it is rumored there will be a USTF Referee Course at Sereff Taekwon-Do.

Sereff Taekwon-Do will have a Black Belt Test and Masters Test on March 15.



“The knot in your belt is about--there!”
Mr. Lucca Pastorino and HoSinSul
partner Mr. Trevor Skeen at USTF-Utah’s
November 16 Black Belt test.

On March 8 a **USTF Referee Course** will be conducted at Offutt Air Force Base. Promoter, the indefatigable Master Ricky Todd.

On March 22 the **14th Annual Maestas Team Challenge** will be held in Arvada, Colorado. Always fun and always well run!

Master **Ricky Todd** will instruct a Breaking Seminar at Sereff Taekwon-Do on April 12.

Set aside May 3 for the **Axe Taekwon-Do Tournament**. Well and fairly officiated, bound to be a good time.

There will be a Black Belt Test May 18 at Concord Taekwon-Do.

Maestas Taekwon-Do will have a Black Belt grading on May 18.

On May 24 Master **David Mason** will be promoter in a USTF Referee Course at **Mountain View Martial Arts & Fitness**. On that same date (a double-header!) a tournament will be conducted at the same location.

Always planning well in advance, Master Todd has scheduled a Black Belt/Color Belt combined testing June 7.

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

On August 8 Master David Mason will host a USTF Invitational Tournament in Battle Ground, Washington.

On August 23 another Black Belt and Gup promotion testing at Bellevue, Nebraska. Master Todd is the Promoter.

On September 13 Sereff Taekwon-Do will host a USTF Black Belt test.

October 19 is the tentative date for 2014’s Sereff Fall Championship.

November 22—Last Offutt AFB test for 2014.

November 23, Concord School of TKD will have a Black Belt test for Concord, Sudbury TKD, New England TKD, and Victory TKD.

On the same day, November 23, there will be a Black Belt test at Maestas Taekwon-Do in Arvada, Colorado.

The Flash will award both a Pictorial Submission of the Year and a Best Article by a Non-Stringer for 2014 in December.

On that same busy day nationwide for Taekwon-Do, Sr. Master **Stan Martin** conducted a combined color belt and Black Belt testing at Casper, Wyoming. Included schools were Casper, Sheridan, Rock Springs, and Laramie.

Mr. **Faren Lindsey**, 5th Dan, has announced he is opening a Taekwon-Do school at facilities of the Madison Park Christian Church, 4700 Broadway, Quincy, Illinois. Mr. Lindsey may be congratulated at felindsey@yahoo.com.

AROUND THE COUNTRY

LETTER TO THE EDITOR

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

*Dear Master Van Hecke,
This past year 3 members of the Maestas Taekwon-Do family celebrated 20 years with the*



Mr. Steve Pastorino leaves no doubt. Your best guess as to the club he's associated with?

Adam Rainis and the Splits Club remain willing to take on challengers. But where are they?



club. I thought I would share the names of our 20 year club. It is remarkable to me that people have stuck around with what is a city recreation district club.

- Master Ron Maestas, retired*
- Master Tim Grangwish , now living in Georgia*
- Mr. Robert Martin, Senior Instructor*
- Mr. Robert Pettijohn, Head Instructor*
- Mr. Kent Krudwig, (Mr. K. passed away suddenly this past year and is greatly missed)*
- Mr. David Martin*
- Mr. Robert Martin, now living in Michigan*
- Mr. Scott Honas*
- Mr. Greg Strong*

We have a couple more students that are approaching this mile stone and will be sure to share the news with the *Flash*.

Best regards,
Robert Martin, USTF-6-143

A Corrective Rubric for Student Technique

By F.M. Van Hecke

[The author was requested by his Faculty to outline his methods of technique correction for a recent meeting. The following was distributed as a consequence.]

1) In general order, keeping in mind that you make choices and judgments as to which few points you must choose to deal with and actually discuss with the student, proceed mentally (within yourself) to review:

- a) stance
 - i) foot position
 - ii) leg/knee angle
 - iii) length
 - iv) width
- b) posture
- c) facing
- d) tool formation
- e) height of technique
- f) “chamber” or intermediate position or course of travel (depending on the required sophistication)
- g) off-hand (non-tool hand) of opposite body-side travel/reciprocity
- h) massing and triangulation
- i) acceleration

2) Try to relate the foregoing to the purpose of the given technique for the student.

3) Adults should be corrected a **maximum** of four points. Children a **maximum** of two. Some things may slide--that's life. And eventually you'll get to enough of the "fine points" after the rough points are fixed. You may be a "natural," but the student may require more patience to achieve proficiency.

4) In determining the number of points of correction, judge this by the probable physical and mental receptivity of the individual ("Will they get it if it is explained?") and the emotional acceptability of the commentary to the recipient of correction. ("I'll never get it, I'm no good at this, this is no fun.") Never exceed either limit.

5) Deliver correction in a neutral tone of voice. ("O.K., move your left foot forward about three inches....") and avoid negative tone. ("Johnny, don't you get anything? I told you to move that blasted foot!") Try to take the accusatory "you" out of the vocabulary while correcting technique.

6) You must deliver at least as much praise as correction, and your voice should convey enthusiasm in doing so. ("All right, Johnny, way to go!") Repeat praise, keeping two sides of the body in mind. (You

may be able to use correct technique to one side as stimulus to correct poor performance on the other.)

7) Correct error (and praise/reinforce) correct execution of technique right away. Don't let students practice mistakes repeatedly and don't let their conscious corrections go without immediate confirmation.

8) In general order of desirability, corrections are made with:

- a) demonstration (do it yourself)
- b) explanation ("this technique requires that on completion the fingertips will be at the level of the shoulder")
- c) negative/positive comparative demonstration ("I'll demonstrate--not here or **here**, but **here**.")
- d) pointing ("move that foot out to here," pointing to a place on the floor)
- e) physically handling/touching (least desirable)

9) As to 8)e):

- a) be gentle rather than "rough"



On Wednesday, December 18, 2013 Maestas Taekwon-Do held its 34th Annual Christmas Party. As one of the more recent traditions of the event Head Instructor **Robert Pettijohn** awards Student of the Year to a Color Belt and Black Belt student. This year's Color Belt Student of the year is Miss **Brooklynn Duerst**. Miss Duerst recently tested for her 2nd Gup Red Belt. Those that travelled to World Camp last year may remember her as one of the "Duerst Girls" along with her sister and mother. In October she won Adult Color Belt Grand Champion at Sr. Grand Master Sereff's fall championship. Mr. Pettijohn named Mr. **Benjamin Pemble** as Black Belt Student of the year. Mr. Pemble, son of Ms. Clare Langmacher, began his training at 5 years old and is currently a



2nd Dan Black Belt. He has won so many national, regional, and local championships that editorial space requirements preclude their listing. On the right, Ms. Duerst, and on the left, Mr. Pemble, with Mr. Pettijohn and his Christmas tie.



Concord School of TKD held a Gup test on Saturday, December 21st. Testing successfully for Gup 9 Yellow Stripe were **Maddie Bilbe, Charlie Morse, Ian Kim, Yo Yo Wu, Saanvi Kadiyala, and Genevieve Evers**. **Adrian Bodmer** tested for Gup 8 Yellow Belt, and **Sanjana Kadiyala** and **Ryan Pillar** tested for Gup 7 Green Stripe. **Thomas Albano** tested for Gup 6 Green Belt. **Dan Angus-Kirstein, Eli Holmes, and Gladys Manzira** tested for Gup 5 Blue Stripe. **Erin Albano**, sister of Thomas, and siblings **Kaitlyn Donnelly** and **Michael Donnelly** tested for Gup 3 Red Stripe. **Grace O’Neil** tested for Gup 2 Red Belt. And **Ranan Leung, Jacqueline Martone, and David Song** tested for Gup 1 Black Stripe. Congratulations in order, of course.

Photos--above left, Happy 5 year olds Saanvi Kadiyala, Yo Yo Wu, and Ian Kim hold their successfully broken boards (jokes about testing experiences having their “ups and downs” NOT approved--YHE); top, Maddie Bilbe shows determination.

--*Roselyn Romberg, DFS*

b) respect the MODESTY of the student by:

- avoiding contact with the chest, buttocks, thighs, etc.
- making “touching” as much a visual, hand-removed process as possible, letting the student supply the motion
- using the lightest touch possible

[Note that often one can “touch” without touching by gesture showing, for example, a change in angle of a forearm, thigh, foot, etc. by moving your own hands.] Remember that what is appropriate or “modest” can be a cultural construction.

10) Repeat correct technique enough that the student will retain it and practice it invariably in future.

Try not to leave your teaching responsibility on an “error” note. (If you must because of time constraints, try to track down the student toward the end of class and repeat a bit of the lesson in an attempt to leave on a positive “yes” note.)

A NOTE FROM THE EDITOR

We do get inquiries as to why some clubs (examples in this issue: Concord TKD, Maestas TKD, USTF-Utah) get more coverage in the Flash than others. The answer does not derive solely from the Stringer system. Put simply--don’t be shy! Your submission are always appreciated and respected and--more often than not--published.



At the New England Regional Black Belt Test in November, **Adam Rainis**, one of four siblings who train at the Concord School of TKD, tested for II Dan. Older sister **Abby Rainis** tested for I Dan in the fall of 2009. Younger siblings, **Meghan** and **Luke**, are also students at the DoJang. Outside of Taekwon-Do, Abby is a talented soccer player and Meghan a very enthusiastic softball player. All four participated recently in a community theatrical production, “Frog and Toad.” (Photos: Adam and Abby doing the TKD thing, and the four Rainis sibs together.)



Concord School of TKD hosted a regional Interschool Tournament on Sunday, January 12th. Ages 5 to 15 were allowed to compete in patterns and sparring events. This fun event is structured to allow newer students and younger ranks to gain tournament practice and learn proper protocol. Newly certified Referees get to practice judging patterns and serving as Corners for sparring, and higher rank Gups learn how to keep score and time. Mr. **John Murphy**, VI Dan, opens the event with an overview of tournament rules and regulations for competitors and Judges, and explains point scoring and sparring infractions. Families appreciate the education as much as the participants. Interschool Tournaments always end with pre-arranged “Test the Center Ref” rounds, when Fighters deliberately commit egregious acts of inappropriate ring behavior, to the delight of audiences and all-around laughter, all for a good cause. Thanks to all who participated! Photos: above left, First Dan **Kent Mashimo** presents **Charu Tyagi** with her first-ever medal; above right, **Maddie Bilbe** (right) and **Paul Sorrenti**.

-- Respectfully submitted, *Roselyn Romberg*

On January 18 a Black Belt test was conducted at the Academy of Martial Arts, Grafton, Wisconsin. Presiding were Sixth Dan Dr. **Rick Bauman**, Fifth Dan **Mary Lubner**, Wisconsin State Director Fourth Dan Mrs. **Jacqueline Karpinsky**, and Master F.M. Van Hecke. At the Corner was Third Dan **Caren Johnson**. Testing successfully for First Dan was Mrs. **Kristi Slattery** and for Second Dan was Mr. **Matthew Thur**. Right, a badly backlit Mr. Thur coming in on Runway 4; below, in a light moment the Board and Corner “lay hands” on Mr Thur and Mrs. Slattery.



Meanwhile, a half continent away, **Concord TKD** hosted a Gup test on January 18th. Testing for Gup 8 Yellow Belt were **Abigail Che**, **Mariana Maranga** and **Erik Haller**. **Shivam Garg** and **Mwebaze “Bazé” Kalisa** tested for Gup 7 Green Stripe. **Eli Holmes** tested for Gup 5 Blue Stripe. **Alan Chen** and **Edward Shi** achieved Gup 2 Red Belt rank. And **Alwin Pei Jin** was successful in testing for Gup 1 Black Stripe. Congratulations to all! Below, Happy boys with their stacks of broken boards (Alan Chen, Alwin Pei Jin, and Edward Shi).

