

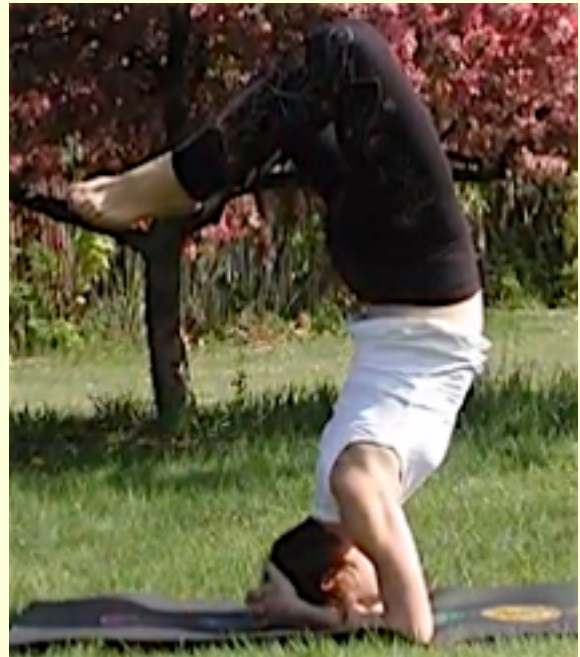
The T.K.D. Flash

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.



On January 25, 2014 a Black Belt test was conducted at the **Marquette TaeKwon-Do School** by Dr. **Steve Osborn**, V Dan, with the help of **Chuck Giotto**, IV Dan, School Director, **Brian Sowers**, IV Dan, and **Jack Eibler**, IV Dan, as Corner. The Presider braved sub 0 and blizzard road conditions. It took Dr. O. two attempts because of highway and the mighty Mac bridge closures. Students and instructors were grateful for his safe arrival. In the first row left to right: First Dan candidates **Jessica Wisuri**, **Eva Wisuri**, **Amanda Wisuri**, and **Cecilia Attwell-Gorkowski**, Third Dan candidate **Micheala Ryan**, Mr. **Chuck Giotto** and Dr. **Steve Osborn**. Back row: Mr. **Jack Eibler**, First Dan candidates **Sara Wisuri** and **Levi Wisuri**, Third Dan candidate **Jim Portale**, First Dan candidate **Nick Rintamaki**, Third Dan candidate **Max Spiessl** and Mr. **Brian Sowers**.



“The Secret Life of Dans” by Roselyn Romberg

Ms. **Abby Schwab** tested this past May for I Dan at the New England Regional Black Belt test hosted at the Concord School of TKD and overseen by Senior Master Louis Reyes. Abby is an accomplished yoga practitioner, and runs a yoga school not far from her DoJang. Abby’s flexibility and strength are admired wherever she trains or competes. She has inspired many of us in the New England region who take our TKD training seriously to introduce yoga stretches into our warmups, to increase flexibility and reduce injury. Abby trains at **Giorgio’s Academy of TKD** in Sudbury MA. Her daughter, **Emma Schwab**, is also a I Dan; above, they square off.



COMING EVENTS

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

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.

Also on April 12 a USTF Referee course will be conducted at Battle Ground, Washington. Contact the Promoter, Master David Mason, mountainviewtkd@gmail.com.

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

The **2014 USTF-UTAH Cup Tournament** will be held at Salt Lake City on May 17.

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

Fifth Dan **Mary Lubner** taught the “Taekwon-Do Track” at the Art Lab held at Uphams Woods 4-H Camp near Wisconsin Dells. She’s on the right.



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 USTF-UTAH will have its **Spring Black Belt Testing** on June 7.

On June 21 Sr. Master **Earl Weiss** will preside over a Black Belt test at DesPlaines, Illinois.

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

The **2014 USTF-UTAH Summer Weekend TKD Camp** will be held at East Canyon State Park in Morgan, Utah August 1-3. The 26th edition!

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**.

The **2014 USTF-UTAH State Championship Tournament** will be November 8 in Salt Lake City.

USTF-UTAH will have its Fall Black Belt Testing on November 15.

November 22—Last **Offutt AFB** test for 2014.



On February 1, in Grafton, Wisconsin, Dr. **Steve Osborn**, Region 5 Director, conducted a USTF Umpire Course. Promoter was Master F.M. Van Hecke. Testing for C Umpire were **Garrett Friede**, **Max Wilhelm**, **Benjamin Herzfeld**, **Alyssa Jankowski**, **Patrick Jankowski**, **Mrs. Kristi Slattery**, **Molly Gniady**, **Cory Houde**, **Joseph Brucker**, **Mr. William Pavin**, and **Michael Drozt**. Testing for B Umpire were **Mr. Oliver Joshua Locklair**, **Mr. Matthew Thur**, **Mr. Dan Kelly**, **Mrs. Jennifer Drozt**, and Miss **Amanda Galway**. Seeking A Certification was **Mr. Harley Pals**, the oldest participant at age 89. “Refreshers” were **Dr. Rick Bauman**, 6th Dan, **Mr. James Pals**, 4th Dan, **Master Braxton Miller**, **Mrs. Jacqueline Karpinsky**, 4th Dan, and **Mr. Ed Girdaukas**, 3rd Dan.

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.

AROUND THE COUNTRY

On January 26 a Faculty Dinner for the Academy of Martial Arts, Grafton, was hosted by Master F.M. Van Hecke. In attendance were Dr. **Rick Bauman**, Mr. **James Pals**, Mr. **Tom Minesal**, Ms. **Chris Langlois**, Mr. **Harley Pals**, Mr. **Aaron Prohuska**, Mr. **Kevin Friede**, Mr. **Mike Herzfeld**, Mr. **Oliver Joshua Locklair**, and Mrs. **Kristi Slattery**.

Tournament action was February 1 at **Mountain View Martial Arts & Fitness**, Battle Ground, Washington. The Promoter was Master **David**



Celebrating with his trademark victory gesture the Academy of Martial Arts, Grafton, before the statue of Al McGuire after their Women's Basketball Outing February 15. Back row from left: Mr. **Jim Pals**, **Barbie Pals**, Mr. **Mike Herzfeld**, Ms. **Christin Langlois**, Master F.M. Van Hecke, **Pat & Alyssa Jankowski**, Mr. **Josh & Valerie Locklair**; Front row: **Gabriel Peters, Rex**, Mr. **Mitchel Pals**, **Melody, Tessa Locklair, Rachel LaPorte**.

Sir:

On February 8th and 9th a USTF Class C Instructors Course was hosted by Sereff Taekwon Do. The Instructor was Grand Master Mike Winegar, USTF Technical Director. Instructors and Students from Colorado, Wyoming, Utah, Georgia and Louisiana attended the course. With only 12 first timers, the 25 refreshers made this course possible. From 1st gup to Sr. Master, Grand Master Winegar taught pattern, philosophy and the requirements set forth in the USTF Gup Syllabus. Everyone felt renewed after the course and ready to set their classes on fire! A special Thank you to Grand Master Winegar who makes these courses better each time. Below is a photo of the group assembled, joined by Senior Grand Master Charles Sereff, who stopped by for inspiration.

Grand Master Renee Sereff, Flash Stringer



Mason. Hopefully, pictures and insight in the next issue.

On February 22 a USTF Referee Course was conducted at **Sereff Taekwon-Do**. Hopefully, pictures and insight in the next issue.

FROM THE LETTER FILES

[Editor’s Note: Herewith, a couple of recent letters. They are testament to the liberating power of our Art. Because they contain personal comments which might cause embarrassment to individuals, I have edited them liberally.]

Dear Master _____:

With regret I would like to inform you that I am canceling our family's membership dues.

I have not been attending because I was transferred last year to work in the (another geographical) area and usually stay there for the week and only come on the weekend, and I just found out that I will be staying in this area for another year or so. So (one son) has just turned 18 and (a daughter) and (another son) are busy with school, work and life in general.

I would like to thank you for all the guidance and special care that you have given our children. It is thru your teaching, guidance and leadership that I feel my children have grown to be, confident, outgoing, courageous, have great self esteem, with outstanding leadership abilities.

I also would like to thank you from the bottom of my heart for giving me the opportunity to fulfill a long elusive dream of mine which became a goal thanks to your encouragement and that is earning my 1st Dan.



USTF Promotion Testing - Region III
by Master Ricky Todd, D.F.S.

Axe Taekwon-Do recently held a testing Thursday, February 20th. The testing was at **Axe Taekwon-Do** located at Offutt Air Force Base in Bellevue, Nebraska.

Twenty-five students tested for various ranks from 9th gup, White Belt Yellow Stripe through 3rd Degree Black Belt. The testing candidates ranged from in age from 5 years old to over 40 years old. The testing board was composed of Master **Ricky Todd** 7th Dan, USTF Region 3 Director, Mr. **Kevin Bushor**, 6th Dan, USTF Nebraska State Director, Ms. **April Bowling**, 5th Dan, and Mr. **Patrick Finan**, 4th Dan, USTF Armed Forces Director .

After a great display of skill and technique Mr. **Luke Carter** was promoted to 3rd Degree Black Belt and Ms. **Sarah Navratil** was promoted to 2nd Degree Black Belt.

Other promotions were: to Red Belt Black Stripe - **Staci Chamberlin**; Blue Belt Red Stripe - **Sheila Duralia**; Blue Belt - **Jadyn Turnipseed**, **Jessica Hollinger** and **Emily Hollinger**; Green Belt - **Christopher Baker**; Yellow Belt Green Stripe - **Evaine Mansfield**; Yellow Belt - **Kaden Bach**, **Bady Bach**, **Gabe Buckli**, **Carson Buckli**, **Austin Buckli**, **Kacee Buckli**, **Sophia Carter**, **Lizzie Chamberlin**, **Layla McIntyre** and **Amy Turnipseed**; White Belt Yellow Stripe - **Ashley Brown**, **Maria Carter**, **Ryan Chamberlin**, **Janeen Roberson**, **Lizzy Wagstaff** and **Cate Wagstaff**.

For more information, pictures, etc., please contact our website at www.axetkd.com or visit our axetkd facebook page. Top, the group photo. Immediately above right, Ms. Sarah Navratil breaks three in perfect form, center, Mr. Luke Carter powders three tiles with back fist, right, Mr. Carter breaks three with twin foot front kick.

Thank you , Master _____.
Thank you, Sir, it has been an honor and great
pleasure.

Sincerely,
(Student and Parent of Adult Students)

*

Master _____,

I wish I could express to you how grateful I am
for (your school). I have watched (my daughter) grow
into a confident and focused young woman who is able
to handle herself in any situation, and I know that is
primarily due to her training at the dojang. I had
complete confidence in sending her off to (foreign
country) by herself this summer - as I told her, I was

more concerned for any unsuspecting fellow who
might bother her than I was for her safety! I am in awe
of the Board and so very thankful for them. You, Mrs.
_____, Dr. _____, (and other faculty
members) have all had a great influence on (her) and
on (my son), and I am profoundly grateful. I realize
that all of you could be doing something else. Please
know that you are a blessing to me personally and to
society as a whole. (The School) is part of the solution
to our society's deep needs.

I hope this doesn't sound like flattery. It is not.
It is simply the gratitude of this mother's heart. I hope
you all know that you make a difference. I continue to
pray regularly for everyone involved with (the school).
Thank you for all you do.

Sincerely,
(Parent of Adult Students)

Ohdan April Bowling, left, aids Yidan Sarah Navratil in demonstrating model sparring at Axe
Taekwon-Do on February 20. Can't we all do turning kick in slow motion like this?

