

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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KIDS' TKD ART CONTEST

IT'S THAT TIME OF YEAR AGAIN. The annual **Kids' Summer Taekwon-Do Art Contest** takes place again this year. 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



New Flash Stringer Named

Master **Guy Williams** of Alaska has been appointed an official Flash Stringer by the Editorial Board of the TKD Flash. He joins in such capacity a Contributing Staff of Ms. Roselyn Romberg, Master Ricky Todd, Grand Master Renee Sereff, and Mrs. Corinne Sroykum. In 2013 Master Williams won the "Best Article by a Non-Stringer" contest for his contribution to the Flash. He wears more than one hat, being Alaska's USTF State Director and head instructor at Fairbanks TKD.

In announcing the appointment, the Editor, F.M. Van Hecke, said, "Master Williams has been a faithful reporter of the goings-on in Alaska. He has never failed to communicate an important event. We look forward to his formal addition to our Staff and recognize his many past contributions."

Master Williams stated, "I am honored to be included in such company and would urge all school owners to consider reporting their events with regularity. It will keep us closer together and make for a better USTF."

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'!

COMING EVENTS

There will be a Black Belt/Color Belt combined testing June 7 at **Axe Taekwon-Do**.

And a colored belt test in Fairbanks, Alaska at **Fairbanks TKD**.

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

On June 9 a First Dan and Gup One test will be conducted at **Marquette Taekwon-Do** in the U.P. Presiding will be Fourth Dans Mr. **Chuck Giotto**, Upper Michigan Peninsula USTF State Director, Mr. **Brian Sowers**, Ms. **Hilija Spiessl**, and Mr. Jack Eibler, Fourth Dan, will be at the Corner.

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

Sereff World Camp will take place at YMCA of the Rockies Winter Park, June 22 through 27.

On July 18 **Big Dog Taekwon-Do** in Grand Rapids, Michigan, will be holding a black belt test on before Senior Master **Kirk Steadman** and Dr. **Steve Osborn**, USTF Region 5 Director.

Senior Master Steadman will conduct a USTF Referee Course at Big Dog TKD in Grand Rapids, Michigan, on July 19th.

Giorgio's Academy of TKD in Sudbury, Massachusetts held a Team Patterns and Breaking Exhibition on Sunday, March 30th. Ten teams, of between three and five competitors each, performed patterns ranging from Chon-Ji to Ge-Baek, to the delight of spectators and younger Gup students who train at the school. The breaking exhibition was a true crowd pleaser. Junior ranks tackled 8" and 10" boards with Front Snap and Side Piercing kicks. Senior rank Gups and Black Belts blasted through multiple boards with spinning and flying kicks, suspended board Knife Hand strikes, and mid-air punches. Energy was high, and the teams made their school proud. On right, **Renata Pomponi** breaks.

- Submitted by D.F.S. **Roselyn Romberg**





Victory TKD of Albany, New York, recently held a Gup Test. Testing for Gup 9 Yellow Stripe were siblings **James & Jeremiah Horn** and **Shane & Ian Nygaard**. **Tiffany Hutchings, Jackie Preston,** and **Rebecca Smith** tested for Gup 8 Yellow Belt. **Elijah Smith** was promoted to Gup 3 Red Stripe. And **Daniel Smith** and **Joshua Jones** successfully promoted to Gup 1 Black Stripe (we look forward to their I Dan tests in short order!). Congratulations to all!

--Submitted by **Roselyn Romberg, DFS**

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 **Ricky J. Todd** is the Promoter.

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

The **15th Annual Wyoming Invitational** Tournament will be held in Casper, Wyoming, on September 15.

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

USTF Class B Instructor Course November 8th & 9th, 8:00 am each morning. Registrations are due HQ by no later than October 11th.

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.

On November 22 Offutt AFB will be the site of another Taekwon-Do testing.

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 March 27th the **New England School of TKD** held a Gup Test at the YMCA in Hanover, Massachusetts. **Kevin Frawley, Liam Ryan, and Aidan** and **Ethan Tran** were promoted to Gup 9

Yellow Stripe. **Joseph Clasby** and **Mi Kim** tested for Gup 8 Yellow Belt. **Dakota Handly, Keith Maloney, and Cooper** and **Michael Williams** were promoted to Gup 6 Green Belt.

Concord School of TKD hosted Senior Master **Louis Reyes** for a USTF Referee Course on Sunday, April 13th. Students came from around New England to attend the class and test for Class C, B, and A Referee status. The instructor covered the fine points of ring protocol, points and



On Saturday, 26 April **Concord School of TKD** hosted a Gup Test. **Wahid Liyakath, Nicholas Terry,** and siblings **Finley, Shayla,** and **Aden McKenzie** tested for Gup 9 Yellow Stripe. Successful candidates for Gup 8 Yellow Belt included **Ian Kim, YoYo Wu,** and **Charlie Morse**. Gup 6 Green Belt candidates included **Dexter Greer, Jillian O'Neil, Lauren Kim,** and siblings **Deborah** and **Joseph Won, Anna** and **Andrew Pak,** and **Alex** and **Max Kim**. **Lily Lorenz** tested for Gup 5 Blue Stripe. **Stephanie Hellman** and **Katherine Kelly** passed for Gup 4 Blue Belt. Photos: on left, Charlie Morse breaks; on right, Mr. **John Murphy** utilizes unprecedented technique to tighten Ian Kim's new belt and Ian reacts.





On Saturday, April 19th, 2014 a Black Belt testing was held at **Inferno Taekwon-Do** in Harrod, **Ohio**. Promoting the test was head instructor of Inferno Taekwon-Do Mr. **Larry Kaiser**, IV Dan. Brought in to conduct the testing was Mr. **Ronald Britt**, VI Dan and Ohio State Director for the USTF. Testing for his 2nd Dan



was Mr. **Steven Britt**.

Mr. Steven Britt has dedicated himself to the art of Taekwon-Do not only through his training and eagerness to help teach in the Dojang, but in his community service and his reflection of TKD in the world outside of the Dojang. It was a small testing, but no testing is unimportant, especially at these ranks. After the testing was over, the class celebrated this great achievement with some well-deserved Chinese food!

Photo above left, Test board for the testing. From left to right: Inferno TKD head instructor Mr. Larry Kaiser, IV Dan, Ohio State Director Mr. Ronald Britt, VI Dan, and making her return after healing from meniscus surgery Mrs. **Heidi Titus** 1st gup helping as Corner.



Photo lower left, from left, Fourth Dan Larry Kaiser, New Second Dan Steven Britt, Mr. Ronald Britt, Sixth Dan. Top right: Airborne! Right: building materials needlessly destroyed.

--Submitted by *Larry Kaiser*, IVth Dan

warnings, handling problem situations in the ring, and best practices for ensuring a safe and fair round for the fighters. Thank you, Sr. Master Reyes, for an excellent course, as always!

--Submitted by Roselyn Romberg

The **2014 USTF-UTAH Cup Tournament** was held at Salt Lake City on May 17. Pictures and an account, hopefully, in the very next TKD Flash.



Grafton, Wisconsin--109 competitors from three states were ready to rumble (picture above) in the 2014 **AAMA Spring Classic** in Grafton. The Tournament Director was Fourth Dan **James Pals**; Deputy Director was Sixth Dan Dr. **Rick Bauman**; serving as Chief Referee was Sr. Master F.M. Van Hecke. Master **Braxton Miller** was a distinguished guest. Competition was intense and of high quality. The Gup Level Team Patterns alone had 16 entrants. Black Belt and Mixed Black Belt/Gup Level teams also competed in this aspect of competition. Individual Pattern competition and Free Sparring competition were the other featured events. Chosen from many moments in many photos just this one: "The Turtle Titans," **Rachel LaPorte**, left, and **Valerie Locklair**, right, celebrate a big win in Gup level Team Patterns. Complete competition results on pages 7 & 8.



New England School of TKD participated in the Hanover MA YMCA's annual Healthy Kids Day event on April 26th. Students of NETKD put on a demonstration of team patterns first. Then, members from the audience were invited to learn how to do basic blocks, strikes, and breaks. The program at the Y emphasizes exercise and getting fit while learning new skills, and having fun. The families that participated reported having a great time! Below, a team pattern at Healthy Kids Day.

--Submitted by **Roselyn Romberg, DFS**



2014 AAMA Spring Classic ResultsFree Sparring

Black Belt Men Heavyweights

First: Mike Herzfeld
 Second: Dan Kelly
 Third: Marc Mikkelson

Men Black Belt Middleweight

First: Matthew Thur
 Second: Matthew Drozt
 Third: Nick Morales

Black Belt Advanced Ladies

First: Christen Langlois
 Second: Crystal Jehle

First Degree Black Belt Ladies

First: Amanda Galway
 Second: Jennifer Drozt
 Third: Kristi Slattery

Red Belt Men Group I

First: Brandon Heitikko
 Second: Asharaf Al-Hajjeh
 Third: Nicholas Chavez

Red Belt Men Group II

First: Joseph Brucker
 Second: Cory Houde
 Third: Alex Browning

Red Belt Ladies

First: Molly Gniady
 Second: Ashley Ramos
 Third: Valerie Locklair

High Blue Belt Men

First: Bakari Wynn-Beavers
 Second: Ethan Rohde
 Third: Wilson Jones

Blue Belt Ladies

First Place: Abigail Escobar
 Second Place: Rachel LaPorte
 Third Place: Alessander Betchner

Lightweight Green/Blue Men

First: Sajiv Shah
 Second: Anthony Lepianka
 Third: Kazi Wynn-Beavers

Green Belt Ladies I

First: Chase Picocanac
 Second: Danielle Dillelio
 Third: Natalie Cortez

Green Belt Ladies II

First: Analiese Tauschek
 Second: Amanda Drozt
 Third: Natalie Cortez

Green Belt Men

First: Leobardo Perez

Second: Thomas Nevala

Third: Anthony Cisneros

High Yellow Men

First: Lucas Scharenbrock
 Second: Derek Houde
 Third: James Pirocanac

Yellow Men Heavyweights

First: Hunter O'Pinker
 Second: Dominique Anderson
 Third: Matt Krajnik

Yellow Belt Ladies

First: Akeli Winn-Beavers
 Second: Selena Cuevas
 Third: Karen Zumudio

High White Mixed

First: Elliot Krajnik
 Second: Riley Johnson
 Third: Natalie Johnson

Team Patterns

Mixed Team

First: Scorpions
 Second: Tri-Force
 Third: Ghost Hawks

Black Belt Team

First: Black Belt is Beautiful
 Second: Mirror/Mirror
 Third: Samandy

Gup Team

First: Turtle Titans
 Second: The Awesome People
 Third: The Titans

Individual Pattern Competition

Little Dragons

First: Noah Bauer
 Second: Mason Pfeffer
 Third: Samuel Kuhlow

White Belt

First: Mike Grady
 Second: Matthew Heller
 Third: Anthony Gasling

High White Belt

First: Shantanu Chaudhuri
 Second: Natalie Johnson
 Third: Elliot Krajnik

Child Yellow Belt I

First: Danny Saville
 Second: Riley Johnson
 Third: John Bruckner (*cont'd next page*)

2014 AAMA Spring Classic Results (cont'd.)

Child Yellow Belt II

First: Noelle Wittwer
 Second: Kevin Rauch
 Third: Derek Houde

Yellow Belt Adult

First: Hunter Opinker
 Second: Akili Wynn-Beavers
 Third: Matt Krajnik

High Yellow Belt

First: Lucas Scharenbock
 Second: Selena Cuevas
 Third: James Pirocanac

Green Belt

First: Annaliese Tauschek
 Second: Nathan Heller
 Third: Amanda Drozt

High Green Belt

First Place: Thomas Navala
 Second Place: Anika Olson
 Third Place: Anthony Cisneros

Blue Belt

First: Danielle Delelio
 Second: Rosalie Johnson
 Third: Noah Jacoby

High Blue Belt

First Place: Allesandra Betchner
 Second Place: Rachel LaPorte
 Third Place: Wilson Jones

Ladies Red Belt

First: Valerie Locklair

Second: Rachel LaPorte

Junior Gup One

First: Max Wilhelm
 Second: Garrett Friede
 Third: Cory Houde

Gup One Intermediate

First: Alex May
 Second: Nicholas Chavez
 Third: Alex Browning

Senior Gup One

First: Brandon Heitikko
 Second: Raymond Bauer
 Third: Ashra Al-Haijeh

First Dan

First: Amanda Galway
 Second: Evan Koenig
 Third: Jennifer Drozt

Second Dan

First: Mike Herzfeld
 Second: Nick Moralez
 Third: Kevin Friede

Third Dan

First: Mark Johnson
 Second: Caren Johnson
 Third: Crystal Jehly

Black Belt Advanced

First: Jay Mustapich
 Second: Jordan Jehly
 Third: B. Hilija Spiessl



Mrs. **Kristi Slattery** is about to demolish her target as Mr. **Paul Hebein**, Fourth Dan, demolishes a concrete patio block at a demonstration by the **Grafton Academy of the Martial Arts** given to the Pioneers Youth Group at the Divine Savior Gym in Grafton Wisconsin on May 6. Photos courtesy of Third Dan Miss **Christen Langlois**.



Maestas Taekwon-Do conducted a Black Belt grading on May 18. Pictures and an account, hopefully, in the very next TKD Flash.



On Saturday, May 3rd, Axe Taekwon-Do at Offutt Air Force Base in Bellevue, Nebraska hosted the **7th Annual Axe Taekwon-Do Invitational Tournament**. Students from Missouri, Kansas and Nebraska participated in this USTF sanctioned tournament. There were 61 students competing in team patterns, individual patterns, sparring and breaking competition. The Tournament Director was Senior Master **Dustin Stephenson** –USTF Region 6 Director, Tournament Promoter – **Master Ricky Todd** – USTF Region 3 Director, Chief Referee – Mr. **Patrick Finan**, 5th dan – USTF Armed Forces Director and Tournament Coordinator – Mr. **Kevin Bushor** – 6th dan – USTF State Director for Nebraska. Special Guest in attendance was Mr. **James Rolston** – USTF Missouri State Director.

Pictures have been posted on the Axe Taekwon-Do Facebook page and the winners for every division are listed on the Axe Taekwon-Do webpage.

Team Patterns led off competition. After the individual patterns, sparring and breaking we tabulated the points for an overall Grand Champion of the tournament. Black Belt division winner was Ms. **Sarah Navratil**, II Dan from Axe Taekwon-Do. Color Belt division winner was Mr. **Andrew Phan**, from Kirksville, Taekwon-Do. This is the second year in a row for Mr. Phan!

Individual schools represented were: **Kirksville Taekwon-Do**, **Axe Taekwon-Do**, and **Hannon Taekwon-Do**. We want to thank all instructors and students who helped make this a great event! The tournament also provided many of our USTF referees with valuable experience. A special thanks to our photographer for this event, Mr. **Larry Jones** from Kansas City, Missouri. Our goal is to increase our attendance each year, so look for us in 2015!

Submitted by Master *Ricky J. Todd*, DFS

Pictures: above left, Grand Champion Black Belt Sarah Navratil, below right, a group ready to rumble.



United States Taekwon Do Federation, Inc.
6801 W. 117th Ave. E-5
Broomfield, Colorado 80020

April 29, 2014

Dear Mr. Harley Pals,

As we all age gracefully in Taekwon Do, I want to congratulate you on your coming Birthday. It makes me very proud to know that students in their 80's, like me, are still active in the USTF. We can all thank General Choi for his insight on creating an Art that all ages can be active in!

Throughout the years we have had only a few that have continued Taekwon Do at the later stages of life. Wayne Schofield of Colorado, Mr. Russell in California and Logan Cruthcher of Missouri all trained within the USTF in their 80's. You my friend have made it to another decade, a record in the USTF.

Happy Birthday to our first student to still be active in their 90's! My heartiest congratulations from one senior citizen to another.

With Great Respect,

Charles E. Sereff
Grand Master Charles E. Sereff
USTF Founder

Congratulations, Mr. Harley Pals,
on your 90th Birthday!



Sr. Master F.M. Van Hecke presents
Mr. Harley Pals with Senior
Grandmaster Sereff's Commendation.



Left, Mary-Anne Schubert multiplies two into four. Below, the irresistible force of pony-tail power as Sarah St. Pierre makes her break. More photos, next page.



The New England Region was honored to host Grand Master **Renee Sereff** to oversee its semi-annual Black Belt test on May 17th. GM Sereff toured the **Concord School of TKD**, host site for the test and headquarters for the region, the day before. She observed Gup classes in the afternoon and taught the evening Adult class, a special treat attended by students from around the region. GM Sereff was joined on the testing board by SM **Louis Reyes**, Mr. **Robert Giorgio**, IV Dan and head of **Giorgio's Academy**, Mr. **Tom Gibbons**, IV Dan and head of **Victory TKD**, and Mr. **John Murphy**, VI Dan and head of Concord TKD. Mr. **Karl Huffman**, V Dan, cornered the exam and participated as *uke*. Ms. **Joanne Haley**, head of **NE TKD**, tested for V Dan. Ms. **Mary-Anne Schubert**, Mr. **Geoffrey Greenhouse**, and Mr. **Jeffrey Sullivan** tested for II Dan. And Ms. **Sarah St. Pierre**, Ms. **Roselyn Romberg**, Mr. **Marc Clasby**, Mr. **Robert Brockman**, and Mr. **Frederick Rust** tested for I Dan. Thank you, GM Sereff, for an excellent test! It was an honor to host you in New England!

--Submitted by **Roselyn Romberg, DFS**



Photos from the New England Regional Black Belt Test May 17. Above, Testing Board, Instructors, and Candidates. Front row, Ms. Mary-Anne Schubert, Senior Master Louis Reyes, Ms. Joanne Haley, Mr. Geoffrey Greenhouse, Mr. Marc Clasby, Grand Master Renee' Sereff, Mr. Eric Vining; Middle row, Mr. Ramon Colon, Ms. Roselyn Romberg, Ms. Sarah St. Pierre, Mr. Jeffrey Sullivan, Mr. Rob Brockman; Back row, Mr. Robert Giorgio, Mr. Karl Huffman, Mr. Frederick Rust, Mr. John Murphy, Mr. Ed Vitello.



A few breaks, top to bottom: left, Brockman, Clasby, Rust; center, Romberg, Haley; right, Greenhouse, Sullivan.

