

# The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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## COUNTDOWN: KIDS' TKD ART CONTEST

Here's your reminder that submissions are due by August 15. Anybody under 14 is eligible this year. [Older folks may submit and share.]

Entries may be scanned and e-mailed as attachments to [fmvh1@mac.com](mailto: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. Entries in past years were outstanding.



On June 26, Master **Randy Casco** hosted a seminar, "Details, Details, Details," taught by Sr. Master F.M. Van Hecke at **Casco's Taekwon-Do**. The seminar was conducted at the Lahaina Civic Recreation Center, Lahaina, Maui, Hawaii. In attendance were **Clayton Lagazo, Kila Kila Parnell, Shane Ueki, Kealii Tateyama-Magana, Teani Whitehead, Aaron Yogi, Ezra Tolbert, Maison Alexander, Brianna Doan, Jayelyn Finn, J.J. Jerome, Jacob Jerome, Ken Alba, Santiago Vera, First Dan Marian Ortiz, and Master Randy Casco**. The instructor was grateful for the many thoughtful gifts, bounty of Hawaii, the lei, but, most of all, the chance to meet some outstanding people and, above all Master Casco, who is clearly one of USTF's treasures, pictured at right with SM Van Hecke.

*Dear Sir,*

*Recently, our own Ms. Clare Langmacher, IV Dan, was named Mrs. MillerCoors for this year. The MillerCoors company runs a fitness challenge through their wellness center. As can be seen by the numbers below, Ms. Langmacher almost beat the under 40 winner.*

*This was not an easy challenge and we are very proud of her.*

*Master Robert Martin*

*Picture caption: Ms Clare Langmacher with her son Mr. Benjamin Pemble.*



## COMING EVENTS

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.

On October 4 at Sereff Taekwon-Do, Master **Frank Hannon** will teach the USTF-sanctioned Ground Fighting course.

October 11. USTF Referee Course. Sereff TKD.

October 19 is the date for 2014's **Sereff Fall Championship**. The competition will be fast and furious, the officiating the very best. Contact HQ for details.

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

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. Keep those great photos in a drawer? Why not share them with your fellow practitioners?

## AROUND THE COUNTRY

On June 21 Sr. Master **Earl Weiss** presided over a Black Belt test at DesPlaines, Illinois. Article on page 8.

**Sereff World Camp** took place at YMCA of the Rockies Winter Park, June 22 through 27. Story on page 7.

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

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

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



also Fourth Dan, was at the Corner. In the photograph: Front Row, School Director Chuck Giotto IV Dan, **Faith Ross** and **Trent Holmgren**, promoted to 1st Gup, 5th Gup **Shawn Sitar**, 1st Gup **Anija Spiessl**. Back Row Ms. **Hilija Spiessl** IV Dan, **Scott Pyykola**, promoted to 1st Gup, and, promoted to 1st Dan, Mr. **Brandon Hietikko**, followed by 1st Gup **Brooke Wisuri**, **Jack Eibler** IVth Dan and **Brian Sowers** IVth Dan.

--Submitted by Chuck Giotto



The **USTF New England Region** fielded a team of judges for the annual **General Choi Memorial Cup** event in **Ottawa** the weekend of June 7-8<sup>th</sup>. This tournament, hosted annually by ITF Grand Master **Phap Lu** and Master **Peggy Seeley**, draws 300 to 450 competitors and over 100



referees from around the world. This year's participants ranged from the Caribbean to the Arctic Circle, and included representatives from schools

across Canada, Mexico, the US, and abroad.



The tournament kicks off with a fun obstacle course competition for students under six years of age. Gup patterns and sparring events follow. At mid-day, dignitaries from around the world are introduced and special awards are given out, followed by a (breath-taking) demonstration of Juche by **Curtis Lu, II Dan**, and an exciting show of jumping and flying breaking techniques. Then the Black Belts and Adults over 40 take the floor for patterns and sparring competitions judged by the senior-most representatives from every country.

Top left: medals. top right, a Puerto Rican winner displays her pride in her country. Lower left: Several of the NE Region's judges posing with GM

Lu (Ms. **Anna Glasberg**, GM Lu, Mr. **John Murphy**, Mr. **Karl Huffmann**, with able Flash correspondent **Roselyn Romberg** behind the camera). Below, the "under six crowd" of many schools, many nations, ready to rumble.



**Ms. DeeDee Connell Takes Gold  
in Ottawa**

Ms. DeeDee Connell, IV Dan, of Sheridan, Wyoming won the gold medal in Veteran Women’s Patterns at the General Choi Cup in Ottawa. Women from around the world attended this year. Ms. Connell faced stiff competition, but kept her cool and her stamina up through multiple back-to-back rounds, to the delight of the audience and the approval of the international panel of judges. Congratulations, Ms. Connell, on an impressive win!



[Editor’s Note: Ms. Connell demonstrates the attention to detail for which she is renowned with side piercing kick and back piercing kick beautifully differentiated.]



Article and Photographs  
submitted by Distinguished  
Flash Stringer **Roselyn  
Romberg**, First Dan.

**Manera’s Taekwon-Do Students Compete at “2014 Battle of Atlanta”**

By Mr. Mario Manera

Tournament competition is an important part of Taekwon-Do training in that it not only tests the skills of students against other students outside of class, it also helps break the student’s shyness and builds their confidence by allowing them to perform

students in Kung Fu, Karate, or another martial arts style.

Five years ago, at the 2009 BOA, Miss **Leilani Manera** won 1st place in Traditional Forms (Patterns) in the 12-13 yr. old Girl’s Black Belt Class-A Division, and at last year’s 2013 BOA, Mr. **Mario Manera** won 2nd Place in Traditional Forms in the 50-59 yr. old Men’s Black Belt Class-A Division.

At this year’s 2014 Battle of Atlanta on June, 21, some students of Manera's Taekwon-Do did well.

Miss **Reily Pilcher**, 1st gup, won 3rd Place in Point Sparring in the 14-15 yr. old Girl’s Advanced Division.

Mr. **William Anderson** 5th gup, competing in the 10-11 yr. old Boy’s, Intermediate Division, won 1st place in Point Sparring; and 4th place in Traditional Forms.

Mr. **Andy Pilcher**, 6th gup, competing in the Men’s 40-49 yr. old Intermediate Division, won 2nd Place in Continuous Sparring; and 2nd Place in Traditional Forms.

Mr. **Olivier Tran**, 6th gup, won 2nd Place in the 16-17 yr. old Boy’s Intermediate Division.

Other students who also competed but did not place were Miss **Jessica Campbell** (1st Gup), Miss **Brianna Slaton** (2nd Gup), Mr. **Samuel McGrath** (3rd Gup), Mr. **Ashwin Limaye** (3rd Gup), Miss **Nitya Gutta** (5th Gup), Mr. **Nirvaan Adapa** (5th Gup), Mr. **Nevin Gutta** (5th Gup), and Mr. **Andrew Tran** (6th Gup).

Mr. Mario Manera, a long time judge and referee of the BOA officiated this year at the tournament.

In the accompanying pictures above left, the first picture is Mr. William Anderson proudly displaying his 1st Place and 4th Place trophies. In the second picture are brothers Mr. Andrew Tran and Mr. Olivier Tran proudly displaying Mr. Olivier Tran’s 2nd Place trophy.



in front of an audience.

**Manera’s Taekwon-Do** in Kennesaw, (Atlanta) Georgia understands the importance of tournament competition, and when a USTF or ITF tournament is not available, Manera’s Taekwon-Do students compete in open martial arts tournaments.

One of the biggest open tournaments in the nation and the U.S. southeast is the Battle of Atlanta (BOA), a NASKA (North American Sport Karate Association) event with hundreds of competitors from around the country, and sometimes from other countries. Therefore, winning or placing well at this “world event” can have special meaning. In open tournament, competitors from all kinds of martial arts disciplines compete against each other. So it has even more meaning when competing and winning against



Sir:

*Sereff Taekwon Do hosted the World Camp at YMCA of the Rockies, Snow Mountain Ranch from June 22-27<sup>th</sup>! We were honored to have Sr. Grand Master **Charles E. Sereff**, plus Grand Master **Mike Winegar**, Grand Master **R. Sereff** and Grand Master **Paul De Baca** teaching for Grand Master Day on Monday. Sr. Master **Kirk Steadman**, camp director and his assistant Master **Ricky Todd** ran an excellent camp with many events that made the camp a success.*

*For **Year of the Horse** we had mascots per team and some guidelines. You were judged on your horse's name, photo of your horse doing some activity, if you kept your own horse at the end of camp with the horse rustling going on and lastly the décor using nature.*

*The Team captains plus assistants made for a great camp!*

*Country Day included Australian, Canadian and American instructors. We missed Sr. Master Birch at camp but got to spend the day with him in Broomfield. His health would not allow him in the high altitude.*

*On Wednesday we traveled with the campers to Grand Lake for a park workout that included all the Sr. Masters and Masters as instructors plus sack lunch and of course the Polar Bear Plunge after! An afternoon of Ice Cream, Horse riding for a few and a Siamese Sparring Tournament in the evening! The traditional water fall, cold water training, went off like clockwork! From the warm-ups early in the morning to the camaraderie in the evening, everyone had a great experience.*



*Grand Master **Renee' Sereff***

[Photos: top left, Mr. **Freddie Cowns**, Texas State Director, does the polar bear plunge into Grand Lake; above right, from left, J. Hill, F. Cowns, D. Moormeier with their gallant steeds; below, Camp GMs, Directors,Captains, Assistants--front Grand Masters DeBaca, Winegar, C. Sereff, R. Sereff, back row Ricky Todd, Eric Gemmell, F. Cowns, Denise Moormeier, Caitly Fitch, Josh Hill, Deborah Ragone.]





**“Secret Life of Dans” – Senior Master Louis “Blues Man” Reyes**

By DFS Roselyn Romberg

Senior Master **Louis Reyes** is a familiar figure at tournaments, seminars, and Black Belt tests in New England. He teaches the USTF Referee course twice a year, and regularly leads Beginner and Advanced Patterns seminars, daylong workshops on sparring, and special classes covering weapons defense, Step sparring, and Black Belt testing preparation and protocol. He travels, for TKD and for work (SM Reyes is a senior manager with Sylvania) and, with his family commitments, can be a very busy man. So it may come as a surprise to some to learn that SM Reyes has “another life,” as the bass player in a successful blues band. The Jackson Street Blues Band plays clubs and events

throughout the region, and has recorded covers of numerous popular blues tunes. Check out their website and tunes! <http://jacksonstreet.bandcamp.com/>



Sr. Master **Earl Weiss**, Master **Braxton Miller** and **Rick Bauman**, 6th Dan, pictured center, presided June 21 Illinois test. in which Dr. **Steve Osborn**, Region 5 Director, successfully tested for 6th Dan, Mrs. **Danielle Spiessl** for 4th Dan, and **Maureen Spiessl** for 3rd Dan. Congratulations to some truly outstanding folks.



On July 23 a gup test was conducted at the Academy of Martial Arts in Grafton, Wisconsin. Presiding were Miss **Christin Langlois** and Mr. **Aaron Prohuska**, Third Dans, Mr. **Kevin Friede**, Second Dan, and Sr. Master F.M. Van Hecke. Aply handling the Corner were Miss **Alyssa Jankowski**, Mr. **Garrett Friede**, Mr. **Max Wilhelm** and Mr. **Patrick Jankowski**. Testing were **Benjamin Herzfeld**, **Kristi Lineberry**, **Camille Spinelli**, **Michael Spinelli**, **Sam Blamer**, **Andrew Schulz** and **Yosh Jha**. Caught for a moment after the test in a somewhat informal pose were, left to right bottom, Mr. Patrick Jankowski, Dr. Kristi Lineberry, Benjamin Herzfeld and Garrett Friede, mounted by Sam Blamer, Camille Spinelli, and Alyssa Jankowski, yet above that Michael Spinelli and Yosh Jha, and on the summit Andrew Schulz.



Rugged Maniac Race

By Yovani Pina

Had a fantastic day on July 26 proving to ourselves that we can overcome anything in our way! As a team, we supported each other and made sure we all made it over the hills, up and down the walls (gracefully), across the cargo nets and through the dark and not-so-straight tunnels (almost there!!! ALMOST THERE!!!) - in one piece (just a couple of scrapes and bruises as evidence that we were there) and a smile on our faces (the majority of the time).



I know, in general, we set our expectations high. However, as a group (referring specifically to yesterday's Maniac group and Maestas TKD), we tend to exceed other's expectation! We were thanked by many of the staff that manage the event and were praised by how tireless we all were in taking on the next task.

Nice job MTKD Maniacs!

[Editor's Note: the picture above right shows participants Yovani Pina, Clare Langmacher, Dan Nelson, and Tracy Rodgers. Thanks to Master Robert Martin for sharing Mr. Pina's contribution.]