

# 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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## COMING EVENTS

**Fairbanks Taekwon-Do**, Alaska, will be having a color belt testing on December 6, 2014.

On December 6 there will be a Black Belt test at **Sereff Taekwon-Do** in Broomfield, Colorado.

On December 9 the Harrisburg Black Belt testing will be held, Promoter Sr. Master **Larry Winn**, with Sr. Master **Tom Cope**.

On December 19 there will be a Black Belt test at **Hannon Taekwon-Do**, Leavenworth, Kansas.



Sir,

Attached please find a photo of the colored belt testing candidates from Kirksville's Taekwon-Do's October test. Kirksville promoted a total of twenty-nine students in two nights of testing. Senior Masters Bill and Dustin Stephenson presided over the tests.

*Lisa Eastin, Fourth Dan*

**Maestas Taekwon-Do** has had a very busy fall with the fall tournaments and seminars. We've also had some time for fun. On October 25<sup>th</sup> we held our annual Halloween party. We aren't really sure how many we've held but it must be nearing 20 years. Many of the teenagers in the back row participated when they were 5 and 6 years old. Now they help run things. [Editorial comment: Oh, my!]



Senior Master **Louis Reyes** will offer a First Dan Patterns Seminar on Sunday January 4th at **Concord Taekwon-Do**, followed on Sunday January 25th by a Second Dans Patterns Seminar. On February 8th, SM Reyes will teach a Sparring Seminar for all ranks at the same location. Senior Master Reyes keeps 'em hopping in New England!

The Concord School of Taekwon-Do will host the **USTF National and International Invitational 2015**. at Brandeis University on July 25 & 26, 2015 in Historic Boston Massachusetts. Information packages will be going out shortly, questions or requests for more information can be sent to can be sent to; John Murphy at the Concord School of Taekwon-Do, 77 Powder Mill Rd., Acton MA, 01720 or to [j.murphy@concorditfkd.com](mailto:j.murphy@concorditfkd.com)

## ERRATA

On page 8 of the November Flash Ms. **Amy Wilcox** is erroneously referred to as "Amy Wilson." Our apologies to Ms. Wilcox. Awesome action picture though...

## AROUND THE COUNTRY

On November 3 a gup testing was held at the Academy of Martial Arts, Grafton, Wisconsin. Presiding were Third Dans **Christin Langlois** and **Kevin Friede**, Second Dans **Nick Morales** and **Mike Herzfeld**, First Dan **Kristi Slattery**, and Sr. Master F.M. Van Hecke, and at the Corner were First Dans **Alyssa Jankowski**, **Max Wilhelm**, and **Garrett Friede**. Testing successfully and decisively for Gup One was **Valerie Locklair** and for Gup Six Green Belt **Shantanu Chaudhuri**. Successfully testing for Gup Eight Yellow Belt were **Yash Jha** and **Sam**

**Blamer**, and for Gup Nine Yellow Stripe **Juhi Jha**.

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

There was a **USTF Class B Instructor Course** conducted November 8 and 9. The course was ably instructed by Grand Master Mike Winegar, YHE confident of its excellence. In addition to the many “refresher” participants (those already qualified as Class B Instructors who are renewing their skills) and the non-examining participants taking portions of the course but not yet able to take the exams, several qualified “C Instructors” took the B exam. Those successfully qualifying as Class B USTF Instructors were: **Lawrence J.**

**Greene, Gregory Shain, Joanne Haley, Sarah K. Hill, Dale Burtch, Caren Johnson, John Butitta, Danielle M. Spiessl, Jeffrey Wilt, James Bushor, Thomas J. Gibbons, Kathleen Lunch, Debbie Ragone, Sean F. Toppi, Georg-Peter Spiessl, Benjamin Pemble, Gray Stewart, and Shevaun Duicker.** Article and photos below on page 10.

**USTF-UTAH** had its Fall Black Belt Testing on November 15 in Salt Lake City.

On Saturday, November 15<sup>th</sup> **Concord TKD** conducted a Gup test. Successfully testing for Gup 5 Blue Stripe were **Jillian O’Neil, Shivam Garg, and Mwebaze “Baze” Kalisa.** **Abigail Che** and **Adrian Bodmer** tested for Green Belt.

On October 25 Grand Master **Renee’ Sereff** presided over the Region 1 Black Belt test. Master **David Mason** presented nine candidates from his school and Mr. **Brandon Stoppani** two from his. Testing for 3rd Dan was **Craig Farenholz**. 2nd Dan candidates, were **Lynette Haney, Randy Shroy, and Michael Clark.**



Testing for First Dan were **Brent Moffatt, Troy Phipps, Kyle Oehler, Madhurima Lair, Carter Moffatt, Ryan Oehler, and Jakub Kokotek.** The high test scores were as follows: Best Ho Sin Sul, Lynette Haney (Adult), Partners **Michael Sonners** and **Brent Moffatt.** and Carter Moffatt (Junior), Partner **Jayden Young;** Best of Breaking, Michael Clark (Upper Dan), Brent Moffatt (Adult), and Jakub Kokotek (Junior).

Pictured are: Front row left to right, Ryan Oehler, Jakub Kokotek, Madi Lair, Carter Moffatt, Kyle Oehler; Second row left to right, Grand Master Sereff, Master Newcomer, Mr. Stoppani, Brent Moffatt, Craig Farenholtz, Lynette Haney, Randy Shroy, Michael Clark, Troy Phipps, Master Mason.

On November 22 Offutt AFB was the site of another Taekwon-Do testing under the leadership of Master **Ricky Todd**. Article in January.

On November 23, **Concord School of TKD** hosted a Black Belt test for Concord, **Sudbury TKD**, **New England TKD**, and **Victory TKD**. Yep, January issue.

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

*Sir:*

*Maestas Team Challenge is changing for 2015*

*For next year, Maestas Taekwon-Do is changing the team format of our event. All students will compete in individual patterns, sparring and power breaking earning points for the overall school championship.*

*Students are not required to compete in all events but we strongly encourage them in order to maximize the potential points for their school.*

*The event will once again be held at the Apex Center in Arvada. The date is Saturday, March 21, 2015.*

*We will post information at [www.maestastkd.com](http://www.maestastkd.com) in early December and also provided a copy for email to the USTF email list.*

**Master Robert Martin**  
Tournament Promoter

Grand Master **Renee' Sereff** conducted a seminar for Region One after a Black Belt test held on October 25. The Promoter was Master **David Mason**. Schools participating were: **Mountain View Martial Arts** (instructor Master Mason), **Bodystrong Taekwon Do** (instructor Mr. Brandon Stoppani), **Mt. Rainer View TKD** (instructor Ms. **Sharon Cormier**), and **Golden Tiger Taekwon Do** (instructor Mr. **Michael Matie**). The Seminar group photo is below. [Editor's note: thanks to Master Mason for this article. All event promoters should be as conscientious!]





First Dan **Patrick Jankowski** illustrates great mechanics during his Ho Sin Sool during his Black Belt test at the School of Traditional Taekwon-Do in Crystal Lake, Illinois. How does he get so strong? Doing push-ups on the backs of people doing push-ups, Mr. **Mike Herzfeld** and Mr. **Matthew Thur**, Second Dans obliging, below. Story on page 6.



**THE BEST OF 2012**

The Editorial Board of the TKD Flash annually recognizes the year's **Outstanding Article by a Non-Stringer** and the **Photo of the Year** in its December issue.

In determining the best non-Stringer article, we recognize as well our permanent Contributing Staff. These outstanding

contributors are not merely on our masthead, they are in our hearts as much as we are in debt to them.

In acknowledging a non-Stringer article we hope to encourage contributions from others and promulgate our aspirational goal of having a stringer in every USTF TKD club. Historically we have nominated our Stringers based on the

quality of their non-stringer contributions. We are hopeful that some day school owners and instructors will as a matter of course nominate a student or staff member to serve as a liaison to the Flash.

We must begin by thanking the many, many non-stringers who so thoughtfully shared with all of us the news of their own clubs, events, individual achievements and essays. There were many notable articles taken into consideration from contributors around the country. We simply cannot express our gratitude for these submissions, for without them we would lack most of our content, and it is content that makes

the Flash (in addition to our multi-story Manhattan office building and highly-remunerated permanent staff).

From among the many deserving nominees the Board has selected, as **Outstanding Article by a Non-Stringer**, the June issue's well-written, informative article focusing on the April 19 Harrod, Ohio, testing at **Inferno Taekwon-Do** by Fourth Dan **Larry Kaiser**. Mr. Kaiser skillfully set forth not only the journalistic essentials but opened our eyes to the "small but mighty" clubs hanging in there for true Taekwon-Do east of the Mississippi.

On November 1 Master **Braxton Miller** and Sr. Master F.M. Van Hecke presided over a Black Belt test at Crystal Lake, Illinois. Testing were students from the **Academy of Martial Arts, Grafton, Wisconsin** and the **School of Classical Taekwon-Do, Illinois**. Successfully testing for First Dan were Msrs. **Patrick Jankowski, William Pavin, Max Wilhelm, Garrett Friede, Cory Houde, Joseph Brucker, and Michael Drozt**, and the Misses **Alyssa Jankowski and Molly Gniady**. Testing to Second Dan was Ms. **Amanda Galway**, and to Third Dan Mr. **Kevin Friede**. Standing behind a wall composed of their work for the day, (we had long suspected Master Miller had a wood-burning stove): Front row from left, P. Jankowski, W. Pavin, M. Wilhelm, A. Jankowski, M. Drozt, C. Houde, M. Gniady, G. Friede, J. Brucker; Second row: K. Friede, J. Liverette, M. Drozt, S. Tucker, A. Galway, J. Drozt.



Sir,

Maestas Taekwon-Do held its final color belt testing of 2014 on Thursday, November 13<sup>th</sup>. It was a great test over all. Students were very serious with laser focus.

I had the privilege of being the examiner while Master Pettijohn called testing. As I don't teach full time anymore I get to watch the test with almost an outsider's eye. I love watching the development the students undergo as they progress through the ranks.

The highlight was a group of seven blue belts ranging in age from 8 to 15. They were a united team keeping their patterns synchronized and kicks consistent. A fine performance. A photo of Master Pettijohn and his group follows.

### Master Robert Martin



Our sincere congratulations to Mr. Kaiser on his signal achievement.

There were many contenders, as well, for **Photo of the Year**. It is to be remembered that the award is to the image itself and not the photographer, but the photographers can take justifiable pride in the images they have so skillfully captured.

Various factions on the Editorial Board's Awards Sub-committee to the Graphics and Photographic Committee cited as significant the "Pyramid" in the August issue, the "Girls Together" photo in the September issue, the two-picture sequence of Caren Johnson's breaking in the same issue, and the "Determined Approach"

picture in the March issue. Considerable thought was given to not one, but **three** products of Fourth Dan **Susan Winkler** in the April issue. Any one of these would have been a deserving portrayal of Taekwon-Do action and comradeship. (By the way, old issues of the Flash can always be obtained from our archive at [www.ustf-region5.org](http://www.ustf-region5.org) ) Just a select few of 2014's outstanding images can be found at page 8. Our apologies for an inability to publish all these great entries.

Ultimately, a choice had to be made, and the winner image was from our January issue of Ms. **April Bowing**. The same is reproduced on page 9 where this article continues.

A Year in Pictures  
2014







'Nuff said.

Our gratitude to all who submitted articles and photographs throughout 2014, and we look forward to your continuing to make our decisions difficult in 2015.

F.M. Van Hecke, YHE

P.S. The January issue has a number of things to look forward to. In addition to the annual award

of “Stringer of the Year” for 2014, there will be articles on tests in Georgia, New England, Nebraska, and contests/tournaments “already in the can,” and many other USTF events. Our competition is who, exactly?



Over 38 instructors from all over the USA met in Broomfield Colorado for the USTF Class B Instructors Course on November 8<sup>th</sup> & 9<sup>th</sup>. An opportunity to train with the best, learn from the best and meet many new friends, catch up with old friends, all in the name of Taekwon Do. Grand Master **Mike Winegar** taught the 2 day course with the same enthusiasm as always, paying attention to the little details that make us be the best we can be! **Colorado, Wyoming, Utah, Michigan, Wisconsin, New York, Nebraska, Massachusetts, Georgia** and **Mississippi** were the states represented at this course. Lots of studying brought great results with all testing instructors receiving a passing grade. Congratulations! (List of graduate examinees on page 3.) [Above, the group, below left, Mr. **Jordan McDill** with twin turning kick, below right, Midwest Taekwon-Do legend Mrs. **Danielle Spiessl** shares a mirthful demonstration of U-shaped grasp with instructor Grand Master Mike Winegar while Sr. Master **Stan Martin** looks on.]

Submitted by --

*Grand Master Renee Lovell* Stringer



Dear Sr. Master Van Hecke,

Mr. **Lawrence J. Greene** was tested to Master Instructor by Sr. Grand Master **Charles Sereff**, Grand Master **Mike Winegar** and Grand Master **Renee' Sereff** on November 8.

Master Greene performed well. As a young student in Colorado many years ago, he was noted for his jump kick expertise and he demonstrated he has not lost that skill! As a former USTF Regional Director in Texas, he has retired from the FBI and has settled in Georgia where he has opened a School.

His family and friends attended the test with a dinner immediately following. Congratulations on a well deserved promotion! [Photos clockwise from bottom left: Master Greene airborne with Mr. Jordan McDill, pounding through lumber, performing Ho Sin Sool, and receiving his certificate and sword from Sr. Grand Master Charles E. Sereff.]

*Grand Master Renee' Sereff* Flash Stringer



On Saturday, November 8<sup>th</sup>, **Giorgio's TKD** held a High Rank Gup test in Sudbury, Massachusetts. Testing for Gup 1 Black Stripe were **Scott Ritter** and **Amos Nachum**. Candidates for Gup 2 Red Belt included **Ian Huang, Aiden Lynch, and Noah Büttner**.

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

Photos: On the left, Front row (L to R.), Ian Huang, Aiden Lynch, Noah Büttner, Back row, Scott Ritter, Master Robert Giorgio, Amos Nachum (photo credit Karl Büttner); Below, Scott Ritter takes down Amos Nachum.



On Sunday, November 9<sup>th</sup> Giorgio's TKD hosted an exhibition at its school in Sudbury MA. The audience of over fifty eager spectators was treated first to individual patterns, and then to tightly choreographed team patterns. Demonstrations of sparring followed. The event concluded with crowd-pleasing shows of board breaking, including several fancy in-air breaks that brought cheers all around.

