

The T.K.D. Flash

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UPCOMING EVENTS

March 11: there will be a Black Belt test at **Marquette Taekwon-Do** in the U.P. on the southern shores of Lake Superior. One of the oldest USTF clubs in the United States goes on.

On March 14th there will be a Black Belt Test at **Sereff Taekwon-Do**.

March 15: III & IV Dan Patterns Seminar with Sr. Master Louis Reyes, New England Region. Something to read about in the next TKD Flash.

The **Fifteenth Maestas School Challenge** will be held at Arvada, Colorado on March 21. Great competition, competent officiating, and always a lot of fun.

Senior Master **Louis Reyes** conducted a Special Patterns Class at **Concord TKD** for II Dans and up on Sunday, January 25th. Focused exclusively on Eui-Am through Juche, participants practiced and demonstrated the distinctive moves of these graceful patterns under SM Reyes's careful and critical eye. He also demonstrated many individual techniques, explaining the applicability of specific tools to targets, and providing historical background. This seminar follows close on the heels of his I Dan Patterns Seminar for the New England region, taught earlier in the month. We look forward to additional advanced classes on higher level Black Belt patterns, sparring techniques, and the USTF Referee seminar continuing throughout the spring, as schools in the region look forward to the USTF National & International Invitational this coming July. Thank you, SM Reyes, for an excellent class! Photo: SM Reyes works with Ms. **Joanne Haley**, V Dan. --Roselyn Romberg, D.F.S.



Sr. Grand Master **C.E. Sereff** and Grand Master **Renee Sereff** hosted the **Sereff Invitational Junior Tournament & Chili Cook Off** on January 31 at Sereff Taekwon-Do in Broomfield. Schools invited were the **New Life Taekwon Do** with Master **Paul White**, **Thornton Rec Center Taekwon-Do** with Master **Barney Montano**, **Summit Taekwon-Do** with Mrs. **Kathy Lynch** and **Sereff Taekwon-Do**. This junior event featured sparring and pattern only with over 45 juniors participating from the schools. Dr. **Shevaun Duiker** kept everyone safe with the help of our center referees, Ms. **Cameo Zugschwert** and Mr. **Daniel Fitch**. We will make this an annual event due to the popularity!! We had 13 crock pots of chili to judge and enough desserts to fill the weight room two fold and of course a Pinata filled with treats for all to enjoy! Congratulations to Mr. **Doug Hoffman**, Best Chili, with Mrs. **Lori Ruby** coming in second. Thank you to all the judges, referees, time keepers and scorekeepers who helped make this a great event. Pictures: the "Bigs," from left, Sr. GM Sereff, GM Sereff, Masters Mantano and White, and Mrs. Lynch; girls sparring with gusto; Green and Blue Belt Winners.



--Grand Master Renee Sereff, Distinguished Flash Swinger



Sr. Master **Kirk Steadman** will conduct a USTF Referee Course and examinations for **Burning Phoenix Taekwon-Do** on March 28.

On March 29 we can look forward to the **Concord Invitational Tournament** in Concord, Massachusetts.

The 2015 **Edge Taekwon-Do Colour Belt Classic Friendship Tournament** in Ottawa, Canada will be held on April 11, 2015. Contact

Joël Denis, Chief Instructor, at 613-837-7656 or edge@edgetaekwondo.com if questions.

Register by March 15 for another excellent Class C USTF Instructor Course to be taught by Grand Master **Mike Winegar** at Broomfield on April 18th and 19th. Satisfaction guaranteed by YHE. A classic experience with one of the great instructors of our Art.

On April 19 there will be a USTF Referee Seminar taught by Sr. Master **Louis Reyes** for officials and prospective officials from throughout the New England Region.

On May 2 **The Association of Academies of Martial Arts Spring Classic Tournament** will take place in Grafton, Wisconsin. For further information you may view <http://www.aamaspringclassic.com>

The Eighth Annual Axe Taekwon-Do Invitational Tournament will be held at the Offutt Youth Center in Bellevue, Nebraska, on

May 16. Should be a lot of excellent competition! Sr. Master **Ricky Todd** is Promoter, Sr. Master **Dustin Stephenson** the Tournament Director, and Mr. **Patrick Finan**, Fourth Dan, is Chief Referee. Information may be obtained at ustfneb@cox.net.

On May 17 the New England Region will hold a Black Belt Test. Profound thanks to Distinguished Flash Stringer Roselyn Romberg for keeping us in the loop, as she always most conscientiously does.



A gup level test was held at the **Academy of Martial Arts**, Grafton, Wisconsin, on February 5. Presiding were Sixth Dan Dr. **Rick Bauman**, Fifth Dan **Mary Lubner**, Third Dan **Chris Langlois**, Third Dan **Kevin Friede**, Second Dan **Mike Herzfeld**, First Dan **Garrett Friede**, and Sr. Master F.M. Van Hecke. Working the Corner were First Dan **Max Wilhelm**, First Dan **Alyssa Jankowski**, and Gup One **Valerie Locklair**. Testing successfully for Ninth Gup were **Andrew Klein** and **Shaunak Chaudhuri**, for Eighth Gup **Juhi Jha** and **Aryanna Rodriguez**. Testing for Gup Seven successfully were

Sam Blamer and **Yash Jha** and for Gup Five **Shantanu Chaudhuri**. **Elliot Humiston** passed to

Gup Two and **Rachel LaPorte** to Gup One. In a related testing the previous evening the following achieved Gup Six: Dr. **Kristi Lineberry**, **Camille Spinelli** and **Michael Spinelli**. On left, Shaunak Chaudhuri is excited to be testing, below left, Yash Jha shows excellent form, right, Andrew Klein begins his Taekwon-Do journey. Photo credits, Christen Langlois.





Concord TKD conducted its January Gup Test on Saturday, 31 January. Testing for Gup 3 Red Stripe was **Sunny Wan**. Candidates for Gup 5 Blue Stripe were **Ryan Pillar**, **Sanjana Kadiyala**, **Kevin Wang**, and **Yaxi Li**. **Saanvi Kadiyala**, Sanjana's younger sister, successfully achieved Gup 7 Green Stripe. **Bhawna Tyagi** tested for Gup 8 Yellow Belt. Congratulations, all! To left, Sunny's twisting kick leaves remnants, below, patterns Left to Right Yaxi Li, Ryan Pillar, Kevin Wang, Sanjana Kadiyala.

Roselyn Romberg, D.F.S.



The **2015 USTF-Utah Annual Utah Cup Tournament** will be held on May 16 at Salt Lake City.

Maestas Taekwon-Do will hold its Spring Black Belt test on May 31.

The **Northeast Challenge Tournament** will be held on May 31.

There will be a Black Belt and Colored Belt Testing on June 4 at Offutt AFB. Sr. Master **Ricky Todd** is the Promoter.

The **2015 Spring Black Belt Testing** for all Utah schools will be held in Salt Lake City on June 6.

The Concord School of Taekwon-Do will host the **USTF National and International Invitational 2015**, at Brandeis University on July 25 & 26, 2015 in Boston. We are promised information packets shortly, and 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@concorditftkd.com

On August 7 through 9 **USTF-Utah** will hold its **Summer Weekend Taekwon-Do Camp** in East Canyon State Park, Morgan, Utah.

Expect a USTF Referee training course on August 15 at Sereff Taekwon-Do. Sr. Master **Kirk Steadman** to instruct.

On August 27 Sr. Master **Ricky Todd** will host a Black Belt and Gup Promotion Testing at Bellevue, Nebraska.

On September 12 there will be a Black Belt Test at **Sereff Taekwon-Do**.

The **16th Annual Wyoming Invitational** will be at Casper, Wyoming, on September 12.

On October 18th, the **Senior Grandmaster Sereff Fall Championships** at Broomfield High School, Broomfield, Colorado, will be held.

On November 7 the **USTF-Utah State Championship Tournament** will be held at Salt Lake City, Utah.

On November 14 USTF-Utah will have its **Fall Black Belt Test** at Salt Lake City, Utah.

November 19 will bring another Black Belt and Gup Testing at **Offutt Air Force Base**. Promoter, Sr. Master Ricky Todd.

Already on the calendar: **Maestas Taekwon-Do's** Fall Black Belt Test for November 15.

AROUND THE COUNTRY

On February 14 a gup level test was held in Sheboygan Falls, Wisconsin, at the **Academy of Martial Arts, Sheboygan Falls**. Presiding were Wisconsin USTF State Director Mrs. **Jacqueline Karpinsky**, Fourth Dan, Mr. **Marc Mikkelson**, Fourth Dan, Mr. **Edward Girdaukas**, Fourth Dan, Mr. **Dan Kelly**, First Dan, and Sr. Master F.M. Van Hecke. Testing successfully for Gup Nine Yellow Stripe were **Mason Pfeffer**, **Grayden Aschenbach**, and **Samuel Kuhlow**. Successful in his quest for Gup Eight Yellow Belt was **Treydon Jones**. **Lucas Scharenbach** and **Kevin Rausch** [continued on page 7]



Sr Master Van Hecke:

Casper Wyoming had a color belt testing on 1/17/15 at my school - we had an awesome testing with all candidates testing at different levels of yellow- out of the candidates only 2 students were going for green belt. Our schools are really doing great with a bunch of new students. Most of the candidates for green belt and above will test in April in Rock Springs. Test Board consisted of myself, Master **Robin Johnson** 7th Dan. Mr. **Jerry Sisco** 6th Dan, Mr. **Tony Giese** 5th Dan, Mr. **Roland Flynn** 5th Dan, and Mr. **Bob Thompson** 5th Dan. Mrs **Amy Willcox** 4th Dan called the test. Looking forward to the April testing in Rock Springs because there will be a bunch of Green belts and above students.

Thanks for all you do.

Sr Master Stan Martin

Sir:

We had a Referee course held in Rock Springs Wyoming on 1/31/15 Mr **Gerald Sisco** taught the course and Mr **Roland Flynn** hosted the event . We had participants from most of the Wyoming schools - My school (Martin's Casper Taekwon-Do), Mr. Sisco's school (Rec. Center Taekwon-Do), Mr. Giese's school (Wyoming Taekwon-Do), Mr. Flynn's school (Rock Springs Taekwon-Do), Mr. McDill's school (Laramie Taekwon-Do) and Master Johnson's school (Sheridan Taekwon-Do). Utah had several students attend -- Master William Dubbeld and Mr. Chris Wadium came with a pretty good crew. Very good seminar and Mr.Sisco's second seminar he has taught - even better than the first. We had 3 Class A certify: Mrs. **Gayna Kuhl**, Mrs. **Amy Willcox**, and **Jordan Mr. McDill**--we had 9 Class B students to certify and had 11 Class C student to certify. Along with this we had 12 Instructors and students to do refreshers.

All in all we had a good time.

Sr Master Stan Martin



Feb 1st of 2015 - This is the picture of my Feb Black Belt Class - these folks turned around from the Referee course in Rock Springs on 1/31/15 and traveled back to Casper for Black Belt Class next day. The people in the pic were all at the Referee Course and still made it to Black Belt Class on Sunday - I am proud of their dedication and commitment to keep training .

Sr Master Stan Martin



The good times roll at the Academy of Martial Arts, Grafton, **Annual Women's Basketball Outing** held on February 15 at Marquette University's Al McGuire Center. Present, from left, front row, **Camille Spinelli**, **Tessa Locklair**, and **Piper Harried**; back row, **Tim Harried**, **Josh Locklair**, **Valerie Locklair**, **Mary Lubner**, **Kristi Lineberry**, and F.M. Van Hecke, YHE. A victory for the M.U. team over Big East Conference Leader Seton Hall and the presence of these folks made it an awesome day!

achieved Gup Six Green Belt, and **Zach Warnke** both Gup Four Blue Belt and Best Test Honors.

On February 21 there was a Black Belt Test at **Big Dog Taekwon-Do**, Grand Rapids, Michigan. We'll look forward to information in the April Flash.

On February 28, a Black Belt test was conducted at **Senatobia**, Mississippi. We'll look forward to information in the April Flash.

On February 28 there was a USTF Step Sparring Seminar at Sereff Taekwon-Do, Broomfield, Colorado.

The continued recognition of the high development of refereeing talent by USTF is recognized beyond USTF. Some illustrations follow. On April 11 the New England Region will send a team of Referees to Ottawa at the invitation of Mr. Joel Denis for The **2015 Edge Taekwon-Do Colour Belt Classic Friendship Tournament** and will supply officials at the invitation of Grand Master Phap Lu for the **General Choi Cup**, June 13. On May 14 Dr. **Rick Bauman**, 6th Dan, will act as Tournament Director, and Mrs. **Jacaueline Karpinsky**, 4th

Mr. Ed Vitiello III Dan, and Mr. David Taylor III Dan, getting ready for USTF Nationals at Sr. Master Reyes' sparring Seminar February 8.



On Sunday, February 8th Senior Master **Louis Reyes** offered a Sparring Seminar at **Concord TKD**. The seminar began with a lengthy series of kicking and punching drills that emphasized timing, strategy, and quick reaction. SM Reyes then paired attendees for back-and-forth drills across the room involving combinations of attacks and defenses. Then the sparring began in earnest! For the next several hours, SM Reyes acted as Center as pairs took turns in the ring for bouts lasting several minutes, interrupted by “teachable moments” of coaching for both combatants and those watching. The seminar finished up with a lengthy round of “monkey in the middle,” pitting individuals in a ring against “next in line” opponents, sometimes two or three on one. Everyone had an enjoyable time, and learned a lot. We look forward to another sparring seminar with SM Reyes later in the spring (in preparation for USTF Nationals in July)! Immediately above, Sr. Master Reyes with Dante Heffron and Daniel Angus-Kirstein.Taylor.

--Roselyn Romberg, D.F.S.

Dan and Wisconsin USTF State Director, as Chief Referee, for Dr. Bobby Yun's annual tournament in Appleton, Wisconsin; and USTF schools in Wisconsin will supply additional USTF-certified officials. Quality counts!

Lisa Eastin Joins Flash Staff New Missouri Stringer Named

The main third-floor auditorium of The Flash Building in downtown Manhattan was abuzz with anticipation as F.M. Van Hecke, Editor of the TKD Flash, the national newsletter of the USTF, took the podium to the applause of News, Editorial, Publication, Plant, and Administrative Department employees.

“It is with great pride that I am announcing today the appointment of Ms. Lisa Eastin to the News Department as a Stringer for the TKD Flash. Ms. Eastin has provided us with prior copy and photos as a non-stringer which clearly indicated journalistic skill and a nose for news, which is what we’re all about. We’ve been blessed with excellence in the past and with her addition certainly have even greater potential to continue in that strong tradition.”

Called upon for her remarks, Ms. Eastin stated:

“One of my biggest regrets about Taekwon-do is that I waited so late in life to start it. I began training in 2000 when I figured out that my young son was going to be in the sport for the long haul, and he needed a ride. I saw no sense in wasting my time watching when I could be ‘doing’ instead.

“Three things in particular drew me into Taekwon-Do and have kept me here for 15 years—the people I train with, the students I teach, and the personal challenges I overcome. When you sweat with people and endure tournament/testing/bad-hair-day stress with them, you become close. I consider my instructors and fellow students to be my Taekwon-do family.

“Likewise, the students I am privileged to encourage and teach are a part of my family. It is gratifying to find something that seems impossible for a student and help them make it happen. Finally, I have often been that student for whom something seemed impossible. With the help of my Taekwon-Do family, I have gone farther and achieved more than I ever dreamed.

“It is always a privilege to train.”

Lisa Eastin is a wife, homeschooling mom, and part-time pharmacist. Since 2000 she has trained at **Kirkville Taekwon-Do** in Kirkville, Missouri. She claims aspirations to remain in the sport “until someone pushes (my) wheelchair out the front door.”

She joins a group of regular contributors consisting of Distinguished Stringers Mrs. Roselyn Romberg, SM Ricky Todd, GM Renee’ Sereff and Stringers Mrs. Corinne Sroykum, Master Guy Williams, SM Robert Martin, and Mr. Mario Manera. In addition to covering affairs in Missouri, her assignments will include conquering the Andes.



Sir:

On Tuesday, February 18th **Axe Taekwon-Do** at Offutt Air Force Base located in Bellevue, Nebraska hosted a quarterly testing. Twenty three students tested for various ranks from 9th gup, White Belt Yellow stripe through 2nd Degree Black Belt. The testing board was composed of Sr. Master **Ricky Todd** VIII Dan, USTF Region 3 Director, Mr. **Kevin Bushor**, 6th Dan, USTF Nebraska State Director and Ms. **April Bowing**, 4th Dan. Mr. **James Bushor**, 3rd Dan served as the testing director.



Promoted to 2nd Degree Black Belt was Mr. **Keith Buckley** and Mrs. **Sharon Buckley**. The following gups were promoted: Blue Belt Red Stripe: **Evaine Mansfield**. Blue Belt: **Sophia Carter** and **Lizzie Chamberlin**. Green Belt Blue Stripe: **Maria Carter** and **Ryan Chamberlin**. Green Belt: **Helen Fleming**, **Kathleen Fleming**, **Kevin Fleming**, **Carlee Swann**, **Cate Wagstaff** and **Lizzy Wagstaff**. Yellow Belt Green Stripe: **Luke Blasely** and **John Fleming**. Yellow Belt:



Ava Florez. White Belt Yellow Stripe: **Ethan Brockman**, **Matthew Brockman**, **Jaida Godwin**, **Aiden Monro**, **Aleighta Monro**, **Ethan Ramos** and **Brendon Tackett**.

The students were tested on all physical and mental aspects of Taekwon-Do in accordance with the USTF testing syllabus. Since 1988, USTF Taekwon-Do has been taught to both military and non-military students at the Offutt Air Force Base Youth Center. We welcome any USTF member travelling through our area to stop in and train! For further information, please visit our website at <http://www.axetkd.com> or facebook at AXE Taekwon-Do.

We look forward to seeing all students at our 8th Annual Axe Taekwon-Do Invitational USTF Tournament on Saturday, May 16th, 2015. More information on our website.

-- Sr. Master Ricky J. Todd, USTF-8-23

[Photos: the group, Mr. Keith Buckley, Mrs. Sharon Buckley]