

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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INSTRUCTORS' NOTE

All USTF Instructors are notified that Flash Circulation Staff will be in the process of a revision of our subscription lists during April. If you wish to add students to the list (or subtract them, for that matter), feel free to e-mail us at

fmvh1@mac.com. Note in Subject line "Circulation Dept." We will also be adding names and addresses from collateral sources, so if you do not want the Flash distributed to USTF members in your school, please advise and we will accommodate your wishes.



The Group. For more photos of this event, see page two.

On March 13th on Friday evening **Mountain View** MAF conducted its monthly USTF Color Belt testing and its Transitional testing as well. The Color Belt testing had over 40 Students testing with one person going for green belt and the other students going for their 9th or 8th gups. This was one of the largest testings at the school in some time and one of the biggest that was strictly lower ranks! The testing was presided over by Master **David Mason** and a big portion of his ranking Black belts. Four students received high test score that were selected based on their ages and ranks. Before the USTF testing Master Mason conducted Mountain View's transition testing which is for his younger students from the age of 3 to 6 years old. These students are working to eventually make their 9th Gup and official USTF rank. The Transition testing consists of different sections of the 9th Gup requirements broken down to an attainable bench mark. One student was given high test score for the transition level. *--Master David Mason*



Left, the Transition candidates at Mountain View on March 13.



Regular test Best Scores, at right: **Christina Swenson** left, Master Mason, center, **Victoria Huang**, right, and, up front, **Kyle Konahap** on left and **Maddie Thorsen** at right.

UPCOMING EVENTS

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 Sunday, April 12th Senior Master **Louis Reyes** will conduct a USTF Referee course at the Concord School of TKD for the New

England region. Any one interested in earning their Class C, or upgrading to Class B or Class A status is invited. For more information please contact Mr. John Murphy at Concord TKD at (978) 369-1909 or j.murphy@concorditftkd.com.

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.

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.

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Sr. Master Van Hecke,

I had my March Wyoming BB class today, March 1st, very good turn out, especially after our step sparring seminar in Denver on Saturday. All WY schools were represented by students and instructors. A special presentation of my USTF and WYO coin to the attendees at the closing of class. Special thanks to Mr Pat Finan for his hard work.



Sr. Master Stan Martin

Mason Named Flash Stringer



For the third time this year, the TKD Flash, the national newsletter of the USTF, announced the addition of a new Stringer to the news staff. Appearing before a combined meeting of the News, Editorial, Publication, Plant, Circulation and Administrative Departments in the third floor auditorium of the Flash Building in Manhattan, Editor F.M. Van Hecke stated: “Our cup, frankly, runneth over. Manera, Eastin, and now Master David Mason. I don’t know how we could get any luckier this year, be more blessed, than to acquire yet another gem. Master Mason is not only an articulate advocate for Taekwon-Do done right, he is a truly decent man, and we are proud to have him with us.”

Responding to a standing ovation that lasted for nearly a minute, Master Mason shared a bit of his background: “I first started TKD in 1983 but did not get involved with the USTF until 1993. I was one of the lost souls that was doing what I thought was the ITF according my



Instructor at the time but without the General’s guidance. When Senior Master **Dennis Swan** relocated to the Pacific Northwest it was a truly special moment! Since that moment when my eyes were opened up to the real deal I joined the USTF with Senior Grand Master Sereff and have never looked back. I have honored over the years to be the USTF Oregon State Director, the USTF Washington State Director and currently the USTF Region 1 Director. I have been teaching and running a USTF Taekwon Do School since 1994 and my current storefront school has been operating in the same location since 2009. Our school is now at over 150 students and is a generational family Taekwon Do school with over 80% of the student body training and attending with another family member or members; our youngest students are only 1 1/2 years old! I take great pride and satisfaction in helping everyone who walks into the school find a greater inner strength and confidence. I always have and always will consider

myself a Student first and a Instructor second, but it has been my privilege and honor to continue to expose as many generations as I can to Senior Grand Master’s legacy and teachings. I and my beloved partner **Lynette Haney** love motorcycling, snowboarding, sightseeing, and just enjoying life in our spare time. But for the most part we eat, breathe and dedicate ourselves Taekwon do and our Taekwon do school family.”

Master Mason joins an outstanding News Department, Distinguished Stringers Ms. Roselyn Romberg, SM Ricky Todd, GM Renee’ Sereff and Stringers Mrs. Corinne Sroykum, Master Guy Williams, SM Robert Martin, Mr. Mario Manera and Ms. Lisa Eastin.

Photos: Above left, site of the announcement, upper right, Master Mason with excellent friend, left, with even more excellent friend, and, below, posing in the obligatory Bending Ready A.





Sereff Taekwon Do had a testing March 14. We wanted to make sure some of the students tested prior to Spring Break and this gave us the opportunity to test one student, **Lance Bell**, for I Dan and **Dr. Shevaun Duiker** for IV Dan. The test board was composed of Grand Master



Renee' Sereff, Sr. Master **Kirk Steadman**, Master **Robert Pettijohn** with special guest, Sr. Grand Master **Charles Sereff**. Sr. Master **Stan Martin** from Wyoming dropped by to train and we sure enjoyed his wonderful greet staff, Ezra, Argus and Silas. Ms. **Cameo Zugschwert** cornered for the test. Sr. Grand Master Sereff gave the instructors a quick review after the test and emphasized the need for proper technique in punching, especially the intermediate hand movements. A great day to celebrate Taekwon Do and the special people who instruct and are instructed!!

-- G.M. Renee' Sereff, DTS

Photos: above left, Dr. Duiker and her family with Sr. Grand Master and Grand Master Sereff, above right, Mr. Bell and Ms. Zugschwert, right, testing group.



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

Senior Master **Earl Weiss** will conduct a **USTF Basic HoSin Sool** seminar at the **Academy of Martial Arts**, Grafton, Wisconsin, on June 6, and a **Black Belt Patterns** review on June 7.

Promoters are Regional Director **Dr. Steve Osborn** and Sr. Master **F.M. Van Hecke**.

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.



Hello Sir,

We started 2015 with fireworks and good cheer. Is everyone working on resolutions?

We had our 1st color belt test on March 6. It was small group this time around but none the less energized. The students worked quite hard to get ready. They showed off their abilities and were awarded praise from the onlooking parents and siblings.

In the group picture we have, starting in the front row from the left, Caleb Drummond and Mason Jones both 8th gup, **Cade Jones** 5th gup. Behind them are **Kyle Wright-Bruso** 9th gup, Master **Guy Williams**, **Shay Jones** 5th gup, **Oscar Wright-Bruso** 9th gup, and **Theodore Werczynski** 6th gup.

In the other, Cade Jones is going over his brother (Shay's) back.

Taekwon,

Master Guy Williams, Stringer



Dear Sir,

Kirksville Taekwon-Do had the privilege of promoting thirty-seven colored-belt students in February. Students were evaluated by Senior Master **Bill Stephenson**, Senior Master **Dustin Stephenson**, Master **Lenard Graham**, and Mr. **Phil Ordonio**.

Senior Master Bill Stephenson commented that it was a successful test,



and he encouraged the students by reminding them that they are the future of Taekwon-do.

Attached please find two pictures of the testing candidates.

Top: row 1, **Kennidy Askew, Katy Askew, Sami Stidham, Terri Martin, Steven Hudson, Joey Hickman, Justice Taylor**; row 2, **Ryan Smith, Rob Totsch, Greenlee Rigby, Elisha Miller, Corinne Orton, Winston Taylor, Curtis Burgin, Olivia Halma**; row 3, **Hope Miller, David Linville, Marie Orton, Brent Orton, Ian Collinge, Michael Askew**.

Bottom: **Lucy Lindsey, Max Ross, Logan Halstead, Carter Haynes, Jude Potter**.

Not pictured: **Andrew Phan, Karchy Farrell, Nikolee Martin, Tim Walston, Jennifer Walston, Cole Findling, Gus Walston, Noah Newland, Matthew Lindsey, Jacob Burgin, Carter Haynes**.

Thank you,

Lisa Eastin, Flash Stringer

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

March 15: a III & IV Dan Patterns special class was conducted with Sr. Master **Louis Reyes**, New England Region.

Sir:

Concord TKD hosted a Gup Test on Saturday, March 21st. Testing for Gup 9 Yellow Stripe were **Andrew Zeng** and **Julia Si-on Terry**. Julia's brother, **Nicholas Terry**, tested successfully for Gup 7 Green Stripe along with **Madison Bilbe**. **Margo Fox**, **Anjali Vittal**, **Jacob Connor Healy**, and **Lucas Leonard** completed requirements for Gup 8 Yellow Belt. **Charlie Morse** tested successfully for Gup 6 Green Belt. **Lea Bodmer** reached the rank of Gup 5 Blue Stripe. **Rachel Turkington** and **Joshua Koblan-Huberson** passed for Gup 4 Blue Belt. Congratulations, all, on a great test!

Best wishes,
Roselyn Romberg, D.F.P.

[Photo: Maddie Bilbe and Charlie Morse.]



Senior Master **Louis Reyes** conducted a special patterns class for III Dans and up at the **Concord School of TKD** on Sunday, March 15th. The first several hours focused on Sam-Il and Yoo-Sin. Then SM Reyes went through Choi-Yong, Yon-Gae, and Ul-Ji, emphasizing proper stances and making subtle corrections to striking and blocking tools. He ended the day with Moon-Moo, working participants on smoothness and precision of techniques, step by step. Thank you, SM Reyes, for a great seminar (and a real workout!).

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



MarquetteTaekwon-Do tested four students recently for their 1st Dan black belt at their dojang, 1500 W. Washington St, Marquette Michigan. In front row is **Trent Holmgren**, 1st Dan candidate. Middle row are **Scott Pyykola** and **Anija Spiessl**, 1st Dan candidates, Mrs. **Danielle Spiessl**, testing board, Mrs. **Mic Ryan**, Corner, and **Hilija Spiessl**, testing board. Top row are Mr. **Chuck Giotto**, school director [and U.P. State Director], **Brooke Wisuri**, 1st Dan candidate, Mr. **Brian Sowers** and Mr. **Jack Eibler**, testing board.

The **Fifteenth Maestas School Challenge** was held at Arvada, Colorado on March 21.

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

Burning Phoenix Taekwon-Do Academy of North Salt Lake, Utah, had their 4th annual Taekwon-Do tournament on March 7th. There were 30 competitors in 7 events. The events were Patterns, Team Patterns to Music, Sparring, Power Hand Breaking, Power Foot

Breaking, Team Breaking, and Specialty Breaking (Flying Turning Kick). The tournament was well attended, as family and beginning students from Salt Lake Community College also came out to watch. This year's awards were glow in the dark medals! Almost everyone who competed ended up with at least one medal, including the school's head instructor, Mrs. **Heather Gemmell**, V Dan, who agreed to participate in Team Breaking when one of the six teams came up one member short.

There were 4 teams participating in the Patterns to Music event. The winning team consisted of 3 Black Belts: Ms. **Myra**

Concord TKD held a Gup Test for February over two Saturdays, on February 21st and 28th. Siblings **Debra Won** and **Joseph Won** tested for Gup 4 Blue Belt. **Riya Shah** was promoted to Gup 5 Blue Stripe. **Jonathan Zhang** proved himself ready to advance to Gup 2 Red Belt. **Caden Blenkinship** survived his first TKD test, achieving Gup 9 Yellow Stripe. Photo: Debra Won and Riya Shah in a moment of levity.



Schjelderup, II Dan, Ms. **Ani Schjelderup**, I Dan, and Ms. **Kristie Firmont**, I Dan. They chose an anime song sung in Japanese for their music – “Forces (God Hand Mix)” by Susumu Hirasawa. Their routine is notable because Ms. Ani Schelderup is still recovering from a major injury to her ankle from a car accident last year, and is limited in the techniques and motions she can perform. The team worked around her limitations beautifully, and created a lovely pattern. Videos of all 4 entries can be found on Burning Phoenix Taekwon-Do’s Facebook page.

Power Breaking events were livened up this year by the addition of a stopwatch! Chief Referee Mr. **Eric Gemmell**, V Dan, created an additional rule that all breaks would be timed, and in the event of two or more competitors scoring the same number of points based on the number of boards, the faster time would be the winner. This kept the breaking competition moving right along, as competitors who were attempting the same number of boards knew they’d have to make those breaks FAST! Those who were practiced enough to make their breaks

without taking extra time to measure came out ahead.

The Tournament Grand Champion award was won by Ms. Ari Schjelderup, I Dan, for the second year in a row. Runners up were Ms. **Melanie Bunch**, II Dan, and Mr. **L. Sanchez**. [Editor’s Note: Burning Phoenix policy prohibits the publication of the entire names of minor individuals.]

Special thanks are given to the following individuals for their additional efforts: Mrs. **Angela Jeffers** (Medical), Ms. **Abigail Friese** (Photography), and Mr. **Luis Chavez**, II Dan, (Backup Photography). Also, a big “thank you” to all of the students that served as Scorekeepers, Timekeepers, Judges, and Assistants. It was due to their help that the tournament ran as smoothly as it did.

--Submitted by Second Dan Melanie Bunch

[Editor’s Note: Photos on page 11]



From Burning Phoenix: above left, A. Gemmell with downward kick; top right, Ari Schjelderup's airborne kick wins specialty breaking; immediate right, mixing it up.



Above, the Burning Phoenix Group celebrates a tournament well done, and, right, displays their glow-in-the-dark medals in---the dark, of course!

