

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

The TKD Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 853, Grafton, WI 53024. E-Mail fmvh1@mac.com. Archived at USTF Region V site www.ustf-region5.org Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation. Contributing Staff: Distinguished Stringers Roselyn Romberg, Ricky Todd, Renee' Sereff; and Stringers Corinne Sroykum, Guy Williams, Robert Martin, Mario Manera, Lisa Eastin, and David Mason.

KIDS' ART CONTEST, 2015

The Flash Annual Taekwon-Do Kids' Art Contest for 2015 is on! 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. In



With 24 First time participants and 24 refresher instructors, the USTF Instructors Course Class C held at Sereff Taekwon-Do the week end of April 18 and 19 was very well received. Utah, Wyoming, Alaska, Washington, Colorado and Nebraska joined together to make this Instructors Course a real success! Sr. Grand Master **C.E. Sereff** joined us for a quick lunch on the first day and enjoyed meeting some of our out of town guests. Special thanks to our USTF Class A instructors, Grand Master **Paul De Baca**, Sr. Master **Stan Martin**, Sr. Master **Kirk Steadman**, Sr. Master **Ricky Todd** for helping Grand Master **Mike Winegar**, the course instructor, with the corrections of technique. Pictures continue on page 2.

Grand Master Renee' Sereff, D.T.S.



On the left, Grand Master Winegar demonstrates at the Class C Instructor Course in Broomfield. Below right, Sr. Grand Master Sereff with Alaska participants Mrs. Slocum and Mrs. Hicks plus Washington participant Linda Allen. Below left, Master Robin Johnson demonstrating flying twin front kicks.



addition, actual original artwork may 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'!

UPCOMING EVENTS

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.

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

Hanover, New Hampshire: On April 17, New England Taekwon-Do participated in Healthy Kids Day at the Emilson YMCA in Hanover, MA. Students demonstrated patterns, Ho Sin Sul and board breaking. In the photo, Mr. Ed Vitiello, IVth Dan, merchandises away. --Joanne Haley, 5th Dan



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.



Great day for Wyoming Taekwondo. Mr. **Tony Geise** from Wyoming Tae Kwon Do taught a wonderful combative class. With over 44 attendees the day was filled with great information and hard training. The camaraderie, learning, and laughter that took place filled the air with energy and enthusiasm. All monies raised will go to a donation fund for International Competition to benefit competitors in Boston Massachusetts. --Sr. Master Stan Martin



Ouch, not quite that! But **Elliot Humiston's** inadvertent blow on **Sean Sitar** doesn't hurt anybody in the end at the **AAMA Spring Classic** in Grafton, Wisconsin on May 2. **James Pals**, Fourth Dan, served as Tournament Director, and Miss **Christen Langlois**, Fourth Dan, served as Chief Referee. Over 85 competitors from Wisconsin, Michigan, and Illinois participated.

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 19.

Also on September 12, a Black Belt test will be conducted at Sereff Taekwon-Do. First through Seventh Dan candidates from Michigan, Louisiana, Mississippi, Texas, Ohio, and Colorado.

September 26 brings the Kirksville Taekwon-Do Tournament. Sr. Master **Ricky J. Todd** will be Tournament Director, Sr. Master **Dustin Stephson** Chief Referee.

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.

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

November 19 will bring another Black Belt and Gup Testing at **Offutt Air Force**



On April 18th, **Mountain View Martial Arts & Fitness** held a USTF Tournament. We had a great turn out from not only Mountain View but by Mr. **Brandon Stoppani's** school, **Bodystrong**, as well as Mr. **Michael Mattie's** school **Golden Tiger**. We held competitions in Patterns, Sparring, Breaking and wall kicking! It was a fun filled day to spend with your Taekwondo family! It was also a very special moment for Master **David Mason** and Ms. **Lynette Haney**; Master Mason stopped the tournament in mid

stride and gathered everyone around to watch him propose to Ms. Haney! Many of the senior students were in on the surprise for Ms. Haney and it was a wonderful moment to be able to share with the NWUSTF Mountain View Family! And, yes, Ms. Haney said yes! Photo above: a “killers’ row, from left, of Charlie Swenson, Micah Stiffler, Emily Camping, and Cora Johnson. To the left, both in proper uniform to pop the question. The Flash congratulates Master Mason and extends its best wishes to Ms. Haney.



Base. Promoter, Sr. Master Ricky Todd. The guy just keeps doing good work, what can we say?

On November 22 there will be a Black Belt test at **Maestas Taekwon-Do**.

AROUND THE COUNTRY

May 2 there was a Black Belt test in Missouri under the able leadership of Sr. Master **Dustin Stephenson**.

On May 7 there was a gup test at the Academy of Martial Arts, Grafton, Wisconsin. Presiding was Dr. **Rick Bauman**, Sixth Dan, Mrs. **Mary Lubner**, Fifth Dan, Ms. **Christen Langlois**, Third Dan, Mr. **Mike Herzfeld**, Second Dan, Mr. **Pat Jankowski**, Miss **Alyssa Jankowski**, and Mr. **Max Wilhelm**, First Dans, assisted at the Corner by Miss **Rachel LaPorte** and Sr. Master F.M. Van Hecke. Testing successfully to the following ranks were the following: **Elliot Humiston**, Gup 1, **Shantanu Chaudhuri**, Gup 4, **Kristi Lineberry**, **Camille Spinelli**, and **Michael Spinelli**, Gup 5, **Yash Jah** and **Sam Blamer**, Gup 6, and **Juhi Jha** and **Aryanna Rodriguez**, Gup 7, **Tim Harried**, **Piper Harried**, **Max Harried**, **Andrew Klein**, **Shaunak Chaudhuri**, and **Aanya Kasera**, Gup

8, and **Sevastyan Belousov** and **Brandon Lange**, Gup 9.

Master **Lance Edwards** (Region 10 Director) conducted a Fourth Dan testing for **Gray Stewart** on May 9th in Senatobia, Mississippi. The testing was hosted at Mr. **Jeremy Bennett's** (Mississippi State Director) school. In attendance were Master **Paul Byrne** (Arkansas State Director), and **William Awl** (Louisiana State Director), both from Louisiana.

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

On May 17 the New England Region held a Black Belt Test.



Mountain View Martial Arts & Fitness had its 7th annual Easter picnic gathering as well which was a great time for everyone! Mountain View supplies the hot dogs and the clan brings all the side dishes! Plus we have the Easter bunny show up for everyone as well. We had over 700 eggs to hide this year!

.....*Master David Mason, Flash Stringer*



On Saturday, May 16th, **Axe Taekwon-Do at Offutt Air Force Base** in Bellevue, Nebraska hosted the **8th Annual Axe Taekwon-Do Invitational Tournament**, which is a USTF sanctioned tournament. The event began at 10:30 a.m. and was finished at 4:30 p.m. Students from Colorado, Missouri, Kansas and Nebraska participated. Students competed in team patterns, individual patterns, sparring and breaking competition.

There were numerous distinguished USTF officials in attendance. **Grand Master Sereff** – USTF Testing Director, Sereff TKD, CO; **Sr. Master Martin**, Martin’s Casper TKD, WY; **Sr. Master Steadman**, USTF Region 2 Director, Sereff TKD, CO; **Sr. Master Stephenson**, USTF Region 6 Director, Kirksville TKD, MO; **Sr. Master Griffin**, Sereff TKD, CO; **Master Hannon**, USTF Kansas State Director, Hannon TKD, KS; **Master Johnson**, Sheridan TKD, WY; **Master Pettijohn**, Maestas TKD, CO; **Master Martin**, Maestas TKD, CO; **Mr. Sisco**, 6th dan, USTF Wyoming State Director, Casper Recreation Center TKD, WY; **Mr. Bushor**, 6th dan, USTF Nebraska State Director, Axe TKD, NE and **Mr. Finan**, 4th dan, USTF Armed Forces Director, Axe TKD, NE. The Tournament Director was Sr. Master Stephenson. Tournament Promoter – Sr. Master Todd – USTF Region 3 Director and Chief Referee – Mr. **Patrick Finan**, 4th dan – USTF Armed Forces Director.

Opening the tournament, Ms. **Ashleigh Ragone**, 2nd dan sang the National Anthem. Starting with team patterns where students displayed their timing, creativity and technique. Team pattern winners in the Black Belt and Color Belt divisions were both from Kirksville TKD, in Kirksville, Missouri. The tournament continued with the individual patterns, sparring and breaking divisions. There were too many individual winners to list in the news, but pictures have been posted on the Axe Taekwon-Do Facebook page and the winners for every division will be listed on the Axe Taekwon-Do webpage.

After the individual patterns and sparring competition, points were tabulated for an overall Grand Champion of the tournament. The Black Belt division winner was Mr. **Ben Pemble**, III Dan from Maestas Taekwon-Do. The Color Belt division winner was Mr. **Andrew Phan**, 1st gup, from Kirksville, Taekwon-Do. This is the third year in a row for Mr. Phan!

Individual schools represented were: Sereff Taekwon-Do, Martin’s Casper Taekwon-Do, Kirksville Taekwon-Do, Axe Taekwon-Do, Hannon Taekwon-Do, Sheridan Taekwon-Do, Maestas Taekwon-Do, Casper Recreation Center, Taekwon-Do, Casper College Taekwon-Do, and Thornton Taekwon-Do. We want to thank all instructors and students who helped make this a great event! The tournament also provided many USTF referees with valuable experience. A special thanks to our photographers for this event, Grand Master Sereff and Mr. **Larry Jones**. Our goal is to increase our attendance each year, so look for us in 2016! We are ready for Boston! Group below, pictures next page.

Sr. Master Ricky J. Todd, D.F.S.





Some photos from the **Axe tournament**: left, GM Renee' Sereff with Gup Champion Andrew Chan; above, some might happy Green Belt winners.

On May 22, **Hannon Taekwon-Do** held a Black Belt test in Leavenworth, Kansas. Ms. **Brianna Gillespie** tested for her Second Dan.

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

On May 31st, **Concord TKD** hosted the **Northeast Challenge Invitational** tournament in Concord MA.

Welcome to White Oak Taekwon-Do

By Lisa Eastin, Flash Stringer

White Oak Taekwon-Do, the newest dojang in Missouri opened on April 18, 2015, to a select crowd of enthusiastic black belts who christened the new facility with the first sweat and stamped the first footprints onto its walls. The brainchild of Master **Lenard Graham (VII)**,

White Oak has been in the planning stage for a long time, twenty-three years, in fact. Master Graham said the new dojang is something he has been thinking and dreaming about since he moved to his farm in north Missouri in 1992, but circumstances were never right to complete the project until recently.

Jeremy Hettinger (I) was the primary builder for the gym, and he and Master Graham spent many hours working out the plans to suit both of them. "I told Jeremy what I want, and he told me what was possible to do within my budget," said Master Graham. The initial plans included only a covered shelter, but those plans morphed into a complete facility with all the amenities needed for a great workout. Actual construction took place over a period of many

months due to the constraints of other jobs and responsibilities for both men, but in the end, Master Graham declared he was very pleased with the project.

Not everyone has the time or desire to maintain a private dojang, but it suits Master Graham perfectly. "Because of my vision issues, I don't drive now, and I can't always get a ride into **Kirksville Taekwon-Do** to train regularly. With the new gym, students can come out to train with me," he commented. No stranger to running a dojang, White Oak Taekwon-Do is actually the fourth school to be under Master Graham's care with previous schools in both Milan and Unionville, MO. Asked about his plans for the new facility, Master Graham indicated he will be training his three grandchildren, working with



On May 8th, Mountain View Martial Arts & Fitness held their Black Belt Sword Ceremony. This has been a tradition at Mountain View for the last ten years to wait the 6 months from your testing date that you went for your black belt. Plus it shows them that we need to keep training and not be one of the lost souls that quit right after making Black Belt. After this timeframe I like to present my students with their loyalty swords with a special message from me on the blade. Also at this time I present them with their Dan Certificate. It makes it a very special moment that they are able to share with family and friends.

various Kirksville Taekwon-Do students to help prepare them for international competition this summer, and will also be recruiting some new students from the surrounding communities. “Really,” Master Graham said, “I think all Masters should have a dojang in their backyards so they can keep training, too.”

Master Graham began his training in martial arts when he was 25 years old. Following a short flirtation with another style, Master Graham, a white belt, sought training with **Bill Stephenson** (then a second dan and now a Senior Master (VIII)), and he has continued training for 33 years since.

Master Graham has been teaching students in his own right for 30 years now and

has taken 34 students from white belt to black belt. His love of teaching shows both on the floor and off. He commented, “I’d like to be a hundred years old and still teaching!” Master Graham’s goal is always to focus on the basics of good technique and remain true to the USTF style. “When questions come up in class and we (black belts) have a difference of opinion about a particular technique, I don’t really care I *who* is right as long as we *get* it right,” he declared. “Every day I do taekwon-do, I try to improve my technique, improve my attitude, and improve as a person.” With that kind of outlook, the future looks bright for White Oak Taekwon-Do to grow and thrive.



To the left, Master Lenard Graham stands in front of the new White Oak Taekwon-Do dojang. Below, the interior.

--Lisa Eastin, Flash Stringer





Photos from the maiden workout at White Oak Taekwon-Do. Left, Taekwon-do is a family affair. Pictured are **Andrea, Leif, Ivyl, Haylie, and Lyla** and Master Graham as everyone prepares for a Saturday morning workout. **Leif Graham (IV)** acts as assistant instructor. Below, Front row: Senior Master **Dustin Stephenson**, Senior Master **Bill Stephenson**, Master **Lenard Graham** Second Row: **Lisa Eastin, Phil Ordonio, Tigist Eastin, Kyle Graham, Nikolee Martin, Genet Eastin** Third Row: **James Rolston, Matt Mattheney, Sr., Eric Amini-Rad, and Kelly Koenig.**



At a gala evening hosted by VIth Dan Dr. Rick Bauman and his charming spouse Terry, persons were asked to dress in the garb of their historical occupations. Little did he know that Sr. Master F.M. Van Hecke had gone into piracy as a result of having received high C's in school! Caught by the camera's eye in an informal moment was the former buccaneer with Miss Wanda Douette, pirate wench, widely known as "One Eyed Wanda, Scourge of the Caribbees." Left to right, Miss Douette (portrayed by Miss Meghan Hickey, a good sport), the Master, and Admiral Bird. Photo Credit--Kathleen Van Hecke