

The T.K.D. Flash

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UPCOMING EVENTS

Burning Phoenix Taekwon-Do has scheduled a Black Belt test for December 3.

As has **Fairbanks Taekwon-Do**. Scheduled to test for First Dan are **Dana Woolery**

and **MaKenna Drummond**, and for Fifth, **Marion Winther**.

Ground Fighting Ho Sin Sool with Mr. **Anthony Giese** will be explored at **Cadillac TKD** in Cadillac, Michigan on December 3. Dr. **Steve Osborn**, Promoter. Participants are expected from throughout Region 3.

Dear Sir,

Kirkville Taekwon-Do in Kirkville, MO, had the privilege of minting four new black belts at a great testing held on October 29th. Although few in number, the candidates had an excellent day and demonstrated great proficiency in their hard-won skills. Picture: Front Row--Mr. **James Rolston** (V), Mr. **Philip Ordonio** (VI), Sr. Master **Dustin Stephenson** (VIII), and Sr. Master **Bill Stephenson** (VIII); Back Row--**Megan Matheney** (IV), **Nick Gravett** (I), **Zachary Peterson** (I), **Brice Hazen** (I), **Alec Hazen** (I), and **Eric Amini-Rad** (III).

Lisa Eastin, Flash Stringer



Mr. **Brandon Stoppani's Bodystrong TaeKwon-Do** was honored to host **Grand Master Mike Winegar** October 8-9 2016 for the always popular Instructor C Course. Students of all ranks and from various USTF schools were in attendance including Master **Ron Britt's** student **Dr. William Romine** 1st Dan who traveled to the Pacific Northwest from Ohio! There was a large turnout of junior color belts. Grand Master Winegar commented on how impressed he was with the power these young color belts demonstrated.

The course was full of excellent detailed information taught in only a way Grand Master Winegar can teach. His unique style of incorporating history, facts, physics and of course his personal demonstrations had every student captivated both days of the course.

Each day started early at 7am and lasted approximately 10 hours. For many, the highlight was day 2 which started with everyone getting to practice various kicks and combinations of kicks on paddles and pads. Everyone participated including Senior Master **Craig Craddock** and Master **David Mason**. There was plenty of jumping and kicking, so much that by the



end of the first hour all the glass windows were covered in steam!

The course ended with many taking the Instructor C exam.

Thank You to Grand Master Winegar for coming to the Pacific Northwest to teach this course and to Senior Grand Master Charles E. Sereff and the entire USTF for organizing a course designed to keep Tae KwonDo to the expectations required of our founder **Gen. Choi, Hong Hi**.

Ms. Linda Allen

On December 10 there will be a Black Belt test at **Manera's Takeown-Do**, Kennesaw, Georgia.

From Master **David Mason**: Black Belt test Jan. 28th at Mountain View Taekwon-Do. I am having my student Mr. **Brandon Stoppani** preside.

At Seequim, Washington, Master **David Mason** will preside at a Black Belt testing on January 21.

The **Sereff Annual Invitational Junior Event with Chili Cookoff** will be January 28, 2017.

On February 18, tentative USTF Referee Course at **Sereff Taekwon-Do**.

On March 11 there will be a Black Belt test at Broomfield, Colorado.

On May 20 there will be a weapons self-defense course at Sereff Taekwon-Do.

USTF NATIONALS will be held June 24 and 25, 2017, in Broomfield, Colorado. Deadline for Black Belt registration June 1.



Aaron Golbeck has the ultimate learning opportunity presented by Grand Master **Mike Winegar** at a C Instructor seminar in Sequim, Washington, October 8.

As always, **Best Image of 2016** and **Best Text of 2016 by a Non-Stringer** will be awarded in the January issue. The Graphics Committee’s Awards Subcommittee has reserved Conference Room B-14 on the fourteenth floor of the Flash Building in downtown Manhattan for its usual marathon sessions starting on December 15. They have work to do.

AROUND THE COUNTRY

On November 5 a USTF Referee seminar was conducted at **Flyers Taekwon-Do**, Savannah, Georgia.

On November 18, First Dan testing at **Flyer’s Taekwon-Do**, presided over by Master **Lawrence Green** for **Jennifer Kujawa**,

The New England Region hosted a USTF Referee Course on Sunday, October 23rd. Grand Master **Louis Reyes** taught a class of twenty three, which included nine candidates for Black Belt at the upcoming November test and a half dozen who hope to test in May. Grand Master Reyes went step-by-step through the USTF *Tournament Rules and Regulations Handbook*. With the help of props, he demonstrated proper use of stop watches for Timekeepers, scoring sheets for Corner Judges, and calls for Center Referees. New England is proud to have an enthusiastic new crop of Referees for upcoming tournaments. Thank you, Grand Master Reyes!

Roselyn Romberg, D.F.P.





On November 7 Miss **Matilda Larkin Van Hecke**, Gup 9, did a Taekwon-Do demonstration for her class at the Maryland Avenue Montessori School in Milwaukee, Wisconsin. She broke her first board and was assisted by her grandfather, Sr. Master F.M. Van Hecke, who broke just a few more. Left, Matilda; right, the crowd reacts, just a bit, to just a little more breaking. Guess she'll keep her lunch money.



Elizabeth Kujawa, Payton Banzet and Cortland Turner.

Utah's 2016 Fall Black Belt Testing was held November 19.

The Northeast Region conducted a Black Belt test on Sunday, November 20th at **Concord TaeKwon-Do**. Grand Master **Louis Reyes** presided. Candidates from around the New England region, and New York tested.



Note correct preparatory foot position for reverse turning kick. Photo by Kathleen Van Hecke, subject Miss Savannah Kelley, who was duly reprimanded for incorrect uniform configuration.



A Dan and Gup testing was held at **Flyers Taekwon-Do** in Richmond Hill, Georgia on August 12, 2016. Miss **Leilani Manera** of Manera's Taekwon-Do, Kennesaw, Georgia tested for her 3rd Dan and testing for their 1st Dans were Flyers Taekwon-Do students Mr. **Jacob Smith** and Mr. **Noah Enoch**. Testing for 2nd Gup was Flyers Taekwon-Do student **Timothy Decker**, and testing for 3rd Gup were **Eddie Akers** and **Braden Hill**. Region 5 Director Master **Lawrence Greene** examined the successful testing while his 1st Dan students Mr. **Clifton Edmonds** and Miss **Toccara Edmonds** each took turns calling at corner. Photos: above, Ho Sin Sool Dae Moogi, below, from left, your correspondent, Miss Manera, and Master Greene.

Mario Manera, Flash Stringer



Remarks of Master David Mason on the Passing of First Dan Sybil Crawford (1960-2016)

Sibyl Sarah “Bandy” Crawford had the burning desire to do her best while training from the very moment she started to the last days of her life. There is a term, “Il Pyon Dan Shim,” “to serve one master with unshakable loyalty.” This phrase describes Sibyl. Sibyl was with me for over 11 years with exactly that unshakable loyalty, love and support. Sibyl truly touched the lives of many in so many ways.

Sibyl started with her son Joel out at the La Center Community Education Center. At first it was just Joel, but I could not help watching how much his mom would be there every night intensely watching classes. Sibyl got her big dog name “Bandy” from the fact that she made it her mission to always have a band aid or anything medical for anyone who needed it. When Sibyl finally got on the floor and started training she blossomed and fell in love with Taekwon Do. What Sibyl lacked in



physical abilities she more than made up in her spiritual ability. She became the spirit of Mountain View Taekwondo. I have so many stories about Sibyl and her interactions with all of us it is impossible for me to narrow it down, so I will say this: While many people in our school mastered the physical or the mental part of Taekwondo before Sibyl, I would have to say no one mastered the etiquette side of Taekwondo better than Sibyl. We would jokingly refer to Sibyl as our etiquette nazi. If a student made an error Sibyl would be sure to educate him in correct manners. If an already educated student broke the rules she would be sure to let him know, most of the time with a smile on her face or, if necessary, with gritted teeth.

When you look around the school there are so many memories of her everywhere. She will now always be here. In Sibyl’s fight for her life over the last two years her burning desire was to get back on the floor and train. When she realized that she was not going to make it one of her dying wishes was to have some of her ashes here at the school. We thank her husband Digger and her son Joel for bringing some of her ashes that we have placed in this urn to put up on a wall along with many of her mementos.

Sibyl’s husband Digger told me on many occasions that Taekwondo was Sibyl’s life and nothing was a bigger part of it. The last two years of Sibyl’s life were incredibly painful for her fighting this fight she sadly lost. Mrs. Mason and I had so many talks with her over these two years cheering her up. She would nonstop tell us that she was going to beat this enemy and get back to what she was born to be doing, training and teaching at the school. For me and Mrs. Mason, Sibyl was more than a friend, she was the white hot fire of unshakeable loyalty and support in our lives and she was one of Mrs. Mason’s nearest and dearest friends.

We are grateful many of us got the chance to go over to her house when it became apparent she was too weak to ever come back. Digger told us that when we all showed up in uniform on her front lawn and did our presentation she told him that this was one of the best days of her life and that she was lucky to attend her own funeral with her taekwondo family around her. So, while I and all of you are dealing with the incredible pain and ache of her passing and the massive void of her not being here, we need to remember that she is in our hearts and everywhere in this school, she is right here training by your side laughing in your ear or most importantly reminding you of your etiquette.



Guess Governor John Hickenlooper of Colorado knows when they've struck gold in his State. And on that note, a happy birthday and best wishes to Senior Grand Master **Charles E. Sereff!**

On Saturday, November 19th, 2016, **Axe Taekwon-Do** at Offutt Air Force Base in Bellevue, Nebraska hosted a quarterly promotion testing. Twenty-four students tested for various ranks from 9th gup, White Belt Yellow stripe through 4th Degree Black Belt. The testing board was composed of Sr. Master **Ricky Todd**, 8th Dan, USTF Region 2 Director, Mr. **Kevin Bushor**, 6th Dan, USTF Nebraska State Director, and Ms. **April Bowling**, 5th Dan. Ms. **Ashleigh Ragone**, 2nd Dan, served as the testing director.



Promoted to 4th Degree Black Belt was Mr. **Sean Toppi**. Mr. Toppi amazed the spectators with his breaking and flying triple kicking skills. The following gups were promoted: Red Belt: **Cate Wagstaff** and **Luke Blasey**. Blue Belt Red Belt: **Melody Param**. Blue Belt: **Jack Blasey** and **Paul Grgas**. Green Belt Blue Stripe: **James Grgas**, **Cassy Kribell**, **Lizzy Linder**, **Kiel Matos**, **Kennan Matos**, **Elijah Jake**, **Amaya Crowder** and **Paul Wagstaff**. Yellow Belt: **Jorja Carleton**, **Allison Loftus**, **Paul Shawan**, **Anniyah Simone**, **Dameon Garber** and **Anthony Garber**. White Belt Yellow Stripe: **Alysia Garber**, **Caroline Maytan**, **Anthony Marquez** and **Christopher Marquez**. Picture, from left, Mssrs. Bushor, Toppi, Sr. Master Todd, Ms. Bowling.

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



To the left, Mr. Sean Toppi powers through big rocks making little rocks in his Fourth Dan test at Axe Taekwon-Do on November 19.



On November 20 there was a Black Belt test at Arvada, Colorado, for **Maestas Taekwon-Do**. Some photos. Notable: in the Meyers family there are now 5 Black Belts. Carson tested for I Dan and Reagan tested for II Dan this time. Tara Mireskandari's side piercing kick looks awesome!





The USTF continues to grow around the country specifically in the Southeast Region 5 as the Federation welcomed three new black belts when a Dan testing was conducted on October 10, 2016 at **Manera's Taekwon-Do** in Kennesaw, Georgia. The new 1st Dans are Mr. **Andy Pilcher**, Mr. **Olivier Tran**, and Miss **Brianna Slaton**. Mr. **Mario Manera**, 4th Dan Manera's Taekwon-Do Head Instructor and Georgia State Director was Examiner and Miss Leilani Manera, 3rd Dan, assisted. Above left, Mr. Manera, Miss Manera, Miss Slaton, Mr. Pilcher and Mr. Tran. Above right, Miss Slaton breaks concret going deep (and, no, she won't catch that piece before it lands.)

Left, Mr. Pilcher's dandy technique break. Lower left, Mr. Tran matches the successful trifecta of concrete disruption, center below Mr. Pilcher likewise, and right below Mr. Tran's technique break with Mr. Pilcher holding.



The “heroes” came out to train in Taekwon-Do when **Manera’s Taekwon-Do** of Kennesaw, Georgia held a Halloween costume training class on October 26, 2016. Students were allowed and encouraged to wear their favorite costumes. A couple of Ninjas (Mr. **Andy Pilcher** and Mr. **Olivier Tran**), a member from “The Crow” (Miss **Adia Ferrell**), a Karate Kid Cora Kai instructor (Mr. **Mario Manera**), and even Wonder Woman herself (Miss **Leilani Manera**) showed up to train. All students and instructor had “super” fun training and can’t wait until next year again to train in this wonderful martial art called Taekwon-Do.



Season's Greetings

from the TKD Flash

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