

The T.K.D. Flash

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UPCOMING EVENTS

The annual Academy of Martial Arts, Grafton, Women's Basketball Outing will be on Valentine's Day in Milwaukee, Wisconsin.

On February 6 **Axe Taekwon-Do** will have a gup and Black Belt testing.

On February 20, 2016, Sr. Master **Bill Stephenson** will host a Class C Instructor Seminar, to be taught as one of this excellent

A NEW YEAR

I am wishing all members a very Happy and Prosperous New Year. I know it has been a rough year for many this year being in the Martial Arts and it makes me proud that you are still teaching classes and working out. You are making the difference in the USTF!

In April 2016 I will be teaching my last formal class at Sereff Taekwon Do after 51 years of teaching. If any of you are in the neighborhood, please drop by! I am planning on being the active Senior Advisor to the USTF and looking forward to watching my Legacy carry the torch for the General's Taekwon Do into the future.

Sr. Grand Master C.E. Sereff





On October 10 Georgia State Director Mr. **Mario Manera** of Manera's Taekwon-Do, Kennesaw, Georgia, tested for 4th Dan at Flyer's Taekwon-Do along with

his student Mr. **Ashwin Limaye** who tested for 1st Dan. Master **Lawrence Greene** presided as test examiner. Top left, Mr. Manera wins an argument about wood. Top right, Mr. Limaye tries to make Second Dan **Leilani Manera** reconsider. To the right, from left, Master Greene, Mr. Manera, Miss Manera, Mr. Linaye, and Mr. Randy Pilcher. Below, Mr. Manera presents Mr. Limaye with his certificate on December 12.



--Mario Manera, Flash Stringer

series by USTF Director of Technique **Mike Winegar**.

Also on February 20 there will be a USTF Referee Course at Sereff Takeown-Do.

On March 5 a combined gup and Black Belt test is anticipated at Grafton, Wisconsin.

On March 19 a USTF Umpire Course will be taught at the Academy of Martial Arts, Grafton. Instructor: Region 3 Director Dr.



On November 7, USTF Region 9 hosted a USTF “C” Referee Course at **Flyer’s Taekwon-Do**. Master **Denise Moormeier**, Region 9 Director, instructed the course which produced 17 new Class “C” referees. Several students also took the course as a refresher, proving the continuing value of these courses even for those already certified. Above, the class photo. Below, Master Moormeier makes the call in the huddle.



--Mario Manera, Flash Stringer

Steve Osborn. The Promoter is Sr. Master F.M. Van Hecke.

The **Maestas School Challenge XVI** will be March 19 at Arvada, Colorado. Contact for questions and registrations Master **Robert Martin** at info@maestastkd.com

On April 2 **Coastal Taekwon-Do** in Lincoln City, Oregon, will hold a Black Belt testing. Go Coastal! Mr. **Craig Craddock**, Promoter.

On May 7 there will be a testing for **Axe Taekwon-Do** students.

From the General’s loyal student and our good friend Grand Master Phap Lu next

door in Canada, MAY 14,15 2016 WORLD CUP, OTTAWA, CANADA, hosted by www.lustaekwondo.com

In mid-May Director of Technique **Mike Winegar** will conduct another in his excellent series of Class C USTF Instructor courses in Georgia. Master **Denise Mooremeier** is the Promoter. Involved in organization is Mr. **Mario Manera** currently conducting a venue search. We’ll get more exact as to date and location when provided that information.

The **9th Annual Axe Taekwon-Do Tournament** will be held on May 21 in Bellevue, Nebraska. Good competition, well officiated, as to be expected from these folks.

Ms. Myra Schjelderup (II Dan) throwing a Mid-Air Side Pierce Kick over the snow in boots at the 1st Annual Burning Phoenix Taekwon-Do Winter Retreat, Story on page 8.

**You're Invited
to the
Maestas
SCHOOL
Challenge
XVI**

**Individual Adult Black Belts
Individual Adult Color Belts
Individual Junior Black Belts
Individual Junior Color Belts**

**March 19, 2016
Arvada, Colorado**



A Black Belt test is anticipated in Wisconsin on June 4 pending approval of Headquarters.

We are advised that on August 20 another combined Black Belt and gup testing at **Axe Taekwon-Do** at Offut Air Force Base will take place.

Planning ahead (the mark of organized leadership), Sr. Master **Ricky Todd** will promote a test at **Axe Taekwon-Do** on November 19.

THIS JUST IN

In late January or early February, according to Master **Ron Britt**, Fifth Dan **Larry Kaiser** will conduct a Black Belt Testing in Ohio. We'll get more information in the next issue..



Burning Phoenix Taekwon-Do of North Salt Lake, Utah, had their 1st annual fall Taekwon-Do tournament, the **Firebird’s Egg Championship**, on November 14th. The events were Patterns, Sparring, Power Hand Breaking, and Power Foot Breaking.

The Tournament Grand Champion trophy was a “Firebird’s Egg” handmade by Ms. Melanie Bunch, II Dan. It was a genuine ostrich egg, decorated and displayed in a woven wire stand to create a truly one-of-a-kind award! [Ed. Note: picture of that said self-same trophy included.]

An entertaining moment came when first-time Pee Wee competitor Ms. A. Bunch won first place in her division and

couldn’t stop bouncing up and down in joy. On the right, the Pee Wee Power Hand Breaking results. First Place - Mr. **C. Chavez**, Second Place - Mr. **B. Carver**, Third Place - Ms. **A. Bunch** and Mr. **O. Merrell**.



Mr. **Eric Gemmell**, V Dan, is always looking for ways to keep the breaking competition interesting, and this tournament was no exception. A few days prior to the event, he announced that 2-inch thick boards would be available as a breaking option, and would be worth 2.5 points when broken, versus the 2 points of an equivalent amount of regular 1-inch boards. This was a great opportunity to apply strategy on

the part of the competitors. At left,, Ms. **Kristie Firmont**, I Dan, breaks 2 boards with Turning Kick while entirely redefining the term, “high.”



At the end of the competition Ms. **Melanie Bunch**, II Dan, and Mr. **L. Sanchez** were tied for Grand Champion based on medal totals. The tie-breaker was a series of questions based on required Taekwon-Do knowledge. Ms. Bunch won the tie breaker.

Special thanks to the following 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 who served as Scorekeepers, Timekeepers, Judges, and Assistants.

--Ms. Melanie Bunch, Flash Stringer

Sr. Master Van Hecke,

I'd like everyone to meet the USTF's newest Master: Master **Robert Riley**! On December 12th Master Riley tested to VII Dan in front of Grandmaster **Paul DeBaca** and Sr. Master **Stan Martin**. Master



Riley is only the second USTF Master in the state of Utah. He made his instructor Master **William Dubbeld** very proud. Master Riley wowed the crowd by showing off some specialty breaks, including: flying high kick, upward block with bow wrist, downward strike with backhand,

thrust with angle fingertip, and a non supported break with vertical kick reverse footsword. In addition, he demonstrated a 7 tile downward knife hand strike! He also prepared some excellent advanced one-step with take down routines. After the testing, Grandmaster DeBaca held an excellent class on breathing and stretching. Note the joy of all of us on this occasion reflected in the group photo above.

According to Master Riley:

I grew up in Riverton, Wyoming, and began Taekwon-Do around 1974 as part of Nam K. Kim's Power Taekwon-Do organization. I got interrupted by life, but returned to TKD to join my son Chris in his studies later.

When my former instructor decided to teach in Bountiful, Utah, I trained there until about 1999. After part of the USTF-Utah organization, including my former instructor, split off and formed a new organization in 1998, I tried to belong to both organizations for about a year. Then Sr. Master Martin convinced me to stay with the USTF. Master Dubbeld became my instructor, and is to this day. After I became a 2nd Dan in 1995, I began teaching, and returned and taught Taekwon-Do at Butler Middle School for several years. Around 2006, I moved my class and started teaching Taekwon-Do as a church outreach program at Community of Grace Presbyterian Church in Sandy, Utah.

I am very thankful that Sr. Master Martin convinced me to stay with the USTF because it is a great organization with many dedicated people. It was also what led me to train with Master Dubbeld as my instructor. Master Dubbeld has been a very dedicated instructor, a dedicated supporter of the USTF and a great influence on Utah Taekwon-Do since 1998.

Around the time I tested to 6th Dan, my son Chris began training again and is now a 3rd Dan. It has been great to participate in Taekwon-Do with Chris for a long period of time.

I want to thank my wife, for being patient and forgiving in letting me spend countless hours participating in Taekwon-Do, and my daughter for generally putting up with my Taekwon-Do habit. I would like to thank Grand Master DeBaca for conducting my 7th Dan Testing, Sr. Master Martin for continuing his trend of being at all of my Black Belt Testings since 2nd Dan, Master Dubbeld for being my instructor for the last 16 years, my fellow Black Belts for their friendship in the TKD family (for the younger ones inspiring me to jump higher), and for my students from whom I learn a lot in the course of teaching!



Respectfully submitted,

Corinne Sroykum, Stringer



Burning Phoenix Taekwon-Do of North Salt Lake, Utah, added a new event this year: a winter retreat! There were 12 participants at this event, the **1st Annual Burning Phoenix Winter Retreat**, which focused on Taekwon-Do philosophy and camaraderie more than physical training. The participants did their thing at Pine Valley Utah January 8th through 10th.

During the day on Saturday, some time was devoted to performing patterns in the snow to see the resulting “pattern diagrams”. Since the snow was knee-deep, some patterns proved more challenging than usual! But training time was kept short so that students could hurry back inside and huddle around the fireplace to warm up and dry off. Everyone then took turns going out and posing in the snow for photographs.

Some students chose to change into warmer clothes and go right back out again for a snowball fight. The snow turned out to be much too powdery to make a decent snowball, so it turned into more of a “splash” war. Rising kicks turned out to be a good way of moving a lot of snow at once towards your opponent, unless there was a headwind.

The meals for the trip were wonderful, and a fire pit provided the opportunity to roast hot dogs and marshmallows. If you’ve never tried a s’more made with a Reese’s Peanut Butter Cup, you should give it a shot the next chance you get!

Many fun games were played in the evenings, some involving TKD knowledge and others just for fun. There was also a lot of good conversation, and just general bonding with our Taekwon-Do family. Above, From left to right: Mr. Joshua Friesen, Mr. Preston Haynes, Mr. Luis Chavez (II Dan), Ms. Ani Schjelderup (I Dan), Ms. Myra Schjelderup (II Dan), Ms. Abigail Friese, Mr. Joel Burget.

Everyone had a great time, and we’re already looking forward to next year!

Ms. Melanie Bunch, Flash Stringer

On January 16th an "awesome" gup test was held at the **Academy of Martial Arts Sheboygan Falls, Wisconsin**. Ten students tested for and were promoted to their next belt level.



Two students tied for High Test Score: Gup 2 **Jacob Scholten** and Gup 10 **Jacob Taylor**. Four students received a decided test score: Gup 2 students **Jacob Scholten** and **Rosalia Johnson**, Gup 4 students **Zach Warnke** and Gup 10 **Jacob Taylor**. Most Improved Student went to Gup 10 **Kweku Korankye**. In the group picture front row from left to right: **Jacob Taylor**, **Noah Bauer**, **Kweku Korankye**. 2nd row: **Lucas Scharenbroch**, **Zach Warnke**, **Rosalia Johnson**, **Trenton Mitchell**. 3rd row: Mrs. **Caren Johnson**, IV Dan, Mr. **Mark Johnson**, IV Dan. Back Row: Mr **Dan Kelly**, II Dan, **Jacob Scholten**, **Dakota Aschenbach**, **Noah Jacob**, Mrs. **Jacqueline Karpinsky**, IV Dan, Mr. **Marc Mikkelson**, IV Dan. Picture of break: **Zach Warnke** made it look easy completing a Reverse Turning Kick Break.



Sir:

Concord Taekwon-Do's last Gup promotions of 2015 took place just before the holidays. **Julia Si-on Terry** tested successfully for Gup 8 Yellow Belt, and siblings **Helen Xia** and **Owen Xia** achieved Gup 7 Green Stripe. Mr. **Patrick Rafter** promoted to Gup 5 Blue Stripe. **Samuel Sechman**, **Riya Shah**, and **Iffah Liyakath** advanced to Gup 4 Blue Belt. **Katherine Chu Kelly**, **Stephanie Hellman**, and **Jackson Johnson** were promoted to Gup 1 Black Stripe. Congratulations to all! Photo: Jackson Johnson uses his fist to break.

Roselyn Romberg, D.F.P.



The Splits Club strikes again! Clockwise from top left: **Sera Baang**, **Lori Chen** (representing the reindeer contingent), **Lauren Kim**, and **Mia Lai** (who looks great in argyles).



Sir;

On September 26, 2015 **Flyer's Taekwon-Do** of Richmond Hill (Savannah), Georgia, conducted a 1st Dan testing for brother and sister Mr. **Clifton Edmonds** and Miss **Toccara Edmonds** under their instructor and test examiner Master **Lawrence Greene**, owner and instructor of Flyer's Taekwon-Do dojang. In the picture, Miss Edmonds proves that like birds and planes, ladies, due to the interaction of the Bernoulli Principle and ponytails, can fly. Below, Mr. Edmonds and Miss Edmonds are presented with their Black Belt certificates by Master Lawrence Green, on right, and Master **Denise Mooremeier** (left) on November 7.

--Mario Manera, Flash Stringer

