

# The T.K.D. Flash

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 The National Newsletter of the United States Taekwon-Do Federation

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## UPCOMING EVENTS

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

On March 5 **The Winter Warriors Tournament** (Junior Division, for ages 11 and under) will be held at **Giorgio's Taekwon-Do** in Sudbury, Massachusetts.



Sir:

We conducted our combined color belt testing on January 23rd. We had a total of 50 candidates ranging from 6 year old to 62. High test score winners from left to right were **Lee Meeks** - Best Ho Sin Sul, **Clayton Stirling** - Best Pattern, and **Harold Morrow** - Best Break.

Mrs **Christina Rosenof** called the test and did an outstanding job. The group pictures include testing candidates and the testing board and volunteers.

As always - Keep A Kickin'!!

Sr. Master Stan Martin



On Tuesday, February 9<sup>th</sup>, 2016, **Axe Taekwon-Do** at Offutt Air Force Base in Bellevue, Nebraska hosted a quarterly promotion testing. Fifteen students tested for various ranks from 9<sup>th</sup> gup, White Belt Yellow stripe through 2<sup>nd</sup> Degree Black Belt. The testing board was composed of Sr. Master **Ricky Todd** 8<sup>th</sup> Dan, USTF Region 2 Director, Mr. **Kevin Bushor**, 6<sup>th</sup> Dan, USTF Nebraska State Director and Ms. **April Bowling**, 4<sup>th</sup> Dan. Mr. **Sean Toppi**, 3<sup>rd</sup> Dan served as the testing director.

Promoted to 2<sup>nd</sup> Degree Black Belt was Ms. **Staci Chamberlin**, who just turning 14 years old requested to perform the men's breaking and demonstrated excellent breaking skills. Gup test results follow. Green Belt: **Jack Blasey**, **James Grgas** and **Melody Param**. Yellow Belt Green Stripe: **Tami Grgas** and **Paul Grgas**. Yellow Belt: **Amaya Crowder**, **Elijah Jake**, **Cassy Kribell**, **Lizzy Linder**, **Kiel Matos**, **Keenan Matos**, **Mia Nieves**, **Dakota McInnis** and **Paul Wagstaff**. Photos: testing group and board, below. Others, page 3.

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



On March 12 the Winter Warriors Tournament will continue with its Upper Division (ages 12 and up).

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

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

Also on May 7 the **AAMA Spring Classic Tournament** will be held in Grafton, Wisconsin.

On May 14 and 15, **Flyer's Taekwon-Do**, in Richmond Hill, Virginia, will host USTF Director of Technique **Mike Winegar**, who



At her Second Dan testing at Axe Taekwon-Do on February 9 Ms. Staci Chamberlain smashes four boards with side piercing kick and 3 tiles with downward punch. Way to go!

will conduct on of his excellent seminars, a USTF “C” Instructor course. Master **Denise Mooremeier** is the Promoter. Contact Master Mooremeier, [Denise.Mooremeier@gmail.com](mailto:Denise.Mooremeier@gmail.com),

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](http://www.lustaekwondo.com)

On May 14 in Salt Lake City, the **16th Annual Utah Cup Open Tournament**, will be held, with Master **William Dubbeld** and Mr. **Chris Wadium** sharing duties..

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.

On May 22 **Maestas Taekwon-Do** will conduct a Black Belt test at Arvada, Colorado.

The **New England/New York Regional Black Belt Test** will be held at **Concord Taekwon-Do** on May 22.

On June 3 Mr. **Jeremy Bennett** will lead a Taekown-Do Camping Trip in Sardis, Mississippi.

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



The **2016 Utah Spring Black Belt Testing** will be held on June 4.

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

On September 17 the **Seventeenth Annual Wyoming Challenge** will be held at the Casper Recreation Center, Casper, Wyoming.

On September 24 the **Second Annual Kirksville Invitational Tournament** will be held in Kirksville, Missouri. The Tournament Director will be Sr. Master Ricky Todd, and the Chief Referee



Our **Annual Chili Cookoff and Jr. Invitational** event was a great success! Over 65 juniors competed for honors in sparring and pattern at the Sereff TKD gym! A busy, crazy event with lots of smiles. This Event gives some of our referees the experience they need and lets the newest students feel a little more comfortable in tournament competition.

Schools participating were **Sereff Taekwon-Do, Thornton Taekwon-Do (Mrs. Fran Buschkoetter), New Life Taekwon-Do (Master Paul White), Summit Taekwon-Do (Mrs. Kathy Lynch), and Maestas Taekwon-Do (Masters Bob Petitjohn and Robert Martin).**

Mr. **Collin Meyers** of Maestas TKD took the Grand Champion of the event.

The Chili cookoff was a big hit with 18 crockpots full of special recipes like chicken chili, wild game chili, hot chili, mild chili and cornbread, all ready for lunch after the tournament! We fed over 100 people with the

wonderful entries for the Chili cookoff!

The Pinata competition was started off by Sr. Grand Master **C.E. Sereff** punching it!

All the Juniors kicked and kicked, black belts kicked and finally Mr. **Jason Rose** just broke into this very tough piñata to fill the gym floor with treats! We can't wait until next year!

Photos: above Man vs. Pinata (we'll bet on the man!), and right, Grand Master Charles E. Sereff, Grand Champion competitors winner Colin Meyers, Runner ups, Jake Minty, Ilana Garcia, Ellora Malone, Colin Rodgers.

*Grand Master Renee Sereff, D.F.S.*



Sir:

We had our February Black Belt Class on 2/7/16 - pretty good turn out even with bad roads and weather. Mr **Jerry Sisco** presented Mr **Tony Giese** with the State Director plaque and wished him the best as our new Wyoming State Director. Everyone trained hard and looked good for all of the upcoming events that are scheduled- I am proud of all our people.

-- Sr. Master Stan Martin



Photos: 2/7/16 group on left; above, from left, Sr. Master Martin, Mr. Tony Giese, Mr. Jerry Cisco, Master Robin Johnson.

Master Dustin Stephenson. Questions?  
[mdustinstephenson@gmail.com](mailto:mdustinstephenson@gmail.com)

On November 5 you can look forward to the 2016 Utah State Championships in Salt Lake City.

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

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

On November 20 expect a Black Belt test at Arvada, Colorado, for **Maestas Taekwon-Do**.

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

**AROUND THE COUNTRY**

The annual Academy of Martial Arts, Grafton, Women's Basketball Outing was Valentine's Day in Milwaukee, Wisconsin. Attending with our group of nine were Mr. **Matthew Thur**, Miss **Valerie Locklair**, **Noah Friberg**, **Aniela Van Hecke**, and Sr. Master F.M. Van Hecke.

**Concord School of TKD** has a new address as of March 1st. The school is now located at 100 Main Street, Suite 3, in Maynard MA 01754. Phone number (978-369-1909) and email ([info@concorditftkd.com](mailto:info@concorditftkd.com) and [j.murphy@concorditftkd.com](mailto:j.murphy@concorditftkd.com)) remain the same.

On February 6 **Axe Taekwon-Do** held a gup and Black Belt testing. We look forward to pictures and commentary in the next Flash.

**HELP WANTED**

Extraordinary compensation. Awesome benefits! In a time of low employment and high prices, why wouldn't you seek a position with not only these positives but also a high level of prestige? Join the distinguished award-winning (2015 Pulitzer Prize) News Department of the national newsletter of the United States Taekwon-do Federation as a Flash Stringer. Applications now being accepted via e-mail to [fmvh1@mac.com](mailto:fmvh1@mac.com) or by mail to Wanda Mahan, Director of Personnel

Procurement, P.O. Box 853, Grafton, Wisconsin 53024. You've seen the brilliance of the work of such luminaries as Distinguished Stringers Roselyn Romberg, Ricky Todd, Renee' Sereff; and Stringers Corinne Sroykum, Guy Williams, Robert Martin, Mario Manera, Lisa Eastin, David Mason, and Melanie Bunch. You, too, can contribute to the future of USTF and raise your own escutcheon upon the wall of journalistic greatness. Work under the supervision of an amiable and not-totally-incompetent editor who will take your undergraduate journalism degree, your high school English expertise, your grade school spelling bee chops, to new heights!

Join us.

At Nationals this past July, GM Renée Sereff encouraged Regional and State Directors to step up efforts to develop the next generation of leaders for our art. The New England/New York region has taken her urging to heart. GM Reyes and Mr. John Murphy have launched a bi-monthly seminar series taught by "first timers" -- III, IV, and V Dans who will lead a seminar for the first time.

Mr. **Tom Gibbons**, IV Dan and head of **Victory TaeKwon-Do** in Albany, New York, led the series with a Gup Patterns Seminar at Concord TKD on January 30th. The session focused on Chon-Ji through Do-San. Mr. Gibbons taught an enthusiastic group of attendees, who ranged in age from under 8 to over 55 and in rank from Gup 9 Yellow Stripe to I Dan. He paid special attention to stances, always an area in need of strengthening, and to sine wave. Mr. Gibbons, a police detective by day, emphasized *effectiveness* for every technique covered, demonstrating blocks and punches with particular care. Everyone had a great time and learned a lot. Thank you Mr. Gibbons [Photo: Mr. Gibbons with Chloe Fox.]

*Roselyn Romberg, D.F.P.*







Mr. **Robert Giorgio**, IV Dan and head of **Giorgio's Academy of TaeKwon-Do** in Sudbury, Massachusetts, conducted a class on January 31st covering Black Belt Patterns Kwang-Gae through Ge-Baek. The session included all basics for each pattern, for those attendees just learning the steps, and also addressed many finer points of technique. Mr. Giorgio took special care to explain the purpose of each block, and to demonstrate how each technique might serve in a "real life" self-defense situation. Thank you, Mr. Giorgio, for an informative and very useful seminar! [Photo: Mr. Giorgio works with Mr. Alex Gough, III Dan.]

*Roselyn Romberg, D.F.S.*



Although the tests have not been graded yet, seventeen first-time students who braved the rigors of the Class C Instructor seminar held at **Kirksville Taekwon-Do** last weekend all agree that they learned a tremendous amount. Taught by USTF Director of Technique **Mike Winegar**, the seminar hosted thirty-seven total students. Senior Master **Bill Stephenson**, host of the weekend, said, "As many of these seminars as I have attended in the past, I always learn something new!" Photo: Among the attendees (from left to right), Sr. Master Ricky Todd, Sr. Master Bill Stephenson, Course Instructor Mike Winegar, Sr. Master Dustin Stephenson, and Master Lenard Graham anchor the front row in this class of students from Missouri and Nebraska

*Lisa Eastin, Flash Stringer*

Sr. Master **Kirk Steadman** instructed the 7 hour USTF Referee Course at Sereff Taekwon Do on February 20. Sr. Grand Master **C.E. Sereff** joined the Masters in attendance for our quick lunch break and had good things to say about our Referees! Special thank you to Sr. Master **Stan Martin**, Mr. **Jerry Sisco** and the Wyoming group, Master **Bill Dubbeld** and Utah group, Master **Randy Casco** from Hawaii, **James Brown** from Alaska, **Thornton Taekwon Do**, Master **Robert Pettijohn** and **Maestas Taekwon Do**, **Foothills Taekwon Do**, and **Sereff Taekwon Do** for the great support! Master Casco is one of the USTF Referee instructors and came for a refresher to make sure he was teaching correctly. As a retired school teacher on Maui, he still has that drive to be the best he can be! Mr. Brown is a police officer in Alaska and needed to get his Class A so he made the trip to get it done! Thanks to all who worked, sparred, and took those great tests that really tell us how we are doing as instructors! Over 16 refresher students attended as well.

*Grand Master Renee Sereff, D.T.S.*



[Editor's Note: The following is a portion of the Student Manual of the Academy of Martial Arts, Grafton, Wisconsin. It was intended, at the time, to aid in the recapture of information of importance to students and instructors seeking rank within USTF. It has been adopted by a number of other schools, and we pass it on to you in hopes that it may help both instructors and students in dealing with the administrative side of running a school and learning and practicing Taekwon-Do.]

### **Student Record-Keeping Requirements**

By F.M. Van Hecke

Whether you're brand-new to TaeKwon-Do or a grizzled veteran, it's important to keep track of your activities in the Art. Your instructor generally keeps track of class attendance, but it is far more difficult for an instructor to keep track of other sorts of events and activities.



It is critical on occasion that you be able to recapture information as to your prior activities. For example, if you are required to obtain referee certification, such as a Class "C" license (for your First Dan) or a Ho Sin Sool Course (for your Second Dan), your instructor or the certifying association may require you accompany your Application for Referee Status, in the former instance, with a record of the tournaments you attended, the events you participated in, the number of rounds you sat as a corner judge or a timekeeper, your Application for Degree Certificate with a copy of your credentials or certificates of attendance at events.

Try to remember now the date of that tournament you attended two years ago and under which Center Referee and for how many rounds you sat as a Timekeeper, how many rounds you sat as a Corner Judge, how many rounds you fought, the events you participated in. And where did you put that attendance certificate from that Knife Self-Defense Seminar you attended in 2005? Ask your instructor? He may not have been in attendance, may have given YOU the certificate, may simply not have good notes.

Every student should make it a point, starting today, to keep track of activities held outside of your regular classes.

The best way to do this is to start a file folder, label it "TaeKwon-Do Activities," and keep it somewhere you can always get to it.

Whenever you go to a seminar, write up its date, subject matter, who taught it and put it in the file. Whenever you go to a tournament, write up what you did and when and stick it in the file. Whenever you are given a certificate, make a copy of it and

put the copy in the file. Do this immediately after each event and when it's needed, you'll have it.

If you are a younger student, have your parents help you do this.

If you're one of those grizzled veterans whose history in the Art goes back 40 years, let me assure you that we live in a new era. You might not even still have your First Dan Certificate, seminar certificates from 1980 or even the capacity to recall them, but don't sell short the need to start thinking, and recording what you can recall, now.

There's no excuse.



'Nuff said?