

The T.K.D. Flash

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UPCOMING EVENTS

On April 2 Coastal Taekwon-Do in Lincoln City, Oregon, will hold a Black Belt

testing. Go Coastal! Mr. **Craig Craddock**, Promoter.

On March 5 a combined gup and Black Belt test was held at Grafton Wisconsin. Presiding were Wisconsin State Director Mrs. **Jacqueline Karpinsky**, Third Dan Mr. **Mike Herzfeld**, First Dans **Alyssa** and **Patrick Jankowski**, and Sr. Master F.M. Van Hecke. Mr. **Max Wilhelm**, First Dan, assisted, and Fourth Dan Miss **Christin Langlois** and First Dan Miss **Valerie Locklair** were the Corners. Promoted to First Dan were Ms. **Rachel LaPorte** and Mr. **Elliot Humiston**. **Yash Jha**

was promoted to Fourth Gup, **Juhi Jha**, **Aanya Kasera**, and **Andrew Klein** to Gup Five, and **Sevastyan Belousov** and **Shaunak Chaudhuri** to Gup Six. Promoted to Gup Eight were **Noah Friburg** and **Aniela Van Hecke**, and to Gup Nine **Luis Giraldo**, **Andrea Carranza Giraldo**, and **Christopher Giraldo-Carranza**. Picture: from left, Valerie Locklair, Elliot Humiston, Rachel LaPorte, and Chris Langlois. Pictures continue on page 2.





Elliot Humiston, left, and **Rachel LaPorte**, below, do their thing at their Black Belt tests March 5 at the Academy of Martial Arts, Grafton, Wisconsin.



Bodystrong Taekwon-Do Academy will host a USTF Weapons self-defense ho sin sool course on April 23 at Sequim, Washington. Mr. **Brandon Stoppani** will instruct this course. We can look forward to an excellent learning experience.

On April 30 there will be Third Dan test at **Rock Springs Taekwon-Do** in Wyoming. Good luck all around!

On May 7 there will be a testing for **Axe Taekwon-Do** students. Sr. Master **Ricky Todd** will preside.

Also on May 7 the **AAMA Spring Classic Tournament** will be held in Grafton, Wisconsin. Mr. **James Pals**, Fifth Dan, will serve as Tournament Director.

Also on May 7 a USTF Basic Ho Sin Sool course will be conducted at **Burning Phoenix Taekwon-Do**, Salt Lake City.

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

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..

There will be a Black Belt Testing at **Burning Phoenix Taekwon-Do** on May 14. We can look forward to yet more “Brothers in Arms.”

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 Big Clean-Up” (literally, we clean the dojang within an inch of its life) at the Grafton AMA will be May 22. The event is held annually. Supervisors will be Ms. **Kristi Slattery** and Mr. **Matthew Thur**.



Posing in the class photo from a USTF Referee Seminar conducted May 19 by Dr. **Steve Osborn** (out front), USTF Regional Director, at the **Academy of Martial Arts, Grafton, Wisconsin**, are Class A Candidates Mr. **Kevin Friede**, Mr. **Paul Hebein**, Mr. **Mark Johnson**, Mr. **Dan Kelly**, Mr. **Brian Sowers**, and Mr. **Matthew Thur**; Class B Candidates Miss **Alyssa Jankowski**, Mr. **Patrick Jankowski**, Ms. **Kristi Slattery**, Miss **Anija Spiessl**, Mr. **Max Spiessl**, and Mr. **Max Wilhelm**; Class C Candidates Mr. **Steve Betchner**, Mr. **Elliot Humiston**, Noah **Jacoby**, **Rosalia Johnson**, Mr. **Ethan Kramer**, Miss **Rachel LaPorte**, Ms. **Valerie Locklair**, Mr. **Thomas Nevala**, **Kevin Rauch**, **Jacob Scholten**, and **Zach Warnke**; and repeating refreshing “A Umpires” Mr. **Rick Bauman**, Master **Ron Britt**, Mr. **John Buttita**, Mr. **Chuck Giotto**, Mrs. **Jacqueline Karpinsky**, Mrs. **Mary Lubner**, Ms. **Barbara Hilija Spiessl**, Mrs. **Danielle Spiessl**, and Sr. Master F.M. Van Hecke (not pictured). Participants attended from Wisconsin, Michigan, the U.P. and Ohio. F.M. Van Hecke gets credit for the photo.

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 Taekwon-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.



Sr. Grand Master **Charles E. Sereff** and Grand Master **Renee' Sereff** hosted the Black Belt testing at **Sereff Taekwon-Do** March 12 with students from **Thornton Taekwon-Do**, **New Life Taekwon-Do**, and **Sereff Taekwon-Do**.

Gahlen Bell and **Lorie Ruby** were grading for VI Dan, **Jason Rose** for V Dan, **Devin Fitch** for III Dan, **Kenneth Burley** for II Dan and two for I Dan, **Bryan Sievert** and **Derek Thompson**. The testing board consisted of Grand Master Renee' Sereff, Sr. Master **Kirk Steadman**, Sr. Master **Dan Griffin** and Mrs. **Fran Buschkoetter**. The Best Pattern award went to Mrs. Lorie Ruby and the red belt Best Ho Sin Sul to Mr. Bryan Sievert and the black belt Best Ho Sin Sul to Mr. Kenneth Burley.

Congratulations to all the candidates. This was a great way to start off Spring!

Master **Frank Hannon** was to be promoted at this event effective March 12, 2016 to VIII Dan Sr. Master; the celebration will be held at STKD on the 13th of August prior to the USTF Ground Fighting Course that same day.

Congratulations to Sr. Master Frank Hannon.

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



Sir, on March 6th we had our scheduled Black Belt Class . We had all levels from Master Johnson 7th Dan to 1 St Dan with the youngest Mr Coulter Paris. Man, we had fun! Eleven 1st dans showed up so we all did Po-Eun together. As usual: Keep A Kickin! ---Sr. Master Stan Martin



On August 20 a 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 Master Dustin Stephenson. Questions? mdustinstephenson@gmail.com

On October 9 and 10 there will be a USTF Class C Instructor course taught by Grand Master Mike Winegar at **Bodystrong Taekwon-Do** in Sequim, Washington. Promoter: Mr. **Brandon Stoppani**. Teaching the course will be Grand Master **Mike Winegar**. Bound to be excellent and, of course, thorough.

On November 5 you can look forward to tournament action in 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

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

On March 9 at Grafton, Wisconsin’s Academy of Martial Arts, Mr. **Patrick Jankowski** presided at a gup level test assisted by First Dan **Elliot Humiston** at the Corner. Successfully testing for Gup Two were **Shantanu Chaudhuri**, and **Camille**



On a sunny winter Saturday morning, Mr. **Patrick Jankowski**, **Tim Harried**, **Noah Friberg**, **Aniela Van Hecke**, **Piper Harried**, **Camille Lineberry**, Miss **Alyssa Jankowski** and Mr. **Matthew Thur** find the sun imprints the window lettering on the dojang floor. Photo Credit in a tough lighting environment: Mark Friberg.

On March 19 **Maestas Taekwon-do** hosted a tournament attended by clubs from Colorado, Wyoming and Nebraska. In hotly contested competition **Axe Taekwon-do** placed first, **Thornton Taekwon-do** second, and **Sereff Taekwon-Do** third. Congratulations to all competitors, for if you compete, you are a winner! Below, some of the competitors.



Lineberry. Successful in their pursuit of Gup Five were **Piper Harried, Max Harried, and Tim Harried.** **Kashyap Patel** was promoted to Gup Eight.

On March 12 the **Winter Warriors Tournament** continued with its Upper Division (ages 12 and up). Article on page 9.

Buddhism in Korea

By Sydney Krajnik, 12 years old,
Gup Five student at Fox Valley TKD
January 4, 2016

Buddhism was first introduced to Korea in 372 AD. At the time, Shamanism was the native religion. Shamanism is the ancient religion of animism and spirit-nature worship. Since Buddhism did not interfere with the rites of nature worship, it naturally blended with Shamanism. Many of the mountains believed to house spirits of pre-Buddhist times became the sites of Buddhist temples. Although the mountains became home to the Buddhist

temples, the three main spirits of Shamanism (Mountain Spirit *Sanshin*, normally pictured as an old man with a tiger at his feet; *Toksong*, or the *Recluse*; and *Ch'ilsong*, the spirit of the seven stars, or the Big Dipper) still had special shrines set aside for them. All three of the spirits are important to Shamanism, but the Mountain Spirit received due veneration following ceremonies honoring Buddha in the main hall. This is in case the spirit got angry because of the temples. This is how Chinese Buddhism blended with Korean Shamanism to form Korea's own special religion: Korean Buddhism.

In the 4th century AD when Buddhism was first introduced to Korea, there were three kingdoms: Koguryo in the north, Paekje in the southwest, and Shilla in the southeast. Buddhism started in Koguryo, spreading to Paekje and finally Shilla in the 5th century AD.

In 372 AD, a monk from China was invited to Koguryo. He brought with him statues and Chinese texts. By learning about Buddhism,

Koguryo's royalty and subjects quickly accepted Buddhism into their religion. At that time, Buddhism was elementary in China, meaning it wasn't fully developed yet. In 384 AD, Buddhism was brought to Paekje from Koguryo. Again, the royal family accepted this new religion. The teaching of Buddhism in Paekje seemed to be similar to that of Koguryo.

In Shilla, it was the common people who were first attracted to Buddhism. Among some aristocrats, there was considerable resistance to this new culture. It was only after the martyrdom of Ich'adon during the reign of King Pophung in 527 AD that Buddhism gradually became recognized as the national religion of Shilla. A huge temple was the center of all Buddhism in Korea. Many famous monks emerged from this temple, including Won-hyo (617-686 AD), Cha-jang (608-686 AD), and Ui-sang (620-660 AD). Won-hyo was a scholar who renounced his religious life in order to better serve the people of Korea. He set off on a journey to China to find a teacher with his close friend Ui-sang. At night, he was thirsty and went off to find some water. He found a canteen of delicious water and drank from it. In the morning, he found that the canteen was a human skull and realized everything depends on the mind and attained enlightenment. Realizing also that he no longer needed to find a teacher from China, he returned home, leaving Ui-sang to continue their journey alone.

What is Buddhism? Buddhism is the worship of the monk Buddha, and has been adapted to different countries to fit their beliefs as well. Korean Buddhism has four unique characteristics that make it stand out: the Bodhisattva Principles, unification, openness and the Mundane. Since the beginning, the way of the Bodhisattva has been a central feature of the development of Korean Buddhism. A Bodhisattva is one who puts aside his or her own final enlightenment in order to help all beings, for the Bodhisattva is the perfection of altruism, perfect in wisdom and in compassion. The Bodhisattva are the embodiment of the Six Perfections: Conduct, Generosity, Good, Meditation, Patience, Vigor and Wisdom. Generosity is considered to be the most important perfection for the negation to self, and therefore is the first step on the spiritual path. Eventually, all perfections are interrelated and equally important on the path to becoming a Bodhisattva. Looking at an impractical example of generosity, as long as one is



Savannah Quinn Kelley, 20 months.

being selfish, they are not truly being generous, so in order to practice true generosity, one must first practice the other perfections. One must observe good conduct to give a truly pure gift. Patience is then necessary to choose the time and determination so as not to give up. Meditation finally helps let go of all greed in order to offer the gift selflessly and wisdom helps you to choose the "right" gift. Just like all perfections are linked in the perfection of generosity, all are

linked into other aspects of life. Perfection in these factors lead to being the perfect being: one who lives for all.

Buddhism was the original force that brought together the peninsula that is Korea, forming the Unified Shilla Period. After this unification in 668 A.D., social harmony, so necessary to maintaining defense, was fostered by Buddhism. Buddhist monks led the Koreans against the Japanese in the sixteenth century. Great Buddhist monks promoted this unity by amalgamating the different schools and teaching "Returning to the One Mind", "All is One" or "One Mindedness."

Although Buddhism has always mixed with local culture, this was especially true in

Korea. For instance, Buddhism was open to Shamanism and Confucianism. Even today, lots of new elements are being added into Buddhism. Lots of music has been added to Buddhist life nowadays. There are many Buddhist songs and singing groups, and even concerts. There are also many Buddhist themes woven into modern stories; many older stories have been made into plays and TV shows.

From early on, Korean Buddhism has emphasized mundane benefits over spiritual benefits or the people- the monks, of course, being primarily interested in spiritual growth. The people, constantly being threatened by invaders and problems, were drawn to a teaching promising prosperity rather than future salvation.



Giorgio's Academy of TKD in Sudbury MA hosted its annual **Winter Warriors Challenge** for schools in New England over the weekends of March 12th (Adults) and March 19th (Youth). These fun and energetic tournaments are local favorites, especially popular with families that train together. The patterns were first rate, and sparring was lively and a crowd pleaser. Especially exciting



this year were the Breaking Teams, who wowed the crowd with dramatic technical breaks. Thanks to all who participated, and we look forward to a great event next year! Photos: Sparring buddies above Mike Kent (1st), Fred Rust (2nd), and Renata Pomponi and Robert Gough (3rd); right, Chris Thieroff (2nd) and Joe Brooks (1st).

Roselyn Romberg, D.F.S.



Over the weekend of February 27-28th, the **Concord School of TKD** left its familiar quarters for a new, more spacious home. The new DoJang, barely two miles from the school's former address, is housed in the Grand Ballroom and large meeting space of the former Masonic Temple in Maynard, Massachusetts. Floor mats, heavy bags, breaking stations, and sparring rings make a striking contrast to the ceiling chandeliers, elegant wainscoting, and polished

floors from the 1860s, when the beautiful structure was built. Fifteen foot ceilings, with windows on three sides, make for quite a reverberating sound when classes are in full swing!

That cold February Saturday proved to be a "Moving Day" in more ways than one. Mr. **John Murphy**, VI Dan and head of the school, was overwhelmed with offers of help. Our move demonstrated the effectiveness (and efficiency!) of a committed community. Some 40+ students, parents, and instructors formed a caravan with more than a dozen cars and trucks, transporting the entire contents of the packed-up school in just over two hours.

At the new site, a hand-over-hand brigade passed boxes, plants, pads, boards (and, just before break time, a dozen hot pizzas!) up the exterior fire escape into the school's third floor storage space.

The school's new office, changing rooms, and training area are in working order, needing only patches to walls and a fresh coat of paint, both underway. Rehab will continue through the spring, as the space acquires a good working kitchen, updated bathrooms, a new heating/cooling system, and organized storage.

Concord TKD will be excited to show off its new space at an Open House coming soon, and to host its spring Black Belt test on May 22nd for the New England region.. Photos: the bucket brigade at work.



Roselyn Ramberg, D.F.P.