

The T.K.D. Flash

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KIDS' ART CONTEST, 2016

The Flash Annual Taekwon-Do Kids' Art Contest for 2016 is on!

In past years we've had great entries from all over the U.S. And we hope for even more in 2016.

Burning Phoenix Taekwon-Do of North Salt Lake, Utah, held a Black Belt Testing on May 14th, 2016. There were 13 testing candidates on the floor, making it the largest Black Belt testing in Utah in the last 20 years.

Testing to III Dan: Ms. **Melanie Bunch**. Testing to II Dan: Mr. **Kevin Ray**, Ms. **Kristie Eysser**, Ms. **Ani Schjelderup**, Ms. **Ari Schjelderup**, and Ms. **A. Gemmell** (Junior). Testing to I

Dan: Mr. **Taylor Bolton**, Mr. **Alan Zurita**, Mrs. **Melissa Zurita**, Mr. **Michael Deeringer**, Mr. **Spencer Petersen**, Ms. **Abigail Friese**, and Mr. **L. Sanchez** (Junior).

There were several noteworthy accomplishments at this testing:

- Ms. Melanie Bunch is the first student of the school to be promoted to III Dan.
 - Ms. A. Gemmell is the first Junior in the school to be promoted to II Dan.
 - Ms. Ani Schjelderup has overcome her injuries from a serious car accident 2 years ago, to the point that she did not need the cane that she used to compete in Patterns competitions this past Fall.
 - Mr. Kevin Ray, in preparation for the testing, lost 65 pounds.
- Congratulations to all the testing candidates on a job well done!



Sir:

*On April 30th Mr **Roland Flynn** 5th Degree and head instructor of Rock Spring , Wyoming hosted the testing . Over 30 students tested for color belts along with Mr. **Orrin Connell** from Sheridan, Wy for 3rd degree black belt. High Test Scores were: **Mr Braden Mason - Best Pattern , Mr Rink Binks - Best Ho Sin Sol, and Mr Blake Nichols** for Best Break. Photo right: Master Johnson, Mr. Connell, SM Martin; below, group.*

Congratulations to all who tested and made the trip through another Wyoming spring storm.

--Sr Master Stan Martin



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).]

How can YOU enter?

Entries may be scanned and e-mailed as attachments to fmvh1@mac.com. In 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).

Along 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'!

Good luck to all our competitors.

UPCOMING EVENTS

On June 3 Mr. **Jeremy Bennett** will lead a Taekwondo 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.

Hawaii will host a USTF Referee Seminar June 6.

On June 28 in Columbia, Missouri, **Columbia Taekwondo** and **Mexico Taekwon-Do** will conduct a Black Belt test.

On July 2 the Academy of Martial Arts, Grafton, will hold a demonstration at the "Grilling in Grafton" Festival.

On July 30, the **Wyoming Black Belt Test**.

There will be a USTF Ground Fighting Seminar at Sereff Taekwon-Do on August 13th. Also that date, we can all celebrate the promotion

of Master **Frank Hannon** to Senior Master Eighth Dan.

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

And in the U.P. at the venerable Marquette **Marquette Taekwon-Do** Mr. Chuck Giotto will host a Black Belt Test on September 24.

On October 9 and 10 there will be a USTF Class C Instructor course taught by Grand



On May 7 the **AAMA Spring Classic Tournament** was held in Grafton, Wisconsin. Mr. **James Pals**, Fifth Dan, served as Tournament Director. Miss **Christen Langlois**, Fourth Dan, served as Chief Referee. Over 100 participants, three states, and lots of support from our many friends. Left, Noah Friberg and Austin Reenders square off under the watchful eye of Second Dan Dan Kelly. Results on page 8.

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.



Burning Phoenix Taekwon-Do of North Salt Lake, Utah, hosted a Level I Basic Ho Sin Sul Course in Salt Lake City on May 7th. The course was taught by Mr. **Anthony Giese**, VI Dan, of Wyoming. Although this was Mr. Giese's first time instructing this course officially for the USTF, he has already spent a great deal of time teaching the material to U.S. Military Forces, and his expertise definitely shows! Mr. Giese covered some of the basic testing requirements for colored belt ranks, and also sprinkled in some more advanced tactics and drills over the 6 hour course. Above, a great angle on Joel Burget giving Spencer Petersen a ride, and, below, the group. --- Ms. Melanie Bunch, Flash Stringer



On Saturday, May 21st, **Axe Taekwon-Do** at Offutt Air Force Base in Bellevue, Nebraska hosted the 9th 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. It was a day of intense competition conducted under the rules and regulations of the USTF. Students from Colorado, Kansas, Missouri, Nebraska and Wyoming participated. Students were competing in team patterns, individual patterns, sparring and breaking competition.

There were numerous distinguished USTF officials in attendance. Sr. Master **Stan Martin**, Martin's Casper TKD, WY; Sr. Master **Kirk Steadman**, USTF Region 1 Director, Sereff TKD, CO; Sr. Master **Bill Stephenson**, Kirksville TKD, MO; Sr. Master **Larry Winn**, Harrisburg TKD, MO; Sr. Master **Dustin Stephenson**, Kirksville TKD, MO; Sr. Master **Dan Griffin**, Sereff TKD, CO; Sr. Master **Ricky Todd**, USTF Region 2 Director; Master **Lenard Graham**, White Oak TKD, MO; Master **Robin Johnson**, Sheridan TKD, WY; Mr. **Jerry Sisco**, 6th dan, Casper Recreation Center TKD, WY; Mr. **Kevin Bushor**, 6th dan, USTF Nebraska State Director, Axe TKD, NE; Mr. **Rolston**, 5th dan, USTF Missouri State Director and Mr. **Patrick Finan**, 4th dan, USTF Armed Forces Director, Axe TKD, NE. The Tournament Director was Sr. Master **Dustin Stephenson**. Tournament Promoter – Sr. Master **Ricky Todd** and Chief Referee – Mr. **Patrick Finan**, 4th Dan.



Opening the tournament, Ms. **Ashleigh Ragone**, 2nd Dan sang the National Anthem. Competition started with team patterns where students displayed their timing, creativity and technique. Team pattern winners in the Black Belt division was “Fun Size Fits All” from Axe TKD and in the Color Belt division winners were “Team Skittles” from Kirksville TKD. 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 Ms. **April Bowling** 5th Dan from Axe TKD. The Color Belt division winner was Mr. **Curtis Burgin** from Kirksville, TKD.

Individual schools represented were: **Sereff Taekwon-Do**, Martin's **Casper Taekwon-Do**, **Kirksville Taekwon-Do**, **Axe Taekwon-Do**, **Hannon Taekwon-Do**, **Sheridan Taekwon-Do**, **Casper Recreation Center Taekwon-Do**, **Casper College Taekwon-Do**, **Harrisburg Taekwon-Do** and **CAT Taekwon-Do**, Columbia, Missouri. I 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 photographer for this event, Mr. **Larry Jones** of Kansas City, Missouri. Our goal is to increase our attendance each year by moving our event to April in 2017. Above, **Fun Size Fits All**, the winning Black Belt team. [More pictures, page 6.]

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

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 May 7 there was a testing for **Axe Taekwon-Do** students. Sr. Master **Ricky Todd** presided.



More photos from the **Axe Taekwon-Do Invitational:** below, group; left, Colored Belt Grand Champion **Curtis Burgin**; right, Black Belt Grand Champion Ms. **April Bowing**, Fifth Dan; Center, **Team Skittles** (Color Belt champs).
[Editor--OK, couldn't help myself--one more, page 7.]





Ms. Kayla Matos lands one at the Axe Taekwon-Do Invitational.

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

Flyer's Taekwon-Do hosted a Black Belt test on May 21. The Promoter is Master Greene.

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

“The Big Clean-Up” took place at the Grafton AMA May 22. Supervisors were Ms. **Kristi Slattery** and Mr. **Matthew Thur**. Participants were Mr. **Kevin Friede**, Miss **Alyssa Jankowski**, Mr. **Pat Jankowski**, **Shantanu Chaudhuri**, **Shaunak Chaudhuri**, and **Tim, Piper** and **Max Harried**.

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

ON PHOTOS

Lately I've been getting a bit of commentary on photos in the Flash. The gist of them is that 2016 photos seem to have deteriorated from those presented in 2015 and before. I appreciate these thoughts because every criticism presents an opportunity for our improvement.

Why 2016? Well, it is apparent we are getting smaller photo files, more likely taken with cell-phones than with digital cameras. The better cellphones, however, can take terrific photos if thought is given to lighting. (Lighting from the front is ALWAYS better than lighting behind the subjects.) In fact, many of these

2016
AAMA Spring Classic
Winners

Individual PatternsFourth Dan

First: Aaron Hadesman
Second: Caren Johnson
Third: Jay Mustapich

Third Dan

First: Max Spiessl
Second: Amy Valin
Third: Aaron Prohuska

Second Dan

First: Jonathan Boncan
Second: Dan Kelly
Third: Ashraf Al-Hajjeh

First Dan (Men)

First: Elliot Humiston
Second: Michael Smith
Third: Travis Gonzalez

First Dan (Ladies)

First: Emily Isakson
Second: Valerie Locklair
Third: Alyssa Jankowski

Gup One (Senior)

1st: Urszula Ostaszewska
Second: Jacob Oleson
Third: Alex Kassabov

Gup One (Junior)

First: Lauren Tradewell
Second: Alex McGrath
Third: Rosalia Johnson

Gup Two (Junior)

First: Jacob Couch
2nd: Shantanu Chaudhuri
3rd: Sajiv Shah

High Blue Belt

First: Thalia Evans
Second: Alex Zaccaria
Third: Victoria Vo

Blue Belt

First: Sasha Stjepanovic
Second: John Hurst
Third: Camilo Jaime-Rivera

High Green (Girls)

First: Barseana Simond
Second: Aanya Kasera
Third: Lily Piwoworczyk

High Green (Boys)

First: Alex Ignatou
Second: Andrew Klein

Third: Kevin Rauch
Green Belt (Div. One)

First: Grace Gierach
Second: Sam Hurst
Third: Noelle Gierach

Green (Division Two)

First: Marko Stjepanovic
Second: Sergei Stjepanovic
Third: Alec Drexler

High Yellow

First: Angela Dahl
Second: Nicole Haas
Third: Andrew Mueller

Yellow

First: Austin Reenders
Second: Sam Culbertson
Third: Noah Friberg

High White

First: Benjamin Bolman
Second: Kweku Korankye
Third: Dakota Aschenbach

High White (Mixed)

First: Jacob Taylor
Second: Payton Tradewell
Third: Brett Flanagan

White Belt

First: Andy Brunet
Second: Kelandra McDaniel
Third: Sean Martin

Little Dragons

First: Lorenzo Hernandez
Second: Esi Korankye
Third: Faith Mueller

Team PatternsBlack Belt

First: *Bloody Pandas*

2nd: *Legacy Team*

Powerhouse

Third: *Turtle Titans*

Gup (Division Two)

First: *Da Bears*

2nd: *Violent M'shmallows*

Third: *Yulset Warriors*

Mixed (Div. Two)

First: *Improvised*

Second: *Femme Fighter*

Gup (Div. One)

First: *Legacy Warriors*

Second: *Kickin' Fishes*

Third: *Four Musketeers*

Mixed (Div. One)

First: *Team Bam*

2nd: *Big Dog & Skippy*

Third: *Legacy Eagles*

Li'l Dragons

First: *Spinning Dragons*

Second: *The Dragons*

Free Sparring2nd & 3rd Dan

First: Jonathan Boncan

Second: Matthew Thur

Third: Max Spiessl

1st Dan Men

First: Elliot Humiston

Second: Travis Gonzalez

Third: Brian Bauer

1st Dan Ladies

First: Molly Gniady

Second: Emily Isakson

Third: Abbey Braker

High Red (Adults)

First: Urszula Ostraszewska

Second: Alex Kassabov

Third: Wilson Jones

High Red (Junior)

First: Lauren Tradewell

Second: Theo Li

Third: Mason Higgins

Gup Two (Junior)

First: Jacob Couch

2d Tie: Shantanu Chaudhuri

Sajiv Shah

Blue/High Blue (Boys)

First: Elliot Werle

Second: Camilo Rivera

Third: Alec Zaccaria

Green/Blue (Adult)

First: Yavor Ignator

Second: Paul Hurst

Third: John Hurst

Green/Blue (Ladies)

First: Jhalia Evans

2nd: Barseana Simond

Third: Grace Gierach

High Green (Junior)

First: Alex Ignatov

2nd: Lucas Scharenbroch

Third: Andrew Klein

High Green (Girls)

First: Akili Wynn-Beavers

Second: Lily Piwoworczyk

3rd: Teshi Wynn-Beavers

Green Belt (Boys)

First: Sam Hurst

Second: Marko

Stjepanovic

Third: Sergei Stjepanovic

Yellow/Green Stripe (Jr.)

First: Dakota Aschenbach

Second: Quinn Natale

Yellow/Green (Child)

First: Noah Friberg

Second: Natalie Johnson

Third: Austin Reender

High Yellow

First: Angela Dahl

Second: Aaron Haas

Third: Andrew Mueller

White/Yellow (Male)

First: Sam Culbertson

Second: Sean Martian

Third: Andy Brunet

White/Yellow (Child)

First: Kelandra McDaniel

Second: Brett Flanagan

Third: Benjamin Bolman

cellphone photos are as good as, if not better than, many of the dedicated camera photos.

When in doubt, however, submit your photos. Sometimes I can take one photo from a group of three and it will work fine; given only one, especially of an important event, I'll just have to make do. But even then, any photo's better than none...

I can often take a mediocre photo and improve it. **In fact, almost every photo printed in the Flash has been manipulated.** Typically I must enhance photos as to exposure and brightness, and sometimes in other ways, to get them passable.

If you yourself are taking the photos: focus is the most difficult parameter for us to correct. If your subject is in focus a better result is likely. Don't "rush" a photo--give your camera or cellphone adequate time to sense the proper focus if it has auto-focus (almost all do).

A special focus problem is often presented in taking photos of breaking. I have many times received compliments on those photos which seem to show the technique at full extension, the boards or tiles flying through the air. There is a special focus trick that I have had success with: focus on the side of the boards closest to you with a downward push of the shutter button and continue to hold it half-way

down. With many modern cameras, autofocus will stay "constant" if that button is held depressed before actually taking the photo. In short, focus on the board, not the student (who will be in motion and thus difficult to focus on at the key moment).

With the focus thus held, you may **then** point the camera at the student's likely final position to frame the picture appropriately just before the actual shot. (We have a lot of pictures of people without heads, left arms, etc.) If you have a sophisticated adjustable camera, consider a high ISO such as 800 or 1600.

Another fundamental of good photos: better to see the front of the student than the back.

How many photos shall I submit? I'd say, give us a choice of five or six of your better ones, the ones that show off your event and your students. Pictures that tell a story are great. "Action photos" are great. A disk of 200 photos would likely tie up a half-day just to get down to manageable choices.

These are just some things to keep in mind, and I hope they are helpful and we can continue to improve The Flash on our end.

AND....Thanks for all you submit. Couldn't do much without you!

YHE

On May 20 the Academy of Martial Arts, Grafton, did a Taekwon-Do demonstration at Parkview Elementary School in Cedarburg, Wisconsin. Present, smashing lumber, and telling about the benefits of our Art were Mr. **Matthew Thur**, Miss **Alyssa Jankowski**, Miss **Valerie Locklair**, Mr. **Elliot Humiston**, **Camille Lineberry**, **Andrew Klein**, **Noah Friberg**, and Sr. Master F.M. Van Hecke. Here is a "back shot" of some of the school kids enjoying their own version under SMVH, while in the background Ms. Jankowski, Ms. Locklair, Mr. Thur, and Andrew (partially hidden) relax and get a chuckle.

