

# The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

The TKD Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 853, Grafton, WI 53024. E-Mail [fmvh1@mac.com](mailto:fmvh1@mac.com). Archived at USTF Region V site [www.ustf-region5.org](http://www.ustf-region5.org) Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation. Award-Winning Contributing Staff: 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.

## THIS ISSUE

This issue contains two pages of the best photos of 2016 which due to space considerations had to be held over from the January issue. They are set out at the end of issue and we hope you find these images as telling as we did.

## IN OTHER PLACES

"Thrive," a publication of the University of Michigan Comprehensive Cancer Center, features Fifth Dan **Barbara Hilija Spiessl** in its cover article, *Defending with Discipline*. (Fall/Winter 2016-2017). Hilli studies and instructs at

Master **Craig Craddock**, Oregon State Director, conducted a black belt test at Ms. Sharon Cormier's **Mt. Rainier Taekwon-Do** in Enumclaw, Washington on December 2. On the testing panel was Master Craddock, 5th Dan **Sharon Cormier** and 4th Dan **Connie Craddock**. The test was cornered by Miss **Danielle Cormier**, 1st Dan. There were four students testing, three for 1st Dan, **Angel Garcia**, **Eddie Cormier**, **Noah Cormier** and one for 2nd Dan, Mr. **Sandro Garcia**. The students all brought their "A" game to the testing. All four students passed all requirements of their tests. High score went to Angel Garcia and Eddie Cormier was awarded best Ho-Sin-Sul.



USTF Region 5 welcomed new referees when a USTF referee course was conducted on November 5, 2016. The course was organized and hosted by Georgia State Director Mr. **Mario Manera**, 4th Dan and was held at **Flyers Taekwon-Do** in Richmond Hills, Georgia. Master **Lawrence Greene**, Region 5 Director did an excellent job instructing the course. Mr. Mario Manera - 4th dan and Georgia State Director certified for his A Referee; Miss **Leilani Manera** - 3rd dan and Mr. **Omar Welch** - 2nd dan both certified for their B referees; and the following students certified for their C referee: Mr. **Jacob Smith** - 1st dan; Mr. **Lee Spence** - 1st dan; Mr. **William Anderson** - 1st gup; Miss **Kimberly Decker** - 2nd gup; and Miss **Adia Ferrell** - 3rd gup. Below, Class participants, left to right Mr. Mario Manera, Miss Adia Ferrell, Miss Kimberly Decker, Mr. Lee Spence, course instructor Master Lawrence Greene, Miss Leilani Manera, Mr. William Anderson, Mr. Omar Welch, and Mr. Jacob Smith.



**Marquette TKD.** A remarkable person with a remarkable family and a remarkable history of courage and discipline in the face of adversity.

On March 18 there will be a Black Belt test at **Senatobia Taekwon-Do**, Senatobia, Mississippi.

### UPCOMING EVENTS

On February 18, a tentative USTF Referee Course is scheduled at **Sereff Taekwon-Do**. And a test at Axe Taekwon-Do.

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

The **10th Annual Axe Taekwon-Do Tournament** will be April 22 in Bellevue, Nebraska. Sr. Master **Dustin Stephenson** will be Tournament Director and Fourth Dan **Patrick Finan**, Chief Referee. Contact: Sr. Master Ricky Todd at [ustfneb@cox.net](mailto:ustfneb@cox.net) or Mr. Kevin Bushor at [kbushor@cox.net](mailto:kbushor@cox.net)

**Concord TaeKwon-Do** welcomed another sibling to classes this year. **Emma Kelly**, age 8, joined big sister **Katie Kelly**, I Dan, as a student this past winter. Emma trains enthusiastically, and tested for Gup 9 Yellow Stripe in late April. This month, Emma proudly earned Gup 8 Yellow Belt, while sister Katie sat on the Testing Board for her first time!

*Roselyn Romberg, D.F.P.*



On October 27 a testing was held in Canby, Oregon at **Golden Tiger Taekwon-Do**. Master **Craig Craddock**, Oregon State Director, presided. Mr. **Mike Matie** served at Corner. Mr. **Thomas Egan** was the 2nd Dan candidate. Mr. Egan displayed a great display of power and technique. The highlight of the testing for Master Craddock was Mr. Egan's power foot break. Not only did he break his 6 boards Mr. Egan also broke the board holder completely in half.

Monday, December 12, 2016 **Maestas Taekwon-Do** held its first bring a family member to class night. We had a great turn out and a lot of fun. The class was broken into four groups (students joined with the family members) to work at four stations. We had two breaking stations (breaking is a popular activity that everyone wants to try), basic ho sin sul and falling. Parents, siblings and “cousins” all seemed to have a lot of fun. We really recommend this as a way for family to get a fill for what we all love to do.

*Master Robert Martin, Flash Stringer*



On Thursday, December 15, 2016 **Maestas Taekwon-Do** held its 36th annual Christmas. Attendance was great this year. As always the food was plentiful and very good.

Master **Robert Pettijohn** announced his selections for color belt and black belt student of the year. This year the awards went to two juniors. Mr. **Collin Rodgers** was named black belt student of the year and Miss **Tara Mireskandari** was named color belt student of the year. Miss Mireskandari began her training with the club at 6 years old. After five years of hard work she earned her black belt in November 2016. Her brother is a green belt with the club. Mr. Rodgers began his training in 2010 at 5 years old. He tested from black belt in May of 2016 after nearly 6 years of hard work. Mr. Rodgers is joined in class by his mother, Ms. **Tracey Rodgers** who is a 2<sup>nd</sup> Dan.



**A Piece of Taekwon-Do History:** The first ever International Instructor Course taught by a non-Korean was led by Senior Grand Master Charles E. Sereff in Miami, 1996. This photo, consisting of SGM Sereff and only the FEMALE attendees, illustrates the outright American character of Taekwon-Do, USTF-style. Thanks to Mrs. Joanne Haley of New England TKD for sharing this great photo.



On May 13 there will be a combined Black Belt and Gup testing at **Axe Taekwon-Do**.

May 20, a USTF Breaking Seminar will be conducted by Sr. Master **Ricky Todd** at **Mountain View Martial Arts & Fitness**, Master **David Mason**, Promoter.

**USTF NATIONALS** will be held June 24 and 25, 2017, in Broomfield, Colorado. Deadline for Black Belt registration June 1. Competition here will meet and beat a very high standard.

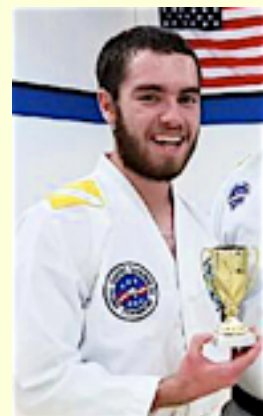
2017 USTF Technical Course taught by Grand Master **Mike Winegar**, Technical Director of the USTF, on July 22, 2017.

On August 19 there will be a weapons self-defense course at **Sereff Taekwon-Do**. Also, a Belt and Color Belt test at **Axe Takeown-Do**.

On September 16, the **18th Annual Wyoming Intenational USTF TKD**

On December 22, 2016 Maestas TKD held its annual in house patterns tournament. All students from white belt to 7<sup>th</sup> Dan participate with their testing patterns (black belts pick their favorite pattern for their rank). Each student is given a random number and a bracket filled out for head to head competition. Some may question having the fairness of black belts and color belts competing against each other but a good color belt pattern can easily win their round especially when cute points are added for juniors! However, this year the championship trophy, The Bob Cup, went to Mr. **Benjamin Pemble**. Mr. Pemble was our first repeat winner having won the prestigious cup in 2010.

*Master Robert Martin, Flash Stringer*



**Tournament** in Casper, Wyoming. Details to follow.

A Black Belt testing will be held at Axe Taekwon-Do on November 18.

**AROUND THE COUNTRY**

A Black Belt test was held Jan. 28th at Mountain View Taekwon-Do.

At Sequim, Washington, Master **David Mason** presided at a Black Belt testing on January 21. Guaranteed, an article on this in the next issue, thanks to Ms. Linda Allen.

The **Sereff Annual Invitational Junior Event with Chili Cookoff** was January 28. We'll have an article on this event in the next issue.

On January 14<sup>th</sup>, **USTF-Utah** was proud to host a breaking seminar taught by Sr. Master **Ricky Todd**. Students from Utah, Colorado, Wyoming, and Nebraska all trained hard and picked up tips on how to improve their breaking technique. Sr. Master Todd pointed out that breaking is quite frequently the area where students perform the most poorly at testing. He suggested instructors consider this and devote more training time to breaking. Students had the opportunity to ask questions and receive individual help. We'd like to shout a huge **THANK YOU** to Sr. Master Todd for agreeing to come to Utah and share his time and talents with us. We'd also like to thank Grandmaster Stan Martin, and Sr. Master Kirk Steadman for making the trip as well!



*[Photo credits: Sroykum]*

*Corinne Sroykum, Stringer*





Sir:

*Marquette Taekwon-Do has moved to South Marquette, at 1310 South Front Street. We have twice the space. Also, here are pictures of the last two tests in our school. On the left are **Nate Miller** and **Robert Wadhams** for the 9th Gup High White on November 28th. Pictured on the right is **Tom Nevala** for his black belt test December 5th.*

*Chuck Giotto, Chief Instructor*



**Renata Pomponi**, I Dan, (pictured, right, with client) is proud mother to **Noah** and **Caleb Büttner**, who train as a family at **Giorgio's Academy of TaeKwon-Do** in Sudbury, Massachusetts. Noah, I Dan, age 12, and Caleb, Gup 2 Red Belt, compete in the National Ninja League, training for hours to conquer extreme obstacles like the Warped Wall (shown left), Ultimate Cliffhanger, and Unstable Bridge. Renata is the director of Mass Audubon's Drumlin Farm Wildlife Sanctuary, where one her more unusual duties is as spokesperson for "Ms. G," the Official Groundhog of the Commonwealth of Massachusetts (Punxsutawney Phil's New England rival). Renata will test this coming May for II Dan at the New England Regional Black Belt test.



*Roselyn Romberg, D.F.P.*

**USITF**  
INTERNATIONAL  
TAEKWON-DO  
CHAMPIONSHIP  
**2017**

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**June 24<sup>th</sup> & 25<sup>th</sup>, 2017**  
Broomfield Middle School  
Broomfield, Colorado, U.S.A.

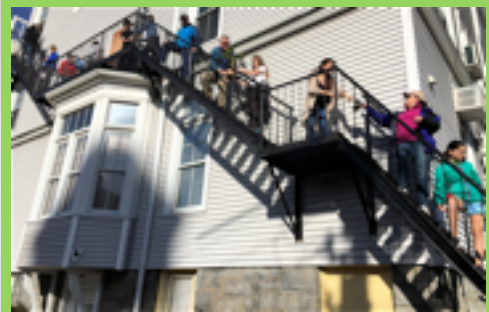
For more information, contact USITF Headquarters  
at (303) 466-4963 or Email [rsereff@rmi.net](mailto:rsereff@rmi.net)

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2016. A good year.  
Some great pictures.





More  
2016  
Images

