

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts
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. Archived at USTF Region III site www.ustf-region3.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, Melanie Bunch, and Linda Allen.

ARCHIVAL NOTICE

For many years the T.K.D. Flash has been archived at the old Region 5 website. With reorganization, the confines of the old Region expanded and the Region and its website were redubbed to reflect the assignment of old Region 5 states to Region 3. As such, the current archive home inclusive of issues for over a decade of our 29 years of existence is now to be found at www.ustf-region3.org

Thanks are due to Region 3 Director Dr. **Steve Osborn**, and especially to Ms. **Elisabeth Hunt** our treasured friend, for their continued service to this publication and our Art.

UPCOMING EVENTS

On April 2 there will be a USTF Referee Course at Concord Taekwon-Do taught by Grand Master **Louis Reyes**.



Mr. **Frank Gentile**, IV Dan, conducted an Adult Sparring Class on Saturday, February 11th at the **Concord School of TKD**. It opened with a review of safety principles and sparring rules. Then participants worked on line drills, practicing stepping motions, jabs and punches, and punch-kick combinations. After that fighters were paired for short and then longer refereed rounds coached by Mr. Gentile. Special congratulations to **Cindy Kelly** and **Ben Borum**, but Gup 10 White Belts, for their enthusiastic participation! Pic: Mr. Frank Gentile, coaching, Mr. **Oliver Fox**, III Dan, refereeing for Mssrs. **Ed Vitiello** and **Joe Brooks**

Roselyn Romberg, D.F.S.

Fourth Dan Mr. **Tom Gibbons** (on left), staff, and happy testing candidates at **Victory Taekwon-Do**, New York, after a test held the week end of March 4 - 5.



Burning Phoenix Taekwon-Do will host a Black Belt test on April 9 in Salt Lake City.

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 or Mr. Kevin Bushor at kbushor@cox.net

On April 23 Grand Master **Louis Reyes** will conduct a class on Third and Fourth Dan patterns at Concord Taekwon-Do.

On April 30 a Black Belt Test will be conducted at the **Sheboygan Falls Academy of**

Martial Arts, Sheboygan Falls, Wisconsin. High noon. The Promoter is Wisconsin USTF Director Mrs. **Jacqueline Karpinsky**.

The **AAMA Spring Classic Tournament** will be held on May 6 at Grafton, Wisconsin. Fifth Dan **James Pals** and Fourth Dan **Christen Langlois** are Co-Directors, Sixth Dan **Rick Bauman** Chief Referee. Inquiries to SM Van Hecke at fmvh1@mac.com

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

On May 14 **Concord Taekwon-Do** will host a class on Fifth and Sixth Dan Patterns to be led by GM Louis Reyes.

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.

On July 29 there will be a USTF Referee Course at **Bodystrong Taekwon-Do**, Sequim, Washington, Mr. **Brandon Stoppani**, Promoter.



On Saturday the 25th the **Concord School of TKD** held its February Gup Test. Promoted were **Cindy Kelly** to Gup 9 Yellow Stripe and **Jessica Marden** to Gup 2 Red Belt. **Paige Reidy** and **Ishika Pandi** tested for Gup 6 Green Belt. Advancing to Gup 9 Yellow Stripe in the junior division were **Natalie Niyomsin**, **Aihua Boothroyd**, and **Connor Bakstran**. Classmates **Tesu Ham**, **Alexander Koh**, and **Emma Chu Kelly** tested successfully for Gup 7 Green Stripe. Congratulations to all! Pictures: a Ham Bam on lower left, and, as to the others, when sisters square off...(Ms. **Katie Kelly** and Emma).

Roselyn Romberg, D.F.P.

Mr. **Robert Giorgio**, IV Dan, hosted the **New England Region Winter Warriors Tournament** in Sudbury, Massachusetts on Sunday, March 5th. Very enthusiastic competitors from around the Boston area competed in this fun event, a "first" for many. The event opened with Adult Team Breaking, always a crowd-pleaser, which provided an opportunity to instruct Junior Breakers in protocol, setup, etiquette, and breaking techniques before their teams had a shot at wood. Then came an event strictly for the youngest (and squirmiest!), the Jumping Contest. Competitors raced across a ring and leaped over a suspended ribbon, which was raised until only one contestant made it across, The Springiest! [Editor's Note: this is not a veiled reference to a



seasonal German apparition with transposed

vowels.] Then came patterns, followed by sparring, for all ages and all ranks. Newly-minted Referees enjoyed practicing their cornering and judging skills, and Class C "wannabees" boned up on timekeeping and scoring, in anticipation of GM Reyes's upcoming USTF Referee course. A great event! Right above, (1) Enzo Martinelli, (2) Julia Yalter, and (3) twin sister Daniella Yalter; left, 1) Shawn Morris, (2) Julian Davis, (3) Olivia Troiano.

Roselyn Romberg, D.F.S.

Don't forget! The **USTF Technical Course** July 22 at the Community Center City of Thornton, Colorado, 2211 Eppinger Blvd., from 9-5, Black Belt and 1st gup only. No on site registration, please sign liability form and send payment to Sereff TKD, the host of the event. Send in your form and payment to Sereff Taekwon Do, 6801 W. 117th Ave. E-5, Broomfield, Colorado 80020 no later than July 15. Further information sought? Contact USTF HQ at 303- 466-4963. Course instructor: GM **Mike Winegar**. Bound to be excellent.

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 August 26 a Taekwon-Do Tournament will be held at Kirksville, Missouri. Sr. Master **William Stephenson** is the Promoter. Sr. Master **Ricky Todd** will be Tournament Director and Sr. Master **Dustin Stephenson**, Chief Referee. This popular tournament just keeps growing every year and is ably managed. For information contact mdustinstephenson@gmail.com

On September 9 there will be a Black Belt test at Broomfield, Colorado.

On September 16, the **18th Annual Wyoming Invitational USTF TKD Tournament** in Casper, Wyoming.

On that same September 16 date Grand Master **Earl Weiss** will preside over a major Black Belt testing event at the **Academy of Martial Arts**, Grafton, Wisconsin. Test candidates will participate from Wisconsin and Illinois, including two Seventh Dan aspirants.

A Black Belt testing will be held November 4 for **Harrisburg Taekwon-Do** and for **Mexico Taekwon-Do** and **Columbia Academy**.

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

On March 11, 2017, testing candidates at **Sereff Taekwon-Do** came prepared for this quarterly color belt grading to which we added Miss **Katherine Tutt** for II Dan and Miss **Jessica Velez-Di Laura** for I Dan.



Grandparents, Parents, Siblings and all the students were excited to be a part of this test. Grand Master **Renee' Sereff**, Sr. Master **Kirk Steadman**, Master **David Ott**, Mr. **Tom Ruby**, Mrs. **Lorie Ruby**, Mr. **Jason Rose** and Mrs. **Lisa Winkler** were at the head table and Ms. **Cameo Zugschwert** led testing. The white belts and color belts worked very hard this quarter and took top honors for this testing. We see a bright future in these students and look forward to watching them achieve their

goals! Above, the high test scorers Alex Griffis, Bryce Bennett, Tyler Griffis and Zoe Kanics, and below, supported by other students and officials, Katherine Tutt II Dan and Jessica Velez-Di Laura, I Dan.

Grand Master Renee' Sereff, D.T.S.



At **Fairbanks Taekwon-Do** (where the Iditarod starting this year): Our quarterly color belt test was held on March 18th which was scheduled for March 4th. The same date that was set for one of the local tournaments we support. Hence the reschedule, that just so happened to bring much reward. On March 4th seven of the ten youth pictured placed 1st, 2nd, or third at the tournament in sparring, patterns, couple patterns, team patterns, and breaking. So proud of them all. Back row left to right: Master Williams, VI dan candidate **Susan Hicks**, III dan candidate **Arleen Slocum**, **Grace Boswell**, **Mark Boswell**, **Noah Boswell**, **Marion Winther**, V dan. Front row left to right: **William Montague** 9th gup, **Lucas Naber** 8th gup, standing in front of him **Mason Jones** 3rd gup and voted Best Test, then **Peter Boswell** 8th gup, another 3rd gup **Caleb Drummond**, **Andrew Boswell** 8th gup, and lastly, peeking from behind, **Carson Lundquist** 6th gup.

Master Guy Williams, Flash Stringer



AROUND THE COUNTRY

On March 18 there was a Black Belt test at **Senatobia Taekwon-Do**, Senatobia, Mississippi. Hopefully some pictures and an article in the next issue.

The **New England Regional Interschool Tournament** was held at Concord Taekwon-Do on March 19.

On March 25 at Arvada, Colorado: **The Maestas TKD Challenge 17**. Hopefully some pictures and an article in the next issue.

On March 25 at Concord Taekwon-Do, the focus, led by Mr. **Tom Gibbons**, IV Dan, was on patterns Toi-Gye through Choong-Moo.

Linda Allen named new Flash Stringer!

Auditorium B on the eighth floor of the Flash Building in downtown Manhattan rang loud with cheers and applause as the hastily-assembled Editorial, News, Circulation, and Plant Departments were addressed by F.M. Van Hecke, Editor.

“We are both delighted and honored to announce the appointment of Dr. Linda Allen as the newest addition to our news staff. Not only is hers a literate and insightful voice, she provides us with yet another window to the Northwest along with Master David Mason. We look forward with great enthusiasm to her activities as a Flash Stringer.”

Ms. Allen joins the Pulitzer Prize-Winning News Department of 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 in her new capacity.

Van Hecke continued, “Like our Alaska Correspondent Master Guy Williams, Ms. Allen joins our staff having received the ‘Best Text Contribution by a Non-Stringer’ contest in the year preceding appointment. This augurs well.”

Dr. Allen is a veterinarian by profession, practicing with the Pacific Northwest Animal Hospital since 1999. She obtained a degree in cellular and molecular biology from Cal State Northridge in 1987 and her degree in veterinary medicine from U.C. Davis in 1991. She is a mom, and takes



justifiable pride in her son Austin, a sophomore at Oregon State and (hoping to be a veterinarian himself), her daughter, Aimee, who made it to high yellow before leaving for Cal Lutheran. Aimee is a junior and applying to Law School next year. [Editorial note from F.M. Van Hecke, J.D., LL.M.: Go back! Go back!]

Ms. Allen began her Taekwon-Do studies in 2010 and is a Second Dan at Bodystrong Taekwon-Do in Sequim, Washington. [Photo: Dr. Allen and family, inclusively speaking.]

Addressing the crowd of over 200 eager Flash employees via satellite link, Dr. Allen said: “I may be different than most students in that I originally did not seek out TKD. I initially met my instructor Mr. Brandon Stoppani VI, through a personal training program. We then went to his dojang and we worked on some basics. I think knowing I had a background as a gymnast in a much earlier life, I would be hooked and I was. I have met so many awesome people through this sport. Having initially learned the early beginnings of the sport and the sacrifices made by those I am all that more grateful to SGM Charles Sereff for keeping TawKwon-do as the General would want it. One of my greatest experiences was in September of 2014 when I attended a tournament in Wyoming. I was at first a bit intimidated to be on the floor with so many black belt women but they all made me feel welcomed. I am so grateful to Grand Master Renee’ Sereff for paving the way for women in Taekwon-Do! I am looking forward to giving back in any way I can. I enjoy the opportunity to be an assistant instructor at Bodystrong for Mr. Stoppani. Being given the opportunity to be an official Stringer is an added honor.”

The crowd assembled cheered lustily and long for her and yet another great stride forward.

United States Taekwon-Do Federation

NORTHEAST CHALLENGE

May 7th, 2017



TEAM BREAKING
PATTERNS
SPARRING
ALL BELTS

Hosted By:

The Concord School of Taekwon-Do
Maynard, Massachusetts USA

For More Information,
Please Call 1-978-369-1909
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Gettin' ready for May 20, 32 potential candidates for Black Belt and degrees thereof in Massachusetts got together March 17 from throughout the Northeast at Concord Taekwon-Do.



Well, not quite three *yet*. Miss **Savannah Quinn Kelley**.

Photo Credit: Kathleen Van Hecke

USTF
INTERNATIONAL
TAEKWON-DO
CHAMPIONSHIP
2017

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June 24th & 25th, 2017
Broomfield Middle School
Broomfield, Colorado, U.S.A.

For more information, contact USTF Headquarters
at (303) 466-4963 or Email rsereff@rmi.net

www.USTF-ITF.com