

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. 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 Guy Williams, and Stringers Corinne Sroykum, Mario Manera, Lisa Eastin, David Mason, Melanie Bunch, Linda Allen, and Sharon Spungen.

UPCOMING EVENTS

A combined Black Belt and Gup testing will be held at **Axe Taekwon-Do**, Bellevue, Nebraska, on February 15.

On February 23 **Hannon Taekwon-Do** will have a Black Belt testing in Leavenworth, Kansas.

On February 24 there will be a weapons self-defense course at Sereff Taekwon-Do.

On November 28 Master **Randy Casco**, Hawaii State Director, was promoted to VIII Dan Sr. Master of the USTF. What a pleasure to watch Sr. Master Casco interact with his students on the evening of his promotion. We were all fortunate to celebrate at the Luau the following night. Although he has retired from teaching school in Lahaina, he continues to help with some of the physical



Education and sports. We ran into several of his former physical education students working throughout Lahaina. When one of the vendors would ask, are you visiting anyone here, when we mentioned Master Casco, the response was always, he taught me in school, or we love Mr. Casco! He currently has a class in Lahaina, teaches the USTF Referee course in Hawaii and is currently the Hawaiian State Director of the USTF. Thank you Sr. Master Casco for your loyalty and support of Sr. Grand Master Sereff and the USTF. Aloha until we meet again.

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

On November 4th, UCHTA held it's annual **Utah Championships**. We want to thank all those who drove down to support our tournament! Congratulations to all the medalists and we look forward to seeing everyone again next year! [Photo: a few of the more enthusiastic contestants, one of whom had dressed to go home.]

Corinne Sroykum, Stringer



On March 3 there will be a Dan test at **Sereff Taekwon-Do**, First through Third Dans.

On March 10 there will be a Fourth Dan and above test at Sereff Taekwon-Do. These events are always eye-openers with respect to skill, power and physical courage.

Mexico, Missouri will be the site of a USTF Referee Course on March 17 hosted by Master **Kenny Fairchild** and taught by Sr. Master **Kirk Steadman**.

On March 24, 2018, be sure to plan for the **Maestas Taekwon-Do Annual Tournament** in Arvada, Colorado, at the Apex Recreation Center. Promoter Master **Robert Martin**. Contact www.maestastkd.com Added this year are team breaking and team pattern events. Always fairly officiated, well-supervised and fun.

On April 7, you can expect a color belt test at Broomfield, Colorado.

The **11th Annual Axe Taekwon-Do Tournament** will be held at Axe Taekwon-Do,

Bellevue, Nebraska, on April 21. Should be an awesome event.

On May 19 Sr. Master **Frank Hannon** will teach a USTF Ground Fighting Course at Sereff Taekwon-Do.

A combined Black Belt and Gup testing will be held at Axe Taekwon-Do, Bellevue, Nebraska, on May 24.

Sereff World Camp 2018 will be held at Snow Mountain Ranch, Granby, Colorado June 24-29 . It will feature World Class Instructors, fun, and the Great Outdoors. Camp T-shirts and Hoodies available. Bring a picture of your dog if you have one! (A dog, that is, they're celebrating the Year of the Dog.) Contact USTF Headquarters, (303) 466-4963.

On July 19 there will be a gup level test at Sereff Taekwon-Do.

Sr. Master **Ricky Todd** will conduct a USTF Breaking seminar at **Big Dog Taekwon-Do** in Grand Rapids, Michigan, on August 4.

A combined Black Belt and Gup testing will be held at **Axe Taekwon-Do**, Bellevue, Nebraska, on August 16.

On August 25 a Taekwon-Do Tournament will be held at Kirksville, Missouri. Sr. Master **William Stephenson** is the Promotor, Tournament Director Sr. Master **Ricky Todd**, Chief Referee Sr. Master **Dustin Stephenson**.

A combined Black Belt and Gup testing will be held at **Axe Taekwon-Do**, Bellevue, Nebraska, on November 15.

AROUND THE COUNTRY

In a testing conducted at the **Academy of Martial Arts** in Grafton, Wisconsin, on January 4, Fifth Dan **Mary Lubner**, Second Dan **Valerie**

Locklair, First Dan **Shantanu Chaudhuri**, and F.M. Van Hecke, Eighth Dan, presided. **Yash Jha** ably served at Corner.

Shaunak Chaudhuri was promoted to Gup Two Red Belt. **August Schultz, Ivan Huang, and Jason Huang** tested successfully to Gup Five High Green Belt. **Ben Lorenz** was promoted to Gup Six Green Belt and **Sophie Wall** was promoted to Gup Seven High Yellow Belt. **Connor Maehl, Vishanth Selvakumar** and **Liam Wall** earned Gup Eight Yellow Belt. Achieving Gup Nine High White Belt were **Patrick Kaye** and **Tyler Hebein**.

On January 17, the **Grafton Academy of Martial Arts** held another in a series of gup tests. Presiding were Fifth Dans **Mary Lubner** and **Jim Pals**, Second Dans **Nick Moralez** and **Valerie Locklair**, and Eighth Dan F.M. Van Hecke. Gup One **Yash Jha** handled the corner.



Concord School of Taekwon-Do played host to a New England/New York regional interschool tournament on Sunday, December 10th. These fun tournaments for Gups up to age 14, act as training opportunities for students new to Taekwon-Do and for junior referees as well. Over half of the competitors at this event were participating



in their first-ever tournament. Master **John Murphy** reviewed competition rules, ring etiquette, and equipment requirements with the competitors. School heads Mr. **Tom Gibbons**, IV Dan, and Ms. **Joanne Haley**, V Dan, reviewed scoring, bracketing, and timekeeping with referees. A foursome of younger girls dominated the Patterns competition. Sparring, as always, was the crowd pleaser, as competitors showed their skills in action. The final event, one minute in the ring with "the Black Belt of your choice," proved as fun and funny as ever. Thank you to all who participated, and we look forward to our next interschool this spring. [Photos: left, **Saanvi Terala** and **Nina Carvallo** go at it; right, **Paige Reidy** and **Valentina Morganti**.]

Roselyn Romberg, D.F.P.

Miss **Juhi Jha** achieved her Gup One High Red Belt and **Aniela Van Hecke** and **Zachary Kelley** Gup Four Blue Belt. **Gabriel Peters** earned Gup Five High Green and **Brandon Kelley** Gup Six Green Belt. **Eric Wall** and

Matilda Van Hecke were promoted to Gup 7 High Yellow, and **Andy Gieschen** to Gup 9 Yellow Stripe. This test was also conducted at the Grafton dojang. Pictures below. [Photo credits: Kathy Van Hecke, Jeremiah Van Hecke.]

Some photos from the Jan. 17 test in Grafton. Left, Brandon Kelley's first board, right, Aniela Van Hecke amazes her sister Mattie seated in the background, below, the test group photo minus Mr. Jim Pals and Mrs. Mary Lubner.



Master **Jerry Sisco** taught a USTF referee course, the first USTF Seminar of the year, in Rock Springs, Wyoming, on Saturday January 13.

The course was hosted by Mr. **Roland Flynn**, head instructor for Rock Springs Taekwon-Do. In attendance we had six



schools from Wyoming represented, three schools from Utah and one school from Colorado. [Above, right: the Instructor--err--instructs. Top left: C'mon, guys, get on the same page. Below, the attendees.] Seated in group picture were Master **Rob Riley**, Master **William Dubbeld**, Grand Master **Stan Martin**, Master **Robin Johnson** and Master Sisco, and we also had 2 sixth Dan instructors - standing on the left Mr. **Tony Giese** (Wyoming State Director) and standing on the right Mr. **Chris Wadium** of Utah.

--Submitted by Grand Master Stan Martin





Some years ago the Concord School of TKD adopted the role of "Board Monkey" at its Black Belt tests. The role has grown into one of the most popular, even prestigious, positions for younger students at the school. Board Monkeys play a critical part in the smooth operation of Black Belt tests. They are responsible for delivering water to the Head Table and providing ice packs to anyone bruised during the breaking portion of the test. They also stand guard at each of the three breaking stations, stacking broken wood for easy removal and sweeping up shards and splinters from the



floor. These youngsters get lots of recognition and appreciation from judges and testing candidates. Best of all, Board Monkeys get a close-up view of the testing experience and event logistics, leading to greater confidence, engagement, and even leadership. Congrats to all our Board Monkeys, past and present! Photos, Valentina Morganti cleans up at the hand breaking station; Daniel Angus-Kirstein sweeps up at the Power Foot breaking station.

Roselyn Romberg, D.F.S.

FLASH STAFF CHANGE

It is with great regret that the TKD Flash accepts the resignation of our correspondent Master **Robert Martin**. Master Martin early recognized the service he could provide his fellow USTFRs by serving as our Stringer from Maestas Taekwon-Do. Master Martin kept us informed with articles and pictures, the best of news and the occasional witticism. In doing so

he followed ably in the footsteps of our very first Stringer, Sr. Master Gary Meek. Master Martin leaves us due to the fact that the value of his services to others was more imperative, and we greatly respect his stellar personality and service.

God speed, Sir. And thank you, so very much.

YHE



Life Taekwon-Do all joined together at Sereff Taekwon-Do in Broomfield for a great junior event. The states represented were Colorado, Wyoming and Montana. Special thanks to Grand Master **Mike Winegar** for brining referees down, Master **Robin Johnson** for brining Sheridan Taekwon-Do including some students from Montana, Master **Robert Pettijohn** for bringing a team from Maestas Taekwon Do, Master **Paul White** and New Life Taekwon Do and Mr. **Dan**

On January 27 Grand Master **Renee' Sereff** hosted the annual **Sereff Taekwon-Do Invitational & Chili Cookoff**.

Sheridan Taekwon-Do, Thornton Taekwon-Do, Maestas Taekwon-Do, Ipondonshim, Sereff Taekwon Do, and New



Fitch of Thornton Taekwon-Do for traveling to have their students participate.

Patterns and Sparring competition in a small space with 50 juniors made for a very exciting day! The tournament gives many people the experience and especially the young ones that need the experience in time keeping and scorekeeping. Thank you to all who refereed the event along with Ms. **Lisa Winkler** Tournament Director and Mr. **Jason Taylor** the Chief of Referees. Not one injury and lots of good technique helped our Dr. Duiker

be able to watch the event instead of work fixing the injuries! Grand Master **Charles Sereff** made a guest appearance and thoroughly enjoyed the event including the Pinata! We had 15 crock pots of chili from all the schools, and the chili cookoff winners were: 1st Place **Aaron Cleare** from Wyoming, 2nd Place **George Mediate** from Wyoming, 3rd place **Bryan Sievert** Colorado and 4th Place **Louise Fox**, Colorado.

Photos: Top left, "Sayin' Hello!" Top right, fierce competition as **Hannah Rose** and **Cailyn Donovan** square off. And to our left immediately above, Grand Champion Division: **Nadia Martin** took the Grand Champion, runners up were **Emily Rose, Jackson Wright, Bryce Bennett, and Brodie Jeurgens**.

Community(n):...a feeling of fellowship with others, as a result of sharing common attitudes interests and goals.

I believe this is something that all of us are as members of the USTF. Recently, students at **Bodystrong Taekwon-Do** in Sequim, Washington, pulled together to join with others in a community that came together to honor a deputy sheriff killed in the line of duty on 1/8/2018, Officer **Daniel McCartney**. He left behind a wonderful wife and 3 young boys. Officer McCartney was a cross fit athlete and coach. His gym had a fundraiser 1/20/2018 for his family and to honor him as the Hero he is as well as all of the men and women involved in the police force, military and first responders. Our own instructor Master **Brandon Stoppani**, a deputy sheriff, is one of those special people.



Bodystrong sent a 3 member team. Assistant instructors Ms. Allen II Dan, Mr. Muckley I Dan, and Yellow Belt Mr.



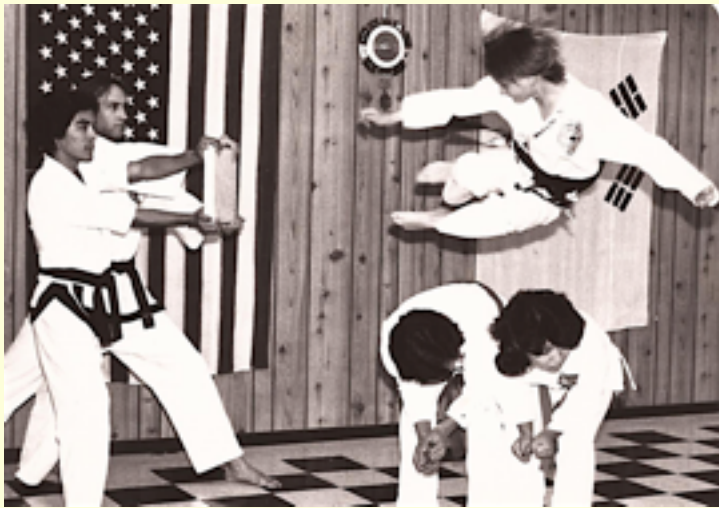
Cole. For every dollar the junior class raised, the assistant instructors would do that many burpees. The juniors did not disappoint and raised \$106.00!! The most awesome part was that they “knocked out” those burpees along with us assistant instructors!! The following morning team Bodystrong persevered and reached deep to finish the day’s workout, part of which consisted of 324 burpees!! In total, Bodystrong raised \$326.00.

All of us at Bodystrong extend our

sympathy and gratitude to the families of these remarkable people.

[Photos: Team Bodystrong (Mr. Cole, Mr. Muckley, Ms. Allen); all of us in the Juniors Class having just completed 106 burpees.]

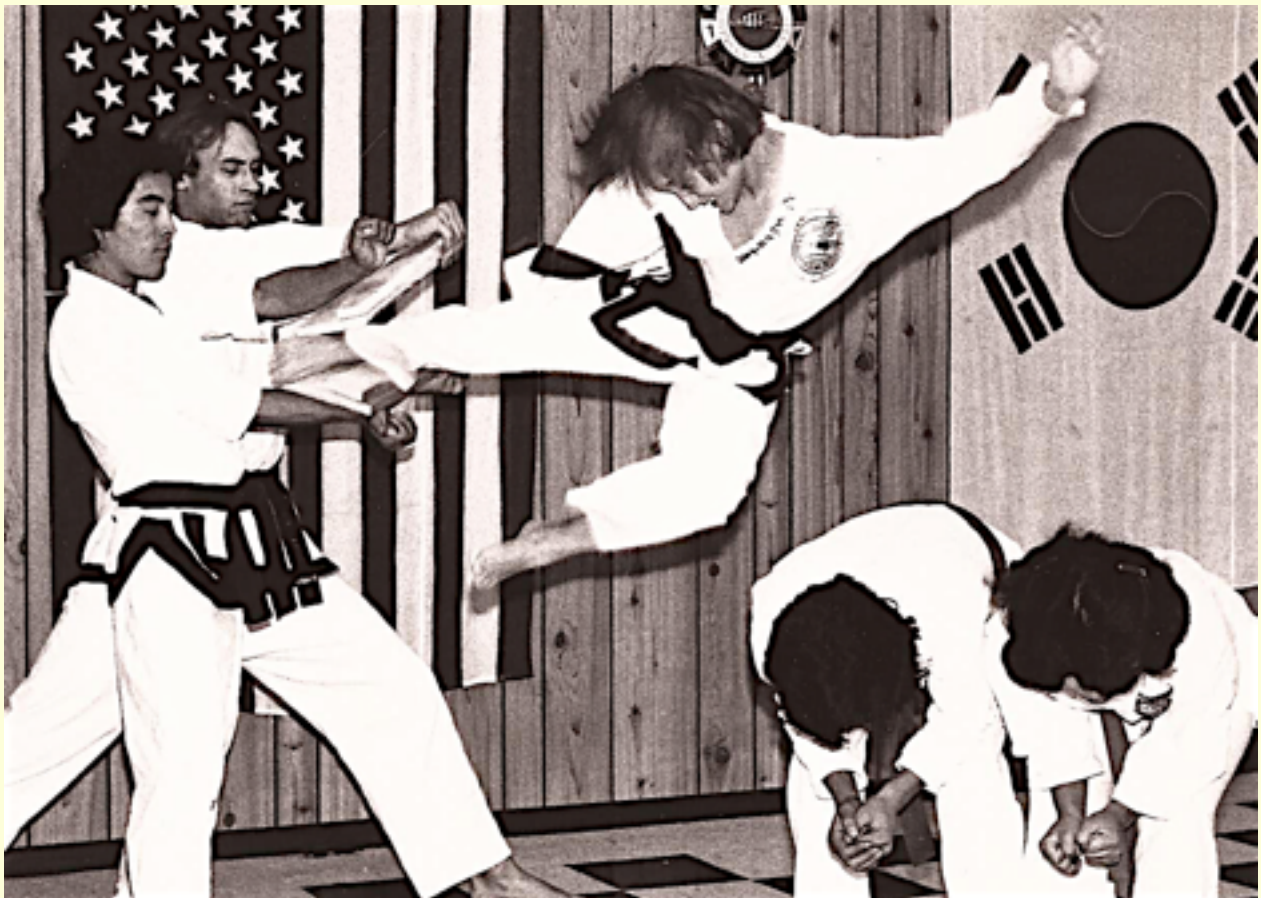
Dr. Linda Allen, F. S.



Tripping Down Memory Lane

My, has Taekwon Do training changed! Years ago we used kids to fly over for our black belt demonstrations and testings. After a few injuries, it was decided that either foam or barriers of some kind would be used instead of our color belt kids! This photo is **Gary Bouska** in about 1975. He was our fly over kid of the time and rarely missed the boards! Karl Nicoletti and Mike Silva hold in these pictures.

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



**You're Invited
to the
Maestas TKD
SCHOOL
Challenge
18**
with a couple of new things!

**March 24, 2018
Arvada, Colorado**