

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

2018 Kids' Art Contest

The Flash Annual Taekwon-Do Kids' Art Contest for 2018 announced in the June issue of The Flash continues.

In past years we've had great entries from all over the U.S. And we hope for even more in 2018.

Anybody under 14 is eligible. [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).

Mr. **Ramón Colón**, V Dan, led a workshop on breaking techniques at the **Concord School of TaeKwon-Do** on April 29th. Participants were led first through a series of forging exercises are focused on building bone strength and density while practicing proper breaking technique in slower motion. Mr. Colón demonstrated proper application of speed, power, and tools. Participants came away with a deeper appreciation for the art of breaking, and with a handful of successfully busted boards. Thank you, Mr. Colón, for a great learning session! Viewed forging, Mr. Colón, Mr. Edward Shi, Mr. Daniel Angus-Kirstein, and Ethan Gelfand.

Roselyn Romberg, D.F.S.





patterns and sparring, too. A great tournament, all! Photo: The Horns, just like at home.

Concord TaeKwon-Do hosted its annual **Northeast Challenge** tournament on May 6th. This regional event is well-attended by schools from around New England and New York and a favorite with competitors and audiences alike. This year Mr. **Tom Gibbons**, IV Dan and head of Victory TKD brought brother-sets Mssrs. **Elijah** and **Daniel Smith**, II Dans, and **Jeremiah** and **James Horn**, Gup 2 Red Belts, all of whom medalled. Ms. **Joanne Haley**, V Dan, was proud coach of feisty **Peter Borunov**, Gup 9 Yellow Stripe, who charmed the audience (and likely left a bruise or two in the ring!). Concord TKD students acquitted themselves well in

Roselyn Romberg, D.F.P.

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 competitors.

UPCOMING EVENTS

On July 14 there will be a USTF Basic Ho Sin Sool course taught by Mr. **Anthony Giese** will be conducted at Harrisburg, Missouri. Contact Sr. Masters **Larry Winn** (573-356-7896) or **Tom Cope** (417-540-9145).

On July 14 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.

August 3 through 5, East Canyon State Park, Morgan, Utah, the **2018 UCHTA Summer Weekend TKD Camp** will once again beckon with good times and good company. Come join the fun!

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.

Mountain View Martial Arts will host a USTF Breaking Seminar on August 25.

On Sept. 15, the **19th Annual Wyoming Invitational Tournament** is to be held at Casper, Wyoming. Mr. **Anthony Giese**, Promoter.

Master **David Mason** will host a USTF sanctioned tournament in the appropriately appellated **Battle Ground**, Washington on September 15. Tournament Director Mrs. **Lynette Mason**, Chief Referee, Master **Brandon Stoppani**.

On October 26 there will be a USTF Ground Combat Course taught at Mountain View Taekwon-Do, Washington State.

On November 3, the **UCHTA Championship Tournament** will be held at Salt Lake City.

At the Flash Building in mid-town Manhattan, the walls of Auditorium B on Floor 22 rang with applause, shouts of approbation, and a general euphoria on the announcement, by Editor F.M. Van Hecke, of the appointment to the News Department of the first Stringer Team in the history of the publication. Members of the News, Circulation, Administration, Plant and Publication Departments had gathered in a hastily-assembled coterie of well-wishers for the event.



“We are rarely blessed with the addition of a single Stringer, but this is truly an unusual prize. **Marsha Wright** and **Cary Gulsby** are the first true Stringer Team added to the News Staff. They bring complementary talents, Ms. Wright as a

wordsmith and Mr. Gulsby as a photographer, to the table. They are students at Maestas Taekwon-Do and follow in the distinguished footsteps of our very first Stringer, the late Sr. Master **Gary Meek** and his student and their precedent Stringer Master **Robert Martin**, now retired. We look forward with great enthusiasm to their participation.”

Wright and Gulsby join the Pulitzer Prize-Winning Department consisting of 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.

Ms. Wright’s son Jackson and Mr. Gulsby’s son Syllas are students at Maestas.

Photos: left, above, Mr. Gulby, right, Ms. Wright & son (no family resemblance noted), and, in a rare collaboration, Ms. Wright kicking with Mr. Gulsby earning the photo credit. Welcome aboard!!!



Concord TaeKwon-Do fielded teams of competitors and referees for the **General Choi Memorial World Cup** hosted by Senior Grand Master **Phap Lu** in Ottawa, Canada on Saturday, June 2nd. Over three hundred competitors from around the world participated in this popular annual event. As always, SGM Lu and SM Seely welcomed USTF schools and made sure to send their warm regards to all their friends back in the US. Photo: Front, SGM Lu flanked by Ms. **Neha Shah**, left, and Ms. **Chloe Fox**, right. Behind, Mr. **Karl Huffman**, VI Dan, Master **John Murphy**, VII Dan, Mr. **Oliver Fox**, IV Dan, and Ms. **Roselyn Romberg**, III Dan.



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

The **Utah Chang Hun Taekwon-Do Alliance** will hold its 2018 Falss Black Belt Test on November 17. Venue to be announced.

AROUND THE COUNTRY

A gup and Dan testing was held April 14 at Kennesaw, Georgia, promoted by **Manera's Taekwon-Do**, promoted by Mr. **Mario Manera**. Perhaps some photos and more info in the next issue.

On April 28 there was a Black and Color Belt Testing at one of USTF's most venerable clubs. Mr. **Chuck Giotto**, U.P. State Director, hosted the test held in Marquette, Michigan, at **Marquette Taekwon-Do**. Perhaps some photos and more info in the next issue.

On May 20 the **Maestas Taekwon-Do Spring Black Belt Test** was held at Arvada, Colorado. Students were testing for Sixth, Fifth, and Second Dan. Perhaps some photos and more info in the next issue.

On May 31 Sr. Master **Randy Casco** presided at a Black Belt Test at Lahaina Civic Center, Hawaii. Perhaps some photos and more info in the next issue.

On June 2, there was a Black Belt test at **Kirksville Taekwon-Do**. Perhaps some photos and more info in the next issue.

On June 11 (or thereabouts) at the Pine Grove Athletic Club in **Cadillac**, Michigan, Ms. **Autumn Dutka**, tested for her Second Dan with the **Cadillac Taekwon-Do Club**. Dr. **Steve Osborn** is her proud instructor. Perhaps some photos and more info in the next issue.

On June 23 **Utah Chang Hun Taekwon-Do Alliance** held its 2018 Spring Black Belt Testing at Salt Lake City. Perhaps some photos and more info in the next issue.

Sereff World Camp 2018 was held at Snow Mountain Ranch, Granby, Colorado June 24-29 . Absolutely guaranteed: lots of photos and information in the August Flash.



Grand Master **Louis Reyes** oversaw the **New England Regional Black Belt Test** on May 20th at the Concord School of TKD. Ms. **Neha Shah** and Mr. **Ethan Gesmand** tested for I Dan. Mr. **Daniel "Dangerous Dan" Angus-Kirstein** and Mr. **Edward Shi** tested for II Dan. Mr. **Daniel Smith** and Ms. **Roselyn Romberg** tested for III Dan. Congratulations, hard-working candidates, and their even harder working instructors!

Photos: Ms. Neha Shah catches some air as she demonstrates Flying Twin Front Snap Kicks validating her ponytail power. Eleven-year-old Dangerous Dan drives through his Downward Knife Hand Strike. Group photo: Front Row: Ms. Joanne Haley, V Dan and State Director for Massachusetts, SGM Louis Reyes, Master John Murphy, VII Dan and New England Regional Director; Second Row (Candidates plus Ho Sin Sul partners): Mr. Frank Gentile, IV



Dan, Mr. Ramón Colón, V Dan, Ms. Roselyn Romberg, III Dan, Mr. Karl Huffman, VI Dan, Mr. Daniel Smith, III Dan, Mr. Edward Shi, II Dan, Mr. Oliver Fox, IV Dan, Mr. Daniel Angus-Kirstein, II Dan, Mr. Ethan Gesmand, I Dan, Ms. Chloe Fox, II Dan, Ms. Neha Shah, I Dan.





Sir:

I have been a part of the USTF since 1986 and long ago joined Sr. Grand Master C.E. Sereff, Grand Master Earl Weiss (my instructor), and our solid USTF leadership with full and unconditional embrace of our federation's strong loyalty to the Chang-Hon system and its founder, General Choi Hong Hi. As instructor it is my responsibility to teach and monitor the practice of this most amazing martial art, ensuring that the integrity of technique, practice/training, and knowledge are maintained. This important duty is taken seriously and to execute it at the highest level of competency continual study and training are requisite. One method of evaluating how well I have successfully maintained this integrity is to watch my student test for second dan. This is the test that I think really showcases the Chang Hon system with students demonstrating their more advanced development of proficiencies in Taekwon-Do skill

and knowledge.

Autumn Dutka is my 17 year old student who, after six and one-half years of continuous training, recently passed her second dan test here in Cadillac, Michigan. This is quite an accomplishment because it is not easy to receive this rank from me. It just so happens that Ms. Dutka was the valedictorian of her high school and recipient of an all-expenses paid bachelors degree from the University of Michigan. It just so happens that she is a frequent gold medal winner at the Michigan Taekwon-Do tournaments (patterns, sparring, hosing-sul, fundamental techniques, step sparring). It just so happens that she readily assumes a leadership role with solid character. It just so happens that she values service above self as a regular volunteer. It just so happens that she nailed every aspect of her lengthy test, including making all three breaks without difficulty. It just so happens that she is getting herself into position to pass on to the next generation the techniques and knowledge imparted by the general, Sr. Grand Master Sereff, Grand Master Mike Winegar (Director of Technique), Grand Master Weiss, and other leaders within the organization.

That Ms. Dutka is our future can't help but make me smile. She knows how to accomplish goals with high level organization, perseverance, self-control, and indomitable spirit. She can generate power, both physical and mental, and use this to build a more peaceful world and stand strong for justice. She rises to the occasion and challenge brings out her best. She is female but when people watch her become one with Taekwon-Do they don't have to see gender, they can see an amazing display of the grace and beauty and power of our art. Chang Hon Taekwon-Do is in good hands.

Steven Osborn, a Proud Instructor





On Sunday, May 20, **Maestas Taekwon-Do** held a black belt testing with five students testing for Sixth, Fifth, and Second Dan. The testing board was composed of Master **Robert Martin**, 7th Dan; **Dan Nelson**, 5th Dan; Master **Steven Stasiak**, 7th Dan; Master **Robert Pettijohn**, 7th Dan; Grand Master **Kirk Steadman** 9th Dan; **Dave Martin**, 6th Dan; and **Claire Johnson**, 5th Dan.



Also in attendance were special guests Grand Master **Renee Sereff**, 9th Dan and **Louise Fox**, 5th Dan. The students testing for blackbelt were **Greg Strong**, 6th Dan; **Ka-Yi Moriarty**, 5th Dan; **Grant Litteral**, **Adam Martin** and **Nick Roboff**, 2nd Dan. It was an exciting night, all students did very well, and the Ho Sin Sul was some of the best we have ever seen. Mr. Roboff was chosen for best breaking, successfully completing all his required breaks. Mr. Martin had a great night as well, despite breaking a

toe, he won best patterns and best Ho Sin Sul.

Photos: Above, Back row from left: Grand Master Renee Sereff, 9th Dan; Master Robert Martin, 6th Dan; Dan Nelson, 5th Dan; Master Steven Stasiak, 7th Dan; Master Robert Pettijohn, 7th Dan; Sr. Master Kirk Steadman 9th Dan, Master Dave Martin, 6th Dan; Louise Fox, 5th Dan; and Claire Johnson, 5th Dan. Front Row from left: Adam Martin, 2nd Dan; Ki-Yi Moriarty, 5th Dan; Greg Strong, 6th Dan; Nick Roboff, 2nd Dan; Grant Litteral 2nd Dan; Tracey Rodgers, 3rd Dan. Left, Roboff, right, Moriarty.

Wright & Gulsbys, Stringer Team (S.T.)



Sir:

June 9th was our 2nd quarterly test. the Alaska growing season is short. As is the time the students have, to be ready to grow to the next rank. Normally planting starts in June or when the ground warms enough to plant. This year was a bit different, the temperatures warmed up enough in Mid May to plant root veggies and in the greenhouse. Then June rolled around and the temps dropped for a couple weeks. Down to the low 30's' yup freezing. And all got stunted and slowed down. So is the life in the far North.

Our test group consisted of, in the front row: **Kai Swisher** 9th gup, **Jaxon Browning** 6th gup and Best Test, **Adian Couch** 8th gup, his father, **Kiel Couch** 9th gup (not pictured) **Levi Foster** 9th gup, **Carson Lundquist** 2nd gup; and in the back row: Master **Guy Williams** VII, Ms. **Susan Hicks** IV, **Mark Boswell** 4th gup, **Peter Boswell** 5th gup, **Noah Boswell** 5th gup, Ms. **Arleen Slocum** II and test caller, and Mr. **Dana Woolery** I Dan.

Master Guy Williams, D.F.S.



Urszula Oszaszewska makes kindling on the left and Joevan Grospe goes airborne on the right in a test held in DesPlaines, Illinois on June 23. Story, next page.





Grand Master Earl Weiss, Sr. Master F.M. Van Hecke, and Mr. Craig Wilke, III Dan, presided over a Black Belt testing at National Taekwon-Do, DesPlaines, Illinois, on June 23. Testing for First Dan were Mssrs. Pierko Krszysztof and Joevan Grospe. Testing for Second Dan was Ms. Urszula Ostaszewska. Testing for Third Dan was Mr. Nicholas Moralez. Top



photos: left, Mr. Grospe airborne, reaches down for his technique break and right, proving the importance

of facial expression in breaking. Photos below, pieces of split boards caught in the air as a result of successful technique



USTF Breaking Seminar

Initial \$75; Refresher \$35

Sr. Master Ricky Todd VIII Instructor

Began training under Sr. Master Meek at McConnell Air Force Base, Kansas In 1983.

Operated USTF schools at McConnell Air Force Base Kansas, Whiteman Air Force Base Missouri, Incirlik Air Station Turkey, Mountain View California, Windsor Missouri and now in Nebraska

Served 21 years in the United States Air Force, first as a security policeman and later as a paralegal.

*USTF Region 2 Director
Past USTF Armed Forces Director
Past USTF Kansas State Director
Past USTF Nebraska State Director*

"One of my proudest accomplishments is that I joined the USTF as a white belt and have never trained in any other style, my entire career!"

If you are a beginner or expert, please join us for a USTF Breaking Seminar, instructed by Sr. Master Todd in Grand Rapids, MI. This unique way of teaching breaking will help everyone be the best you can be! This course is for all yellow belt green stripe to all levels of black belt. Please pre-register by emailing marmstrong@bigdogtkd.com or calling Mrs. Armstrong at (616) 942-6640. Checks payable to Big Dog Taekwon-Do. Register now!



*Saturday – Aug 4, 2018
9:00 AM – 5:00 PM
(Short lunch break)
Big Dog Taekwon-Do
6504 28th Street, Suite L
Grand Rapids, MI 49546
616-942-6640*

- All Aspects of Breaking
- Wear your Uniform
- USTF Gup & Dan Syllabus Breaks
- 8 hours Continuing Education
- Age requirement 12 (or younger) with instructor's permission
- Breaking materials provided

Harrisburg
Taekwon Do

presents

USTF Basic
Ho Sin Sul Seminar

Instructor

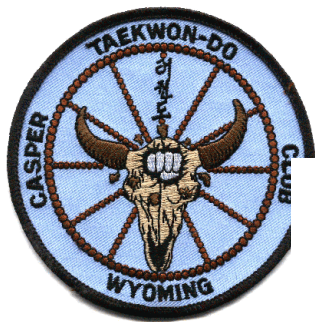
6th Dan Mr Giese

Date - Saturday July 14, 2018
starts 9 am

Seminar location
Harrisburg middle school
233 S. Harris St.
Harrisburg , Missouri 65256

cost - \$75.00 1st timers
\$35.00 retakes

contact information
Sr. Master Larry Winn- 573-356-7896
Sr. Master Tom Cope- 417-540-9145



19th Annual Wyoming Invitational
USTF Tae Kwon-Do Tournament
Hosted by: Casper Rec Center Tae Kwon-Do
September 15, 2018

The competition is sanctioned by the UNITED STATES TAE KWON-DO FEDERATION, INC. and its rules and regulations regarding fighting.

Casper Tae Kwon-Do invites all USTF affiliated schools and their students to compete for top honors in over 50 divisions. This event will include competition in individual sparring and patterns. Divisions will be combined at the discretion of the tournament director, depending on participation, to allow for all participants to compete.

Registration forms can be obtained from all our USTF affiliated schools. The fighting will be LIGHT CONTROLLED CONTACT. Hand pads, foot pads, mouthpiece, and protective cup for male competitors, will be required. **Head gear is mandatory for all sparring competitors – NO EXCEPTIONS.** Chest protectors are optional for adults. No soccer style shin pads will be allowed. All referees and judges must be certified by the USTF.

All referees will need their certification cards and proper dress to be on the competition floor (blue pants, white shirt, blue tie, WHITE tennis shoes). Dress codes will be strictly enforced! Please see your instructor, or contact Master Sisco.

CASPER RECREATION CENTER
 1801 EAST 4TH STREET
 (CORNER OF 4TH AND LOWELL)
 CASPER, WYOMING 82601

Saturday	September 15, 2018, Doors Open @ 7:30 AM
Registration	7:30 – 8:30 A.M.
Black Belt Patterns Bracketing	8:30 AM SHARP
Referee Meeting	8:45 AM
Tournament	9:00 A.M. to 5:00 P.M.
Admission	Free to the Public

Sponsored by:
 The Casper Recreation Center

Contact: Master Sisco (307) 267-2336
 E-Mail: jerrysisco@bresnan.net