

# 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 III site [www.ustf-region3.org](http://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 Results

**The Flash Annual Taekwon-Do Kids' Art Contest** for 2018 is over, after hours of wrangling over many fine entries. It is testament to the artistic proclivities of our many entrants that we are unable to publish many of the fine entries due to sheer lack of space.

Nevertheless, all are to be congratulated.

You may find the contest winners and honorable mentions commencing here and throughout the issue

## UPCOMING EVENTS

**Fairbanks Taekwon-Do** will have a combined Black Belt and Gup testing on September 8.



Kicking it off, although related to a non-Taekwon-Do topic (camping), in a non-traditional medium (photography), and submitted by an ineligible (by age) adult: "Ghost Stories" by Elizabeth Kelley, Gup 1 (ret'd), Grafton Academy of Martial Arts, Wisconsin. Somewhat Honorable Mention.



On August 1 the Academy of Martial Arts in Grafton, Wisconsin, performed a Demonstration at Lincoln Village, Port Washington, Wisconsin. Participating were Mr. **Nick Moralez**, Mr. **Shantanu Chaudhuri**, **Shaunak Chaudhuri**, **Noah Friberg**, **Zach Kelley**, **Ben Lorenz**, **Sophie Wall**, **Liam Wall**, **Connor Maehl**, and **Jacob Post**. F.M. Van Hecke, Eighth Dan, narrated.



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 appellationed **Battle Ground**, Washington on September 15. Tournament Director Mrs. **Lynette Mason**, Chief Referee, Master **Brandon Stoppani**.

A gup level test will be held at the Academy of Martial Arts in Grafton on September 27.

On October 6 Sixth Dan **Karl Huffman** will serve as Tournament Director and Master **John Murphy** as Chief Referee for the **Victory Taekwon-Do Inaugural Tournament** to be held in Schenectady, New York. The Promoter of the event is Mr. **Thomas Gibbons**.

Don't miss the **Sereff Fall Championship** October 14, 2018 at Broomfield High School.

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

On October 27, the Wyoming Black Belt testing will be held in Casper, Wyoming, Promoter Master Sisco, attending Grand Master Stan Martin.

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

Also on November 3 Mr. **Tony Giese** will teach a USTF Weapons Course in Wyoming. Questions? You can inquire of Mr. Giese at 307-277-2581.

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.

On December 1 a Black Belt test will be held at **Fox Valley Takeown-Do**, Neenah, Wisconsin. Dr. **John Butitta** is the Promoter, Sr. Master F.M. Van Hecke will be the principle president.



**AROUND THE COUNTRY**

On July 14 there was a USTF Basic Ho Sin Sool course taught by Mr. **Anthony Giese** at Harrisburg, Missouri.

The Grafton Academy of Martial Arts held its annual Evening Ice Cream Social on August 1.

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

On August 25 a Taekwon-Do Tournament was held at Kirksville, Missouri. Sr. Master **William Stephenson** is the Promotor.

**Mountain View Martial Arts** hosted a USTF Breaking Seminar on August 25.

And see the many other events in picture articles in this issue



**Honorable Mention:** “Age of the Dinosaurs” is the effort of Liam Wall, a Gup Seven student, age 8, at the Academy of Martial Arts, Grafton, Wisconsin. Mr. Wall has assured his instructor that his selected theme had nothing to do with the aforementioned instructor.



What is more fun than a Taekwon Do park workout? Storytime with the USTF Father of Taekwon Do, of course!! Even with lots of students still on vacation, we had a great time training in the park at the Broomfield Girl Scout Shelter on August 4 with Grand Master **Renee' Sereff**. Sr. Grand Master **C.E. Sereff** gathered all the students and told some great stories about

training in all kinds of weather, from snow to hot sun with the General! Saturday was pretty hot but no complaints from anyone! The birthday gauntlet with a little twist of water balloons for Mr. Michael Bennett was a hit! So proud of our families and especially juniors that made the day a great one! Above, group on a rock, right, storytime; left below, Mr. Bennett's birthday hug, and right below, special presentation to Ms. **Caitlyn Fitch** of a squirrel and t-shirt by Mr. **Michael Bennett**.



She had an unfortunate accident on her Bike tour when she served to miss a squirrel that had her break her collar bone.

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







On Friday, August 3, Mrs. **Marianne Armstrong** of **Big Dog TaeKwon-Do** hosted a Black Belt testing for two of her students, Ms. **Sharon Spungen** and Mr. **Aaron Dull** who both successfully tested to 4<sup>th</sup> Dan. Presiding over the test was Senior Master **Ricky Todd** from Axe Taekwon-Do and the Corner for the testing was Dr. **Jeff Wilt**. Pictured are Dr. Wilt, Ms. Spungen, Mr. Dull, Senior Master Todd, Ms. Armstrong, and her handy sidekick Mr. Krutcher.

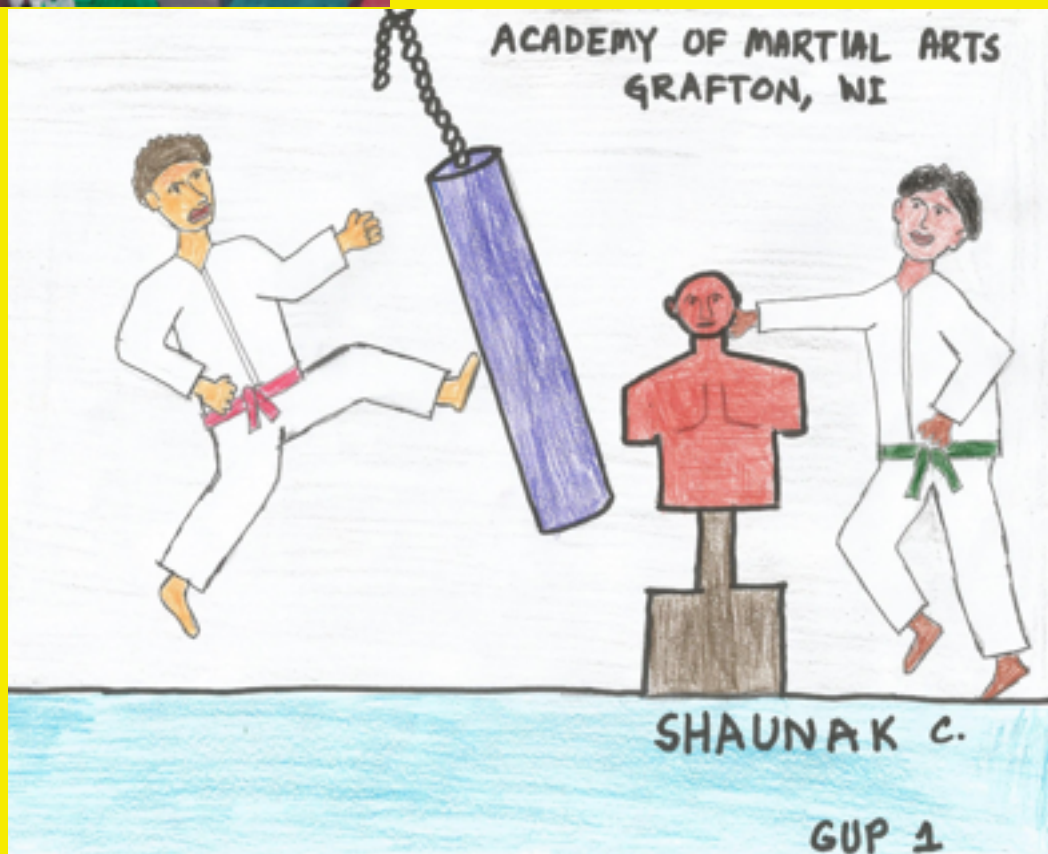


A USTF Breaking Seminar taught by Senior Master **Ricky Todd** drew 32 students from Michigan, Nebraska, Colorado, and Wisconsin to **Big Dog Taekwon-Do** in Grand Rapids. With students from high yellow belt well up into black belt rankings, Senior Master Todd demonstrated and instructed breaking techniques for hand and foot breaks with emphasis on speed, power, and proper positioning. Pictured are all the participants from the course

*Sharon Spungen, F.S.*



Two additional Honorable Mentions: Miss **Sophie Wall**, Gup 6, age 12, of AMA Grafton submits "Stained Glass," a vibrant and colorful effort. Below, **Shaunak Chaudhuri**, Gup 1, shows gup level students having fun by hitting things, a talent at which he himself excels.







Sr. Grand Master **Charles Sereff** held a special test for Mr. **Clarke Vestal** grading for IV Dan on August 18. Mr. Vestal, Sr. GM Sereff’s Pastor, supported the forming of the Taekwon Do Class held in the church until he retired. Many of the current black belts attended and taught in this class and he started his Taekwon Do journey there. Most of the instructors that taught this class were in attendance at Mr. Vestal’s test including Master **Paul White**, Mr. **Charles Ruby**, Mrs. **Kim Sereff**, and Mr. **Bill Jennings**. Mr. **Jason Rose** and Mr. **Michael Herrera** were

unable to attend. Clarke’s loving wife Pat and the family were so happy to see him meet one of his goals! The medical problems Mr. Vestal has seemed to disappear the minute he entered the gym floor. His Taekwon Do spirit took over and he did as he always does, lifted all



of us up! Congratulations on a job well done, Sir! Photos: Students and former instructors at 1st Avenue Taekwon-Do with Clarke, Mr. Vestal with Senior Grand Master, and Clarke and Pat (and cake).



*Grand Master Renee Sereff, D.F.S.*



**Carson Lundquist**, Gup Two Red Belt, 10 years of age, a student at **Fairbanks Taekwon-Do**, submits a thoughtful and imaginative effort. Certainly unconventional, for black is not much desired in the final flowering of plant life, but true to the linear progress of the Taekwon-Do student through the ranks. Mr. Lundquist is awarded not only Third Place (but see below where an argument for second stands out) but also a commendation as **“Most Original Concept.”** Congratulations, Mr. Lundquist!

Judging the accomplishments of our students submitting their treasures for the scrutiny of the Graphics Subcommittee of the Editorial Board of the **TKD Flash** is fraught with peril. Not only are there the extremes of High Blood Pressure to which committee members are driven by mass intake of coffee and late pizza orders from John’s Around the Corner, there is the abiding fear that inadequate recognition will be accorded something truly special. The argumentation as to relative merit has to take into account imagination, execution, overall artistic expression, aptness of theme, age, and many other factors. Sometimes the entries can be almost too good but in radically differing ways. For the first time ever, the committee found itself hopelessly deadlocked and has awarded TWO First Place Grand Prize Winners to our proud history of contributions to the world of artistic expression. You’ll see when when, on the final page, you study these two Grand Prize Joint Winners and their efforts, which display an uncanny maturity and quality..

Your Humble Editor



Thirteen participants attended the 8<sup>th</sup> annual **Burning Phoenix Taekwon-Do Summer Camp** August 10<sup>th</sup>-12<sup>th</sup> in Mantua, Utah, at Box Elder Campground. This was a new location for the camp, and was a lovely campground with lots of trees and shade, and a creek running through it.

Saturday training sessions utilized a nearby fallen tree, and students got a lot of exercise practicing standing jumps up onto the log, running jumps on and off, and reflex kicks off of the log. Some students enjoyed this so much that they played with it some more during free time. There were also sessions of knife defense, stretching and balance, and philosophy.

After training, participants loaded up into the van and headed to Mantua Reservoir for a swim. They enjoyed the cool water, but some found the slimy, silty lake bottom to be off-putting. A few members of the group engaged in a lively mud fight using this silt, and it was highly entertaining.

Camp included the usual camping activities of talking around the campfire and roasting marshmallows. The local wildlife included a large rabbit, squirrels, mice, and even a deer that wandered through during dinner one night! There were also a few hornets, but hardly any mosquitos – a camp for the history books!

Sunday held the traditional waterfall hike. This year's hike was Adam's Canyon Lower Falls. This hike was short and sunny, with a steep beginning. But the waterfall was perfect, the water was just the right temperature, and there were no other hikers present at the falls.

Many participants look forward to this event every year, and this year's camp lived up to high expectations. We are already eagerly looking forwards to next year's camp!

Photo: the ladies in attendance and a waterfall.



Ms. Melanie Bunch, Flash Stringer



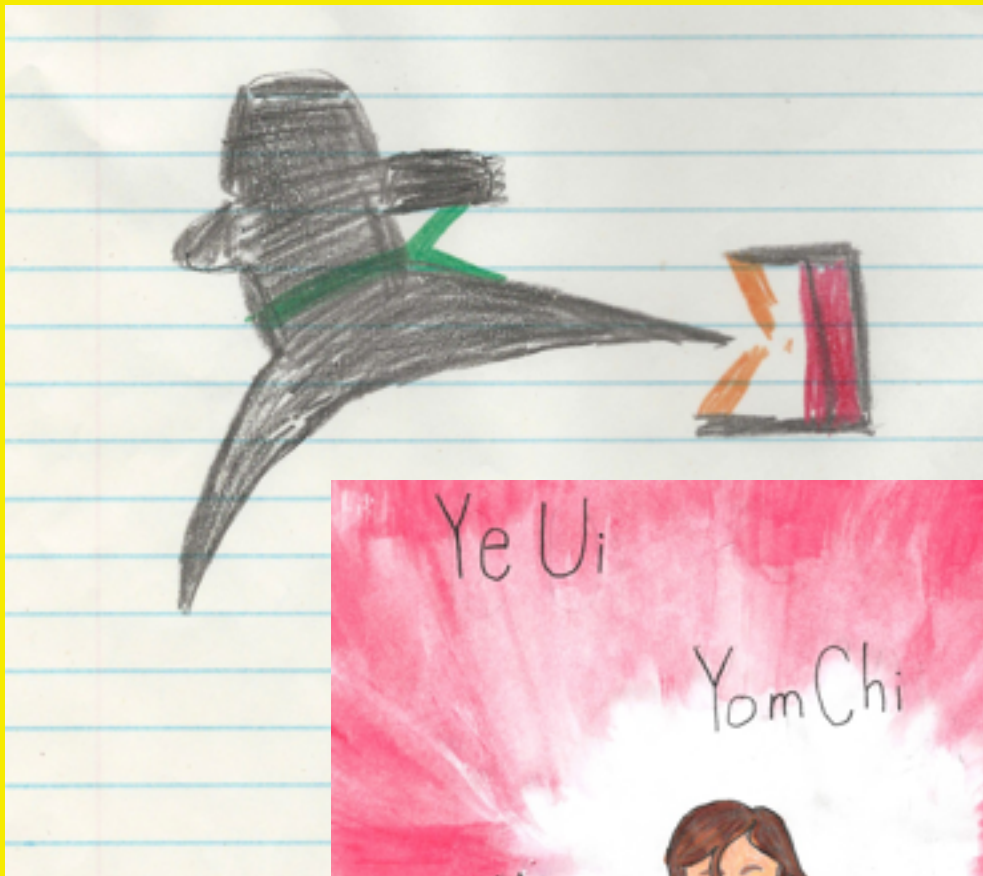
On March 12 **Marquette TaeKwon-Do** School tested **Isabella Kim** and **Woojin Kim** for 9th and 10 Gup and presented them with a dobuk. They are the dark-haired children shown at left with helpers and Board members. Isabella and Woojin are the children of Yonghee and Jinsoo Kim. The Kims arrived in Marquette in November 2017. Their father is a helicopter pilot and was here testing cold weather flying. They returned to their home town, Sa-Cheon City Korea in late April of this year. We were very happy to have them. They were great students.

**Marquette TaeKwon-Do** had a color and black belt test on April 28. In the front row testing candidates: For black belt **Shawn Sitar**, for 4th gup blue belt **William Laurin**, for 9th gup High White **Joshua Flint**, and for 2nd gup **Kate Wisuri**. Second row: Board member **Mr. Brian Sowers**



4th Dan; Special Guest from Grafton Wisconsin, **Mr. James Pals**, 5th Dan; **Katelyn Dick**, Gup 1 from Minnesota; **Anjia Spiessl**, 2nd Dan; School Director **Chuck Giotto**; and Ms. **Hilija Spiessl**, 5th Dan. Back row: **Mr. Robert Ross** 1st Dan, and Mrs. **Sara Wisuri** 2nd Dan, board members, and **Mr. James Van Eck III**, 3rd Dan and partner for Mr. Sitar. At Corner was **Mr. Max Spiessl** 3rd Dan.





**Jaxon Browning,**  
Gup Six, age 9,  
Fairbanks  
Taekwon-Do,  
Grand Prize  
Winner

Ms. **Lizzy Linder,** 11  
years old, Red Belt, Axe  
Taekwon-Do, Grand Prize  
Winner.

