

The T.K.D. Flash

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UPCOMING EVENTS

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,



Sir:

The seasons change and this one is coming all too soon up here at **Fairbanks Taekwon-Do**. What else changes are the colors of the belts. Except for the Black belt, it just gets more intense with its knowledge. And here are the changes.

The September 8 test group consists of-- front row from the left: Ms. **Arlene Slocum III** Dan, **Jaxon Browning** 5th Gup, **Lucas Naber** 4th Gup, **Susan Hicks** IV Dan; back row: **Kiel Couch** 8th Gup, and myself Master **G. Williams** VII. Also in attendance but not pictured were Master **M. Lester** VII, and Mr. **J. Brown** VI.

Master Guy Williams, D.F.S.

Backside Challenge to the Splits Club, Part Two: In the June issue, a challenge was issued, Aniela Van Hecke, Gup Four, managing to put her feet flat on the back of her head. Nobody had entered the competition until **Matilda Van Hecke**, now Gup Six and determined to steal her sister's thunder, puts her foot soles over her eyes. Any other takers?



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 presider.

A USTF REFEREE SEMINAR will be held at Sereff Taekwon-Do on December 1. Grand Master Kirk Steadman will undoubtedly do his usual outstanding job.

AROUND THE COUNTRY

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

On August 25 a Taekwon-Do Tournament was held at Kirksville, Missouri. Sr. Master **William Stephenson** was the Promoter. Hopefully, info and photos, sometime.

Mountain View Martial Arts hosted a USTF Breaking Seminar on August 25. Hopefully, info and photos, sometime.

On Sept. 15, the **19th Annual Wyoming Invitational Tournament** was held at Casper,

Wyoming. Mr. **Anthony Giese**, Promoter. Hopefully, info and photos, sometime.

Master **David Mason** hosted a USTF sanctioned tournament in the appropriately named **Battle Ground**, Washington on September 15. Tournament Director Mrs. **Lynette Mason**, Chief Referee, Master **Brandon Stoppani**. Hopefully, info and photos, sometime.

Photographers, writers, students, teachers: send in news about your school, your events. Help make your schools **WORLD FAMOUS** by reaching out in the longest running newsletter dedicated to true Taekwon-Do in the United States!



Picture taken from the front door of **Fairbanks Taekwon-Do** this summer of the *aurora borealis* and our flag. Thanks to Master Guy Williams for providing it.



On Thursday, August 30th, **Axe Taekwon-Do** at Offutt Air Force Base in Bellevue, Nebraska hosted a quarterly promotion testing. Twelve students tested for various ranks from 9th gup, White Belt Yellow stripe through Third Degree Black Belt. The testing board was composed of Sr. Master **Ricky Todd** 8th Dan, USTF Region 2 Director, Master **Kevin**

Bushor, 7th Dan, USTF Nebraska State Director and Ms. **April Bowling**, 5th Dan. Mr. **Sean Toppi**, 4th Dan served as the testing director.

Mr. **Dawsen Ragone** was promoted to 3rd Degree Black Belt and displayed great breaking and flying kick ability. Mr. Ragone has been with Axe Taekwon-Do since he was seven years old. In addition to this great achievement, Mr. Ragone at 19 years old has received his private pilot's license!

The following gups were promoted: Red Belt Black Stripe: **John Fleming** and **Elizabeth Linder**. Blue Belt Red Stripe: **William Fleming**. Blue Belt: **Tami Grgas**, **Tyler Jensen** and **Leilani Param**. Yellow Belt: **Hudson Baird**, **Olivia Baird**, **Sara Baird** and **Taylor Sullivan**. White Belt Yellow Stripe: **Ella Blasey**.



In the photos: Mr. Ragone breaking 6 boards with side piercing kick; Testing board with Mr. Ragone after promotion, Sr. Master Todd, Master Bushor & Ms. Bowling; and next page.

Sr. Master Ricky J. Todd, D.F.S.



Mr. Ragone demonstrating twin foot front snap kick and justifying that pilot's license; John Fleming & Elizabeth Linder demonstrating 1 step sparring at the August 30 Axe Taekwon-Do test.





F.M. Van Hecke, referee, declares the winners as Fourth Dan **Christen Langlois** and Third Dan **Michael Herzfeld** are united in marriage in a moving ceremony at Cedarburg Wisconsin. These are two wonderful people who deserve the very best and found it..



On September 27 a gup level test was conducted at the **Academy of Martial Arts** in Grafton, Wisconsin. Presiding were Master **Rick Bauman**, Fifth Dans **Mary Lubner** and **Jim Pals**, Fourth Dan **Kevin Friede**, Second Dan **Valerie Locklair**, and F.M. Van Hecke. At Corner were **Yash Jha** and **Juhi Jha**, and **Shaunak Chaudhuri**, all Gup One. Assisting the Corners was **Aniela Van Hecke**, Gup Four. Tested were: **Zach Kelley** and **Gabriel Peters**, to Gup Three Red Stripe Blue Belt; **Brandon Kelley**, **Matilda Van Hecke**, **Eric Wall**, and **Sophie Wall** to Gup Five Blue Stripe Green Belt; **Vyshanth Selvakumar** and **Liam Wall** to Gup Six Green Belt; **Patrick Kaye**, **Andy Geischen**, **Connor Maehl**, and **Tyler Hebein** to Gup Seven Green Stripe Yellow Belt; **Jacob Post** and **Ryan Hebein** to Gup Eight



Rebecca Ramirez, **Roshan Selvakumar**, and **Shambav Ashwinkumar** to Gup Nine Yellow Stripe. Above: the testing group. Below left, **Eric Wall** breaks three and, right, **Sophie Wall** leaps over **Roshan Selvakumar** to make her break. More, next page.



More photos from the 9/27 test at Grafton. Clockwise from 9:00, Gabriel Peters breaks with downward kick under the watchful eyes of the corner crew; Gabriel and Zach Kelley free spar; Zach leaps over his brother Brandon to make a break; Brandon breaks; and Matilda Van Hecke tries to land one on Brandon with a little oomph. Photo credit: the most beautiful woman on the planet, said YHE without bias.



My Personal Experience At Sereff World Camp

By Sharon Spungen, F.S., Certified Tenderfoot



Let me preface this article by stating with zero uncertainty that anyone who knows anything about me (and sometimes people who are simply standing too close in a line at the grocery store) knows that I am not an outdoorsy person. If you are reading this article, to be honest, chances are that you already know that anyway.

In the past 13 years since we opened Big Dog I have watched Mrs. Marianne Armstrong, our Head Instructor and All-Around Fearless Leader bring countless groups of Big Dog Taekwon-Do students safely to and from Camp with tales and stories of wonder and joy at the experience. I mention the safely for a reason.

About 4 years ago, the group she brought with her was in her car when it was totaled in a hailstorm en route to camp. She still got them there, brought cake, and returned them all mostly in the same condition in which she started them in.

I never felt the need to join them. When GrandMaster Steadman visited us, it became a constant source of good-natured ribbing. Grand Master Sereff must have encouraged me to attend a bazillion times. I respectfully declined. It was too long, too expensive, too not me.

In 2016, my life as I knew it blew up. For a number of reasons, but the bottom line is my confidence was shaken. Badly.

Enter The Year Of The Dog.

I remember seeing a post by Grand Master Sereff about The Year Of The Dog being the theme for World Camp in 2018. I remember thinking that if I had asked in fact for a sign, it was a pretty darn clear one. Here we were, the Big Dog! And I felt compelled to say yes. And while I spent many months second and third and fourth-guessing that decision, it ended up being one of the best ones I have ever made.

I arrived at Camp having travelled across the mid-west in an epic road trip with Ms. Arlene Slocum, Mrs. Armstrong, myself, and Ms. Thyra Lindholm. The four of us packed as much sightseeing as possible into our road trip and went from Michigan to Colorado via the Badlands and Mt. Rushmore.

That first night, we were assigned to Teams. And there were Team Captains and Team Co-Captains and Team Mascots and all kinds of Teams stuff. And I was mildly consternated. I came for TKD, not team sports. I stink at Team Sports. I tend to forget which team I'm on and whose turn it is and what we are supposed to be doing.

And we got roommate assignments. And it turned out my roommates were awesome and outstanding. And to be honest, the food at dinner was surprisingly okay.

But I was still terrified. After all, there were so many people I didn't know. And so much that I wanted to do right and was worried about. How would I know what the right things to do were and when to do them? Who were all these people and where did I fit in? How would I do in the altitude? Would I remember anything? Was I going to embarrass myself or my instructor?

The first day of training was a bit of a blur. In the morning, we had three different instructors working on some different activities and tasks but all in the same room. All I had to do was line up in my rank and then follow instructions. Instructions that were easy to remember. From friendly smiling faces. Then lunch, then more training.

Then Monday night we had the campfire. Mrs. Armstrong had tasked me with writing a parody for the campfire. I was going to be leading our group in singing and Mrs. Slocum from Alaska was going to be accompanying us on the guitar as well as singing along. But I thought the campfire was towards the END of camp, not the first night. And then the song I wrote the parody to was one I was sure the rest of the Big Dogs would know. And I was incorrect.

And then it turned out Sr. Grand Master Sereff was going to be there. And ALL THE CAMPERS. And somehow that had not quite made its way into my mental processing. So when they called our group up, despite my trembling knees and nervous stomach, I managed to survive it. Barely.

The second day began with warmups at 6:30. That morning we were in for a real treat with Senior Grand Master coming out on the floor in his dobok and sharing so much of himself, his history, and his love for TKD with all of us. There was not one heart in that room that was not touched by his sheer presence. We were so blessed and fortunate to be able to be with him and then to have the chance to be in a group picture with new friends who quickly became family.

That afternoon we trained again with Grand Master Instructors. It was a blur of stretching, technical tips, and life lessons that will forever stick with me. And that evening we had the Siamese Sparring event where I was amused and appreciative of those who chose to participate. And through it all we had team meetings and I was blessed with the task of contributing to the life story of our team's mascot, Sarge. It was because of this blessing that I had the opportunity to get to know Senior Master Robert Pettijohn and Ms. Joan Kenny from Ireland.

Throughout all of the training, I noticed that all were working at their own individual paces to their own individual abilities. The fact that my left foot is basically useless means jumping is not something I can do but I was not the only one grounded. There were people around me of all ages and abilities and in various levels of conditioning. So I was never left feeling as alone as I had feared.

Wednesday morning I woke up early and joined the unofficial sunrise patterns group out on a hill overlooking a mountain in the beautiful and peaceful environment of Winter Park. We did all our patterns and got back just in time to get to warm-ups. The activity for that day was our trip to Grand Lake where we trained all morning at the park, ate a picnic lunch, and went to the pier where many of our participants got in the water and worked on kicks, throws, and flying kicks off the dock. At the park we were divided into ranks and worked on our individual level patterns and kicks in small groups. It was outstanding.

After Grand Lake once we had changed and dried off we had a chance to walk around town in our Camp t-shirts and support the local economy (especially the local ice cream industry).

After returning to camp and eating dinner, we all met up again to share in the Grand Master, Senior Master, and Master stories that our leaders were able to tell us. We learned about the adventures they had shared, the lifelong friendships they had enjoyed, their loyalty to the Art and to their Instructor, and the relationships they had built because of and through TKD. We laughed, we cried, and we cemented our relationships with and among each other.

Thursday came far too fast. We spent the morning learning from our International instructors from Australia, Ireland and Scotland. Then in the afternoon was the Waterfall hike.

I had not planned to do the waterfall hike. I had not thought I could possibly do it. It was after all a hike. On a mountain. Outside. In the sun. And I was sure I would have altitude sickness or be eaten by a bear. Or both. Or worse, end up not being able to make it all the way up to the waterfall. And THEN being eaten by a bear. But I looked at our students and decided I wanted to try. And, as I told folks, if that was going to be how I died, well, we all had to go sometime.

We hiked for years. Or at least 45 minutes. It wasn't a competition or a race. We all made sure we all made it. Many people had to stop and rest. It wasn't a zero sum game. But every single one of us made it up (and back down) that long long hill. And when I got to the top and saw that beautiful waterfall, I realized that I couldn't just leave without getting in.

So, despite my uncertainty, and my fear, and the fact that Colorado was built with beautiful views but no oxygen, I made it up that mountain and into that waterfall. Now if anything encapsulates the experience of camp for this Newbie, it was that. I did things I never dreamed of with people I might never have gotten to know and enriched my life with learning, laughter, and REALLY cold water.

Perhaps the lessons we learned in the training sessions were the planned learning opportunities but the lessons I learned at camp were far broader than simply punching and kicking. If anyone has the opportunity to consider going for the Year of the Rat in 2020, I will encourage you to contact me if you are uncertain if it is the correct choice for you.