

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 (M.D.F.S.), Ricky Todd, Renee' Sereff and Guy Williams, and Stringers Corinne Sroykum, Lisa Eastin, David Mason, Melanie Bunch, Linda Allen, Sharon Spungen, Cary Gulsby and Marsha Wright.

2019 Kids' Art Contest

Don't forget that **The Flash Annual Taekwon-Do Kids' Art Contest** continues for 2019. Final month for entries.

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).]

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. Original artwork should be submitted with an understanding it may not be returned (unless a suitable container or envelope for return is included).



Given high numerical thresholds and the resultant bulk at USTF Nationals, even a cracked board or two can be a sizable accomplishment.

Along with your entry please submit your name, rank, age, and the name of your school. **All entries must be submitted by September 30.**

Good luck to all competitors.

UPCOMING EVENTS

A Black Belt test will be held at **Sereff Taekwon-Do** on September 7.

On September 14, the **20th Annual Wyoming Invitational** will be held at Casper,

Wyoming. Contact: Master Sisco, jerrysisco@bresnan.net.

On September 21 GM **Kirk Steadman** will instruct a U.S.T.F. Umpire Course at the **Sheboygan Falls Academy of Martial Arts** in Sheboygan Falls, Wisconsin. For information on contact Sr. Master F.M. Van Hecke, Assistant to the Promoter, fmvh1@mac.com

Also on September 21 **Columbia Academy of Taekwon-Do**, Columbia, Missouri, will host a USTF Step Sparring seminar.



But some times they can just explode.





So, what's the secret? Size and strength?



A **USTF Referee Course** will be conducted at **Axe Taekwon-Do** on October 19.

Senatobia Takeown-Do hosts a tournament AND a Black Belt test in Senatobia, Mississippi on November 1

On November 2 the 2019 **UCHTA State Championship Tournament** will be held at Salt Lake City.

Also on November 2 **Big Dog Taekwon-Do** in Grand Rapids, Michigan, will host a USTF Step Sparring seminar.

A Junior Ho Sin Sool Course will be at **Sereff Taekwon-Do** on November 9.

The **Utah Chang Hun Taekwon-Do Alliance Fall Black Belt Testing** will be held on November 23.

The **Battle of the Belts** tournament, Promoter Mr. **Kenny Fairchild**, Tournament Director Mr. **Robert Perkins**, Chief Referee Mr. **Billy Colley**, will be held on November 23.

On December 7 **Sereff Taekwon-Do** will conduct its last Black Belt test of 2019.

AROUND THE COUNTRY

The **Utah Chang-Hun TKD Alliance** will held its **Summer Weekend TKD Camp** at East Canyon State Park in Morgan, Utah August 2 through 4.

On August 24 a USTF Tournament was held at Kirksville, Missouri, Promoter Grand Master Stephenson, Tournament Director Sr. Master **Ricky Todd**, Chief Referee Sr. Master **Dustin Stephenson**.

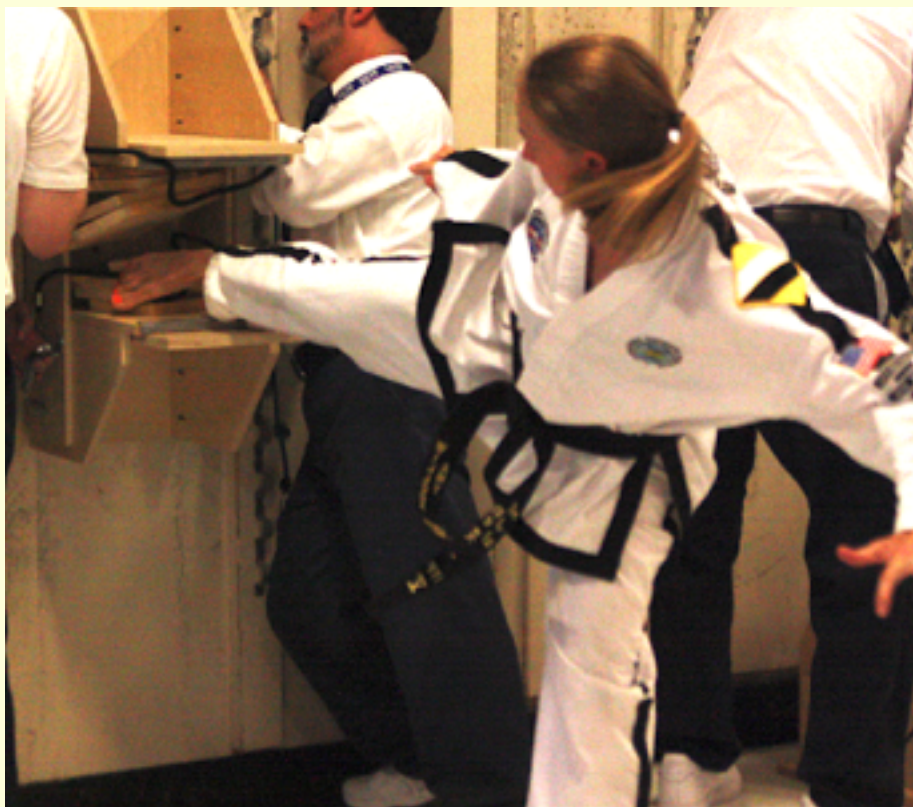


Or having the right hairstyle, guy or gal?





Not really.



How about really,
really cool toenail
polish?



Urszula Ostaszewska does her thing.





What it takes, as exhibited by all USTF Nationals competitors, is the Heart of a Champions.





So here, a few of those champions (from among 40 divisions, and we're sorry we can't include them all), including, at bottom of the page,

U.S.T.F. Nationals
2019 Tournament
Overall Grand
Champions **Amy
Wilcox** and **Devin
Fitch** with their
Instructors Grand
Master Martin and
Mr. Rose posing with
Sr. Grand Master C.E.
Sereff.



Taekwon-Do, alive and well and in the Fourth of July parade in Marquette, U.P., Michigan, as **Marquette Taekwon-Do** struts its stuff. (Pic courtesy of Mr. Chuck Giotto.)



Sereff Taekwon-Do held its annual Workout in the Park on August 3. Left, **Bryce Bennett** kicking the bubbles while Mr. **Dustin Lambert** is making the bubbles. Right, **I Dans on the Rock, Bryce Bennett, Billy Griswold, Tyler Griffis.**

USTF 2nd degree black belt, **Brianna Grant** from **Axe Taekwon-Do** displaying our version of air power! On August 17th, Ms. Grant an employee of the Army and Air Force Exchange Service traveled from Nebraska to Sioux Falls, South Dakota to assist with the air show. During a break and while viewing some of the planes on display Ms. Grant posed for a side piercing kick. She takes every opportunity that she can to promote the art of Taekwon-Do, or in her own words “I love being able to practice my balance and Taekwon-Do at any time or place I can. Many times, that has led to conversations about martial arts and me being able to encourage people to join! I hope to be able to share this amazing martial art with as many people as I can.”



Nest issue: What happened with all those scheduled September events? And the photographic art of James & Corinne Sroykum.