

The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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2020 Kids' Art Contest

The Flash Annual Taekwon-Do Kids' Art Contest for 2020 continues!

In past years we've had great entries from all over the U.S. And we hope for even more in 2020.

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,



At **Sereff Taekwon Do** we try to grade the color belts each quarter. After the March grading, we had two and a half months of no classes and had to skip the June grading. Congratulations to all of the color belts that continued to train via Zoom and then again when the physical classes started with restrictions! During the off time we lost several families due to the COVID-19 virus but for these color belts, you made the sacrifices, trained when you could and now ready for the next level of Taekwon Do!

On September 9 diligence was finally rewarded with a color belt test. Congratulations to all of you! This test

was especially hard due to wearing of masks, working on our new social distancing step sparring and no Ho Sin sul! I knew you would all do well, because this test was on my Birthday and I wished for it and did not tell anyone so my wish would come true!!

The high test honors went to **Emily Rose** and **Montana Lang**. Thank you to the test board, Grand Master **Renee' Sereff**, Grand Master **Kirk Steadman**, Ms. **Louise Fox**, Mr. **Gahlen Bell**, Ms. **Caitlyn Fitch** and Mrs. **Lorie Ruby** with Ms. **Cameo Zugschwert** at the Corner.

[Pictures: High test score Montana Lang and Emily Rose with instructor Ms. Cameo Zugschwert.]

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

New Flash Stringer!

Auditorium B (Third Floor) of the Flash Building in mid-town Manhattan was the venue where Editor F.M. Van Hecke assembled the News, Circulation, Administration, Plant, and Publications Departments for the introduction of yet another addition to the News Department.

As the group finally piped down, Van Hecke stated: “It is with a sense of great purpose that I present to you Mr. **Scott Foster**, who this day has consented to accept appointment as Stringer to our Fultizer Prize-Winning News Department. We look forward to a fruitful relationship.”

Mr. Foster, took the stage to a standing ovation by the enthusiastic assembly.

Mr. Foster related: “I started my Taekwon-do career in the summer of 1992 in Parker Colorado under Mr. **Gary Colley**. I had joined the Taekwon-do club at Fort Lewis College and needed a ‘home school’ for training. I achieved the rank of 1st Dan in 1995, and was one of 4 black belts to be Mr Colley’s ‘last group’ before he stepped aside. Grand Master **Paul DeBaca** became our instructor in September of that year. I tested for 2nd Dan in Dec. of 1997, and then 3rd Dan came along in 2006. 4th Dan came along in 2009, 5th Dan in 2015, and if all goes well then 6th Dan will have come along in time for the next issue! [Editor’s Note: it did!]

“I trained under Grand Master De Baca from September of 1995 until his passing in June of 2020. The picture is of myself and that great leader.

“I have used Taekwon-do to shape many aspects of my life, from my dedication to being a parent to my teaching philosophy, which is grounded in the Tenets of Taekwon-Do.

“I am affiliated with **De Baca Taekwon-do** where I am one of 3 senior 5 Dan students.

“I am happy to be asked to work for the Flash! It will help us continue Grand Master De Baca’s legacy by sharing our achievements, and it will be an opportunity to creatively support TKD as I am able.”

Mr. Foster brings his considerable talent to the only Fultizer Prize Winning News Department currently covering Taekwon-Do.



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).

Along with your entry please submit your name, rank, age, and the name of your school. **All entries must be submitted by October 15.**

Imagine entering and winning an art contest on your martial arts resume’!

Good luck to all competitors.

COMING EVENTS

A Black Belt test will be held at **Mountain View Taekwon-Do and Fitness**, at which candidates will participate from Mountain View and also **Bodystrong Taekown-Do** and **Rainier View Taekwon-Do** on October 10. Promoter, Sr. Master **David Mason**.

AROUND THE COUNTRY

On September 6 a Black Belt test was held at **Lone Wolf Taekwon-Do** in Cadillac, Michigan. Mr. **Jim Alger** was the Promoter. We will look forward to an article and pictures in the next Flash.

Also on September 26, there was a Black Belt test at **Big Dog Taekwon-Do** in Grand Rapids, Michigan. Due to its



On August 31 the **Academy of Martial Arts**, Grafton, Wisconsin, conducted a small gup level testing. Presiding were Sixth Dan **Jim Pals**, Fifth Dan **Mary Lubner**, Third Dan **Valerie**

Thur, First Dan **O.J. Locklair**, and Eighth Dan F.M. Van Hecke. Substantial assistance was provided by Fourth Dan **Aaron Prohuska**. At the Corner were **Noah Friberg** and **Benjamin Lorenz**.

Social distancing and masking constraints consistent with Wisconsin law were in place.

Testing to Gup One Black Stripe were **Patrick Kaye**, **Vyshanth Selvakumar**, and **Connor Maehl** and to Gup Two Red Belt, **Tyler Hebein**. Testing to Gup Three Red Stripe were **Ryan Hebein** and **Brandon Kelley** and to Gup Four Blue Belt, **Roshan Selvakumar** and **Shambav Ashwinkumar**. **Cylis Zirtzlaff** tested to Gup Five Blue Stripe. **Damien Perkins** tested to Gup Six Green Belt. **Joshua Rupert** and **Alex Rupert** achieved Gup Eight Yellow Belt, while **Austin Phillips**, **Ethan Timothy**, and **Sam Locklair** passed to Gup Nine Yellow Stripe.

Above, the smiling faces of the group with one student asked to illustrate the group smile. More pics, next page.



Pics from the August 31 Grafton test: upper left top, Patrick Kaye with downward knife hand; right top Vyshanth Selvakumar with downward side strike with knife hand; left, Tyler Hebein with front punch. Photo credits: Kathleen Van Hecke.

occurrence late in the month we will cover it in the next issue.

Other events around the country on pages one, two, three, four, five, six, seven, eight, and nine. Can't say that blasted pandemic can slow us down forever!

TRUE

True
solitude: silence
expanding
into every space,
leaving room
for just me, just
you.

—Jessica Hornik



On September 12 **Sereff Taekwon-Do** held a First and Second Dan Black Belt test. The true Taekwon Do spirit comes alive when you have to work so hard to overcome such circumstances affiliated with this COVID virus.

The test board was was Grand Master Kirk Steadman, Grand Master Renee' Sereff, Ms. Cameo Zugschwert, Mr. Gahlen Bell, and Mrs. Louise Fox.



Congratulations to our II Dan candidates that out performed with their kicking, patterns, social distancing step sparring and breaking, **Bryce Bennett**, **William Griswold**, and **Tyler Griffis**. Their testing proved to us that the youth in Taekwon Do will truly pave the way to maintain the legacy put forth by General **Choi Hong Hi** and Sr. Grand Master **Charles Sereff**! Congratulations to our I Dan candidates Dr. **Basia Piasecki**, **Hannah Rose** and **Peter Daniell**. Ho Sin Sul was waived for this test but will be performed at a later date when the crisis subsides with COVID. The high test scores for the day: Bryce

Bennett Overall for II Dan, Peter Daniell Overall for I Dan and Hannah Rose for breaking!

[Pictures: Group Shot, Tyler Griffis break, and High Test Score Winners Bennett, Rose and Daniell.]

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





On a beautiful sunny Saturday afternoon in August, 8 ambitious socially-distanced color belts stepped up to the tennis court to show their mettle ranging in rank from a 10th gup testing to high white (**Keeley Sprik**) to our highest rank of the day, **Ethan Diaz**, testing to high blue. We had two testing from high green belt to blue belt (**Jeff Kraus** and **Noah Kusters**), one testing from green to high green (**Jessica Koetsier**), one testing from high yellow to green belt (**Dante Grossa**), and two testing from high white to yellow belt (**Jaelyn Koetsier** and **Ben Theleen**).

The test board was comprised of Mrs. **Marianne Armstrong**, Regional Director for Region 3 as well as State Director for the Lower Peninsula of Michigan (and Head Instructor for Big Dog Taekwon-Do), Dr. **Jeff Wilt**, 4th Dan, Ms. **Sharon Spungen**, 4th Dan, Dr. **Mark Joseph** (3rd Dan), Mr. **Adam Sweemer** (3rd Dan), and Mr. **Shaun Brown** (2nd Dan).

While the coronavirus pandemic has taken many things from all of us, what it has not affected is our students' drive, loyalty, and commitment to the USTF, the art, and to Big Dog Taekwon-Do. We may no longer have a physical space we call home, but our school has taken on a whole new vibrancy and we are persevering! With students ranging from 6 to 60+, we have found that by using Zoom, building a relationship with the Forest Hills Park

Association that has become mutually beneficial – they allow us to use their park on the weekend and we give their members free introductory sessions – we are working things out! And judging by the rainbow of belts before us, our students are too!



Above, Jessica Koetsier's side front snap kick, below, "Go ahead and serve!" Jaelyn Koetsier, Ben Theleen, and Keeley Sprik L-R in the front row, Jessica Koetsier in the back.

Respectfully submitted,

Sharon Spungen, F.S.

Pictured at **Sterlington Taekwon-Do** in Louisiana on September 19 in dress blues are Sr. Master Lance Edwards, Senior Master Paul Byrne, Mr Awl VI Dan, Mr. Daniel Goyne II Dan and in uniform are new First Dans Mssrs. **Jimi Johnson** and **Jordan Johnson**. Congratulations, gentlemen!



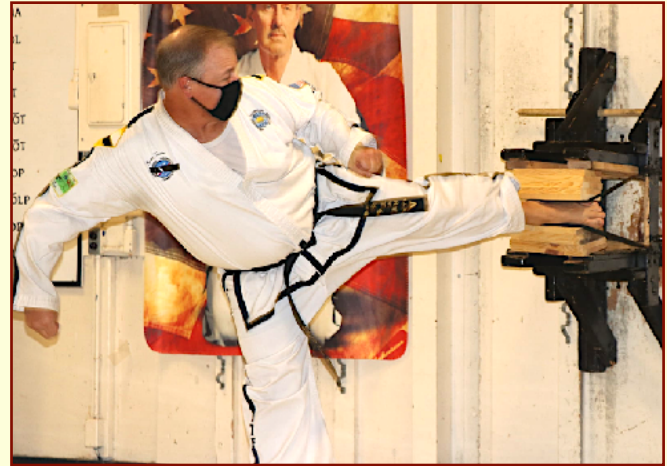
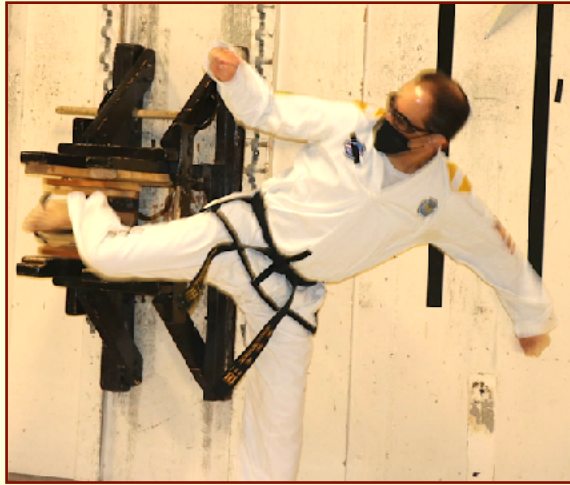
On Saturday, September 19th, **De Baca Taekwon-Do** honored the legacy of our instructor GM **Paul De Baca** and took the first step in continuing it by holding a testing in Broomfield Colorado at Sereff Taekwon-Do. The testing board consisted of GM Renee’ Sereff, GM Kirk Steadman, Sr. Master Dan Griffin, and Sr. Master David Ott. Testing from 5th to 6th Dan Black Belt were Mr. **Mark Lynton**, Mr. **Scott Foster**, and Mr. **Michael Gimelli**. Testing from 3rd Dan to 4th Dan was Dr. **Howard Weinberger**. Testing from 2nd Dan to 3rd Dan were Mrs. **Jennifer Weinberger**, Mr. **Eric Weinberger**, and Mr. **Brian Weinberger**. Testing from 1st Dan to 2nd Dan were Mrs. **Lynne Maccaffrey** and Mr. **Jonathan Maccaffrey**. Testing from 1st Gup Red Belt to 1st Dan Black Belt was Mr. **Michael Axinn**. Testing from 6th Gup Green Belt to 5th Gup Green Belt was Ms. **Mary Sisko**. High test scores were awarded to Mr. Mark Lynton and Mr. Eric Weinberger.



We were able to have Mrs. De Baca as our honored guest at testing, and cannot thank her enough for attending and helping support us. Thank you to Mr. Rose for calling commands! Thank you as well to GM Sereff and Sereff Taekwon-Do for graciously hosting our testing. The first step has been taken, and now the future for De Baca TKD is bright as we work to continue GM’s legacy...

Picture of Mr. Rose and Mrs. DeBaca above and more on the next page.

Scott Foster, F.S.



Some pics from the DeBaca Taekwon-Do test 9/19.



HUGE PROMOTION



Many, Many Decades of Outstanding Warriors for Taekwon-Do

Williams, Crackel, Lester, Martin, Pettijohn, Byrne, Mooremeier, Edwards, to 8th Dan

By Grand Master Renee' Sereff, D.F.S.

One of the hardest decisions this year to date was to have this special promotion via Zoom. With the current COVID crisis, Sr. GM **Charles Sereff** made the decision to go with Zoom for everyone's safety. We are proud to announce the promotions, September 12, of Masters to Senior Masters: **Matt Crackel**, Colorado presented by his instructor Grand Master **Mike Winegar**, Master **Marty Lester** and Master **Guy Williams**, Alaska, presented by Mr. **James Brown**, Master **Robert Martin**, Colorado, presented by his wife **Nina Martin**, Master **Robert**

Pettijohn, Colorado presented by his wife **Jane Pettijohn**, Master **Paul Byrne** and Master **Lance Edwards**, Louisiana, presented by each other, Master **Denise Moormeier**, Florida, presented by her student **Brandon Deloach**. Master **Steven Stasiak** will be presented later in the month.

Sr. Grand Master Charles Sereff started the promotion event by welcoming everyone and asked we observe a moment of silence in honor of Grand Master **Paul De Baca**. His congratulation speech was heartfelt as he told a story of why he did not want to be an 8th Dan when General Choi told him he was to be promoted! Our guest speakers included Grand Master **Mike Winegar**, Grand Master **Renee' Sereff**, Grand Master **Stan Martin** and Grand Master **Kirk Steadman**.

Although we were not physically together, it felt that we were! Grand Master Renee Sereff asked we all raise a glass to the stars at 8:00 pm to honor those that have gone before us. Sr. Grand Master Sereff closed the event with a toast to all the candidates!

We welcome these 8th Dan Senior Masters to the USTF!

[Ed. Note: Pictures of Sr. Masters Williams (left, top) and Crackel (right, below) on this page. Pictures of the other new 8th Dans are set forth on the following two pages. The Editorial Board of the TKD Flash wish to add their own admiration and congratulations. We'll follow up with a photo of Sr. Master Stasiak when he is presented.]





Sr. Master Marty Lester



Sr. Master Denise Mooremeier

Sr. Master Robert Martin



Sr. Master Robert Pettijohn





Sr. Master Paul Byrne

Sr. Master Lance Edwards

