

# The T.K.D. Flash

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## 2020 Kids' Art Contest

**The Flash Annual Taekwon-Do Kids' Art Contest** for 2020 has **closed**. Results in the next issue.

Good luck to all competitors.

## Tests This Issue

Cadillac, Michigan; Mexico, Missouri;  
Grand Rapids, Michigan; Portland, Oregon.



On September 6 a Black Belt Test was held in Cadillac, Michigan, on the shores of Lake Cadillac, for students of Mr. **James Alger**. Presiding was Master **Steve Osborn**. A proud Mr. Alger, who has trained these students from childhood and now into their teen years, presented them with their First Dan certificates. The picture here (more, next page), from left to right, back row, Mr. **David Glendening**, new First Dan Mr. **James Kiomento**, Master **Steven Osborn**, Mr. James Alger, and, front row, new First Dans **Zoey Feister** and **Julia Jezak**.



Lake Cadillac provides a backdrop for the Black Belt testing September 6 in Cadillac. The break is Mr. Kiomento's.



**UPCOMING EVENTS**

Black Belt Test, Grafton Wisconsin Academy of Martial Arts, November 14.

**What It's Like to be a 4th Gen Black Belt**

By: Gabriel Peters



Mr. Peters is 11 years old and is a student at the Academy of Martial Arts, Grafton, Wisconsin.

There might be some TKD families that have 2 or 3 generations of Taekwon-Do but there definitely aren't many that have 4 generations!

My family is one of them! That's right, my family has 3 generations of black belts and a 4th generation scheduled to test for black belt. It all started when my Uncle Mitchel first watched Teenage Mutant Ninja Turtles and wanted to be like them so my Grandfather, James Pals, joined Taekwon-Do with Mitchel.

Then a few years later my mother Valerie joined Taekwon-Do because my Grandpa and Mitchel were doing it too. Funny story, in the first class she ever went to, she was about 5 years old. The instructor said, "Can you say yes sir?" and then she said, "No!" the instructor got mad and said; "she's not ready".

Then, my Great Grandpa Harley joined Taekwon-Do. We got him a year of training for

Grand Master **Tom Cope** recently tested Ms. **Starlight Katsaros**, student of Grand Master **Larry Winn**, to Third Dan. The testing was hosted by Mr. **Kenny Fairchild** of Fairchild TKD in Mexico, Missouri. Pictured here with Ms. Katsaros are, left to right, Grand Master Tom Cope, Grand Master Larry Winn, Mr Kenny Fairchild and Mr **Ed Williams**. More pics, next page.



Christmas because his shoulder hurt and he couldn't pull his bow back. So, he joined to make his shoulders feel better so that he could shoot his bow. Also, in case you were keeping track, Harley is Gen 1, James is Gen 2, Mitchel and Valerie are Gen 3. Do you know who's next?

Me! I am the 4th generation Taekwon-Do student! I joined when I was 5 years old and now I've been doing Taekwon-Do for 6 years. That means that I'm 11 years old! I wanted to join

because almost everyone in my close family joined, and I feel good about nearly being a black belt!

But, with all good things come a few challenges. All the instructors at the school have high expectations of me. Well, they have high expectations of everybody but I feel like it's especially me that they have expectations for. Probably because I have lots of people to help me get bigger and better.

There is a lot of pressure on me to be a 4th generation black belt, and I will not back down to the challenge! If I don't become a black belt, I will be failing almost my entire family! That wouldn't be very nice!

Because of the pressure, even if I want to give up and quit, I need to keep going and fulfill my quest of being a black belt. Trust me, there have been a lot of times that I wanted to give up,

but look where I am now! Ready to test for my black belt!

Also, it seems like to some people, I'm the best when really, I'm just as good as any other high red belt. I just don't understand why some people think I'm so much better than other people. Just because I'm a 4th gen student doesn't mean I'm the best ever.

[Continued on Page 6.]



Ms. Katsaros proves no mask can deter the formidable power and



On October 10<sup>TH</sup> Senior Master **David Mason** and **Mountain View Martial Arts** hosted the Northwest Dan Testing, presided over by Grand Master **Renee Sereff**. Grand Master Sereff also conducted a Seminar after the testing as well. We also coordinated live Zoom for those candidates that had loved ones that could not attend due to the risk of their own personal safety, so they were able to watch the testing from their own homes.

The following schools had Students testing

**Mountain View Martial Arts**

4<sup>th</sup> Dans **Lynette Mason** (High test score), Randy Shroy

3<sup>rd</sup> Dans **Ethron Young** (High Test Score), **Stephanie Clark**

1<sup>st</sup> Dans **Sadie Robins**, **Cora Johnson** (High test score)

**Bodystrong Taekwon Do**

4<sup>th</sup> Dans **Craig Fahrenholz**, **Linda Allen**

2<sup>nd</sup> Dan **Adrian Golbeck** (High Test Score)

1<sup>st</sup> Dan **Jessica Golbeck**, **Aron Golbeck**, **Hunter Muckley**

**Mt Ranier View Taekwon Do**

3<sup>rd</sup> Dan **Sandro Garcia**

2<sup>nd</sup> Dan **Noah Cormier**, **Angel Garcia**, **Eddie Cormier**, **Raquel Cormier**

The testing and seminar were held in in Portland, Oregon. The Seminar afterwards was conducted by Grand Master Sereff and had 41 students in attendance. Seminar students included ranks from 8<sup>th</sup> Dan to 9<sup>th</sup> Gup. Grand Master Sereff kept all ranks busy and training as always along with great stories to go with the training. She gave great guidelines to the instructors for teaching TKD in these Covid 19 times with advice on social distancing and how to develop teaching methods for all facets including the development of teaching Hol Sin sul in this environment as well. Picture below, the participants; pic next page, high test scores.

*Sr. Master David Mason, Flash Stringer*



High test scores, Portland, October 10: Mason, Young, Golbeck, Johnson.



On the other hand, being a 4th gen black belt does have its perks. For example, I'm practically famous! A lot of very important people know about me, including Senior Grand Master Charles Sereff, and Grand Master Renee Sereff! I've also met Grand Master Weiss, and my head instructor, Senior Master Van Hecke, is an 8th-degree black belt!

Also, I can train at home at any time because my grandpa is a 6th-degree black belt! Also, my mother and uncle are 1st-degree black belts! This means that they can help me brush up on things.

A lot of people want to meet me because I am the great-grandson of a United States record holder. Harley Pals (my great-grandpa) holds the record for the oldest running Taekwon-Do student! [Ed. Note: Mr. Harley Pals was 92 years of age upon his passing.]

It is the reason that I was allowed to go to a USTF referee seminar! I ended up

passing the written test and now I'm a class C referee in Taekwon-Do!

That is my story of being a 4th generation black belt!

**[From the Editor: Did you like this story? Does your family have an interesting story? Do you individually have an interesting story, hobby, vocation? Would you like to do a piece about somebody important to you, a training partner, a child, a spouse, your instructor? Feel free to write them up and submit them to the Flash at [fmvh1@mac.com](mailto:fmvh1@mac.com). You'll be able to note you're a published author in your Taekwon-Do resume'! Not an English major? Don't worry, Your Humble Editor is not afraid to earn his pay.]**



At **Big Dog Taekwon-Do**, Grand Rapids, Michigan, we have always said we are more than just a physical space -more than a school. We are a pack. And so it is with great pride and tremendous joy that we announce that the successes of our leaders and fellow students was accomplished on a hot fall day, September 26, before none other than Grand Master **Renee Sereff** herself. Testing that day was our own fearless leader, Mrs. **Marianne Armstrong**, to 6<sup>th</sup> Dan. Closely following her was Dr. **Jeff Wilt** to 5<sup>th</sup> Dan. Our newest “expert” level 4<sup>th</sup> Dans were Dr. **Mark Joseph** and Mr. **Adam Sweemer** and rounding out the test candidates was Dr. **Larry Diaz** for 1<sup>st</sup> Dan. Special kudos are also offered to Mr. **Shaun Brown**, 2<sup>nd</sup> Dan, who called the test and assisted Grand Master Sereff.

We were fortunate and grateful to the Koetsier family for allowing us to hold the black belt testing in their extra greenhouse which allowed for maximum social distancing and plenty of fresh air. And having Grand Master Sereff visiting in the midst of this pandemic was a joy beyond measure.

In a year of great uncertainty we are beyond thrilled that our pack has remained strong and vibrant. We are, indeed, one pack. Sticking together while kicking apart. And nothing has proven that more than the great accomplishments of our highest ranking students and instructors who manage to walk the talk each and every day and pour themselves and their hearts into this art.

[Picture above, from left to right, Dr. Larry Diaz, Mr. Adam Sweemer, Dr. Mark Joseph, Dr. Jeff Wilt, Mrs. Marianne Armstrong. Right, from front to rear, Grand Master Renee Sereff, Mr. Shaun Brown, and Mr. Jeff Kraus.]



Respectfully submitted,  
 Sharon Spungen, F.S.



### **Taekwon-Do Training in Nebraska during the Pandemic**

*By Sr. Master Todd, USTF Director Region 2, Distinguished Flash Stringer*

How are you and your school doing during the pandemic? Each state, city, and county may have different restrictions on gathering to train, wearing a mask, etc. You may see pictures where students are limited to online training only. In Nebraska, we have been out of our facility at Offutt Air Force Base since March. During the first few months, we maintained a twice a week class strictly online using the Zoom platform. To be honest it is not a replacement for live in-person instruction but during the global pandemic, we must do what we can to remain safe. There were a few growing pains associated with getting everyone online, learning to use the software, experimenting with breakout rooms, etc. However, we are stronger as a group than this and we are finding ways to communicate and train as a school.

When the weather was becoming warmer, we switched to one day a week in the park and one day live and online remote training. In August, we switched to training two days per week in the park. Finally, in late August, we secured an alternate location that allows us to train indoors and maintain social distancing. Think training inside an extremely large barn with Astroturf. However, it does not matter where we train, we will find a way to train and continue the legacy of the USTF. We hope to return to our original location in December as we have our alternate location until the end of November. If not, it will back to training online.

Nothing can stop us from training; this is only a small bump in the road for us. The USTF is stronger than this and we will carry on this legacy that our seniors have left to us. A year ago, no one would ever envision we would be teaching, testing, or conducting promotions by online video but we have changed our methods to continue the legacy of Taekwon-Do.

I have adjusted training here to forbid sparring and hands-on self-defense. Otherwise, we train as we can, wearing masks when we are within 6 feet of each other. We will be ready once this pandemic is over to train and visit with our Taekwon-Do brothers and sisters across the United States!





Some bonus pictures from the events October 10 at Mountain View: Mr. Ethron Young breaks and below, participants in the seminar.

