

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

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FROM THE EDITOR

Starting with the next issue, The TKD Flash will be published Bi-Monthly. This will enable us to give you more photos, events, articles in each

and every issue. We look forward to improving both the quality of the issues you receive and give more of you the opportunity to share the good work done in your schools throughout USTF and throughout the country.

Sir:

Mrs. **Linda Story** started Taekwon-Do with her daughter Crystal in 1998 with Master Gerald Sisco at the Casper Rec Center. Mrs. Story is a motorcyclist, a tax expert, a grandmother. Mrs. Story has been an assistant instructor for many years at the Rec Center. In July of 2019 she discovered she had a particularly aggressive type of melanoma that spread throughout her body. She had been scheduled to test for 4th Dan in October of 2020 but backed out because she felt she could not perform at that level due to her illness. On March 13th of 2021 she was still unable to perform at a level she would be happy with so again declined. On Tuesday April 27th she was promoted to 4th Dan by myself and Master Sisco. She is pictured here, from left, myself, Master Sisco, Mrs. Story and Ms. Gayna Kuhl, VI Dan. In Mrs. Story's words, "There is something about being in class that is deeply satisfying to me and resets a trigger for me, no matter how bad the day it leaves me feeling calm and at peace. For that alone I feel truly blessed."



For me this is a true example of both Integrity and Perseverance.

Grand Master Stan Martin

The next issue you will receive will be August 1 of this year.

AROUND THE COUNTRY

On June 5 the **Utah Chang Hun Taekwon-Do Association**, Promoter Master **Rob Riley**, will host a Black Belt test at Draper, Utah. Sr. Master **William Dubbeld, Sr.** will preside.

Grand Master **William Stephenson** will be promoting a Black Belt Test at **Kirksville Taekwon-Do** in Missouri on the 5th of June.

Sr. Master **David Mason** is Promoter of a Black Belt testing to be held June 12 at **Mountain**

View Martial Arts for practitioners at Mountain View and **Bodystrong Taekwon-Do.**

On June 27 a Black Belt test will be held at the **Academy of Martial Arts, Sheboygan Falls, Wisconsin.** Promoter Mrs. **Jacqueline Karpinsky**, State Director.

On July 17 Master **Jeremy Bennett** will host a Black Belt test as **Senatobia Taekwon-Do** in Mississippi.

Grand Master Winn will be hosting the **USTF Ground Tactics** course in Missouri on



for our showing of love for the Korean martial art. Participating were Sr. Master Todd, Master Bushor, Ms. Chamberlin, 4th dan, Mr. Palmer, 4th dan, Mrs. Chamberlin, 3rd dan, Ms. Grant 3rd dan, Mr. Zach Ostrander, 2nd dan, Ms. Melanie Ostrander, 2nd dan, and Mr. Garber, A., 2nd dan. Pics: the group and Mr. Garber's impressive flying side piercing kick.

—Sr. Master Ricky Todd

On Saturday, May 15th, **Axe Taekwon-Do** conducted a demonstration of technique at the Offutt Air Force Base Exchange in celebration of Asian Pacific Islander Heritage Month. Several students joined the Base Exchange performing patterns, flying kicks, sparring, and breaking. The Base Exchange thanked us as “ambassadors”



July 31st, in Columbia, Missouri. The course will be taught by Mr. **Pete Rouse**, 6th dan.

A USTF Referee Course will be promoted in Wyoming by Grand Master **Stan Martin** August 21.

There will be a combined gup and dan testing for **Axe Taekwon-Do** at Bellevue, Nebraska, on August 26.

Grand Master **Renee' Sereff** will be hosting the USTF Black Belt test for Upper Dans on the 11th of September at **Sereff Taekwon- Do**.

The **Wyoming Invitational Tournament** will be held September 18, Promoter Master **Gerald Sisco**.

On November 6 a USTF Referee Course will be conducted at **Sereff Taekwon-Do**.



From: Grand Master Stan Martin

We had our 1st official in person Black Belt/ Red Belt class of 2021 on May 2. Class schedule included reviewing step sparring and Ho Sin Sol that involved actually touching each other. We ended the class with a meeting with all Head Instructors to plan events for the rest of the year for Wyoming.

On May 5 **Olivia Handrow** and **Aiden Kidd** tested to Gup 9 High White Belt at the Academy of Martial Arts, Grafton, Wisconsin. Mr. **Noah Friberg** presided and **Connor Maehl** cornered. Here they congratulate each other with a socially-distanced “high five.”



On May 25th, **Axe Taekwon-Do** in Bellevue, Nebraska conducted a black belt and color belt promotion testing. Five students tested for various ranks from white belt through 3rd degree black belt. The testing board was composed of Sr. Master **Ricky Todd** 8th Dan, USTF Region 2 Director, and Master **Kevin Bushor**, 7th Dan, USTF Nebraska State Director. Mr. **Sean Toppi**, 5th Dan served as the testing director.

Mr. **Zachary Ostrander** was promoted to 3rd Degree Black Belt. The following color belt students were promoted: Red Belt Black Stripe, **Haylie Lewis**; Green Belt Blue Stripe, **Ryleigh Lavine**; Yellow Belt, **Willie Johnson**; White Belt Yellow Stripe, **Chloe Prettyman**. [Photos; group, and Mr. Ostrander breaking concrete tiles.]

Sr. Master Ricky J. Todd.

New USTF School in Montana

Mr. **Riley Paris** started Taekwon-Do at the age of 6 years old with his family with Martin's Casper Taekwon-Do. He has been an excellent student and assistant instructor for many years. Mr. Paris tested for 3rd degree black belt on Oct 27 ,2018. About the rank of 2nd Dan he became more interested in starting his own school and asking more questions on how to do it and all that it involved.

His grandparents live in Forsyth Montana and Mr. Paris moved there and is employed in law enforcement. He obtained a facility that he and his family have turned into a great little location to put his dream into action.

Congratulations to Mr. Paris on his new USTF school and adventure and changing people's lives. Pictures are of Mr. Paris and Mr. Paris in action. (Nice tuck!) I would also note with pride that his mother, Mrs. Lori Paris, and brother, Coulter Paris, are both 3rd Dans in my school.

Grand Master Martin



A JOURNEY STORY



Sr. Master Van Hecke,

I wanted to inform you that I have officially earned my doctorate and will be returning to the area May 31st.

Over this weekend I spent a lot of time thinking on how I got to this point. How did a kid with ADHD and dyslexia, who grew up to be a teenager with a new diagnosis of clinical depression become a Doctor of Dental Surgery and Master of Medical Physiology. I remember 20+ years ago my mother was told I would be lucky to graduate high school. A lot of people gave up on me and many teachers in school looked at my diagnosis and not my potential. I was lucky to have some great teachers in elementary and high school that helped me conquer my weaknesses but there were a lot of factors that propelled me to this achievement.

I was 8 years old when I first started Taekwon-Do, (*Editor: early photo left*) I was known as a troublemaker at school and a below average student. Very few teachers saw any potential in me. I'll never forget putting pads on for the first time. I remember that thrill of sparring for the first time and taking on an opponent bigger than me. Finally feeling like I was good at something. Tournaments followed and there were losses and wins. Finally, I felt a sense of achievement. Even at that young age this really set the stage for who would grow up to be. (*Editor: photo of Dr. Humiston on right from USTF Nationals with Mr. Matthew Thur and Mr. Nick Moralez.*)

Mr. Floyd Jones (Eastern Sun Martial Arts, Sheboygan) and Mrs. Jacqueline Karpinsky (subsequently, Academy of Martial Arts, Sheboygan Falls) were the perfect instructors for me. They never accepted excuses or complaints. Both of them pushed me to set goals and strive for them. I was a small kid and the difference in the size of my peers as I got bigger just got more vast. They taught me how to infight and how to fly with my kicks. They never accepted the "they are bigger than me excuse". When it came to patterns and step





sparring they would not accept a sub par performance. They pushed me to be the very best I could be at times delaying my opportunity to test for advancement up to 4-6 months. When I got to my early teenage years I left Taekwon-Do. Partly due to lost interest and partly due to the frustration I still hadn't achieved my black belt by that time even amidst my many trophies and accolades. However, the lessons I learned during those 4-5 years stuck with me for the rest of my life.

As I have grown I have never accepted my "learning disabilities" as an excuse to not do well in school or to behave poorly. I knew I had to work harder than others in school. This was a problem I was ready to face because for years I was the short kid in every one of my tournament divisions. During my time in martial arts I learned self discipline and focus that I would have not gained otherwise. While I still struggled to focus on school I learned coping mechanisms to get me through.

During the months between gup level advancements as a kid I learned that may take a lot of time to achieve the goals we set ourselves. But in the end the goals I had to work hardest for were the most gratifying achievements. Perfection was also a goal to constantly fight for knowing you will never achieve.

As you know when I returned to college I also returned to Taekwon-Do with you at the Academy. To very few familiar faces but the same learning environment I had before. So much of what I had learned was still thoroughly ingrained into muscle memory from Mr. Jones and Mrs. Karpinsky's rigorous teaching methods. I knew wanted to get that black belt ever since watching Mrs. Karpinsky test for hers when I was 9 years old.

College and grad school were very challenging but having the time in the dojang with you and the rest of the faculty helped me stay focussed and ready to tackle each day anew. I want to thank you for accepting me as a continuing student 10 years after my last class with the ESMA crew.

To wrap up the ramblings of an ADHD adult I want to say thank you. Thank you, SM Van Hecke, thank you for helping me move forward and helping me continue my journey in martial arts. Thank you to the old ESMA crew you helped shape me into the man and now doctor I am today. *(Editor: picture of Dr. & Mrs. Humiston, left.)*

I hope I can continue this tradition, leading the kids and adults that many have given up on to successes and growth in the future as an instructor and practitioner.

Sincerely,

Elliot Humiston DDS, MMP, Dan I

USTF Ground Tactics Course

Mr. Pete Rouse, VI Dan, Instructor

Harrisburg Taekwon-Do invites you to attend the USTF Ground Tactics Course.

Mr. Rouse is the student of Sr. Master Hannon, the Head of the USTF self-defense programs. Mr. Rouse has extensive self-defense skills. This course will add to your self-defense skill set.

*Please pre-register by emailing
Grand Master Winn at
susandrkr@gmail.com
You can also call 573-476-2109*

*Cost: \$75 Initial Certification
 \$50 Refresher Certification*



Saturday – July 31st, 2021
9:30 AM – 5:30 PM
(Short lunch break)
Hickman High School
Wrestling Room
1104 N. Providence Road
Columbia, MO 65203

- This course is open to all ranks (Ages 12 or younger can attend with your instructor's permission.)
- Black belts, this course provides 8 hours of your Annual Continuing Education.
- Wear your dobok and bring your belt.
- Plan on a short lunch break around noon.