

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Mrs. Lubner and Mr. Mattias did a demo and taught TKD at Upham Woods 4-H camp June 23-26.

A Referee Clinic will be conducted in Charlotte September 27.

August 23, Camp TKD, sponsored by the Academy of Martial Arts, West Bend! Contact: Mr. Paul DuKatz, 1-262-335-8020.

Mr. Brad Milinski and Mr. Mike Starke lead a demo at Port Washington Fish Days on July 20.

Mr. Kempka conducted a seminar in West Virginia on July 20.

Mr. Jeremy Kempka has announced that he will open another Academy of Martial Arts and Fitness in North Charlotte on August 1. The School will be known as the Academy of Martial Arts & Fitness--University Area. Congratulations to Mr. Kempka on a great job!!!!

The North Carolina U.S.T.F. TaeKwon-Do Tournament will be held in Huntersville on September 28.

On September 7 Mr. VH will conduct a Seminar, "Won Hyo, Yul Gok and Sequels--Bein' Green Could Make You Blue (or Better)" starting at 11:30 a.m.

The Korean-American TaeKwon-Do Union is the other large I.T.F.-sanctioned body in the U.S. We are affiliated with the U.S.T.F., of course, the National Governing Body for I.T.F. Nevertheless, the two groups have managed to cooperate in the promulgation of true TaeKwon-Do down through the years under a sort of "division of labors". One of those divisions: U.S.T.F. selects the international competition teams for World Games, and K.A.T.U. selects the Junior World Games teams. It is remarkable, then, that students at our North Carolina schools have managed to qualify to represent the United States for the Junior Worlds. Congratulations to **Matthew Irish** (sparring) and **Stacie--don't-say-Anastasia Mariotis** (forms). **Alexandra Buckley**, a charming and most competent young Black Belt, is KATU National Pattern Champion. Congratulations to these outstanding competitors! A testing will be held in Mooresville on September 21.

Put aside September 28, 2002 as an opportunity for a continuous freesparring and traditional form format tournament in Elgin IL.

A test was conducted in Charlotte on July 27.

The Council of the Association of Academies of Martial Arts will meet September 7 at West Bend upon completion of the Seminar to be conducted by Mr. Van Hecke.

Mr. Jeremy Kempka and Mr. VH will be visiting Korea August 23-September 3.

We note acknowledgement of the promotion of Master Earl Weiss to VIIIth Dan given in both the International TaeKwon-Do Federation Newsletter and in the pages of TaeKwon-Do Times.

The Milwaukee Journal-Sentinel noted the passing of Gen. Choi, Hong Hi, and its obituary devoted almost the entirety of its review of his life to his role in founding and promulgating the Art of TaeKwon-Do.

The Tae Kwon Do Times noted on the cover of its latest issue and in its pages the passing of Gen. Choi, Hong Hi.

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Page Two

Mr. VH is currently reading a book, the Handbook of Korea, put out by the Korean Information Service. The comment on social customs with respect to funerals were of particular focus. It is interesting to note that it is believed to be helpful, to the family and its future, for a person to die at home. So strong is the Confucian belief that terminal patients are often rushed to the family house from the hospital when death is anticipated. General Choi's death in the vicinity of Pyongyang can be seen, then, as an act of loyalty to his family and of faith in his beloved and to-be-united country.

The Secret Power Within, by Chuck Norris: A Book Review by R.J. Klassy

[Editor's Note: This article began in the last issue of The Flash and concludes here.]

A person can release stress, reduce injury, add power to a technique, and have a better concentration just by breathing correctly. It has a calming effect on the body. A person also gets more oxygen into the blood stream faster. There is a quote I would like to share on this subject. It comes from the movie Remo Williams: The

Adventure Begins. "If you do not breathe correctly, you do not move correctly." That quote is true. When I am at work and having troubling time I concentrate on my breathing. By the time I take my second or third breath, the problem is gone.

One last lesson is to "Complete the Wheel." This one is useful for everyone, not just martial artists. To the martial artist, the student needs to draw a wheel and every spoke is a part of his training. The parts where he is strong the spokes representing them are longer. The object then is to balance the wheel so that it rolls smoothly. This lesson can be used by someone to balance his life by drawing the wheel and the spokes representing different aspects of his life. Then to balance the wheel so it rolls smoothly. This was a new idea to me when I read it. It sounds so easy, but like the others it could be hard.

There are other ideas he shows the readers that are useful. The thing is for the person to figure out how to make it a part of his life. The first three ideas I have been using for awhile. I happen to agree with Mr. Norris on them. The last one I still need to put to use. All a person needs to do is have an open mind to use these ideas to their full effectiveness.

Martial Arts Jewelry Sale: we

have access to some very nice solid silver pendants on 24" chains. Item one is the Manchurian Dragon, for \$19.95. Another is the Silla Dragon of the Hwarang, a finer, simple smaller piece, for \$15.95. Finally, we have a TaeKwon-Do Fist for \$19.95. All prices plus \$3.00 S&H. Write, call, see, or email Mr. VH.



Bound and determined

■ *Grafton teen conquers obstacles by applying discipline of tae kwon do*

By STEVE OSTERMANN

Ozaukee Press staff

At 5-foot-3 and 108 pounds, Luke Mattias doesn't fit the mold of a rugged, muscle-bound athlete ready to tackle the world.

So much for stereotypes.

Mattias, a 17-year-old junior at Grafton High School, has not only conquered the challenge of achieving a first-degree black belt in tae kwon do — he's overcome an imposing obstacle in the process.

Mattias was born with left hemiplegia — a form of cerebral palsy that impairs the motor skills on one side of his body. Although he has limited use of his left arm and leg, he draws strength from the lessons taught for centuries by tae kwon do masters.

"It has helped me a lot to know I can do something even though I have a disability," Mattias said.

"And I've learned the more you work, the more it helps."



For Mattias, hard work has meant seven years of studying tae kwon do, including the last six years at the Academy of Martial Arts in Grafton. With the help of instructors such as F.M. Van Hecke, he has continued to develop his skills in the Korean art of self-defense.

Along the way, Mattias has improved his balance, strength and flexibility. He still struggles at times to maintain proper form in tae kwon do movements and while shifting weight to his left foot.

"But, I'm a lot better than I used to be," he said.

More importantly, the son of Martin and Judy Mattias of Grafton has developed self-confidence, discipline and mental sharpness that has made him a stronger, happier person.

As a young child, Luke was able to keep up with his peers in physical activities, Judy Mattias said. However, his disability eventually put him on the sidelines, where he could only watch other kids play.

"Luke's definitely more confident in himself now," she said. "He is kind of shy and timid, but he's overcome a lot of that. This has given him something to be proud of."

For Mattias, the confidence boost sparked a desire to help others. In addition to teaching classes at the Grafton academy, he recently established the Special Needs Academy of Martial Arts at the same location, 1327 Wisconsin Ave.

The new program is an introduction to tae kwon do for people who have motor-skill problems that limit their ability to participate in mainstream recreational programs.

The program is open to people of all ages. Mattias' first three students include his brother Tony, 8.

THE DISCIPLINE AND SKILL Luke Mattias of Grafton needed to earn a black belt in tae kwon do has helped him work to overcome a form of cerebral palsy that weakened the left side of his body. Mattias, 17, has also started a program that introduces people with special needs to the martial art. Mattias worked on a tae kwon do routine with his brother Tony, 8 (right).

*Top photo by Bill Schanen IV
Right photo by Vern Arendt*

Mattias quickly embraced his role as teacher.

"It took me 5-1/2 years to earn my black belt, and I started instructing nine days after that," said Mattias, who spends four or five days a week training and teaching tae kwon do after school and on evenings and weekends.

"The new program gives me a good feeling because I can pass on what I know to other people with similar conditions."

Mattias receives therapy at Ozaukee Therapy Services, a Mequon clinic that helps him sharpen his motor skills. His therapist supported the decisions to practice and teach tae kwon do, Judy Mattias said.

"Luke's very dedicated to reaching out to his students and seeing them progress," she said. "That's become one of the real great things of being involved in the academy."

"He was never pushed into doing any of this. He decided to do it on his own."

Tae kwon do and other martial arts may be hurt by the popular images of Hollywood actors high-kicking and fast-punching their way through violent encounters with sinister villains, Mattias said.



However, people who take tae kwon do seriously understand there's much more to it than beating up an adversary.

"It's not all Bruce Lee stuff. You learn the techniques and physical skills for self-defense, but you also learn values for living like integrity, perseverance, patience and self-control," he said.

Those values have helped Mattias succeed in areas such as academics. He has a 3.7 grade-point average and is considering studying for a career in education at college.

"I want to keep helping people by teaching," he said.

Classes at the Special Needs Academy of Martial Arts are held from 4:15 to 5:15 p.m. Mondays, Wednesdays and Thursdays.

The monthly fee of \$55 includes a student uniform, belt and manual.

For more information, call 375-3839 or 377-6550.