

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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There was a test in Mooresville January 18.

**A Black Belt test is planned for Huntersville February 23. While there, Mr. VH will teach a seminar in pressure point tactics. A banquet will be held in the evening of the test.**

On March 8 2003 USTF Nationals will be held at Jacksonville FL. Those with questions can inquire of either Mr. VH or Mr. Kempka.

United States TaeKwon-Do Federation Membership renewal is \$25.00, new membership is \$35.00. Sign up before another mailing is necessary!

On January 25 at the Academy of Martial Arts in West Bend Mr. Paul Metz conducted a Level One Certification Judges Seminar for the M.A.T.A. Circuit.

A demonstration will be held at Grafton Elementary School on February 11. All schools are invited. Contact Mr. VH for more information.

A test will be held in Green Bay on February 18.  
**Final Notice. Flash**

subscriptions for 2003 are \$5.

On Saturday January 25 a tournament was held at the Academy of Martial Arts, Charlotte.

We are pleased to announce that **American Martial Arts Center** of Middleton WI (Madison area) has joined the Association. Fourth Dan **Kevin McDaniel** heads the school, assisted by Second Dans **Todd Martin** and **Lily Chang** and First Dans **Lorrie Frautschi, Michael DuVall, Patrick Schultz, and Michael Love**. Welcome, American Martial Arts Center!

And, speaking of the folks in Madison, a gup level test and a seminar, "Forms Update", will be held at the American Martial Arts Center, 2413 Allen Blvd. Middleton, on February 8.

A test was held at Grafton on January 30. Presiding were Mrs. Lubner and Mssrs. Peter Spitz, Luke Mattias, Gregg Thursten, Paul Hebein, and Jim and Mitch Pals. Cornering were Mssrs. Drew Dondero, Jim Jasen, and Brian Nusslock. A total of thirty-four students tested!!

A test was held at the West Bend Academy of Martial Arts on February 1. Presiding were Mr. Dwight Drescher and Mr. VH. Mr. Paul DuKatz handled the corner. A total of eight students tested.

## THE THREE STAGES OF A TECHNIQUE: COORDINATION OF EYES, HANDS, FEET AND BREATH.

by Christopher Bauer, First Dan

Coordination of the muscles and mental processes required in the movements and calculations during a technique, are outlined below in three main stages. Stage One: Inward Focus, primarily mental and visual. Stage Two: Outward Flow, consisting of spirit and physical energy. Stage Three: Relaxation and Recovery, a calm of the mental and physical.

The entire process of motion consists of many physical and chemical processes of varying speeds and durations. Balancing these varying elements into a single coordinated movement, requires management and training of the physical, mental and spiritual (or energy center). The best way to manage this, is by identifying the roles and functions of what is involved in the deliberate movement of the eyes, hands, feet and breath.

The muscles of the eyes move very quickly, compared to those of the feet and hands. Likewise, the muscles of hands and feet, and diaphragm (which contracts the lungs for breath) move quicker than the large muscles of the legs and arms. Arms move slightly faster than the legs. Therefore, the movements of the faster elements must be held back, in

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wait for the movements of the legs, which set the pace for a coordinated action.

Now we will focus more on the mental and spiritual processes involved in movement, which proceed at a super quick pace, much faster than muscle fiber contractions. These processes consist of electrochemical reactions that take place inside the body at milliseconds. Perception of the senses, and the processing of this information into action, is the most rapid process of all. The overall mental, physical and spiritual (energy) processes will be divided into three stages for the purposes of this discussion.

### Stage One: Inward Focus.

In this step you visually recall the correct initial posture and the movements of a particular technique. Your body comes up with a motor/action plan for your muscles, recalling the muscular movements and contractions associated (muscle memory) with what you visualize yourself doing. You then view the space ahead of you, eyes in wide focus, and get ready for a start signal. After the start signal, your mind falls back from the visualization mode, and you enter the physical Stage Two.

### Stage Two: Outward Flow.

You breathe in, eyes more narrowly focused, and begin movement with the slowest moving, large muscles of the legs and arms. Smaller,

quicker moving hands and feet come into play as the motion drives forward, or uphill. At the half way point in the movement, or at the top of the sine wave is the preparatory position. Arms and legs are bent, hips cocked back, wrists may be crossed, and the inhale is complete. Without pause the the motion rushes downward, ending in a final snapping of hips, arms, hands, feet, and a release of energy and breath. The landing signals the all stop command, and at this point, the mind comes back into awareness and Stage Three begins.

### Stage Three: Relaxation and Recovery.

Your eyes become focused in wide angle, and your mind is aware that the physical part is completed. Now you enter a period of relaxed calm, your physical energy and spirit used to drive this technique is spent. A general state of non-activity, both physical and mental, is entered until the process is called into action once again, by returning to Stage One, which starts with the visualization of the same, or another technique or movement.

In order to coordinate all these movements, the mental and spiritual must become reflexive. If you have to stop and think about the movement, you hold up the entire process, or better stated, you cannot proceed to the physical expression, Stage Two - Outward Flow, until the mental, Stage One - Inward Focus is

completed. Likewise, you cannot proceed to Stage Two without first perceiving and visualizing in Stage One. So, like the legs, the speed of Stage One determines the speed of the movement. The longer you spend visualizing and processing, the longer the movement will take. To speed the process, you must develop your sense of muscle memory and power of visualization. Merely going ahead with Stage Two will bring about an uncoordinated movement. A proper visualization of correct form combined with muscle memory will bring about good results in Stage Two. And then in Stage Three, Relaxation and Recovery, with proper relaxation you clear the slate mentally and physically for a new movement.

In summary, any failure of the following will result in poor technique: Clear visualization in Stage One. The creation of muscle memory through repetition. Letting go mentally in Stage Two. Relaxing both mentally and physically in Stage Three.

The practice of memorizing the correct movement - then visualizing it in your mind and feeling what your body feels like when doing the movement, combined with a "kihap" outward with the end of the movement, followed by a return to a relaxed state before the next move - will be the best method for achieving a coordination of eyes, hands, feet and breath.



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Chodan Sam Van Hecke pretends he can get airborne.....



While Chodan Erin Graff demonstrates her formidable stretching ability.