

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Once again the Flash mourns the loss of a member of our family. Joan Marie Pals will be missed. Her husband Harley tested for First Dan on November 13--at the age of 80, Harley is a much beloved grandfather figure to his fellow students and symbolic of the courage that never dies. Joan's granddaughter Valerie also tested for First Dan the same day. Val is one of the greatest natural athletes we've seen around here in a while, but she's all girl all the time, a blond and befreckled celebration in her own right. And Jim, Joan's son, tested for his Second Dan that same day. Jim has proven to be a caring, trustworthy faculty member, a "go to guy." Joan's grandson Mitch, as a First Dan already a rare combination of character and power, didn't test on the 13th, but he is also a contributor in many ways. But Joan topped their contributions for she gave us all three of them. She is to be remembered for the honest supportive love of a wife, mother, grandmother. I have a photo of Joan from a TaeKwon-Do picnic a few years back. I managed to get a good shot of the family together, three generations in TaeKwon-Do, and I remember teasing her about finding a dobok in her size. She smiled in her T-shirt and laughed, knowing she was vertically challenged, perhaps a little bit horizontally blessed, and, like most folks in their 70's not that "physical." At the big picnic in

the sky there is no more physical pain and they will find a dobok for her that fits like a glove..

Upcoming tournament action:
Spring Classic Tournament in Waunakee WI on March 12 2005. The promoter is Mr. Kevin McDaniel. If the last was any indication, it should be excellent classic USTF competition with head to head bracketed patterns, team patterns, continuous free sparring and team sparring.

On Saturday, November 6, a U.S.T.F. sanctioned Black Belt Test was held at the Society of Classical TaeKwon-Do in Crystal Lake, Illinois. Presiding were F.M. Van Hecke, Regional Director for U.S.T.F., Mr. Braxton Miller, Illinois State Director and Head Master of the SOCTKD, and Mr. Kevin McDaniel, V Dan, Wisconsin State U.S.T.F. Director. Testing for First Dan were Mr. Don Thomas, Ms. Sandra Lasky, Ms. Karen Gacke, Mr. William Akin, Mr. Patrick Geryol, Miss Kasey Kruckenberg, and Mr. Jim Gritschke. Mssrs. Louis Guimatsia, Billy Thomas and Lucas Zamudio also provided awesome demonstrations of the beauty of TaeKwon-Do as practiced by Black Belts who continue to elevate their talents. The results may be found below.

The Academy of Martial Arts in Grafton hosted its second Black Belt Test for 2004 on November 13 at its Grafton facility. The test was sanctioned by the United States TaeKwon-Do Federation and the Association of Academies of Martial Arts.

A total of eight candidates for First Dan Black Belt and two

candidates for Second Dan Black Belt tested. Students testing were from Sheboygan, Madison, Milwaukee, Saukville, Grafton, Port Washington, and Longa, Senegal.

Presiding were F.M. Van Hecke, VI Dan, United States TaeKwon-Do Federation Region Five (Wisconsin Illinois, Minnesota, Michigan, Indiana) Director; Mr. Braxton Miller, VI Dan, U.S.T.F. State Director for Illinois; Mr. Kevin McDaniel, V Dan, U.S.T.F. State Director for Wisconsin; Mr. Mike Van Pietersom, IV Dan, and Dr. Rick Bauman, IV Dan.

Third Dan Mr. Tom Minesal of Grafton, and First Dan Mr. Aric Broeking of Middleton cornered the test, supervising the candidates.

Mr. Hasan AbuLughod, Mr. Jordan Wagner, Mr. Mathiam Mbow, Miss Becky Lamboley, Mr. Roc Bauman, Mr. Ed Girdaukas, Miss Valerie Pals, and Mr. Harley Pals tested for First Dan.

Mr. Jim Pals and Mr. Paul Hebein both tested for Second Dan Black Belt.

The "Best Test Score" award for First Dan Candidates was given to Mr. Hasan AbuLughod.

The "Best Ho Sin Sool" (self-defense routine) award was won by Mr. Hasan AbuLughod.

The "Courage Award" was given to the Pals family.

The test was the first occasion a grandfather, son, and granddaughter tested together for Black Belt degrees in the AAMA. Results below.

A U.S.T.F. Black Belt test will be held in Skokie IL on December 15 under the auspices of Master Earl Weiss.

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December 11, Denver, U.S.T.F. Step Sparring Seminar taught by G.M. Sereff. Several Region V Black Belts will be in attendance. For further information call Dr. Rick Bauman, 1-414-271-6220

On December 18th there will be a Gup Level Test in North Carolina.

Remarks on Completion of a Fall 2004 Black Belt Test

by F.M. Van Hecke

My first oriental martial art was Judo. To get to the Judo dojo in what's called the "Old Gym" at Marquette University you have to go down a broad stairway, and above that stairway hangs a retired track jersey. You're familiar with the practice of retiring the athletic jersey of dominant athletes on the college and professional levels, and that jersey symbolizes what I'm going to talk about today.

In the past I've talked about the student/teacher relationship, Courtesy, Integrity, and Toughness. Today I'm going to address the subject of Passion.

We normally think of passion as a state of ardor, vehemence, of acting upon another, but as I was recently saying to my most senior student, Jeremy Kempka, because of its history the word is immensely complex. "Passion" derives from the Latin "pati," which in the past has meant almost the diametrical opposite, to be acted upon, to endure. Archaic uses of the term refer to martyrdom and suffering.

Passion, then, is a word that contains opposites, a veritable

Yin and Yang of words. One's passion is not just desire for another and acting upon another; it is a state of being acted upon and consumed by another.

Down through the years many have sought to create or force passion. We all remember the efforts of the East German communist state to create winners in the Olympics with the abuse of steroids. Totalitarian regimes have often sought to produce winners as a type of advertising, but it rarely works as well to compel success as to choose success.

Even here in the United States there are those more comfortable with the idea that being born to a certain social class should entitle one to success. But those who think that way do not take into account the wild card, human passion.

Passion flourishes best in the context of choices. One must get the drive from within to choose, and in the pursuit of what you want, you make the many little incremental choices over time to continue that pursuit. We call that ongoing string of choices Perseverance.

I sometimes refer to those who take their Black Belts and never continue their studies as "Cocktail Party Black Belts." They become Black Belts and can talk about it forever, but when they claim they are Black Belts, they get it wrong--they say they are Black Belts, when they should say they were, because they don't live as Black Belts if they don't continue to learn and grow as Black Belts. Being a Black Belt doesn't necessarily mean continuing working out or breaking boards when you're elderly, but it always means having the soul and

discipline of the warrior.

You have a choice to be a Black Belt beyond the day of your test. It is a choice of a type of life.

In Berlin in 1936 Adolph Hitler determined that his "supermen" would sweep the Olympics in a display of Aryan discipline and supremacy. One name is now remembered quite well, Jesse Owens, from among those Americans who pursued their passion and demonstrated the importance of freedom to achievement.

Another name, as well known at the time, was that of Ralph Metcalfe, a young Black man from Atlanta. Ralph Metcalfe was not just a brilliant athlete. He served the Chicago area as a U.S. Congressman later in life. In the 1932 Olympics in Los Angeles he held records jointly with Eddie Tolan in the 100 and 200 meter sprints, and in Berlin he won his gold on the 4 x 100 relay team with Jesse Owens, Foy Draper, and Frank Wykoff.

In America, Metcalfe had choices and pursued his choices with passion, not only to become a great athlete but also to become an educated man.

And it is Ralph Metcalfe's jersey that's retired above the stairway in the Old Gym, a symbol of an American student's Passion and its indelible dependence upon our Freedom.

Now you've achieved Black Belt. And it's your choice. Passion, or not?

Start getting ready for U.S.T.F. 2005 Nationals in San Diego! June 24 and 25, 2005. Contact Mr. VH for details.

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Congratulations to the following new Black Belts and Advanced Degree Holders. A very few may have been Provisional. All tested to U.S.T.F. rank. Some tested in November and some in December. Many of them are also A.A.M.A. ranked. All struggled to learn, some for many years, but "put it together." They are listed here in no particular order of seniority. They can be proud of what they have and will accomplish in the pursuit of their passion.

First Dan:

Mr. Don Thomas
Ms. Sandra Lasky
Ms. Karen Gacke
Mr. William Akin
Mr. Patrick Geryol
Miss Kasey Kruckenberg,
Mr. Jim Gritschke
Mr. Don Thomas
Ms. Sandra Lasky
Ms. Karen Gacke
Mr. William Akin
Mr. Patrick Geryol
Miss Kasey Kruckenberg
Mr. Jim Gritschke
Mr. Hasan AbuLughod
Mr. Jordan Wagner
Mr. Mathiam Mbow
Miss Becky Lamboleay
Mr. Roc Bauman
Mr. Ed Girdaukas
Miss Valerie Pals
Mr. Harley Pals
Miss Kristin Hosey
Miss Justina Hauss
Miss Hannah Harper
Mr. Brett Kline
Mr. Tyler Kiser
Ms. Kara Skinner
Mr. Jalonde Willis
Mr. Aleric Fox

Second Dan:

Mrs. Jeanne Weeks
Ms. Helen Schirazi
Mr. R.J. Tester
Mr. Kostas Mariotis
Mr. Paul Hebein
Mr. Jim Pals.

Holiday Wishes from GrandMaster C.E. Sereff

Hello Region Five!

I would like to take this time to wish you and all your families a wonderful holiday season. I hope the new year brings you much happiness and peace.

I want to thank you for your loyalty and love for Taekwon Do. I want you all to know that my mission is life has not changed. I will spend the rest of my days trying to pass on General Choi's Art. Just as he passed it to me.

I know all of you instructors have the same goal. Teaching TKD is something we love to do. It is not a job that pays much in financial rewards. It is a labor of love. It is demanding and time consuming.

The payoff is when you see your student overcome many obstacles, physical, mental and moral and as result you promote him, or her to First Dan. Then you feel pride, both in your student and in yourself. Treasure the moment and strive to make many more magic times like these happen.

Remember, no matter how many black belts you promote, your most important student is the brand new white belt. Without him or her the Art will not grow.

G.M. Sereff

A Black Belt Test will be held in Skokie IL on December 15 under the supervision of Master Earl Weiss.

Keeping busy, the UNCC club competed in tournaments in Jacksonville on November 5 and, along with several Wisconsin AAMA students, in Orlando on November 19. Hopefully we'll have more detail of their successes for the next issue.

Some important new information gleaned from the new U.S.T.F. Policy & Procedures Manual: a U.S. flag can be worn on the left shoulder of Black Belt uniforms.

More important new information from the new U.S.T.F. Policy & Procedures Manual:

Event applications are required for all U.S.T.F.-sanctioned events. This includes all tournaments seeking sanction, seminars seeking sanction, and Black Belt tests. Event application must be timely. This is not only a U.S.T.F. requirement, it is a courtesy to the Regional Directors who must approve them. Event Applications are not to be submitted directly to Headquarters. They must be submitted to the Regional Director. In the absence of Regional Director approval, an event will not be permitted. Now here's the biggie-- **Event Applications must be submitted not less than 90 days prior to the event.** If you cannot maintain that minimal level of discipline, your application will not be approved.

Samdan Mary Lubner is recovering from successful knee surgery. We'll be glad to see her back!

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Fighting Yourself Through Your Opponent's Eyes

By Paul Hebein Second Dan

To win a sparring match, a person must feel confident he'll win. If there is a lack of confidence, he's already succumbed to the opponent before the match has even begun.

As we win and lose, we find more effective methods. Whatever method we use in combat, our minds are the most important weapon we have. As years progress, we think of more and more ways to get into the mind of our opponent, so as to get an upper hand in battle.

Using Extra Sensory Perception (ESP) a person can supposedly sense the thoughts of another person as if sharing them. For years, ESP, along with other concepts of the mind, have been explored to try and explain the phenomenon. Truth is, there really is no such easy explanation,

The best way into the mind of another we call our 5 senses, sight, hearing, taste, touch, and smell. All our senses combine to process much information. A person who lacks one of these senses learns to strengthen the remaining senses, and becomes just as strong as the person who has all 5 of them. A person who finds optimum strength in all of their given senses, truly can find confidence in winning a match. There is much information around you when sparring. Using your senses to the utmost can give you the information you need to win, and thus the confidence to dominate your opponent.

"Knowing" your opponent can give you an upper

hand in winning a match. When face-to-face in combat, there are certain things to look for in your opponent that will help you decide what you need to do to win.

Body language is key. Watching for certain movement can telegraph what technique your opponent may execute. Honing in on this body movement allows you to prepare for defense as well as your retaliation. A person must read this body language quickly and precisely.

Eye movement can be a direct indicator of where an opponent may attack you. It is human nature to look at what you are trying to accomplish. As your opponent's eyes look towards a target, you can pick up on this and determine what you need to do. Some draw eye contact to their opponents' eyes directly, and use peripheral vision to look for open spots to attack. Others will look at a spot mid-body on their opponent, and use peripheral vision from there. The experienced fighter will not deviate focus from this chosen spot, and learns to use the peripheral vision to advantage.

Knowing your opponent is to also know his level of confidence. People emit a certain aura around themselves that help you determine what their level of confidence is. The opponent that lacks confidence is the opponent that can be easily defeated.

Knowing yourself is also crucial, if not most important. You yourself know what you are capable of, but your opponent does not. You know your strengths and weaknesses. Your opponent does not. Your confidence in yourself, despite what may think of as a lack of ability, is your own best weapon. You must strengthen your own

mind to overcome these perceived disabilities if you are to expect your opponent to think you are strong. Strengthening your mind to know you can overcome your own perceived lack of ability, along with strengthening your body, can be accomplished only by you. The weak mind will be followed by the weak body. Use what you have as talents and don't focus on what you think you can not do. The strength that you build becomes obvious not only to you, but to your opponent as well.

Knowing yourself and your opponent are the first steps in winning in battle. These two steps play an important role in sparring. You are able to gauge your speed and accuracy by analyzing what is in you and around you. Keeping your senses at their optimum, you proceed to feed off of your own confidence.

The combination of your own confidence, what you have learned from your opponent, and how you apply all of this to your match, is the key to your successful outcome.

Free fighting in class can be fun and informative. We use this time during our training to maximize what we have learned, by putting all of our techniques together in fluid motion. Without self-confidence and knowledge, these are just motions. Free fighting during class time is a good venue to build this confidence.

As teachers, we must encourage people to becoming acclimated to their own strengths and weaknesses, and help them build their confidence with the abilities they have. Once a person is confident within, they can be confident without.