

The T.K.D. Flash

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Upcoming tournament action:
Region 5 Championships in Waunakee WI on March 19 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.
March 19 A.A.M.A. North Carolina Tournament. The promoter is Mr. Jeremy Kempka. Pure U.S.T.F. Competition with a twist.
U.S.T.F. 2005 Nationals in San Diego. June 24 and 25, 2005. Contact Mr. VH for details.

Electronic subscriptions to the Flash continue to be free for 2005. If you wish to add or change the email address at which you receive your monthly Flash, just email us that information at the email address above. If you wish to add subscribers, such as your students, supply names and their email addresses in the same manner and we'll take it from there. Also free. Finally, this is the final call for print (snail-mailed) subscriptions to the Flash for 2005, \$7.50. Please remit the fee to the office (above) by February 15. Receive the the Flash. Help your school grow.

U.S.T.F. Maintenance fees due. See your State Director.

On February 19 a Gup Test will be held in Charlotte.

Plaque holders, remit your plaque maintenance fees to HQ.

On April 16 a Gup Test will be held in Charlotte.

Upcoming Seminar Opportunities:

Class C U.S.T.F. Instructor Seminar April 16-17 at Denver.

Class A U.S.T.F. Instructor Seminar May 14-15 at Denver.

Pressure Point Seminar at Denver April 23.

BIG NEWS! THE U.S.T.F REGION 5 BLACK BELT TEST WILL BE HELD ON JULY 16, 2005.

PRESIDING WILL BE GRAND MASTER CHARLES E. SEREFF! CANDIDATES FOR FIFTH, FOURTH, THIRD, SECOND, AND FIRST DAN WILL TEST. A SEMINAR WILL BE INCLUDED! PUT THAT WEEK END ASIDE. MORE DETAILS IN THE NEXT ISSUE OF THE FLASH. IF YOU WANT TO TEST CONTACT YOUR INSTRUCTOR.

On Jan 15 a Gup Test was held in Middleton. A total of eight students tested with Mr. Aric Broeking presiding and Mr. Kevin McDaniel at the Corner.

Congratulations to J.R. Klassy and Marie Klassy on the birth of Samuel James Klassy, born January 18. 8 lbs., 4 oz. and 22 inches long. Sorta like dad.

A Gup level test was held in Grafton WI on January 5 for 22 students before a board consisting of Mr. Mike Van Pietersom,, Mrs. Erin Graft, Mr. Luke Mattias, Mr. Jim Pals, Mr. Drew Dondero and others. Harley Pals, Valerie Pals, Jordan Wagner, Hasan AbuLughod. Mr. Casem AbuLughod, Miss Amirah AbuLughod, and Mr. Tom Martin were charged with corner duties. Mr. Austin Meier was sworn as a Black Belt Candidate and will be sponsored by Mr. Brian Nusslock.

The January 4 Black Belt classes in Grafton dealt with First Dan Basics, Second Dan Basics, and Protocol for Black Belts. The monomgraph by that name was handed out. Next Black Belt class in Grafton will focus on patterns Gwan-Gae and Eui-Am and will have a handout as well.

A Black Belt test was held in Minneapolis Minnesota on January 29. Mr. Mike Love cornered and Mr. Kevin McDaniel and Mr. VH presided for Mr. Shaun Dishman's test to Third Dan and Miss Elisabeth Hunt's test to Second Dan. Congratulations to Mr. Dishman and Miss Hunt on a job well done. Minnesota is now U.S.T.F. Country!

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As long as we were in the Twin Cities. Mr. Van Hecke, assisted ably by Mr. Kevin McDaniel, V Dan, conducted a seminar in Minneapolis on January 29, "How to Improve My Patterns." In attendance were: Isaac Mross, Dexter Freiborg, Steve Thompson, Kenny Thompson, Jan-Erik Lovlie, Mr. Jukka Ahola, Mr. Shaun Dishman, Miss Elisabeth Hunt, Amanda Freiborg, Humza Haider, Jothan Sargent, Jabbar Haider, Emmet Mross, Mr. Mike Love, Christy Hannah, Levi Schwartzberg, and Denny Carlson. Everybody had fun.

A Comparative Study of WTF TaeKwon-Do Style as it is Practiced in Senegal and the ITF TaeKwon-Do Style

By Mathiam Mbow

[Ed.: This is Mr. Mbow's First Dan Essay, begun in last month's issue and completed here]

Today, Tae Kwon Do is one of the most popular martial arts in Senegal and attracts a lot of people. Despite its shortcomings, the Tae Kwon Do federation does a great job to ensure that the fundamentals of the art are observed by all students. They do a great job making sure that the tenets and student oath are observed by all practitioners. Given that many instructors are appointed by the federation board of directors, students can practice at any Dojan closer to

where they live. That fosters a great sense of camaraderie and significantly minimizes school rivalry.

What did I learn from this experience? True martial artists do not believe in violence or rivalry. Instead, we are all one big happy family who is deeply involved in giving back to the community. The Senegalese Tae Kwon Do federation does a great job involving all Tae Kwon Do schools around the country in community services like cleaning up cities, organizing fund raising activities to provide supplies for schools or hospitals while maintaining a high level of integrity. Despite its shortcomings, I'm very proud of the achievements of the Senegalese Tae Kwon Do federation as on top of the community services they perform, they also help get children off the streets and refocus their attention and energy to higher academic performances and to be more socially fit. That's a great achievement to praise.

ITF TAE KWON DO THAT I'M PRACTICING IN AMERICA

I started practicing ITF Tae Kwon Do in January of 2003 at the American Martial Arts Center. Since then, I've observed quite a few differences between this style and the one I'm accustomed to. What I like the most about the ITF style Tae Kwon Do in America is that instructors spend a large amount of time perfecting stances and

techniques and teaching the proper length and width of each stance as it should be performed. Not only do they do a great job of that, they also do a great job demonstrating the consequences of applying a technique the wrong way for example showing to students why we pivot on the ball of our foot rather than the heel.

As I stated above, class sizes are very large in Senegal which makes it very hard for the students to get the attention they need from the instructor. The ITF class sizes are relatively small to allow for more one-on-one coaching. This can be described in other words as "*a guide on the side*" trainer in Senegal and "*a sage on the stage*" trainer in the USTF/ ITF arena.

Another big difference is that ITF doesn't deviate from the teachings of Grand Master General Choi. This ensures that the teachings of the general and his legacy will remain alive and that practitioners will always remain true to the Art of Tae Kwon Do as defined and developed by the general. More importantly, a great deal of time is spent teaching the relationship that should exist between a teacher and the student. A great deal of time is spent on explaining each of the Tae Kwon Do tenets just to name a few. A great deal of time is spent ensuring students understand the meanings of each belt and each form. This part of the instructor/ student relationship was missing in the WTF Tae Kwon Do I studied in Senegal as the focus was

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more on promoting the art and its shortcomings are described in the above chapter.

The USTF/ ITF developed a great syllabus for the student to be more acquainted with the discipline he or she is studying. Students can always refer to it to perfect their techniques even in the absence of the instructor as it gives detailed instructions on how to apply each technique which is fundamental in the development of the practitioner. This goes beyond the knowledge of executing a technique properly; it shapes the behavior of the student and teaches them how to remain true to the art.

How about we talk sparring for a minute? While the WTF I practiced in Senegal focuses on hitting your opponent as hard as you can, the ITF I'm currently practicing teaches the student to execute controlled techniques. In my mind, this shows the true mastery of the art because the student, who can control the techniques they execute, proves that he or she can smash his or her opponent just as hard as the WTF student.

However, economics play a huge role in the practice of martial arts. In Senegal, none of the sparring gear is required before entering the ring. In other words, students were sparring at their own risks. Sparring matches were basically full contact rounds. Well, the reason is that not everybody could afford the

sparring gear because not only was it hard to find and even if you could find it, it was very expensive for students to afford.

The ITF practices caution, requires and make it affordable for the student to wear at least groin protection, foot gear, hand gloves and mouth guard. This encourages students to be less fearful of sparring and is a great way for students to test their skills and techniques.

CONCLUSION

Although there are several dissimilarities between the WTF I practiced in Senegal and the ITF I'm practicing in America, the philosophy of the art remains the same. The teachings of the tenets and Student Oath are the same. Both of these arts foster a sense of camaraderie and a strong involvement in the community. Also, techniques remain the same though taught differently. Hand strikes and foot strikes remain the same; they may be called differently but are fundamentally the same. However, kicks in the WTF I studied in Senegal were measured on how high you could kick. The ITF teaches the principle of reaction force and proves that is not always the case. Some kicks are more efficient when executed at the waist level like the Side Peacing kick for instance. The ITF that I'm practicing now goes deeper in explaining the proper ways of applying a technique/ kick or hand strike is more efficient for the target area you are trying to reach.

The ITF style also teaches the student what techniques work best from any stance they are in.



Miss Elisabeth Hunt, Minnesota State Director, tests for her Second Dan and shows perfect form on outward strike.



Mr. Shaun Dishman of Atlanta, testing for his Third Dan at Bryant Park TaeKwon-Do, demonstrates that cameras can't adequately capture the speed of his pick-shaped kick.