

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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One of the tougher things the Flash has to do is note our losses, the deaths of those who have meant something to us. I sat in a pew in a local church and started jotting some notes: "Our community mourns the loss of Tom Davis. He didn't get to 60 but crammed so much good into his life's span he might as well have lived to a hundred. Of course, Tom was an outstanding academician with a significant corpus of books and articles, a superb and caring professor of engineering and one of the great leading lights of the Milwaukee School of Engineering. Successful in business and as an entrepreneur, he sat on numerous boards, provided executive leadership, and made Milwaukee's industries better. Never one to stop at mere professional success, Tom served his community of Grafton as a police reserve sergeant and knew how to play--he held a pilot's license, was an amateur radio operator, and had the kind of lively mind that can and did invent. With all these things he made this world a better place." The priest said, essentially, the same thing,

and, in fact, started out with my second sentence almost exactly. Somehow the same thing had occurred to him. But this obituary is about what he meant to us specifically, and that can't be separated from his gifts to the Academy of Martial Arts. What he gave us was two fine people, his son Bryan, a Black Belt in 1992, and Bryan's mom and Tom's wife Lyn, who took her Black Belt the following year, one of the first women to rise to that rank from the Grafton school. These were his finest gift to us, the privilege of that association with his beautiful family. He'll be missed.

Upcoming tournament action: U.S.T.F. 2005 Nationals in San Diego. June 24 and 25, 2005. Contact Mr. VH for details. Students are competing from Wisconsin, North Carolina, and Virginia among AAMA affiliates. **September 23, USTF NC Tournament.** Promoter is Mr. Jeremy Kempka.

On July 16, 2005 the Region 5 Director and the Association of Academies of Martial Arts will host the U.S.T.F. Region 5 Black Belt test. Testing will be candidates from 6 states for ranks from First to Fifth Dan. Presiding will be GrandMaster Charles E. Sereff. Questions? Ask your instructor. Instructors with questions? Ask Mr. Van Hecke fmvh@execpc.com.

A program of Half-day and Full-day summer Camps is planned at the Academy of Martial Arts & Fitness, UNCC. June 8 is the first session.

On June 4 the Mooresville school will be moving and consolidating with the existing A.M.A. schools in Charlotte, Monroe and Huntersville. As the AAMA flag leaves one location, news is coming up involving the addition of four more in the next Flash!

National TaeKwon-Do, under the leadership of Master Earl Weiss, will be conducting gup level testings in Skokie on June 7 and in DesPlaines on June 8.

The Fifty Penny Seminar, "How to Improve my Stepsparring," will be given at Grafton on Saturday June 4 at 9:30 a.m. All are invited. To be taught by recent attendees at the USTF StepSparring Seminar in Denver. You'll have to guess at the admission price.

Grand Master Charles E. Sereff will be conducting a Grand Master's Seminar on July 16. This will be held at Fredonia, Wisconsin. Open to all irrespective of rank, these seminars have received rave reviews from prior participants. Preregister (Required) through your instructor or Mr. VH. Applications available from fmvh@execpc.com.

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A gup test was held May 18 at Bryant Park Taekwon-Do in Minneapolis. Eleven students tested for ranks ranging from 9th to 5th gup. Everyone passed and a good time was had by all! Congratulations to: Imran Ahmed, 9th gup, Elliot Iverson, 9th gup, Jakob McCabe-Johnston, 8th gup, Humza Haider, 7th gup, Jothan Sargent, 7th gup, Denny Carlson, 6th gup, Amanda Freiborg, 6th gup. Dexter Freiborg, 6th gup, Levi Schwartzberg, 6th gup, Emmet Mross, 5th gup, and Isaac Mross, 5th gup. Thanks to Second Dan Elisabeth Hunt for keeping us up to date!

Other events on the week end of G.M. Sereff's Seminar:

1) Friday evening: Regional and State Directors and Spouses will dine at an old-fashioned Wisconsin Fish Fry. Informal. Place and exact time TBA

2) Friday evening: "Open Dojang" at the Grafton Academy of Martial Arts for those wanting to stretch out, do a light impromptu work-out the night before the big day. 5:30 p.m. to 8:00. Supervised by Mr. Hasan AbuLughod.

3) Friday evening: "Sign making Party" for little kids, supervised, at the Grafton Dojang. Time TBA.

4) Multi-State Farewell Workout Sunday morning, 10:00 a.m., Grafton Dojang. Under the supervision of Mr. Van Hecke. A chance to get in that final workout before "hitting the road" for those staying over on Saturday night.

How can we not top off the Black Belt Test and the Grand Master's Seminar with a dinner? The event is intended to be family-friendly.

On June 18 there will be a colored belt test in Charlotte.

On July 23 the AMA NC schools will hold a summer picnic.

On August 23 the Charlotte School will do a demo at a Charlotte Sting basketball game.

A USTF Referee Course will be taught on September 24 in Charlotte NC by Mr. Kevin McDaniel.

Questions and Answers for the big TaeKwon-Do Weekend July 15, 16, 17 in Wisconsin.

HOW DO I GET TO FREDONIA WHERE THE TEST AND THE SEMINAR WILL BE HELD?

Part One: on leaving the driveway--

From Lower Michigan: Take the ferry to Manitowoc. Go west until you hit I-43 and head south. *From Upper Michigan:* Go south and East through Wisconsin until you link up with I-43 in Green Bay and continue south on I-43 south. *From Minnesota, Western Wisconsin and points west:* Go I-94 east until you link up with I-43 in downtown Milwaukee and head north. *From Illinois and points south:* go I-94 west (north) until you link up with I-43 in

downtown Milwaukee and head north. THEN:

Part Two: In striking distance--

From the North. Upon entering Ozaukee County from the north (south of Sheboygan, Cedar Grove), you'll prepare to exit at the Belgium/Lake Church exit (107). and turn right onto County Road D (Main Street). Almost immediately you will turn left (south) onto County Road LL (Royal Avenue). After about two miles on LL, you will turn right (west) onto County Road A. Follow A about five miles to Hwy. 57. Continue through the intersection and almost immediately hang a right (north) onto Highland Street. Highland Street dead-ends at Ozaukee High School, 401 Highland Dr.

From the South. Upon entering Ozaukee County from the south (north of Milwaukee), follow I-43 north past Grafton. As you continue past Port Washington, you'll merge from I-43 north to the left onto I-57 toward Plymouth and Fredonia. Follow 57 about five and a half miles. At the first stoplight turn left (west) on Hwy A & H (Fredonia Avenue) and almost immediately turn right (north) onto Highland Street. Highland Street dead-ends at Ozaukee High School, 401 Highland Dr.

WHERE CAN I FIND ACCOMODATIONS AROUND FREDONIA?

You may stay anywhere in the area you desire. Some may choose to drive from

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home. In that event it should be remembered that everybody testing should aim to be on the floor in uniform and stretched out by 9:15 a.m if testing, that the seminar will start at noon or thereabouts. The dinner is likely not to go too late because, remember, it's intended to be "family friendly."

However, if you wish to stay overnight on either the 15th or 16th, we have made arrangements with the Baymont Inn & Suites in Grafton for a number of rooms to be set aside at a rate reduced to \$94.00 for a "standard" room. Call 262-387-1180 and ask for Kim, mention that you are here for TaeKwon-Do. CAUTION: hotel rooms are scarce this time of year in the vicinity, so these will only be held until June 20. **Call now** to be sure you get a room. If you choose to go to another hotel, we would suggest that the Port Washington area is likely to be "booked up," and your best bet is Milwaukee's northeast side in the vicinity of Port Washington Road and Silver Spring. Travel time from there to Fredonia would be about 28 minutes.

AND DIRECTIONS TO THE HOTEL?

How to get to the Baymont Inn & Suites from I-43: the Baymont Inn & Suites is in Grafton. From either north or south, exit at the Hwy. 60/Q exit, Exit 92. Head west towards Grafton. A very short distance west of I-43, turn left

(south) on Hwy. W (Port Washington Road). About a quarter mile south of that intersection the Baymont will be on the right (west) side of the road.

How to get from the Baymont Inn to the testing venue: turn left (north) from the parking lot on N. Port Washington Rd. (County W) and right (east) on Washington Street (Q, 60). Go east a short distance and take I-43 north. As you continue past Port Washington, you'll merge from I-43 north to the left onto I-57 toward Plymouth/Fredonia. Follow 57 about five and a half miles. At the first stoplight turn left (west) on Hwy A & H (Fredonia Avenue) and almost immediately turn right (north) onto Highland Street. Highland Street dead-ends at Ozaukee High School, 401 Highland Dr. Total distance is 11 miles.

AND DIRECTIONS TO THE GRAFTON DOJANG?

From either north or south on Hwy 43, exit at the Hwy. 60/Q exit, Exit 92. Head west into Grafton on Q/60/Washington Street until you pass over the Milwaukee River. Turn left (south) on Wisconsin Avenue (Hwy 57) at the light. Follow Wisconsin Avenue south about two long blocks, bending slightly southwest, and you'll see the neon sign on the right (west side of the street). It says: "TaeKwonDo." You're there.

**I'M HUNGRY/THIRSTY
OTHER TIMES THAN
PLANNED DINNERS!**

We recommend John's Pizza in Grafton, around the corner just south of the dojang. Open all three days.

WHAT ELSE IS GOING ON (MUSIC, DANCING, DRINKING, BANDS, ENTERTAINMENT)?

Port Washington, Wisconsin's Fish Days is a wide-open week end long festival which includes all of that and more, is about 8 miles from either Fredonia or Grafton. Go downtown to the Harbor via either Hwy 32 or 33 and you'll be there, it's huge. A Wisconsin town lets its hair down in summer. Usually a blast.

HELP, I'M LOST, I'M HURT, I'M KIDNAPPED BY THE POTAWATOMI!

Local phone numbers: Mr. VH at 414-852-9229. The Grafton dojang at 262-377-6550. And 911.

Third Annual USTF West Virginia State TaeKwon-Do Tournament Saturday was held May 7 in Bluefield W.Va Dr. Tony Henderson reports that the tournament was a success.

The Masterful Execution of a Hook Kick

By: First Dan Izzy Auch
[Editor's Note: Mr. Auch chose the title of this piece, authored as part of his First Dan requirements.]

I find the HK (Hook Kick) similar mechanically to both the Side Turning and Side Piercing kicks; but a distinctly different kick in appearance and attributes.

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As a white belt I recognized the HK as a turning kick, except the heel appeared to be the attacking tool. To my untrained eye, it appeared as if the user executed the HK by raising a leg horizontally off to the side of his body and violently pulling his heel back into his hamstrings. After successfully testing for my Green belt (gup 6), my perception of the Hook Kick evolved. Now the HK appeared to be executed by first bringing one's knee up in the likeness of a marching motion, while pivoting on the support leg with a 180 degree turn toward the inside of the foot and simultaneously "Chambering" the kicking leg by aligning both the shin and thigh in a parallel position to the floor on a horizontal plane. Finally executing the attack by thrusting the leg outward at a target 15 degrees to the toe-side of a target located behind the heel and at the apex of the thrust bending the knee all the way back so the heel almost contacts the back of the leg.

Now, in my current quest to perfect the HK, I have separated this attack into the following steps: Setup, chamber, execution, and recovery. Motion is only required in the legs and hips to execute the kick without injury. However, completion is not enough to make the HK practical. Midsection, shoulders and head are added to increase the speed and accuracy while reducing

recovery time. (Assume that the right-leg is used to kick.)

Set up. Begins with bringing your knee up into a bending ready a stance (upward kick with guard.) To describe in detail, you raise your attacking knee straight up 2 inches above the belly button and bend your left leg, this helps to maintain balance and tilt hips back as you lean forward. Also point the ball of your foot out and pull your toes back.

Chamber. Execute this step by pivoting your support leg counter clockwise while you simultaneously twist your hips, to bring your suspended leg in a position parallel to the ground. Rotate your shoulders clockwise with the intended result of creating a less than ninety degree angle with your back and the ground and retract your foot at the ankle, with a spin to expose the knife edge and/or heel as the attacking tool.

Execution. Now all the preparation work is done, it is time to let loose. Execute the Hook-Kick by thrusting the heel twenty-five degrees off to the toe side of the direction your support heel is pointing. Once the thrust reaches seventy percent of complete extension, snap your heel into the back of your leg. At the same time swing your upper leg back to position your knee directly behind your heel and at the last instant allow your support leg to bend four inches. In addition twist your shoulders violently counterclockwise while

keeping your eyes focused directly behind your heel.

Recovery. If successfully executed your foot should slide through or off of your target or an opponents defenses. However, it is important to realize that with your leg still suspended, you are almost stationary. That is why special care should be taken to ensure a speedy recovery. The recovery is executed by rotating your shoulders clockwise and drawing your knee up into your chest (you do this to bring as much of your body as close to your center of rotation as possible). Then rotate the support foot back clockwise to its original position and finally place your attacking foot (right foot) down in front or behind your support leg.

While learning a martial art without visual instruction is extremely difficult, knowing which movements need the most attention and which are most essential can be a big help. As I mentioned before only the leg and hip movements are required to execute the kick. These are the al movements and, like any foot technique, must be learned before adding the midsection, shoulders and head. Application of this is simple. make sure to rotate 180 degrees when specified. Chamber the knee fully; and tilt or twist your hips instead of trying to use your shoulders for balance.

Once you have practiced the HK enough that you no longer require a

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conscious effort to regulate proper movement of your legs and hips, focus on your eyes. When kicking, make sure you are looking at your target during the entire kick. If your target is a person, focus on his/her eyes or lead shoulder. From there you can see both his hands and feet without turning your gaze up or down. The last movements you should critique are those of your shoulders and midsection. I follow one rule when trying to implement my shoulders into any kick, the shoulders go in the opposite direction of the momentum of your kick. Example: when executing a front snap kick your foot is directed up and into the centerline of your body. The appropriate motion for shoulders is to have the one opposite your kicking leg twist forward, across you body and slightly down. Your midsection serves as a median to balance and align your body by serving as a counterweight to your shoulder movement.

Now that the movements have been identified, it is important to remember that it is essential for all components to finish moving at the exact instant of execution. This follows the rule of applied force. If I were to complete the execution movements of my HK in this order: bend knee, move my upper leg back past my support heel and then snap my kicking foot back at the knee, I would impact my target only with the

force of my heel traveling a foot and a half. But if I finish all the movements in the same instant, my striking foot moves a greater distance in the same amount of time.

Allow me to illustrate: An arrow is shot from a standing archer reaches a speed of 150 ft per second, the same arrow shot from the archer while galloping toward a target on horseback reaches a speed of 175 ft per second. Why? because the horse is already moving the arrow 25 ft per second in the direction of the archer.

Not only is the speed increased for the last instant but the weight behind your snapping heel is increased as well because the weight of your entire body lowering four inches closer to the ground is transferred to your heel. Imagine trying to stop a child's hand from touching a marble on the floor. Easy enough, right? But what if the child jumped from a table head first to reach for a marble as it rolled over the edge.

Breathing is the final element I will address. Breathing upon the execution movement of a technique is vital not only because it keeps your breaths consistent. Another reason to exhale upon the execution of a technique is because it helps to make your body rigid. Firmness at the end of a technique makes your attack push with solid force behind it. Making it much more effective. These are the offensive reasons to breath. However, there exist defensive

reasons to breath as well.

If you cut corners now you will have a mess; but if you wait you can always omit something you find to be unnecessary. Remember to pivot on your foot all the way. Keep your knee high; because dropping it slows down any kick immensely. Correct foot position is happy foot position, if you don't have it you could injure yourself,

In summary I would like to remind you of the specific points to perfect the hook Kick. First execute each of the movements completely. Pivot all the way. Make sure your kicking leg is parallel. Kick off center (15-25 degrees to toe side) so that the impact is directly behind your heel. Make sure to end all movements at the same time. And control your recoil.

I chose this kick because it is my favorite, I learned it quickly, and I practice it all the time. That doesn't make me a master so I don't want to sound like one. This is merely what I discovered and I hope it helps you



The Palais du Seoul, as viewed by Mr. VH and Mr. Kempka,