

The T.K.D. Flash

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Upcoming tournament action:

September 24, USTF NC Tournament. Promoter is Mr. Jeremy Kempka.

October 8, Neenah WI.

At the Neenah Menasha YMCA. Promoter is Dr. John Butitta. In addition to the pattern, sparring and team pattern events, this years featured event will be a breaking competition.

Sept 10 MI USTF Tourney, Cadillac MI. Promoter is Dr. Steve Osborn. A short ferry ride from Manitowoc!

A USTF Referee Course will be taught on September 23 in Charlotte NC by Mr. Kevin McDaniel.

Mr. McDaniel who will not rest until officiating skills in our schools are over the top, will also teach a USTF Referee Seminar in Cadillac MI on September 11.

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

A Gup Level test will be held at Skokie August 30.

A Gup Level test will be held at Grafton on September 5 and at Special Needs on August 9.

A Grand Master Seminar was conducted by Grand Master

Charles E. Sereff in Fredonia WI on July 16. There were 95 paid participants from WI, IL, MN, MI, the U.P., NC, WV, NJ, MA, WA, LA, CO, and Poland.

A celebratory awards dinner was held September 16 in Cedarburg, WI. At the Head Table were Grand Master C.E. Sereff, Mrs. Kim Sereff, Master Earl Weiss, Mr. Kevin McDaniel, Dinner Chairman Dr. Rick Bauman, Mr. VH, Mrs. VH, and Mr. Braxton Miller. But it would be improper to fail to note that among the 126 attendees were numerous distinguished Black Belts from over 20 schools, as well as Cindy Auster's shoes.

A Test will be supervised under the auspices of Master Earl Weiss at DesPlaines Sept 14.

The Association of Academies of Martial Arts and Region 5 of the U.S.T.F. hosted a multi-level Dan test at Fredonia WI on the 16th of July. Among the 29 successfully testing were:

For First Dan--

Casem AbuLughod
Amirah AbuLughod
Stefan Czerpak
RafalTopszylko
Marc Abrams
Jordan LaBelle
Bernie Sumcad
Gerrit Koetse
Evan Kropp
Andrew Kropp.

For Second Dan--

Brian Nusslock
Lucas Zamudio
Aric Broeking

A. Prohuska
James Niemira
Darby O'Connor.
For Third Dan--
Luke Mattias.
Jacqueline Karpinsky
Paul Schneider.
Richard Mann
George Paweleck
Sungeeta Agrawal
For Fourth Dan--
Tony Henderson
Mary Lubner
Steve Osborn
Paul Bouchard
John Firmiss
For Fifth Dan--

Mike Van Pietersom
Paul Byrne

Congratulations are in order to all who tested. Thanks are due their supporters, both family and friends.

TAEKWON-DO FOR CHILDREN OF ALL AGES

by Mary Lubner, 4th Dan

Taekwon-Do is a sport for all ages. The stretching and balancing required of Taekwon-Do gives the more mature student a chance to work those muscles that often are ignored as time goes on. The elements of the sport develop a person in physical, emotional and spiritual ways. The physical skills learned help a person become stronger, more flexible and enhance balance. When these skills are improved, the self-confidence (emotional) also improves. Working with others within a persons own belt color also develops self-confidence. A ten year old who considers him/herself not very good at sports sees that other children

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and *adults* are having difficulties learning the same thing. Confidence is gained when the child finally becomes proficient doing the task. This writer believes that the spiritual self is developed as perseverance and indomitable spirit are practiced in repetition of technique and form, within the physical limitations of one's own self.

BALANCE

What do ballroom dancing, trap shooting, volleyball, archery, and swimming have in common? BALANCE! Can you name a sport that does not require balance? Balance and body awareness are needed skills in any activity we humans enjoy. Good posture is also an important aspect of TKD as well as in activities of life. Good posture helps us to stay healthy because it allows optimal space for our internal organs to function. When the front snap kick, bending ready stance or 4-direction punch is learned, balance is required. Static (stationary) and Dynamic (moving from point A to point B) balance is practiced and refined through forms and step-sparring and applied in free-sparring. The balance and posture that is developed in these activities is readily apparent in games/sports such as gymnastics, skiing, base/softball, biking, and skateboarding to name a few.

ACADEMIC SUPPORT

Why should children have an opportunity to study Taekwon-Do? It offers a great

background for any sport the child may want to pursue in the future. Because of the nature of the sport, I believe it also offers support in the academic area.

Memorization is an important aspect of Taekwon-Do as well as sequencing, problem solving and kinesthetic awareness. Learning the forms, meanings of forms and belt colors, counting, and vocabulary all enhance the skill of memorization. Sequencing is also practiced through the leaning of forms and step-sparring. Communication skills are practiced in step-sparring also. Kinesthetic awareness and muscle memory is developed learning and practicing the skills of Taekwon-Do.

Whether it is learning a front snap kick, a knife-hand outward strike, or forming letters/numbers, brain and muscles must work together. Kinesthetic awareness is important when learning to write individual letters of the alphabet and in turn sentences. Sequencing is used in math, spelling, and other communication skills. What is a letter/number but a sequence of lines in a specific pattern?

In the process of learning forms and practicing techniques, math terms and practical applications are practiced. An example of this would be when practicing punching with a jump—1/4, 1/2, _ or full turn. These are also referred to as 90, 180, 270 or 360 degrees and greater. In

addition, terms such as clockwise and counterclockwise are used in the descriptions of form patterns.

TENETS

The tenets instilled/practiced by the students during their study of Taekwon-Do have long-lasting effects. When I asked a former student about what he had learned while studying Taekwon-Do as a child, the immediate response was learning and practicing respect (courtesy). He also said that learning the tenets and learning their meaning enabled him to make positive decisions as he grew into adulthood. A present student stated that he quit an activity that he thought he wasn't good at until he started Taekwon-Do and learned about the tenet, perseverance. When the student body was asked about what Taekwon-Do gave them, the tenets were very evident in their answers. The students responses were in these categories; *Generation of respect*, Self-defense and defense of others, *self-control*, hobby, confidence, friendships, exercise, development of strength/skill/ability, self-discipline enabling them to pay better attention as well as having fun.

Parents have commented that their children are more respectful at home and concentrate better at school. Some students have noted better grades since studying Taekwon-Do.

Taekwon-Do crosses generations. It is possible for a

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child to be teaching an adult, for a child and adult working together, as well as peer teaching and as a result, friendships form. These friendships often extend beyond the dojang. The term “my Taekwon-Do family” is often heard at our dojang

A young man with cerebral palsy started the art at age 10. He soon discovered he could learn physical skills without competition from others and could learn these skills at his own pace. Because of this element, he developed self-confidence in his abilities as well as respect for others and self-discipline. This amazing young man currently runs his own school for special needs students.

Another former student, who tested for his black belt at the age of fourteen, attributes his business/managerial skills to Taekwon-Do! In addition to physical coordination, greater self-confidence, balance and self-control he was able to use/develop computer skills in creating a logo for the school brochure. He was involved in discussions about the business end of the school, such as how to pay for a neon sign, tuition prices as well as testing scores which helped him learn about dealing with people. He was also introduced to Korean food through Taekwon-Do and wrote a paper about Korean food for his 1st dan test. He is currently managing a twelve screen movie theater.

I would like to share some testimonials about Taekwon-Do. (As read from:

“It’s My Life”, a PBS website for kids 8 to 13

<http://pbskids.org/itsmylife/>)

“Tae Kwon Do rocks.

I’m a high green belt going onto blue and I’ve been doing it for a year. The thing I like about it best, is that it’s not just a sport. It teaches you to have discipline, respect, and goals. I always set a goal for myself to make it to the next belt and it is so rewarding! I love it!”

--Kayla, 11

“I do Tae Kwon Do and I love it. It gets you into shape and helps you balance. It also helps your self-esteem. If you make a mistake, people won’t laugh at you, they’ll try and help you overcome the mistake and get better. Plus you make a lot of friends.

--Anna

With this information, it is easy to draw the conclusion that life-skills are learned as well as a lifetime fitness activity.

AGILITY/FLEXIBILITY

Flexibility is the ability to have muscles stretch to an optimal length. Flexibility also helps prevent injuries to the participant. Taekwon-Do requires flexibility so that high level kicks can be performed.

When muscles are stretched there are also muscles contracting, creating a reciprocal motion. In addition to the high kicks in Taekwon-Do, other sports require this flexibility, ie; the 1st baseman reaches to catch a ball, the outfielder to throw or catch the ball, the runner who can take longer strides, the goalie who can make those seemingly

impossible saves or the basketball player that can out maneuver his/her opponent.

Agility is the ability to move quickly and keep your balance. Being agile helps you out maneuver your opponent. Free-sparring requires a fighter to be agile. Performing multiple flying kicks, hand techniques, or a combination of these is also an example of agility. This is also evident in sports such as basketball, soccer, lacrosse or something as seemingly simple as catching your balance while walking. Developing one’s flexibility/agility directly affects the success of a participant in a sport as well as quality of life.

MUSCLE ENDURANCE

Muscle endurance is developed by repetitive motions and doing the action in slow-motion. How many times has a black belt repeated the action of a punch? The answer is probably in the thousands. The ability of a black belt to perform many repetitive punches at any one time is greater than that of a white belt; the same is true of a front snap kick. Learning that repetitive actions have value is a valuable lesson for anyone. Realizing this makes the reward (*earning* a new belt color, or becoming very proficient at the skill) have an *intrinsic* value rather than just an *extrinsic* value (*receiving* new belt color). Any sport requires hours of practice in repetitive motions unique to that sport to become proficient/master. Perseverance, in this writer’s opinion, is

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practiced during these repetitions. Gymnastics, swimming, diving, ice skating or sport specific skills are examples of this.

FOOTWORK

Footwork and stances are important in most sports. Good footwork is essential to balance and proper execution in Taekwondo. In Taekwondo, a student learns about weight distribution, pivoting and distance. All of these are important in sports such as basketball, soccer, volleyball, track, ballroom dancing, tennis and curling. When good footwork and good stances are established as a child in Taekwondo, the skill will be with them the rest of their lives. It is footwork/stances that often divide the proficient athlete from the advanced (star) athlete. Another value of the footwork, is the kind of footwork and weight bearing requirement/stances that lead to healthy bones

Bone density is the ability of your bones to hold weight or withstand trauma. Osteoporosis is a result of low bone density. Women are particularly prone to this condition. It is important for girls and young women to do activities that involve impact to develop healthy bones. Taekwon-Do offers an excellent venue to help prevent bone loss. It is known that impact activities help the bone to stay healthy. Specifically, airborne kicks and mid-air kicks upon landing, stamping kicks and basic stances all require weight-bearing.

COORDINATION

Coordination is an integral part of Taekwon-Do. Because of the challenges faced at the white belt level, it is the most difficult for a child or adult to accomplish. The coordination of transitional positions seems to be most challenging. This may be due to the necessity of crossing the mid-line, which is often difficult for a child younger than nine. Seven and eight year olds may be successful at crossing the mid-line, but are the exceptions. This skill is directly related to the physical maturation of the child. Children with learning problems may have difficulty with crossing the mid-line well into their teen years. The fact that Taekwon-Do requires this action (crossing the mid-line) may be helpful, because of repetition, for these children to overcome this challenging skill.

Every sport requires the practitioner to cross the mid-line at some point. A few examples of this would be the baseball/softball pitcher, soccer/hockey goalie, swimmer, or basketball player.

Coordination is timing. The coordination of breathe, technique and sine-wave to increase power works with many sports. Several examples of this are baseball (batting or throwing), tennis, volleyball, basketball etc. When forms are practiced a rhythm is developed. The breathe control that is developed during these exercises also directly affects playing a musical instrument and singing.

Coordination is needed for breaking wood/tiles also. The eye/hand or eye/foot coordination is an important aspect for making the breaks. The coordination aspect of Taekwon-Do can be directly related to success in other sports. Eye-hand coordination is important in such sports as baseball, tennis, polo, and badminton. Eye-foot coordination is needed in sports like soccer, football, rugby, and kickball.

This writer is of the belief that children should NOT break with their hands. Breaking puts a great deal of trauma on the young bones and growth plates of a child (middle school age and under).

There is an epidemic of adult injuries in children because of year round training instead of seasonal training where muscle groups and joints get a much needed rest. We as teachers need to be aware about what we expect of our students. In their enthusiasm, children often want to do more than their bodies are ready to do safely.

CONCLUSION

There are many benefits of learning Taekwon-Do. The physical skills give the practitioner options in case the need for self-defense arises. Continuing with the Art keeps the muscles in good working order. The discipline, courtesy, perseverance, and integrity learned will last a lifetime. To borrow a phrase "Everything I needed to know for life, I learned in Taekwon-Do"