

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Sereff World Camp 2006 will be held June 18 - June 23rd at Any questions, please email or call 303-466-4963. Space is running out.

A Black Belt Test will be conducted in Middleton WI on January 7, 2006. Those interested should contact their instructors. Instructors should contact Mr. Kevin McDaniel, KmcDaniel1@tds.net.

There will be a Gup Level Test in Skokie at National TaeKwon-Do December 13.

And in DesPlaines, the Dee Park Park District will be the site of another Gup Level Test on December 14.

Meanwhile, a Gup Level Test will be conducted by Mr. Jeremy Kempka on December 17 in Charlotte NC.

This issue marks the close of the 17th year of publication of The TKD Flash. From a local school newsletter to an Wisconsin Association monthly, The Flash has evolved to a U.S.T.F. Regional Newsletter and multi-State Association publication. Its goal remains bringing us together as brothers and sisters in the Art. We are grateful to our readers for their support and contributions.

The Association of Academies of Martial Arts has recently trimmed its membership by letting two multidisciplinary member schools go in the interest of refocusing on our commitment to traditional U.S.T.F. TaeKwon-Do. We have appreciated the support and prestige lent to us by Master Ben DeLeon, Coach of the U.S.A. JuJitsu Team, and Mr. Paul Metz of Manitowoc, a Kenpo practitioner. These gentlemen are true leaders in the martial arts community and our association with them has been a plus for us.

Six students participated in a gup level test at Lone Wolf on September 19. Congrats to Kellen and Cathy Stilwell, Kyle Aiello, Jessica Vanhaisma, and Kim and Megan Kuiper.

Don't forget! Master Earl Weiss will conduct a day-long course in sparring and patterns on Saturday, December 10 at Cadillac's National Guard Armory commencing at 9:00 a.m. Contact Steve Osborn, 231-775-2806 or sosborntkd@hotmail.com.

Why waste effort on a school newsletter if it's not a priority for you? Contribute to the Flash and your school news (and distribution) becomes our responsibility. Free P.R. for your school, your students! Show your students that they matter outside of your four walls, that your school is part of something big. Electronically distributed. And the price is right.

Reaction

Paul Bouchard, did a good job on the power slap. Another reason that the power slap and palm heel strike are a better tool, is you rarely sprain your wrist. My father taught boxing in the 50's and not only do they tape the hands but also the wrist. You don't have to tell your students to keep the wrist (forearm) in line with your hand when striking. When hitting the heavy bag with a fore fist, if you forearm is not straight with your hand it will hurt. Seen a tear in many a student who hit the heavy bag with a bent wrist.

--Churek Giotto

Lone Wolf TKD rane a Womens Self Defense Seminar at the Pine Grove Athletic Club on August 27; instructors were Mr. Jim Alger and Mr. Gary Purcell.

My father was a football coach and I was supposed to be his All-American linebacker, but since I was an only child, he decided to teach his girl about sports instead. I watched the NFL with my dad from the time I was four or five years old. My father...tells a story that when I was three or so he said to my grandmother, "I'm going to take her to an Almond High football game. I'll pick her up at three o'clock." My grandmother said that I asked every hour on the hour, "Is it

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three o'clock yet?" Finally, she showed me that when the hand is on twelve and the hand is on three, that's three o'clock. So I think you could say, football probably taught me how to tell time.

I took up figure skating...I was exactly the wrong body type for figure skating: size 8 feet, with, as my trainer said, "5' 10" legs," and I wasn't built very close to the ground....

I got into competition at the regional level, and I was never very successful, I'm sad to say. But I always really looked forward to it... I particularly enjoyed the testing... I really wanted to win.

-- Former Provost of Stanford University, current Secretary of State of the United States, and Future N.F.L. Commissioner Dr. Condoleeza Rice

Region 5's loss. Mrs. Kathy Clifford moved to Colorado, where Mr. VH was pleased to see her recently at the Class B Instructor Seminar taught by Master Mike Winegar. Their gain!

On September 24 a kids' safety awareness seminar was conducted at the Pine Grove Athletic Club by instructors at Lone Wolf TaeKwon-Do.

A women's self-defense seminar was held October 15 at Big Rapids Dept. of Public Safety. Sponsored by Liberty TaeKwon-Do,.

From the Michigan TaeKwon-Do Fall Newsletter:

Michigan TKD is organizing a State-wide community service project that will be of great importance. Some time ago, monies were collected through fund raising activities and 100% donated to Rotary International for the WheelChair Foundation. The money raised enabled 15 people to gain mobility for the first time in their lives through brand new wheelchairs.

Though physically challenged people in the United States have wheelchairs available to them, many in other countries do not, because of the lack of money to pay for them. The first club-wide community service activity was a big success.

Now the second community service project is being organized. This will involve raising money (to be donated to Rotary International) for the Clean Water Project. Many people in other countries do not have access to clean, fresh water, and get sick or even die due to polluted water. For \$50, a brand new water filter (bio-sand filter) can be delivered to a home providing clean and healthy water for a lifetime.

The goal is for each club within our State to raise money that is then 100% donated to Rotary International for the water filters. This will satisfy the requirement for community service activity for rank advancement.

On November 7, Marquette TaeKwon-Do held an adult gup level testing. Congratulations are in order for Andrew Riutta, 7th gup, Brandon Lyons, 8th gup, Cody Dhondt, 9th gup. Not to be outdone by their elders, the young folks tested on November 28th. Congratulations to Max Spiessl, Roland Mota, Amanda St. Germain, Daniela Seong, Ben Anthony, Gabe Appleton, Tyler Garrow, Lacy Dhondt, Ryan Spitz, Bradley Goodreau, and Kristean Jackson, on their promotions.

Some Thoughts on Courtesy: A Letter to School Faculty

By F.M. Van Hecke

For years I have maintained that the most important of the TaeKwon-Do Tenets is Courtesy, that Courtesy is not only the precondition of learning but the "backbone" of distinctly human character even in its most primitive forms. It's first in line among the Tenets because it ought to be.

What we confront every day in our schools are students who desperately need structure in life. While I do not believe this to be a singularly "corrupt age" in every single sense, our prosperity and technical wizardry have lessened the need for chores and astute time-management in many households.

Some few students come to us extraordinarily structured in their homes, but without the additional liberation

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of the spirit which can be derived from expertise in athletics and the attendant physical self-confidence.

But most come to us as children for whom there is little real discipline, little knowledge of etiquette, and a relatively underdeveloped sense of “place” in the world. Their human interaction is often less than their daily hours with the “one-eyed monster,” television.

In many of their households you find love, even what their parents may stretch to believe is “selfless love,” but the modern expression of love is often accommodation, and parents are now under societal pressure to forgive everything, allow everything, provide everything lest they “crush” children by non-recognition of their “individuality.”

I am aware that the “self-fulfillment” gurus (Tony Robbins, etc.) have now invaded the martial arts “industry,” that it’s thought to be a big deal to be a “martial arts millionaire.” I’ve seen schools whose curricula are, to my mind, designed to turn out self-absorbed brats. Congratulations to them on achieving their goals. They succeed.

However, it is incumbent upon a true school of TaeKwon-Do to do more than teach the mechanics of TaeKwon-Do.

I recently attended a seminar at U.S.T.F. national headquarters taught by Master

Mike Winegar. While we spent the better part of two days on patterns and airborne kicking technique, I found that to be only the tip of the iceberg.

Master Winegar spent considerable time on the philosophy of instruction. “With respect to what’s truly TaeKwon-Do, technique,” he said, “is secondary to courtesy.”

I gave a symposium in Sheboygan years ago on the moral culture of TaeKwon-Do. I realize that I myself have in many ways failed to be a good teacher, living up to what I preach, but that doesn’t excuse my future conduct, and it does not provide an excuse for any teacher of the Art.

I’ve come to the conclusion we’ve got to do better.

Participation in ceremonial events, like saying the Student’s Oath, causes the student to realize there is a fellowship oriented to his same goals.

I have been amazed that our students ask “informally, Sir?” when I ask them to begin class. I have pointed out, again and again, that the assumption, the default, is always to go through complete opening and closing ceremonies for every class. It is only the teacher’s prerogative, not that of the senior student, to allow or even suggest an informal opening or closing of class, and that should take place only a small proportion of the time, typically when class has gone longer than expected or we are

otherwise pressed for time. Despite my talking about it, it persists, which means as a faculty we are not presenting a uniform face. Let’s do so.

The courtesy of addressing teachers as “Sir” or “Ma’am” has significance not just in terms of the relationship, but actually causes a change in the student himself, a recognition of the value in another.

I know we all want to be “buddies” to our students, and they all want to be “buddies” to each other, but a huge part of friendship is respect, and we have to grow better people through our efforts. We have to teach, largely by example, that respect can be exported to all fellow humans, not just our own crowd, by internalizing the habit of courtesy.

And we internalize by starting on the external.

What external habits would I like us to adopt that have historically been a part of TaeKwon-Do but have atrophied due to ignorance or neglect?

When the student puts on his uniform, it represents more than a gym suit. Because it is a uniform, it says that he is part of something, that he has a place. Studies have repeatedly shown that public school uniforms tend to cut down on cliquishness and the flaunting of wealth, lessen conflict and even influence behavior for the better. That is why, as a general rule, the workout in street clothes should be very rare.

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Black Belt Candidates can get in practice being referred to as “Mister,” “Miss,” etc. When a student neglects a proper form of address he should be reprimanded. Reprimands should generally not be in public (sometimes immediate public reprimand is the only effective way to do it). But reprimands should be absolutely clear and the student led to a definite understanding of the expected behavior.

Take time to speak with students who are the shy type, those less comfortable in a crowd. Express interest in them and their activities and they’ll feel better about themselves and their studies with us. It is very important to do this with children and teens and newcomers--they need the support.

We must acknowledge seniority within our ranks. The following rules generally do not include the Instructor in class, include the Instructor when not in class:

1) When students sit, they should await the seating of their senior before plunking down. Thus, if I have one Black Stripe in a class, I should not see a single Green-belted tail on the carpet before the Black Stripe sits. This rule is strictly observed in the Orient, but it doesn’t really slow them down much; you can sit a mere tenth of a second after your senior and you’ve followed the rule.

2) When students rise from a sitting position, the

senior rises first.

Here are some other classroom rules:

1) To enter the workout floor and the dojang, catch the permission of the senior Black Belt. The student is not expected to distinguish between Black Belts of the same rank.

2) To leave the workout floor or dojang, the student should obtain permission from the senior Black Belt. This is more liberal in practice because the senior may not be as readily available.

3) Students should acknowledge any correction by a senior with thanks.

4) Students should bow appropriately to a senior. Remember that 15 degrees is a Korean bow. One should come to attention before a bow. The person of lower rank initiates the bow, the senior responds and completes his bow, and then the person of lower rank is permitted to resume upright position.

5) Students should stand at attention when asking a question.

6) Students should generally not initiate conversation during a class. They can raise hands if seeking attention. If recognized by the instructor, the student should come to attention, bow, and then ask permission to state the question or make the observation. “Sir, may I ask a question?” “Ma’am, may I make a comment?” They should continue at attention until permitted to return to position by the instructor, and

should never sit back down if they were sitting before they came to attention without permission. Instructors should develop the habit of scanning the environment for students “stuck” in attention position to give permission to go about their business, re-seat themselves, etc., and should as a matter of routine say, “You may return to position (or be seated)” on completion of an answer to a question.

There are out-of-classroom rules as well. When coming upon a senior in the Art in public from the rank of First Dan and up, the student or other Black Belts should bow.

In Denver, I was asked to dinner by a group of Black Belts from Louisiana, North Carolina, Alaska, and Michigan. They arrived at the restaurant before me, but had people “on the doors” for my arrival, stood when I entered the room, did not seat themselves until I had seated myself, did not commence eating or drinking until I did, and did not leave the table without permission, waited until I rose before rising, etc. In drinking toasts they deliberately kept the lip of their glasses lower than the lip of mine. It’s important to note that nobody seemed to think much of this and it appeared as natural as breathing air to them. We should keep this kind of courtesy in mind when Black Belts from out of town visit.

It is very important to set an example for our juniors. Starting now.