

# The T.K.D. Flash

## A Publication of the Association of Academies of Martial Arts

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The TKD Flash begins, with this issue, its 18th year of publication. Here is a chance to become a published author on TaeKwon-Do or related topics! If you want us to consider your students' essays or your own, submit a copy in any standard word processing format or "cut and paste" to an email's text and email it to us at the address above. About 50% of submitted articles get published including essays by children We reserve the right to edit.

### Tips on getting published in the Flash: Keep it pithy.

Longer articles can be serialized and published, but they must then be of unusual merit to be so considered. Shorter articles (3 pg. max) and commentary are more likely to be published. Do not merely recite the writing of others. Put forth an original idea or provide news of recent or upcoming events. Your students like to see their names in print. People like to know how your event(s) went. Folks also want to know what they can do/attend. And people are interested in ideas.

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.

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

In DesPlaines, the Dee Park Park District was the site of another Gup Level Test on December 14.

A Gup Level Test was conducted by Mr. Jeremy Kempka on December 17 in Charlotte NC.

A Gup Level Test will be held in Grafton on January 12.

February 18. Black Belt Test. Marquette TaeKwon-Do. Mic & Danielle Spiessl. Go, ladies, go! Maybe they thought they needed FOUR female Black Belts in their family getting to their Second Dans. That's gotta be some kind of record...

On December 10, 2005 Master Earl Weiss, VII Dan and Executive Committee Member of the United States Taekwon-Do Federation, traveled to Cadillac, Michigan to instruct a day-long sparring and patterns seminar. Dr. Steve Osborn, USTF Director for the state of Michigan hosted the instructional course that brought together black belt instructors and students from the upper and lower peninsulas of Michigan. Master Weiss began the seminar with sparring footwork and effective combination techniques. Following this was a detailed review of patterns Chon-Ji through Moon-Moo, Master Weiss sharing the distillate of years of training and study.

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](mailto:KmcDaniel1@tds.net).



Master Earl Weiss and Seminar Attendees December 10 at Cadillac Michigan

Big Dog had one person test to 1st degree Black Belt in Nov. His name is Tucker Gaegauf and he is 13 years old. We are extremely proud of him and he performed extremely well at his test.

--M. Armstrong

Black Belt Testing (tentative) in North Carolina in March of 2006. Instructors: contact Mr. Jeremy Kempka if you wish to participate. [amatkd@bellsouth.net](mailto:amatkd@bellsouth.net).

### **Ho Sin Sul Seminar**

(December 3, 2005) - USTF Wisconsin State Director Mr. Kevin McDaniel, V Dan, visited BPTKD and conducted a Ho Sin Sul (self defense) seminar. Twenty BPTKD students and two guests learned new ways to escape, throw, and break attackers - all while having a great time! Mr. McDaniel was ably assisted by Mr. Mbow, I Dan. After the

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seminar, BPTKD students preparing for the December 7 test got the chance to show off their patterns as well.

Attendance was terrific - only three BPTKD students missed the seminar! (Photo: Mr. McDaniel dumps Mr. Paar on his tail while demonstrating an escape.)



-Elisabeth Hunt

[Editor's Note: BPTKD is Bryant Park TaeKwon-Do, Elisabeth Hunt, Heach Honcho.]

The following have been named Assistant Instructors at Big Dog TaeKwon-Do:

Brian Augustyn  
Charlie Hoats  
Stacey Raygoza

The permanent faculty now at Big Dog include Mrs. Marianne Armstrong, and Mr. Jeff Smar, Second Dans, and Dr. Jeff Wilt and Mrs. Sharon Spungen, First Dans.

## REACTION

Thank you so much for your article on Courtesy. It really hits home in so many ways, more than I can write here, it

would clog the bandwidth. Sometimes I find that I spend more time on educating, molding, positive conditioning, and REMINDING more than being able to teach the Art that I so want to convey. The decorum that you described in the order in which students sit down is what I was taught and implemented fully in a Japanese style I used to study. Your article educated me further and deepened my understanding.

--Elizabeth J. Roshdy

Excellent thoughts on courtesy. Thank you for stating them to be pondered, and hopefully acted on.

--Paul Y. Irvin

Your "...Thoughts on Courtesy" are music to my ears. Too often I see students, both new and time tested, who are not familiar with proper etiquette in the do jang or choose not to abide by proper etiquette. These students need to be instructed in the way of proper behavior and manners. In my mind, common sense should dictate some of this behavior but unfortunately, even that is lacking in a number of students.

I feel this education of the students is often left to "on the job training": the students will pick it up through their own observations on the floor and in the presence of other senior ranks. However, rather than leave it to chance, I will make it a point to copy your Letter and give those copies to new students upon entering our

school. And who knows, maybe some of the upper ranks will learn a lesson in proper etiquette from the junior students.

--Paul W. Bouchard

[Editor's Note: "Reaction" is always welcome as to any article published in The Flash. Articles published in the past by Master Earl Weiss and others have resulted in letters and comment. Thoughtful responses are always encouraged. Your reaction may be made to fmvh@execpc.com and may be published.]

(December 7, 2005) - Twelve students tested December 7 at Bryant Park Taekwon Do for ranks ranging from 9th gup white belt to 4th gup blue belt.

Everyone did an outstanding job! Congratulations to Mr. Imran Ahmed, 8th gup; Mr. Denny Carlson, 5th gup; Mr. Bennett Christensen, 9th gup; Ms. Amanda Freiborg, 5th gup; Mr. Xavier Mansfield, 9th gup; Mr. Jakob McCabe-Johnston, 7th gup; Mr. Emmet Mross, 4th gup; Mr. Isaac Mross, 4th gup; Mr. Jothan Sargent, 6th gup; Mr. Kieran Schwartz, 7th gup; Mr. Levi Schwartzberg, 5th gup; and Ms. Ruby Tresch, 9th gup.



Isaac Mross makes sawdust.

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Congratulations to Craig and Tara Webb on the arrival of Kyle, born December 11, who doesn't quite yet fit the 000 size dobok.

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### The Practice of TaeKwon-Do and Islam

By Amirah AbuLughod

[Editor's Note: Miss AbuLughod did this essay as a part of her First Dan requirements and successfully passed her test before G.M. Charles E. Sereff on July 16, 2005. She is a treasured student at the Academy of Martial Arts in Grafton WI. The teacher may find this essay of great value in understanding students adhering to the Muslim faith.]

A Muslim who is wishing to learn the art of taekwon-do has some unique responsibilities that come along during the learning process. These responsibilities are almost all related to the actual learning and studying of the art, but some also include matters outside of the do-jang.

The most obvious of these responsibilities on the woman's part is covering while in public. A Muslim woman is required to dress in loose fitting clothing that covers everything except her face and hands.

The traditional taekwon-do uniform covers most of these requirements except for the head covering, which can easily be worn while learning and practicing the art just as it is during every other part of a Muslim woman's day

spent outside her home or in the company of non-blood related men.

A Muslim man also has dress requirements. He wears loose fitting clothing covering him from navel to knee. These obligations are not as obvious as the woman's because there is much less contrast between current styles for men in this country and their Islamic requirements. Wearing the traditional taekwon-do uniform generously meets these requirements for the men. The responsibility of a Muslim to cover modestly is easily taken care of and shouldn't be seen as an obstacle for a Muslim man or woman who is wishing to learn the art of taekwon-do.

Along with dressing modestly, Muslims also conduct themselves in a modest way. In the religion, Islam, people of opposite genders do not make physical contact with one another, even casually, such as shaking hands or hugging, unless they are blood related.

While learning taekwon-do there are many instances when students have to make contact whether it be during sparring, self-defense moves, or teaching. One of the main purposes of taekwon-do is learning to guard oneself from an attacker. The best way to learn how to protect oneself is to practice defending against an opponent's attack. When teaching these concepts to Muslim students they can be paired with another student or teacher of their own gender.

If this is impossible

there is an alternative if the student is comfortable with the following way of looking at it. In Islam everything is based on a person's intention. When a person studies a martial art it is to learn to protect themselves so when learning and having to be partnered with the opposite gender and making physical contact, the *intent* is to learn how to protect oneself which makes the situation permissible. This is in effect for both men and women.

Another responsibility of all healthy, adult Muslims is to fast Ramadan, the ninth month of the lunar calendar. Children are encouraged but not required to complete the daily fast. The fast is from all food and drink from pre-dawn until the sun has completely set. A Muslim would not consider her or his own fast complete unless she or he has kept their temper in check (Self-control), been kind to all (Courtesy) even when tired, hungry and thirsty (Indomitable Spirit), and not given in to the temptation of satisfying the natural need for just a sip of water even when no one else would ever know (Integrity).

The month of Ramadan moves forward about eleven days each year on the

Gregorian calendar. This means the hours of fasting will continue into a student's class period during the years when Ramadan falls between March and October assuming classes begin after 5:00pm (Central Standard Time). If a Muslim student

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chooses to attend these classes during this month they will not have had food or drink since before dawn (Perseverance).

While on the topic of food and drink, it should be mentioned that Muslims have other dietary restrictions. These matters come up outside of the do-jang rather than during class time, but are issues concerning the obligatory functions (post-test meetings, banquets, etc.) of being part of an organization.

Muslims only eat meats and meat byproducts that are zabeha, meaning that the animal has been slaughtered according to Islamic guidelines. Since it is rare to find zabeha meat on a menu, practicing Muslims generally choose vegetarian meals when eating out.

Also, Muslims don't drink alcohol and avoid functions that include it. If alcohol will be served at a function that Muslims are expected to attend, they can meet both their responsibilities to their faith and to their do-jang if they are seated at a table apart from the members who do choose to drink alcohol. There are different schools of thought on the details of these subjects, but in general most practicing Muslims follow these teachings.

The objective of this paper is to help students and teachers of the art of taekwon-do to be aware of the unique responsibilities that a Muslim has.

As my family has studied the art we have

researched and considered carefully each of these "obstacles" (attire, physical contact, fasting and gatherings, etc.) as they have come up. We have come to the conclusion that practicing the religion of Islam and practicing the art of taekwon-do goes hand-in-hand as shown in the example above relating the tenants of taekwon-do to the Ramadan fast.

### From a Letter to a School Owner on First Dan Tests After Disagreement (1990)

Dear \_\_\_\_\_:  
[I know you think my refusal to include certain elements in your proposed format is too "soft" an approach.] (M)y (hopefully) final thoughts on this: I do not, despite [your] assertions to the contrary, think it is inappropriate to stress the organism, to provide candidates a taxing experience, to make them "ache the next day", to make it a test they won't forget and can look back at with pride, etc. Certainly, in comparison to all other tests the student will ever take, this should be "over the top". However, we must bring some wisdom to the table. The idea of having a test last six hours, making people puke by forceable multiple repetitions of technique, humiliating a student before his parents or family, or permitting one student to make the other look bad (the "invidious comparison" which the naif inevitably makes) has a negative effect upon lay

peoples' view of your school, invites injury, and rends the fabric of courtesy and respect that is the very foundation of TaeKwon-Do. My philosophy of testing is that safety always comes first. Putting that aside, the test is not merely an ordeal from which to assimilate negatives. It is also a controlled learning experience in the survival of which there is pride for both student and teacher. It is an opportunity to display what the discipline can do, and thus honors the Art, and where the teacher can lead, and thus honors the teacher. But the test is really for the student, not for the teacher. The student has dedicated years to his study, and this is the student's chance to show his/her accomplishment. To rob this opportunity from the student because the teacher wishes a comparison to his own personal magnificence (see how macho I am? see how much I had to go through years ago? See what I have the power to impose? see how much better a teacher I am than others?) strikes me as callow. I don't denigrate standards--indeed, I'm there to make sure they're met--but I don't lose track of my role, either. I am a mere prop on the stage of the student's life; the sooner I accept that, the closer I come to reality. The universe on testing day will not revolve around the Board, the Corner, or any person in the dojang other than the candidate. That's the way it should be.