

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Upcoming Black Belt Tests:

The Region 5 Regional Black Belt Test for 2006 will be held on September 16. Master Earl Weiss will preside. Instructors, contact Mr. VH fmvh@execpc.com for more details. Students, your contact should be with your instructor.



These four Spiessl ladies, all having achieved Second Dan, may get their kicks from TaeKwon-Do, but there are those little Spiessls who may be sneaking up on them. (Look dead center.)

Big Dog TKD is proud to have been nominated for the 2006 Small Business of the Year through the Grand Rapids Chamber of Commerce.

Another Word on Etiquette at the Request of Mr. McX

By F.M. Van Hecke

The bar of everyday etiquette has fallen in business and in schools. Why? And to what good?

If my high school physics instructor is “Ralph” rather than “Mr. Jefferson,” if the lady at the counter greets you with, “Yeah?” instead of “May I help you, Sir?” what’s the big deal?

The answer is that this trend does no good.

Etiquette does not exist for the benefit of its object, “Mr. Jefferson” in the first example, the putative customer in the second. It really exists for the benefit of the physics student, the counterperson, and society.

The student needs an attitude to succeed that he is, after all, a student, and did not spring from his mother’s womb with an understanding of differential calculus. His mind must appreciate that it must accept knowledge and the means of its acquisition from others. Otherwise he impedes his own learning process. He benefits, then, from adopting the “mind-set” that there is material to be learned, and, in the context of the classroom, from that teacher.

The counterperson benefits because she places herself in an ideal position. She is more likely to achieve a sale by treating the customer with respect and making

inquiry as to the interests of the customer. She places herself in a better relation to her goals.

In the more polite exchanges there is a recognition of the humanity, importance and dignity of the person addressed (even if Mr. Jefferson is a geek and the customer is dressed in clashing plaids). And that recognition is more likely to elicit a similar response from the teacher or the customer, to recognize and appreciate that being a student is a burden and being a counterperson an honorable undertaking.

Thus all four in this exchange benefit but, more importantly, they have taken a step toward developing a habit of doing so.

The entire society benefits when these persons develop the appropriate habit and, by example, elevate all of society to a similar understanding of the worth of every individual.

So what’s the reason for this little essay?

Look at the last email you sent to a fellow martial artist. Did it begin with appropriate salutation (“Dear Mr. Jones”), end appropriately (“Thanks so much for your help.”), and use polite language (“Please let me know if”) ? Or does it contain vulgar language (“They just p*** me off”) or just a bunch of demands (“Do...,” not, “Please do...”)?

Something to think about.

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Students: Become a published author in the martial arts! The Flash will consider for publication any article, short or long, submitted via email to fmvh@execpc.com.

Big Dog will march in the Cascade Township 4th of July parade.

On March 24 Mr. VH was "visiting instructor" for a class at the Academy of Martial Arts & Fitness, Charlotte NC.

Instructors: Consider submitting your students' essays to The Flash. Or would a little publicity be detrimental to your dojang?

16 people participated in a gup level test on December 10 at American Martial Arts Center in Middleton.

Owners: If you're running a social event, a tournament, a camp, a seminar, let The Flash help you publicize it. Just submit the information to fmvh@execpc.com. We'll make sure the word spreads.

On March 11 six of Mr. Kevin McDaniel's students tested for gup ranks in Madison and did an outstanding job. What would you expect?

Big Dog TKD gave a demonstration on March 25 at the Forest Hills Fine Arts Center to support the Ada Business Association.

A.M.A.C.-Middleton is holding Movie Night on April 28th. Pizza, martial arts games, \$15.00. Contact Mr. Kevin McDaniel KmcDaniel1@tds.net

A Black Belt Testing was held on March 25 at Mr. Jeremy Kempka's Academy of Martial Arts & Fitness. Presiding were Dr. Tony Henderson, U.S.T.F. State Director for West Virginia and Headmaster of the Bluefield Academy of Martial Arts, and Mr. F.M. Van Hecke, President of the Association of Academies of Martial Arts and Region 5 U.S.T.F. Director. The Corner was Mr. Anthony Yodice of Charlotte. Miss **Alex Smith** of Bluefield and Mssrs. **James Metzger** and **Miles Duncan** of Charlotte tested for their First Dans, and Mssrs. **Mike Harper** and **Mike Tucci**, and Mesdames **Angela Woppman** and **Kristen Hosey** tested for their Second Dan. All those testing were successful. Congratulations to new Black Belts Alex Smith, James Metzger and Miles Duncan and to Second Dans Mike Harper, Mike Tucci, Angela Woppman, and Kristen Hosey.

Big Dog Taekwon-Do is hosting a "Grand-Er Opening" celebrating its move to a much larger facility to accommodate student growth. The event will be held April 26 from 2pm to 6. Snacks, raffles, demonstrations, and giveaways! The new location is at 6504 28th Street, Suite L, Grand Rapids MI 49546.



From left in civvies: Mr. VH, Mr. Jeremy Kempka. From left, back row, in uniform: Dr. Tony Henderson, 4th Dan, Miss Kristen Hosey, 2d Dan, Mr. Mike Tucci, 2d Dan, Mr. Mike Harper, 2d Dan, Mr. Jim Metzger, 1st Dan. From left, front row, in uniform: Miss Alex Smith, 1st Dan, Ms. Angela Woppman, 2d Dan, and Mr. Miles "Best Test" Duncan, 1st Dan.

A color belt test will be held at Big Dog June 10.

On April 24 a Gup level test will be held at Grafton.

Mr. Peter Spitz, Second Dan, has taken a leave of absence from his faculty position at the Academy of Martial Arts, Grafton. The following poem was badly composed but equally badly read by Mr. vh in Mr. Spitz's honor at his Temporary (Hopefully) Farewell Dinner:

It takes a heap of teachin' for to
make a dojang home,
The kind of folks and lively blokes
whose loyalties don't roam,

When we opened up and trained
those gups since 1984
We never thought that what we'd
bought would lead to years much
more

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Of men and women growing in and
moving on the Art
And making true our hopes for you
and for successors chart

The path for growth to combat sloth
and make our students tough
And follow well the General's spell
to deal with life's spots rough

So now we look to those who've
served with gratitude and say
You've helped these kids and so one
bids you best luck on your way

Now thanks to Larry, Peter, Gregg,
those who have helped us out
To lead the way and make us stay a
force that's just about

Making better human lives and
spread TaeKwon-Do's creed
That people working in discipline
can meet the school's great's need

For a gallant group, our valiant
troop, of faculty first rank
Reliable too, examples to the folks
who you should thank

Thank you Gregg and Peter and all
who've gone before
You've been so much and done so
much it could not be much more

We owe as they say and can't repay
your gift to all of us
So an anchovy pizza and a small gift
or two is hardly enough fuss

To recognize the greatest prize given
through the days
Your leadership and brains and heart
and all your giving ways.

[After his reading Mr. vh was
startled by the fact that one

faculty member appeared
moved to tears and inquired as
to whether she was so moved
because she would miss Mr.
Spitz. She replied, "No, it's
because I used to love
poetry."]



Mr. James Metzger, First Dan,
demonstrates two target twin
front snap kick. Jeepers!

A wealthy old lady
decides to go on a safari in
Africa, taking her faithful aged
poodle named Cuddles along
for company.

One day the poodle
starts chasing butterflies and
before long, Cuddles discovers
that he's lost. Wandering
about, he notices a leopard
heading rapidly in his direction
with the intention of having
lunch.

The old poodle thinks,
"Oh, oh! I'm in deep doo-doo
now!" Noticing some bones
on the ground close by, he
immediately settles down to
chew on the bones with his
back to the approaching cat.
Just as the leopard is about
to leap the old poodle exclaims
loudly, "Boy, that was one
delicious leopard! I wonder if
there are any more around
here?"

Hearing this, the young

leopard halts his attack in mid-
strike, a look of terror comes
over him and he slinks away
into the trees. "Whew!," says
the leopard, "That was close!
That old poodle nearly had
me!"

Meanwhile, a monkey
who had been watching the
whole scene from a nearby
tree, figures he can put this
knowledge to good use and
trade it for protection from the
leopard. So off he goes, but
the old poodle sees him
heading after the leopard with
great speed, and figures that
something must be up. The
monkey soon catches up with
the leopard, spills the beans
and strikes a deal for himself
with the leopard.

The young leopard is
furious at being made a fool of
and says, "Here, monkey, hop
on my back and see what's
going to happen to that
conniving canine!"

Now, the old poodle
sees the leopard coming with
the monkey on his back
and thinks, "What am I going
to do now?", but instead of
running, the dog sits down with
his back to his attackers,
pretending he hasn't seen
them yet, and just when they
get close enough to hear, the
old poodle says: "Where's that
damn monkey? I sent him off
an hour ago to bring me
another leopard!"

**[Moral of this
story...Don't mess with old
farts...age and treachery will
always overcome youth and
skill!]**

--submitted by Master Earl Weiss

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Benjamin Brudnak, son of Mark and Stephanie, demonstrates why guys like Mr. Jim Metzger (previous page) should worry.

On Completion of North Carolina's Best Test Ever

By F.M. Van Hecke

This was a phenomenal day, something that you should be grateful for for the rest of your lives. Express your gratitude, when we are done here, to those who supported your efforts, whether your parents, a spouse, a friend, and don't forget to thank Dr. Henderson, Mr. Kempka and your other teachers for their years of devotion to your development. We know one thing for certain--they didn't do it for the money.

In the midst of all this fun and celebration, however, I'd like to point out something that perhaps we often don't think about, a little different outlook.

Some of you have put up with a lot to get here,

whether it's pushups you didn't want to do, the discipline of learning your patterns, perhaps in some cases the effort to come to class when there are other things you wanted to do.

The truth is, life is full of pain. Look at the animals and you see the joys of their lives, but you also see hunger, sickness, and fear. In fact, you can never have all you want, at least on this earth, because from the moment you are born you begin your journey towards eventual death. Remember the old slogan, "You can have it all!"? Well, the fact is, you can't. Not on this earth. No one ever has.

As humans we have the capacity of developing other special tools so we can live with these harsh facts, spiritual kinds of controls that can put these limits on life and on our appetites and desires in perspective. This is the insight of the Buddha, not that I have a particularly religious point to make so much as a point about our lives on earth and how to be happy here.

What the Buddha said was that we had to strip away our attachments to our desires and the things of the world, to appreciate and be joyful in our essence, the still Oneness that is at the core of all our beings, what the Koreans call "Ilyo."

Now that's a pretty deep line of thought, and I take a little different perspective, but the fact is that your greatest joys in life will be with the simplest things. The very fact of your lives and the lives of

others are worth more than all the private jets, fancy yachts, and expensive pleasures money can buy. The sunrise in the morning is more glorious than any beautiful painting you can find in a museum. The beating of the human heart is an astounding gift.

The way you get to this appreciation and joy in simplicity is over a path, a road, and the road is the road of persistent self-control. We must adopt and live a set of values that elevates the important things to more central places in our lives, and place the unimportant things where they belong, on the side of the road where they do not impede our paths to happiness.

This isn't easy. The Will is like a muscle. You have to exercise it every day for it to become strong. When offered a candy bar, sometimes you should just say, "No," not because it's not good for you or you don't want it, but just to exercise the muscle of self-discipline, of denial.

If you develop that muscle and focus your energies, you can put aside the fact of loss, the reality of imperfection, the impact of desire, the dissatisfaction of merely being human, limited or subject to forces often beyond our control. You can forge not only your own character but even change your own esthetic and your own desires.

And through the discipline of building your character you can find out who you, deep inside, are, and be one with yourself.