

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Get ready for the A.A.M.A. Fall Classic! October 7, Neenah WI. Promoter, Dr. John Butitta, 4th Dan. This is always a good one! Mark your calendars. Contact docjob2001@tds.net.

A combined Black Belt and gup level test was held at A.M.A. Grafton on August 12. **Miss Katie Hallanger** and **Mr. Tony Mattias** achieved their First Dan Black Belts. At the Corner were Dr. Mark Bruknak and Mr. Brian Nusslock, and presiding were Dr. Rick Bauman, Mrs. Mary Lubner, Mr. Luke Mattias, Mr. James Pals and Mr. VH. Present in support were Mr. Nic Brauer, Mr. Jordan Wagner, Mr. Aaron Prohuska, Mr. Harley Pals, and Mr. Roc Bauman, and many family and friends of those testing. A total of 13 gup level students tested, and outstanding performances were turned in by Ms. Rachel Liebelt, Ms. Jordan Watson, and Mr. Alec Liebelt on the advanced levels. At a dinner that evening the cake said, "Congratulations, Katie and Toney." And so it is.

On Saturday September 30, the A.A.M.A. will sponsor the 2006 North Carolina Annual TaeKwon-Do Tournament under the leadership of A.A.M.A. Vice-president Mr. Jeremy Kempka, 5th Dan. For any questions, contact Mr. Kempka at 704-494-0800 or e-mail amatkd@bellsouth.net and on the web at www.amatkd.com . Mr. Kempka's annual tournament draws on average from five states and features excellent competition in a safe environment.

What to do after Gup 8? See www.musecube.com/sigrid/

Congratulations to Marquette TaeKwon-Do. This U.S.T.F. club (from its inception) celebrates its 35th anniversary this month. Its staying power is a credit to its leadership down through the many years. Mr. VH has visited Marquette, and it is what a dojang ought to be. Its physical environs bespeak history, but, more importantly, this club truly is an assembly of decent and hardworking folks who care about each other and are passionate about the Art. A long and fervent round of applause, and our hopes for an even better future.

Michael Aaron Klassy was born 8/23 at 5:27pm. His length is 19 inches and he weighed 6 lbs. 12 oz. Congrats, mom & dad.



Miss Katie Hallanger, First Dan, gets airborne on Mr. Tony Mattias.

The Region 5 Regional Black Belt Test for 2006 will be held on September 16 in DesPlaines, IL. Master Earl Weiss will preside.

You are cordially invited to attend a Ho Sin Sul course taught by a highly skilled and competent instructor, Mr. Frank Hannon. Mr. Hannon, a sixth degree black belt, is authorized by the United States Taekwon-Do Federation to teach ho sin sul leading to level 1 certification.

The course will cover ho sin sul fundamentals, such as: breakfalls, throws, sweeps, wrist locks, chokes, and arm bars.

Mr. Hannon is the Kansas State Director and also has black belts in Judo and Jujitsu. He has an extensive military background.

DATE: Saturday November 4, 2006

LOCATION: Cadillac, Michigan, Mackinaw Trail Middle School

COST: \$65

USTF headquarters

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promotes a higher quality level of its members by requiring student participation in specialized courses offered through the federation. As courses become available within Region 5 greater attention is given to whether students have participated in these courses when allowing students to test for their next rank. To reserve your place at this seminar, to receive specific direction to the venue, and to receive lodging information please contact Steve Osborn at: sosborntkd@hotmail.com 231-7756517 (work) 231-7752806 (home) 231-7756587 (fax)

--Steve Osborn, IV Dan

Students and Instructors of the American Martial Arts Center, Middleton, under the leadership of Mr. Kevin McDaniel, marched in the Middleton Good Neighbor Festival Parade on Sunday August 27.



Miss Jordan Watson demonstrates the awesome leaping power of her pigtailed while Mr. Hasan AbuLughod observes in awe.

Being a Good Leader!

By: Anthony M. Mattias

Being a good leader is very important in TaeKwon-Do. I have been a senior student in my TaeKwon-Do school for several years. This school is dedicated to teaching people with special needs. This has given me lots of experience with being a leader in a TKD class.

First, in being a good leader you must have good communication with the students. When speaking with a junior student you must use a different tone of voice with each student due to their different personalities. Doing this you will be able to encourage each student to work hard and do their best.

Second, you must gain the trust and respect of the class. If a student is scared or does not want to participate in class, it will be easier to get him/her into class if you have gained their trust. You can gain their trust by telling them that class is going to be fun and good for them. Then, you should continue to work with them and make sure that they are learning and having fun. If your instructor asks you to stand next to a student who is having trouble doing a technique or focusing in class, you should help them by telling them how to do better and showing them what to do so they can follow you.

When you are a senior student in a class, you are often asked to teach a student or a group of students. When teaching, it is important to treat

each student as an individual and make the student feel important. Every way of teaching is not good for everyone. If the student learns better one way teach them that way instead of yelling at them because they don't learn as well the other way. When instructing make the student feel good about themselves by complementing them. Point out how they have improved from when they started learning the technique or pattern. This is very important in Mr. Mattias's special needs classes. Students with various special needs each learn better when taught in a certain way.

Another important thing to remember when you are teaching your junior students is to keep their attention.

You must speak in a loud, firm voice when instructing. If the student can't hear you then how can they do what you tell them to do? Next, you must keep the class energized. If the class starts not to care about what they're doing, you could do a loud kihap or a good kick to show them what they should look like when they are ready to test. Then, you should change your voice during instruction. This will keep everybody focused on their moves. You can also change the tone of your kihap. This will also keep everyone focused on their moves. This is a big part of instructing special needs kids. Another important part is to have fun while teaching. This is important to do so the kids will enjoy doing TaeKwon-Do and learn to defend themselves at the same time. If I didn't have fun doing

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TaeKwon-Do I would get bored teaching it. You must always be aware when your students are losing focus. If the teacher is not aware when a student is staring into space, the student will fall behind and will not make any progress with TaeKwon-Do knowledge or skills.

Many times, a senior student will have the responsibility of running exercises and warm-up drills for the class. When doing this, it is important to Keep fluent movement during drills and exercises. If you don't keep things moving or pause in class the students could get tight, lazy or tired.

The final big thing to remember in being a good leader is Setting a good example. The first thing you must do when setting a good example is to always do your very best techniques while you are at the front of the line. The senior students must always put their best effort into their performance in class. Juniors must always be able to look to their seniors for guidance on how to behave, and execute their techniques. If there is a new student and he/she sees you doing techniques poorly then they will follow their seniors' example and do their techniques poorly as well.

As you can see, there are many ways to be a good leader in a TaeKwon-Do class. A good leader should: communicate well with his juniors, gain their trust and respect; treat each student as an individual, keep their attention and have fun while teaching;

keep exercises moving, and set a good example with good behavior, effort, and execution of technique. That is how to be a good leader!

[Editor's note: Mr. Mattias is a dedicated leader at the Special Needs Academy of Martial Arts. This paper was in partial fulfillment of his First Dan requirements.]



Jeepers, by Yumpin' Yiminy!
Mr. Hasan AbuLughod strikes unearthly terror in the hearts of his dwarvish enemies!

The Tenets of Taekwon Do and Their Influence On Our Daily Lives

By Tom Martin

[Editor's note: This article is in two parts and will be continued in the October TKD Flash. Mr. Martin wrote this article in partial fulfillment of his First Dan requirements.]

The way in which we

relate and interact with others determines what kind of civilization we create. A strong moral code that treats others fairly allows for peaceful and prosperous development. It fosters a strong military and gives its society greater ability to withstand external threats. A weak moral code allows the strong to prey upon the weak, creates a chaotic environment, and leads to a corrupt society that cannot stand the test of time.

The Code of Hammurabi, the Talmud, the Koran, and the Bible are some of western civilization's bases for codes of behavior. In the East, Chinese and Indian cultures developed codes of behavior modeled on Buddhism, Confucianism, and Taoism.

Some of the earliest Korean codes of behavior came from the Hwarng youth groups in the early 7th century, whose code of *Loyalty, Trust, Courage, and Justice* were adopted by General Choi and form the basis of modern day Taekwon Do tenets.

A martial art without a set of guiding principals is no better than street fighting or the WWF. One learns power and strength while developing martial arts. With the power of the art there should also come the wisdom of how to use that power. The Tenets developed by General Choi and applied to our daily development of the art helps to ensure that TKD is being used for peaceful purposes and is not being misused.

A refined moral character in a group of individuals allows for the

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peaceful coexistence of its people and prepares them for the many hardships they face in their daily lives. Life is hard. Strong moral guidelines ensure that when facing hardship, we have the inner strength to carry on and prosper.

The tenets of courtesy, integrity, and self-control govern our relations with fellow human beings. Perseverance and indomitable spirit strengthen each individual's inner resolve to handle life's hardships.

The tenets that govern relationships with fellow students and teachers in TaeKwon-Do allow for a fair, just, and peaceful place for the student to grow. The tenets that strengthen our inner resolve serve as a moral wellspring of inspiration as we struggle to learn our art. For a student to have success in Taekwon Do, he needs to focus on physical, intellectual, and moral development.

Humans learn by example. Jesus used allegories to illustrate how we should live our daily lives. In American culture, the positive moral character of famous Americans such as Washington and Lincoln are illustrated by stories and held up as examples of how we should live our daily lives. Korean history has historical figures dedicated in each of our forms that are allegorical examples of how to conduct our affairs and daily lives. These stories are meant to enlighten, inspire, and motivate us to bigger and better things.

Sadly, our current culture does not give us many role models to hold up as examples of how to live our lives. How do our children learn morality and inspiration in a

culture of excess? In a culture where daily examples of "the ends justifies the means" define morality? How do young people develop a set of moral codes when they see the likes of Barry Bonds, Martha Stewart, and Rush Limbaugh, people in our society who are famous; cheat, steal, and lie to get to the "top" of their professions? If our society gets any enlightenment from these figures, it is most likely the "wrong" kind.

Where can we look for enlightenment and inspiration? Where can we get a "moral compass" to guide us and our children throughout our lives? One of the ways that I have seen in the last 6 years of my life is through my study of Taekwon Do.

I started my studies of Taekwon Do six years ago in an effort to help my 5 year old son Connor learn some of the basic physical aspects of the art. Since then, I have come to realize that Taekwon Do has had a profound effect on my life in both a physical and spiritual way.

The workouts help relieve the physical stress of everyday life, but it is each personal interaction with my teachers and fellow students that is refreshing to the spirit. These interactions provide inspiration in my daily life. The positive effect that each member has on me is evident both in class and outside the Dojang.

Our instructors and fellow students strive to live by the tenets of Taekwon Do in all aspects of their lives. They do this for personal growth, for the benefit of those whom they teach, and because it is the correct way to act in society. As a consequence, our community at the Academy of Martial Arts is a mutually supportive, caring and a fun place to develop our

art. These very admirable traits practiced on a daily basis by members of our Taekwon Do community are a stark contrast to a society largely lacking the elements of basic courtesy, integrity, and self-control.

While positive role models are hard to find in general society, they are not hard to find in our community. Seeing fellow students and instructors display particular tenets serves as an inspiration for me on a daily basis. As with any allegorical example, there are fellow students & instructors who I've seen demonstrate a particular tenet that greatly inspire me in my art.

[This article will be continued in the October [TKD Flash](#)]



From left, Corners Dr. Mark Brudnak and Mr. Brian Nusslock, Chodan Tony Mattias, Mrs. Mary Lubner, Chodan Katie Hallanger, Dr. Rick Bauman, Mssrs. James Pals, Luke Mattias, and VH. Mr. Mattias and Miss Hallanger successfully achieved First Dan at a test held on August 12.

Mr. VH observes this September his fortieth year in TaeKwon-Do, his forty-eighth in martial arts. The last forty have been the best. He is grateful to his instructors, his students and those whose loyal support have made this possible.