

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Mr. VH attended the Class A Instructor Course in Broomfield taught by Master Mike Winegar on November 11. Master Winegar's instruction was, as always, excellent.

Letter to a Teacher

Sir, I would once again like to express, but in writing this time, my gratitude for the "A" Instructor Course which you taught in Broomfield this last week end. This was a technically superb confirmation of much and a revelation of more than just technique. I was, frankly, "moved" by the friendliness and decency of those folks who gathered to learn and the humanity exhibited by our teacher.

One of my strongest convictions is that one must constantly train in humility by being a constant student. I tell my most senior students (and I have quite a few for a guy in the boondocks) "The day you think you know it all, think you can stop learning, and just dole it out from 'on high', is the day you begin to die as a teacher."

In being your student last week end, I had the opportunity, once again, to

learn from a superb teacher. I think, if I may be so bold, that I know where this comes from; you are a truly dedicated student and approach your subject matter with a drive for improvement, and that confirms my core belief that excellence has no relation to arrogance and everything to do with disciplined persistence and openness to learning.

This September I hit my fortieth anniversary in TaeKwon-Do. I know when I've been "stretched," improved. You did it again.

*Respectfully,
F.M. Van Hecke*

A Gup level test was held at Grafton on November 16. Presiding were Msrs. Mike Van Pietersom, Brian Nusslock, Hasan AbuLughod, Tom Martin, Jordan Wagner and Mrs. Mary Lubner and Miss Amirah AbuLughod. At the Corner were Gup One students of the A.M.A. A number of them were sworn to Black Belt Candidate status. 14 students tested.

This is HUGE news for our Region. The USTF Nationals will be held in Waunakee, WI (suburb of Madison) on July 20th and 21st of 2007! Based upon past years (the last one was in San Diego and Mr. VH and a number of competitors from Region 5 attended) this should be a great tournament -- the Big One-- and we are expecting a large number of gifted competitors from throughout the United States. This is your chance to compete with the best in the country. After competition there will be a picnic with magician, rides and activities for the kids, a relaxing atmosphere for the adults and

food for all diets. If you have any questions please feel free to give the Tournament Promoter, Mr. Kevin McDaniel, a call or drop him an e-mail (608) 831-5967 / kevin.mcdaniel@amac-tkd.com. **Be sure to set aside the dates and doublecheck your family vacation calendar now** to avoid conflicts (Weigh-ins the Thursday night before.) And, yes, this year their will be Gup level competition.

Congratulations to the following Grafton students on being designated Gup One Black Belt Candidates (Deacon): Rachel Liebelt, Nora Schauble, Artem Bordetskiy, Austin Schopbach, Casey Sennott, Keith, Mallory and Collin Madison.

Mr. Kevin McDaniel has been appointed Tournament Promoter for the 2007 U.S.T.F. Nationals; this is a significant and deserved honor.



"Take that!" she exclaimed.

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With this issue, the T.K.D. Flash brings to a close its 18th year of publication. At first nothing more than a letter to instructors in Wisconsin, it has grown to an Association newsletter and from there to the U.S.T.F. Region Five newsletter with a circulation in 20 states. And we still have ambitions. We owe our success to you, our readers and contributors. Thank you.

F.M. Van Hecke having passed his examinations was appointed a Class A U.S.T.F. Instructor on November 11.

Mr. Kevin McDaniel has announced the establishment of a website for purposes of conveying information about, and promoting, U.S.T.F. Nationals in 2007. The website will contain information concerning the tournament and application forms. Go to <http://www.ustf-region5.org/nationals.htm>

My Journey By Joseph LaJoy

[Editor's Note--Mr. LaJoy is one of the excellent and mature students of S.O.C.T.K.D., studying under Mr. Braxton Miller. He recently took his First Dan in a test in Crystal Lake, IL attended by the Editor. Subsequently we broke bread, and he spoke of his ambitions in TaeKwon-Do and his future. His is a forthright Christian perspective, one of many that can be taken on life but which to him is a truly driving force in his life. With respect to his references to training others in the uses of guns, Mr. VH can remark

that he's never seen anyone as comfortable with a firearm in his hands. As a dedicated police officer once said to the Editor, "It might as well be an egg-beater."]

Growing up in Chicago was not very easy for me. My parents got divorced when I was 3 and my father was really never around for us. So like most children do when their father is not around, we got into trouble; a lot of trouble for that matter. I was not like a lot of the other kids growing up.

School was not very much fun for me either. All I did was fight. I dropped out of school when I was 17 to go to work full time. I think I read 3 books the whole time I was in school, but I liked to read magazines about guns and hunting. I dreamed of war. I dreamed of joining the military and learning to kill. Being able to kill and not go to jail for it -- that is what I wanted to do.

But I had a problem,. My problem was that I had to be able to handle the training and there would be no turning back. Well, I have not been known as one to finish anything or for discipline, for that matter. So, needless to say, I never joined the military.

One day when I was 17 I saw a new sign going up in the strip mall cross the street from my house. The sign said KARATE. I was interested to know more about this new school that had just opened up but I didn't have the money to join, so all I did was go and look in the window and watch the class from outside. After a

few weeks of this, I thought, "Just go in and find out how much it would be to start taking class."

What I found out was that it was not a karate school but it was TaeKwon-Do and that the classes cost a lot of money for a 17 year old kid who only made about \$4.00 an hour. But after a couple more weeks I signed up for classes. It was good. My Instructor started teaching me the basics, and you know what? I was pretty good at it. I worked hard, and after about a year he asked me what I wanted to do with TaeKwon-Do. I told him that I wanted to teach it, so the next thing I know I was signing up for an Instructor course.



"And that!"

After a lot of training, I became a Conditional Black Belt. During this time of training, I learned a lot about myself, people and the world, and I did not like what I was seeing. So three weeks before I was to test for my Black Belt, I quit training in TaeKwon-Do. Because I never finished anything I didn't test. Two hours a day 3 - 4 days a week for 4 years and I just quit. However, I didn't stop training.

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I started training in a couple of different martial arts but I never finished any of them for one reason or another.

At the age of 22 I started training in knife and gun fighting. Oh, how I loved that! This was one of the first things that I started to do that I knew I would be able to finish and be good at and I am good at it. I became a Licensed Firearms Instructor and a Weapons Specialist. I trained over 500 people from military to police to the everyday person. I started to like myself more and more. But one thing I found out from this training was that I would never finish it. You see, what I found out was that the more I train and the more I learn, the more I found out that I need to keep training because there is always something more to learn, something more to discover about yourself, and something more to understand that you thought you already understood.

I have spent the last 15 years of my life training in the Art of Knife and Gun Fighting. I have learned a lot about myself and about the world. We live in a day and age that people do not respect each other, let alone themselves.

When I was a young person, I started to learn what it really meant to respect people. Even though I did not live it at the time, I knew what it meant. I knew what it meant because

of the Martial Arts training that I started and as I progressed and moved on to different types of training in different Arts that understanding also grew.



“And this!”

As of this writing I am 3 months away from my 38th birthday. I have accomplished much in my life. I have become a follower of the Lord

Jesus Christ. I am married to my best friend and my marriage is one of the best that I know of. I went back to school and I am currently working on getting my degree. I am an Ordained Minister and currently volunteer 30 – 50 hours a week in sharing the Truths about Jesus Christ, ministering to and counseling the men of my community. I teach the Bible, archery and firearms safety. I know that that sounds funny, but that is another discussion all by itself. The one thing that I have been longing to do, though, was to start my martial arts training again, but this time with a new

appreciation for it.

It has been 6 months since I started training again in TaeKwon-Do. I am not going to say that it has been easy or that it has been all fun, because it hasn't.

In fact, it has been down right hard at times. However, I know now that I will never finish training in TaeKwon-Do. TaeKwon-Do is a life long learning, just like the other Arts I am learning. If there were Degrees of Black Belts for gun fighting like in TaeKwon-Do, I would be a master. Not that I have learned everything there is to know about gun fighting, because one will never know everything there is about that Art, just as in TaeKwon-Do one will never know everything. A true Master will always keep learning and teaching – not only to improve himself, but also the people he comes in contact with.

Will I become a Master of TaeKwon-Do? No one will know for sure. However, I have started the journey. Not a journey to become a Master of TaeKwon-Do but the life long journey to understanding TaeKwon-Do, what it can do to make me a better person, and to make the people I come in contact with to be better people also.

It has been a long road these last 20 years, which started with TaeKwon-Do training, and now is back to TaeKwon-Do training. I would not say that I have come full circle because I have not,

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but I am a better person because of this journey that God has me on.

One day when I die I will stand in front of God and He will say to me "Well done, good and faithful servant". You see, the arts are not the way to enlightenment. Only Jesus is. It says in John 3:16-17 "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him".

It also states in John 14:6 "I am the way, and the truth, and the life. No one comes to the Father except through me". Jesus is Ultimate Truth and gives us our sense of right & justice. God is training me and He is using TaeKwon-Do as one of the tools to make me a better person; to instill discipline, to foster perseverance, to grow in self-control, to build character through humility, modesty, courage, indomitable spirit, and loyalty.

He lived these out as God on earth and He wants me to live them out too. TaeKwon-Do is one way in which He works to conform me to His image and my journey continues...

The Flash wishes all its subscribers a joyous holiday season.



"And these!"

Dear Editor:

Whenever I get the Flash, I look at the e-mail addresses of other recipients and they usually include only a few people. Why is this?

--Perplexed in Pittsburgh

Dear Perplexed:

The Flash is sent in batches ranging from 5 or 6 to 100. Our original policy was to provide e-mail addresses of fellow U.S.T.F. practitioners in your area to facilitate interaction among you but not to use addresses out of your area for security reasons. We are capable of masking all addresses for that reason if requested. However, the release will always take place on a single day, so nobody gets the Flash before you do by more than an hour. The reasons are that we get rejections where too many addresses are shown on a single mailing, it makes it easier to keep organized when we "batch" by region or other factors, and it's easier to track down "bad" addresses that way.

Dear Editor:

I haven't been receiving the Flash since I changed my e-mail address.

--Upset in Tacoma

Dear Upset:

Without your e-mail address, I can't e-mail it to you. Just submit your new address to fmvh@execpc.com.

Dear Editor:

My instructor does not put a copy of the Flash on our school bulletin board. I think other students would like to get this news. How do I convince him?

Willy from Watertown

Dear Willy:

First of all, it's not your business or my business to tell your instructor what to do. I'm sure he or she has plenty of things to worry about. You could print out the Flash at home and offer the printed copy to him or her for the bulletin board, thus making it easier, but it's entirely up to the instructor to choose whether to further crowd the bulletin board. It is generally thought to be a good thing to change bulletin board material regularly, but you don't get to make that choice for your instructor. And if you ask, please be polite!

Dear Editor:

How have you managed to keep this Flash publishing gig up for 18 years?

Curious in Canton

Dear Awed:

With the help of many contributors and the loyal support of our schools.