

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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USTF Nationals will be held in Waunakee, WI on July 20th and 21st of 2007! Based upon past years 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! The Sunday after competition their 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 there will be Gup level competition.

Go to <http://www.ustf-region5.org/nationals.htm> for more news and applications for competition.



Proud students and instructors in Minneapolis display their certificates earned at a recent test at Bryant Park TaeKwon-Do. In the background are Ms. Elisabeth Hunt and Mr. Jukka Ahola, who helped make it happen.

On December 13 fifteen students at Bryant Park TaeKwon-Do, under the leadership of Ms. Elisabeth Hunt successfully tested for ranks from 9th gup white belt to 2nd gup red belt. All turned in amazing performances, including some excellent breaking by the blue belts. Highlights included Ms. Bakalov being promoted from 10th gup white belt to 8th gup yellow belt, thanks to her outstanding performance, and Ms. Hunt being able - for the first time ever - to promote students to 2nd gup red belt. Congratulations to new: 9th gups Mariah Carlson, Mitchell Hockenberry, Travis Moriah, Nathan Naidu, Asha Sanweyne; 8th gup Emilie Bakalov; 7th gups Bennett Christensen, Elliott Iverson, Xavier Mansfield, Ruby Tresch; 5th gup Kieran Schwartz; 3rd gups Amanda Freiborg, Christiam Narvaez; and 2nd gups Isaac Mross, Andrea Narvaez.

[Editor's note: It takes a little creative editing to get Ms. Hunt to take credit for anything!]

A gup level test will be held at the Academy of Martial Arts & Fitness in Charlotte on February 24.

On March 24 Mr. Jeremy Kempka will host the **Academy of Martial Arts Spring Tournament** in NC.

From the WI U.S.T.F. State Director :

As you may know already Region 5 will be hosting USTF Nationals in Waunakee, WI July 20th, 21st and 22nd, 2007! See the website at: www.ustf-region5.org/Nationals

My students and I are working hard to get ready for Nationals. We are working out on the 1st Sunday of the month from 2 p.m. to 5 p.m., we spar for 2 hours and then do patterns against each other for the remaining hour. You are invited to join us if your interested in training for Nationals or if you just want to spar or do forms! This is open to all Black Belts and Colored Belts (with your instructor's permission and you must have your parents with you if you are a minor).

Mailings going out soon w/ posters and sign-up sheets to all Region 5 members for Nationals. Also, don't forget our yearly USTF maintenance drive is due to start after the first of the year. Happy Holidays to everyone!

Hope to see you on January 7th for our next Nationals workout!

*~ Tae Kwon ~
Kevin McDaniel, V Dan*

On March 25 a Black Belt test will be held at Charlotte NC.

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Coming up: **Tournament action** on February 24 at **Cadillac TaeKwon-Do**. Hosted by Dr. Steve Osborn.



Miss Ruby Tresch demonstrates good form on turning kick.

And at Marquette TaeKwon-Do in the U.P., a **Black Belt Test** will be held on March 3. Instructors interested in participating contact Chuck Giotto, U.P. State Director, cgiotto@chartermi.net



At a recent Black Belt workout in NC, Black Belt students of Mr. Kempka learned preparation for a tackle and a fight on the ground.

[Editor's Note: The following article was submitted by Miss Hill to her instructor, Mr. Kevin McDaniel, as a component of her requirements for First Dan. Mr. McDaniel called it to my attention as a worthy statement, from the perspective of a thirteen year old practitioner, of the value of our Art. We are pleased to publish it and wish Miss Hill the best of luck on her upcoming First Dan on test January 17.]

TaeKwon-Do Has Enhanced My Life

By Katie Hill

Taekwon-Do has made my life so much better in so many ways both mentally and physically.

While learning the art of TaeKwon-Do, I have gained tons of self-confidence. I have the knowledge that I can defend myself mentally and physically. I can speak and act with assertiveness without second guessing myself. I can also talk much louder so I can be heard in large groups of people.

My memory has been enhanced in different ways, too. Having practiced so much, I know the space needed for attacking, defending and throwing people. This isn't just useful for sparring and step sparring. If I were attacked on the street, I would know how close I would need to get to defend myself against the attacker. It is essential to memorize spacing for it could be deadly to take the time to measure how far away the attacker is in a serious fight.

Memorizing the steps

for patterns, step sparring, and Ho Sin Sul has helped my muscle memory, too. Ho Sin Sul has shown me how joints work in relation to other joints. This is a good thing to know if I ever wanted to go into the field of medicine for a career. Also, quickly knowing what combinations of blocks and counters go with what attacks helps me to think quicker in life.

I have learned a lot about the history of Korea, the different people and groups from Korea and their philosophies and codes to live by, from the USTF Testing Syllabus.

Taekwon-Do helps me a lot when it comes to strategy. I have to strategize how the person I am sparring or fighting would react to each counter or attack that I execute. I also have to strategize how to keep myself safe in life by staying in groups, not picking fights or egging someone on, and parking the car near other cars in a parking lot. In sparring I must also use strategy to block in the right manner and score points. In step sparring I have to determine the most logical steps and know what will work and not work with different techniques if I were in a real fight.

Physically, I have learned a lot from TaeKwon-Do. I have learned much about Sine Wave and about the theory of power. I have to incorporate Sine Wave with punches, kicks and blocks to get the right amount of power needed to efficiently execute these techniques. I also have had to train my quick twitch

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muscles to think fast on the spot. This also helps me react in everyday life scenarios. If a cup were falling off the table, I could react quicker to catch it before it fell.

Through Taekwon-Do training I have gained a lot of flexibility. By stretching first and then doing a lot of high kicks, my flexibility has increased. This helps me in everyday life. When I need to bend down to get something, I have the flexibility that I need. I am also less likely to pull or injure a muscle when exercising. Having good flexibility lets you kick higher and with more power at the height of that kick. It gives me a great advantage when I can kick an opponent's head during a sparring match or in a self-defense situation.

A big side effect of Taekwon-Do is a major increase in my strength. I have built up muscle tone for slow or consecutive kicking and have developed strong muscles for powerful movements. This strength can help me when I need to lift heavy objects, push heavy furniture and carry heavy things. Because I am stronger, my techniques are more efficient. It is better to hit an attacker hard than give that person a wimpy wet sock kick.

Speed is needed with strength in order to be effective in a street fight. If someone throws a kick or a punch at me, then I have to think quickly and react quickly with strength and accuracy.

I have been fortunate to have learned The Tenets of Taekwon-Do, which are a list

of characteristics that are important in life. Courtesy is being polite to and respecting each other. Integrity is doing what is right and being honest. Perseverance is to keep going no matter what. Self control is doing the right thing even if you don't want to. And lastly, indomitable spirit which is persevering when others say you can't do it.

Taekwon-Do and its tenets have taught me that I can be a strong person and stand up for what I know is right and for what I believe in and that I can do whatever I want to do in life with confidence. Taekwon-Do has shown me how to be a strong person and to believe in myself.

Everything that I have experienced in Taekwon-Do has enhanced my life in all ways physically and mentally.



Amanda Freiborg mashes wood.

The Importance and Use of a Ki-hap

by Casem AbuLughod

Students of any martial art might be greeted by a non-practicing friend upon exiting

their dojang with a "hii-yah" amid stylized movements of the arms. "Hii-yah" and other such utterances are the film industry's interpretation of one of the lesser appreciated weapons in a martial artist's arsenal, their voice. In the art of Tae Kwon Do, this yell is best known as the Ki-hap.

The Ki-hap is the vocalized exhalation of air from a martial artist's lungs as they perform a technique.

According to the Student Manual of the Academy of Martial Arts, to perform a proper Ki-hap the martial artist expels all the air in their lungs by "quickly tightening the muscles in the diaphragm." As this air is leaving the body through the throat, the artist vocalizes the exhalation. The breathing out empties the lungs, contracting the abdominal muscles, hardening the body in preparation to hit or be hit, the vocalization toughens the mind in preparation to hit or be hit.

When performing a Ki-hap it is important that it is delivered from the diaphragm and not the throat. The Ki-hap will sound fairly pathetic if only delivered from the throat. Any power that a Ki-hap produces comes from the deep exhalation of the lungs using the diaphragm. A Ki-hap delivered only from the throat will stress out the vocal chords, causing loss of voice and a sore throat.

When a beginning student in Tae Kwon Do learns their first techniques, they are taught how to Ki-hap at the same time. For someone who has never practiced a martial art before, the Ki-hap adds power

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to the practitioner's technique since it helps the student understand the breathing and body mechanics behind the force their muscles are emitting. For example, when someone is first learning how to punch, there will be some feebleness behind their technique, as the muscles are not yet used to the motion the student is forcing them to perform. With a Ki-hap, the audible expression of force being emitted, the student makes the connection between their arm movement and their yell. A Ki-hap, or any other type of yell, is an extremely primal expression of power. As such, the beginning student may feel embarrassed by the noise coming out of their mouth. As they grow further along in the art and in their abilities concerning correct technique, their Ki-hap will mature as well, becoming an expression of confidence and concentration and not just a yelp.

The hardening of the mind while performing a Ki-hap mentioned earlier can be explained thus: a yell evokes a sense of fear in the primeval bits left in the human brain. When a person hears a concentrated shout, the lower functions of their brain suddenly become aware of something they should fear and the hearer is startled into their early "fight or flight" instincts. To frighten one's opponent is one of the purposes of the Ki-hap that every beginning Tae Kwon Do student will readily recite when asked why they yell. A sign of a good Ki-hap in an actual

fight is when it surprises the person who makes the yell and wakes up their "fight" instinct, whilst the aggressor starts to feel their own "flight" instinct. In essence, a good Ki-hap will scare the fight out of an opponent.

To better understand the use of a Ki-hap, one can look to arts outside of the martial. For example, in theater, the other art that this writer practices, it is essential that the actor bring attention to themselves onstage using the power of their voice. There are several elements to the use of voice, such as projection, enunciation, and the evoking of emotion.

Projection of the voice allows an actor to make themselves heard in the furthest corners of the theater that they are occupying. Like an actor, a practitioner of Tae Kwon Do should make themselves heard in the furthest corners of their dojang with their Ki-hap. To do this, the student must practice their Ki-hap, with an emphasis on volume, trying to make their Ki-hap as loud as possible.

Enunciation, speaking words in a controlled manner that is understandable to one's audience, is important to an actor, since it is through words that they communicate many ideas. Enunciation should be important to the martial artist, since a Ki-hap that is sounded with control signals a fighter who is in control of all aspects of their art. The only way to develop a controlled Ki-hap is also through much practice. By listening to their own voice while doing a Ki-hap, a student will learn the best way to shape

their vocal chords and mouths. Over time, a controlled sound will be issued on every occasion the student finds themselves delivering a Ki-hap.

The evocation of emotion is one of the actor's greatest tools on stage. With it they can show an audience what to feel. The delivery of an actor's lines with the right emotion can bring waves of tears or gales of laughter to an audience. Evocation of emotion is also one of the toughest things to master eloquently on stage. To the martial artist, a Ki-hap that signals confidence uses that same type of evocation, the artist is signaling to their opponent that they are ready for anything. The best way to evoke a feeling of confidence is to already feel confident in one's abilities in the art. Since using a Ki-hap is intended to build confidence, every time a student delivers a Ki-hap they will be building upon that image of confidence produced by every previous Ki-hap. So again, practice makes perfect.

A few words on training students how to Ki-hap: practice, practice, practice. Have beginning students Ki-hap on every technique that they can, so they will become comfortable with their own voice and the power behind it. While warming up, have the students Ki-hap on every punch. Children enjoy being loud and having them practice their Ki-haps helps to keep their minds on task. Adults will learn to appreciate the stress reducing qualities of a good Ki-hap. Yelling does a body good.