

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Set aside Saturday, July 26, for the Midwest Chang-Han Invitational Tournament at Elgin Illinois. The Tournament Promoter is Master Dan Valin, who can be contacted for further information at matkd@prodigy.net.

On May 3 and 4, 2008, **Grand Master Mike Winegar** taught a United States Taekwondo Federation Level "C" Instructor Certification Course in Cadillac, Michigan. Hosted by Cadillac Taekwon-Do and Dr. Steve Osborn, Michigan State U.S.T.F. Director, the course drew participants from throughout the Region. A number of Gup level students participated for a portion of the course. Several "B" and one "A" certified Instructors participated to review and update their knowledge. But the overwhelming number were there not only for the excellent instruction but also to take the exam. Results are pending, but the outcomes should reflect the enthusiasm generated by an intense two-days of the very best in Taekwon-Do.

A gup level testing was held at the Academy of Martial Arts in Grafton on May 8. A total of 9 students tested before a panel consisting of Dr. Rick Bauman, Fifth Dan, Mrs. Mary Lubner, Fourth Dan, Mr. Paul Hebein, Third Dan, Ms. Amirah AbuLughod, Second Dan, Mr. Harley Pals, First Dan, Mr. Zeki AbuLughod, First Dan, and Mr. Artem Bordetskiy, First Dan. At the Corner were Ms. Christen Langlois and Mr. Rick Flood. Achieving Gup 3 were Emmie Mandel and Rohan Mathew, and testing successfully for Gup 5



From left, Third Dan B. Hilija Spiessl, Third Dan Heidi Spiessl, Second Dan Danielle Spiessl (mom), Second Dan Michaela Spiessl, and First Dan Maureen Spiessl.

were Matthew Thur and Chrissy Luick. Congratulations also are in order for the following who tested to Yellow Stripe Gup 9: Matt and Jack Faase, Tristan Catterall, Logan O'Brien, and Selena Vanderhorst.

Keeping it in the Family: Marquette Taekwon-Do's Spiessls

Your humble editor believes in family participation in Taekwon-Do. Why not? Mom calls you, looking for classes for her eleven-year-old. She runs him to soccer, runs him to school, does the laundry, the cooking, the cleaning, often works a full-time job on the side. I try it out: "Why don't you study, too, we have a family discount? When's

the last time you did something for yourself? You have to drive your child anyway, and drive back!" I get every excuse in the book: she says she's too old, not used to athletics. I say I've got a student who's 83, we're 50% female in my school, you can help your son or daughter by setting an example, etc.

I can't imagine such a conversation with Danielle Spiessl. She "walks the walk." And heads up, at least with respect to Taekwon-Do, an amazing group of active practitioners, her own family.

There's mom, Danielle, a Second Dan. Barbara Hilija, "Hilli," is a Third Dan as is her sister Heidi. Michaela, or "Mic," is a Second Dan, and Maureen, "Mo," is First Dan. But that doesn't end it. Max, 13, will be testing for his Red Stripe shortly, and Anya, age 7, is a Yellow Stripe.

It all started with Mic. She wanted to be a Power Ranger, and Taekwon-Do was a natural. Danielle, pregnant with Max, got interested, and, shortly after Max made his earthly debut, Danielle, Heidi and Hilli followed in Max's footsteps at Marquette Taekwon-Do, one of the oldest continuous true Taekwon-Do dojangs in the U.S.

Your Humble Editor can attest to the quality Taekwon-Do. Heidi and Hilli are "world class" in many respects and now teach on the faculty at Marquette. But what is perhaps more important is the foundation the Spiessls have laid for life outside of a dobok.

Heidi, Hilli and Mic are all college students at Northern Michigan U. Heidi has written a couple of books, is a political science major and aspires to be a lawyer. Hilli studies business. Mic is in pre-med. Mo is a high school sophomore. All the kids except Hilli and Max play the piano-- Hilli dances and Max plays the flute.

The Spiessl parents seem not to have read the squishy-soft literature on how modern parents are supposed to raise kids. When one of the kids wants something, he or she gets to work in Dad's milk-hauling and produce business and earns the money. And Mic and Hilli referee ice hockey and

are accomplished enough to be paid for it. College tuition, braces, dance lessons, clothes-- they all earn it and pay for it one their own. This quaint philosophy has led to some pretty remarkable people, a literate, ambitious and intellectually active group with a last name and a family bond in common.

Danielle likes everything about Taekwon-Do. She points with particularity to the importance of seminars, getting together with others to pursue improvement, and sharing information with others through teaching.

"Walk the walk, anyone?"

BLACK BELT TESTS COMING UP

A Black Belt Test and a Seminar will be conducted at **Big Dog Taekwon-Do** in Grand Rapids MI on June 14. Master F.M. Van Hecke will preside, teach, and tell elephant jokes at dinner.

Mrs. Jacqueline Karpinsky will host a Black Belt test in Sheboygan Falls WI on September 13. Several schools will participate. Interested Instructors should contact Mrs. Karpinsky at threecatsrule@yahoo.com.

Teaching Martial Arts to the Three Basic Types of Learners

By Master Earl Weiss

Since people learn in three basic ways, when teaching a group you will need to adjust your teaching style to suit all people in the group.

Please note, that while I assert there are three types of learners, by no means does this imply that any person is solely dependent upon learning exclusively by one method. People may learn primarily by one method, yet have the process facilitated by using other methods as well.

The three basic types of learners are visual, auditory, and tactile.

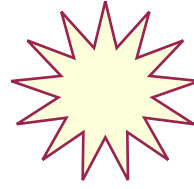
Visual learners will understand something when they can see it demonstrated. Adept visual learners are some of the easiest people to teach because they seemingly can get their body to copy motions demonstrated for them without going through any conscious thought process.

Certain cautions need to be followed when teaching the visual learner. The demonstration must be accurate. If the demonstration is one way, and the verbal explanation attempts to resolve any flaws, the assimilation of the demonstration may override any corrections which are noted in an explanation. Mirror image demonstrations may need to be employed so they will be easier for the student to see and copy.

The auditory learner must hear and understand an explanation which their brain processes in order for the body to execute the motion. In order to teach the auditory learner, instructions must be precise. Students must understand all terminology used before the instruction can be given. Due to the nature of the martial arts, terms used often do not have intuitive every day meanings. (Tell the average willing person who knows nothing of the martial arts to do a "Turning Kick" and they will either look at you dumbfounded or wind up doing something totally unlike how General Choi defined the term.)

Care must also be taken to insure the auditory learner understands the message conveyed. Most instructors have stories where a student has misinterpreted the concept being taught. This presents a learning opportunity for the instructor so that the language can be refined or explained in several different ways to facilitate understanding. Since people process concepts differently, it is often a necessary teaching paradigm to explain things in a couple of different ways.

The visual and auditory teaching can often be done simultaneously by simply demonstrating while explaining. This also helps clear up any confusion concerning how terms are defined when the definition is being shown to them.



May 14, 2008 test for West Marquette County TaeKwon-Do. Front row Eva Wisuri and Trent Sweeney, Youth High White Belts; second row, Amanda Wisuri, Levi Wisuri, and Jessica Wisuri, all 9th Gups. Back row: Sara Wisuri & Brooke Wisuri, 9th Gups, Emily Wisuri, 8th Gup, and Mr. Chuck Giotto.

May 21, 2008 test for West Marquette County TaeKwon-Do. Front row: Leah Wisuri & Hanna Wisuri, Youth High Yellow Belt, Andrew Kalbfersh, Youth Yellow Belt. Back row: Jonathon Tammelin and Justin Tammelin, 8th Gups, and Mr. Chuck Giotto.

May 26, 2008 test for Marquette TaeKwon-Do. Front row: Hilija and Heidi Spiessl, instructors, Lacey Dhondt, 5th Gup. Back row: James Hegmegee 6th Gup, Nick Rintamaki, 9th Gup, Cody Dhondt, 4th Gup, Max Spiessl, 3rd Gup, and Cierra Kempainen, 2nd Gup, and Mr. Giotto.

When teaching a group, particularly so with younger students, no matter how you explain it or demonstrate it, there are some who seemingly "Just don't get it." These may very well be the tactile learners. For whatever reason, their brains do not efficiently process the visual or auditory messages. In some cases they may be processing the message, but for whatever reason, their brain is not communicating the message to their body. In some instances they

believe they are doing the motion properly. (This is often seen with kids who may be told “Straighten your arm” and they reply “It is straight.” Certainly it may be that they are just being kids. However, in some cases, their perception of reality is not the actuality.) You will need to move or position their bodies for them so that their brain can get the message with regard to what the proper motion or position feels like.

A simple example is the low outer forearm block. For the student who is having difficulty I stand behind them, tell them to relax and grab each of their wrists. I then their arms thru several repetitions from the intermediate position to the finishing position. I then ask that they perform the motion without me holding their wrists. I

have found this method to have a high success rate. At this point repetition is the key to building muscle memory. So, with a technique such as a low outer forearm block, once it can be done with the left and right side see how many variations you can implement, i.e. stationary, stepping forward, backward, side to side, with target paddles, etc.

So what do you do after trying all three teaching methods without success? Move on to something else and revisit the issue another day.

Sometimes, with time the light bulb just seems to go on.

In the next issue: article by Dr. Steve Osborn.

Grand Master Mike Winegar (seated) leads Region Five’s U.S.T.F. Instructor “C” Certification Course in Cadillac. Seated, Grand Master Mike Winegar. Behind, pictured (from left, first row) are Master Earl Weiss, Master F.M. Van Hecke, Master Braxton Miller, Mr. Kevin McDaniel, Dr. Rick Bauman, Mrs. Mary Lubner, Dr. Steve Osborn, and Mister Jim Alger. Pictured behind and too numerous to mention individually: 58 more studious and excellent practitioners of Taekwon-Do from Michigan, Illinois, Wisconsin, the U.P. and Minnesota.

