

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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**TOURNAMENT REPORT.** On April 13, the Wisconsin Chang-Hon Challenge drew 110 competitors from Wisconsin, Illinois, and Minnesota. The Tournament Promoter, Mr. Kevin McDaniel, remarked, "This was a great time. Somehow we managed to start right on time at noon, run through Patterns, free-sparring, team patterns, and sparring with foam weapons, and get it all done by six. I was really impressed by the officiating and the quality of competition." The Tournament was held at the Keva Sports Center in Middleton and was hosted by the American Martial Arts Center, and sanctioned by the U.S.T.F. and the A.A.M.A. A welcome addition this year were a number of Illinois schools under Master Dan Valin, whose students "fit like a glove" under the U.S.T.F. rules.

On May 3 and 4, 2008, **Grand Master Mike Winegar** will teach a "C" instructor course in Cadillac MI. Dr. Steve Osborn will host this event for our Region. This is simply not to be missed. Contact Dr. **Steve Osborn**, at Cadillac TaeKwon-Do, [sosborntkd@hotmail.com](mailto:sosborntkd@hotmail.com). Recommended highly by all "in the know."

In a joint program with KidSafe America, Inc., Master F.M. Van Hecke and Mr. Stanton Ruppel presented to groups of children ages four through eleven at the Grafton Academy of Martial Arts on April 15 and 17.



SahDan Lily Chang proves that she can walk on air at the Chang-Hon Challenge on April 13.

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](mailto:matkd@prodigy.net).



Caught for a moment in an informal pose after a multi-state Black Belt Workout hosted by Mr. Jeremy Kempka: Dr. Henderson, the Misses Hosey, Hauss, Cash, McDonald, and Mssrs. Poovey, Altamira, Cottman, Padgett, and Davy.



Eric Slater (airborne) and Rand Perez free spar at the Chang-Hon Challenge as Mr. Darby O'Connor officiates.

## Forms in a Box and Tape on the Floor

By Second Dan Caren Johnson

One of the most rewarding things that can happen after studying martial arts for years is to be able to go and share what you've learned with others. Teaching all or part of a class is something every student should be given the opportunity to do. Over the past couple of years, I've really enjoyed leading the occasional class when our instructors have needed some assistance. Teaching or as I like to say, leading a class comes with both advantages and some interesting challenges.

I used to believe that you should always come to class with a plan of what you want to have the students work on with you that day. However, realizing that we encourage anyone to learn a martial art, it can make your class very diverse at times. Also not knowing who or how many may show up for any particular class can make planning quite tricky. I now have a theory of getting a general idea or theme for a class and building from there once class has started. I'm sure many will disagree and say that you need a lesson plan, but this is what works best for me. To be a good leader, you need to know how to improvise and adapt to your situation.

One thing that should always be considered is class size. Coming from a school with a relatively small student number, the best thing about the amount and collection of students we have is that you can see them all at one time. This gives the person leading class the ability to know who is keeping up or who needs to be challenged. A good leader makes sure that they don't lose any of their followers. At the start of a class, when doing warm ups, is the best time to look at the class as a whole and make some decisions on how you'll work for that session. If you have a larger class, a good decision would be to take a small part of the time and break up into smaller groups, using the higher belts as your allies in learning. When there are less than a dozen or so students, it is much harder for them to get "lost in the shuffle".

Another challenge that can come into play during class is age and rank. Our classes are structured as “open” classes. This means that it is open to all age levels, children thru adults, and all ranks white thru black. The obvious challenge here is how to keep it fun for the kids to keep their interest, while still giving the adults and higher ranking students a challenging workout. One thing I like to do is have everyone do something they already know, in an entirely different way. Some years back I learned from my instructor about doing “forms in a box”. (Thank you, Mrs K) This is a great way to challenge anyone’s mind, and to the kids it seems kind of silly and keeps them interested. The idea is simple. First you take a form that everyone knows. Say Chon-ji for example. The goal is to do the form, while keeping your body in the same 3 x 3 foot (size depending on size of student) space. In order to do this, instead of stepping forward from movements 1 to 2, they are going to have to jump in place and switch feet. For the next 2 movements they will need to jump 180 to get to the other side again keeping their bodies in “their box”. For much younger children you may at first need to use tape on the floor for a visual “box”, but for the majority they can visualize an imaginary box on the floor and stay in it. This is a good challenge for children and adults as they have to think about the moves, rather than rely on what their body has memorized itself to do. I also have challenged students in class by have them try to do their forms backwards. Mixing things up a bit keeps the mind stimulated.

Playing a game at the end of class is also a great way for all the students to interact.



Phil Burkhardt invades the Land of the Giants, the Giant here being Ryan Love, armed only with his foam sword and intrepid character.

Sometimes parents are in classes with their children. They get to play together, what’s better than that! Take the last five minutes and let the class unwind and laugh by playing a game that involves some teamwork and fun. This gives everyone the opportunity to leave each class with a smile.

The biggest obstacle teachers and leaders run into is when you have to show a student something new and they just don’t get it. Realize that all kinds of people learn in different ways. There are different physical levels and intelligence levels as well as plain God given talent to consider. When I see a student struggling with a technique the first thing I ask is, “Do you know what this (technique) is for?” I’m beginning to not be so surprised by when they say “no”. Yes, they know that they are supposed to be blocking for example, but

#### Ready for the Chang-Han Challenge





blocking what or guarding what they are not always sure. Take a minute and explain the purpose of the technique while demonstrating it which may make it easier for them to visualize. Then use the appropriate attack against them having them do the block. This should stimulate the visual, auditory, and sensory parts of their learning and help the technique to sink in faster.

Also it helps to know your students. We have had on occasion students with some special needs. You need to teach them differently than the rest of the class, but most of all consistently. Finding the tool that will make them click can be frustrating, but once found you need to make sure everyone is using that same tool to help enforce their learning.



Mrs. Beverly Degroot and Dr. Chris Armstrong compete in patterns competition.

My favorite teaching tool has been tape on the floor. Using simple masking tape can make things so much clearer. I'm a visual learner so it makes all the sense to me and helps me as an instructor to explain better which hopefully helps the student learn the technique better as well. Take stances for example. Say there is a student that is always stepping short into their stance. Have them do the stance and stay there. Then go correct the stance telling what they need to fix. (Your front foot needs to point forward, your stance should be longer, etc.) Then put the tape on the floor around their feet, making "footprints". (With adults a simple tape line is usually sufficient) Have them start in ready stance with their rear foot near the rear foot print. Have them practice stepping into the stance landing in their footprint. After the first couple of times, make sure they are looking straight ahead while doing the exercise and correcting themselves if the stance is off. Doing this 20-25 times a side will help build muscle memory and also help the student to learn to self correct themselves.

Tape on the floor can also help in doing patterns. I recently spent some time with a fellow I Dan working on Ge-Baek on movements 33-34. On that turning kick, it states that your foot should move about a half a shoulder width to A. Reading this in the book just did not seem to sink in for him. Enter, tape on the floor. I said I want your foot to start here, and land here. Three tries later, he had it and continued to do it without the tape.

This leads me to the most rewarding part of leading a class. It has its advantages of giving you a new form of self confidence in what you know. I was excited for my colleague to accomplish something because of my simple suggestion. It will also challenge you in what you know. I've been wrong times in class and called on it. When that happens, you don't forget it. It is humbling and helpful to be challenged on what you know. Try to

always make each class be the best class you've ever taught. Be excited about what you are teaching and your students will be excited about learning it.

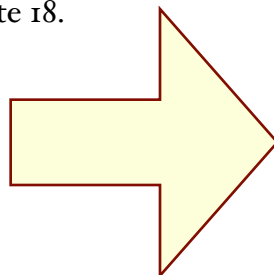
[Editor's Note: Mrs. Johnson is among the very capable faculty at the Academy of Martial Arts--Sheboygan.]



Upon completion of a test held for the youth class at Marquette TaeKwon-Do in Michigan on March 24:  
 Chloe Henning, Youth Yellow Belt, Front Row  
 Lily Henning, Youth Yellow Belt, Front Row  
 Noah Seppanen, Youth Yellow Belt, Front Row  
 Bella Ruesing, Youth Yellow Belt, Second Row  
 Grant Daignault, Youth Orange Belt, Second Row  
 Tyler TenEych, Youth Yellow Belt, Second Row  
 Back Row: Miss Heidi Spiessl, Third Dan, Instructor,  
 Mr. Chuck Giotto, Third Dan, Instructor, and U.S.T.F.'s U.P. State Director, and Miss B. Hiliya Spiessl, Third Dan, Instructor.

Gup level testings were held on March 24 and April 14 at Marquette TaeKwon-Do. Pictures of the testees and their Instructors are elsewhere on this page. Marquette is now in its new digs at 1500 West Washington Street, Suite 18.

To the right, Mr. Aric Broeking is one formidable martial artist, so sure of his capabilities that he wears a kilt when not in dobok.



And more Marquette TaeKwon-Do testees, this time from a test held on April 14 but not, apparently, worried about filing taxes:

Kenzie Henning, Youth High Orange Belt, Front  
 Cecilia Attwell, Youth High Orange Belt, Second Row  
 Ben Anthony, Youth Purple Belt, Second Row  
 Ryan Spitz, Youth High Green Belt, Second Row  
 Elissa Neaves, Youth High Yellow Belt, Second Row.  
 Back Row: the Usual Suspects.

