

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts  
The National Newsletter of the United States Taekwon-Do Federation

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Master Ricky Todd will host a U.S.T.F. Referee Certification Course on March 14 at Axe TKD.

The Maestas Team Challenge for 2009 will be held on March 21, 2009. Robert Martin is the Tournament Promoter. He may be contacted at [bmartin@maestastkd.com](mailto:bmartin@maestastkd.com) or 303-895-9741. Applications and information are available at [www.maestastkd.com](http://www.maestastkd.com). The event will be held at the Apex Rec Center in Arvada, CO. This is a unique "all-team" event. Be sure to attend.

On March 28 the Chang-Han Challenge will be held at American Martial Arts Center, Middleton WI. The Promoter is Mr. Kevin McDaniel. He can be contacted at [kevin.mcdaniel@ustf-region5.org](mailto:kevin.mcdaniel@ustf-region5.org).

Master Ricky Todd and Axe Taekwon-Do are sponsoring the Second Annual Axe Taekwon-Do Tournament at Bellevue, Nebraska, on May 9. Master Tom Cope is the Tournament Director.

A Black Belt test will be conducted in Casper, Wyoming on April 4.

Grand Master Mike Winegar will instruct a Class B U.S.T.F. Instructor Seminar on April 25 & 26. Contact Headquarters for details.

The Utah Cup Tournament will be held on May 30.

A Black Belt Test was conducted at the KEVA Sports Center, Madison, WI, on February 1. (Photo below, page 3.)



Master Kirk Steadman teaching Juniors: Miss Caitlyn Fitch and Miss Rebecca Rosenblum, Colorado, square off under the steady gaze of Center Ian Freire from Wyoming at the USTF Referee seminar held February 7. (Story below, page 2.)

On March 28 there will be a Black Belt Test at Sereff TaeKwon-Do.

The Concord School of Taekwon-Do, Concord, MA, will hold a Black Belt Test on May 31st.

The United States Taekwon-Do Federation's National Championships for 2009 will be held on June 26 through 28th in Kelso, WA. The Tournament Director is Washington State Director David Mason, who can be contacted at 360-601-7713. Check out tournament materials at [www.mountainview.cmasdirect.com](http://www.mountainview.cmasdirect.com)

The Utah State Championship Tournament will be held November 7.

A Class C U.S.T.F. Instructor Seminar was held on February 21 & 22 at Broomfield, CO, under the tutelage of Grand Master Mike Winegar.

The Region 5 Black Belt Regional Test for 2009 will be held on July 18 in Madison, WI. Master Renee Sereff will preside.

Sir:

*On February 7, 2009, Sereff Taekwon-Do hosted a USTF Referee course taught by Master Kirk Steadman. The 8 hour course was full of information and great experience for the participants.*

*We are excited to have two more women certify to the Class A status. USTF Nationals held in Washington State will be needing all the help they can get and it will be nice to have more women in those positions. We are proud of the Juniors that continue to surprise us by not only passing the tests but displaying great technique and presence in the ring. We hope to give these Juniors more experience and one way to accomplish that is to have inner school events and allow the Juniors to work all aspects of the tournament.*

*Master Renee Sereff*

Sereff Taekwon Do hosted their third Annual Invitational Tournament at the Broomfield gym. Invited were Grand Master Winegar's Juniors and Master Kent Hups Juniors to join Sereff Taekwon Do Juniors for a great day of Taekwon Do competition. Using the certified referees from the prospective schools worked well for training purposes. There were 59 competitors. Consider an event like the Sereff Invitational for Juniors only!

[Editor's Note: the following review was first published in the Flash for August of 2001 and is reprinted here for the benefit of our newly national readership.]



Connor Bach does a mean digutja makgi in front of Masters Kent Hups and Kirk Steadman and Grand Master Mike Winegar. Talk about playing to a tough crowd!

TaeKwon-Do & I, by Gen. Choi, Hong Hi (ITF): A Review by F.M. Van Hecke

The long-awaited autobiography of Gen. Choi, Hong Hi is here.

From a physical standpoint, the book is an English-language paperback in two volumes. The covers are a pleasure graphically, with a portrait of General Choi on the front and the patch of the 29th Infantry Division on the back. The typeface is easy to read and the paper substantial. The English, while not perfect, is expressive and compelling. It comes with a short collection of aphorisms, Moral Handbook, by the same author.

The book is truly the complete story of a man. Unlike the quasi-biographical materials in The Encyclopedia of TaeKwon-Do, which by and large reads like a catalog of the General's travels in



Pictured upon the completion of a Black Belt test conducted at Madison WI on February 1 are assistants and testees. Congratulations to new Second Dans Mr. Zeki AbuLughod and Mr. Grayson Lins, and new First Dans Mr. Ryan Love, Mr. Christopher Teng, and Mr. John Pellett.

promotion of the Art, we here get insight into the psychology of a complete human being. TaeKwon-Do alone is only an aspect of anyone's life, and this is very true here, where we see the family relationships in detail, as well as the interests of a patriot, a calligrapher, a collector of historical calligraphy, a go-master, a cook, an administrator, a prisoner, a family man and a soldier.

The TaeKwon-Do practitioner, of course, is interested in the history of his Art, and the book does not disappoint. They're all there: Nam, Tae Hi; Seong, Duc Son; Rhee, Ki Ha; Joon Rhee; Charles Sereff; Phap Lu; Han, Chak Hyo and many others. Even more interesting than the personalities, however, is the revelation of the author's zeal for TaeKwon-Do.

Despite every political obstacle at the command of the South Korean government, and a few attempts by the North Korean government to co-opt TaeKwon-Do for their own purposes, the General "soldiers on" in an unrelenting effort to keep the Art pure and true unto itself. Pressure to exclude non-Koreans from advancing in the Art cannot overcome his will to make TaeKwon-Do universal.

The General is outspoken. Where he has a bone to pick with U.S. foreign policy, he says so. Where he

believes a point of view is wrong-headed or selfish, he says so. Even when he is dealing with important benefactors he keeps his eye on the ball and does not permit flattery or money to influence his course.

Even the best autobiography published during an active life suffers from the underlying problem that a book must end at a point in time prior to resolution of all issues. One senses that there were chapters yet to be written even on the date of publication, such as the ultimate roles in I.T.F. to be taken by Rhee, Ki Ha, the promotion of Grandmasters in I.T.F., and the ultimate resolution of the question of *Juche* and its relationship to General Choi's view of traditional oriental moral culture as the ethical underpinnings of TaeKwon-Do.

All in all, this book is a worthwhile and sprightly "good read" and well worth the price.

Finally, the book of aphorisms is simply a collection of worthwhile, inspirational, or insightful statements by such philosophers as Lao Tzu, Gen. Sun Tsu, and others. It is precisely that, a collection without commentary other than a brief forward. However, for anyone unfamiliar with these writers, it can inform not only as to the contents of each saying,



but also as to the reverence in which the Confucian holds the texts of learned predecessors.

[Editor’s Note: The following essay was written by Maddie Mandel, a much-beloved Gup 1 student at the Academy of Martial Arts in Grafton, WI]

Living the Tenets  
by Maddie Mandel

The Tenets of TaeKwon Do have gone beyond the walls of the dojang into my life. I have applied them to what I do everyday; in school, with my friends and family, in uncomfortable situations, I have used the tenets. I’ve taken what I’ve learned from TaeKwon Do and incorporated it into my daily living. Here are a couple of examples of what I have done. I’ll give at least one example for each tenet, since each one is unique and has influenced my life in a different way.

Courtesy. My family jokes all the time that since courtesy is one of the tenets I should respect my parents. They may say this in jest, but it’s true because I think courtesy can go hand in hand with respect. I respect my parents. I respect their opinions and their decisions that influence my life. Even when I don’t agree with them I have the courtesy to listen and consider what they have

said. Furthermore I respect my sister. Even though she is younger than me, I listen when she has something to say to me. I take her opinion into consideration. If she has an issue with the way I’m treating her, I respect that and try to change what I am doing. Our family functions smoothly because we are courteous to one another.

Integrity. My interpretation of integrity is to stay above the petty things in life such as gossip and rumors, or remove myself from situations that have the potential to hurt me emotionally or physically. I have used integrity when I am with friends. They may be doing something completely stupid such as speeding on the road, but I make the decision to leave or speak up and do something that won’t come back to hurt me in the future. I don’t care if they laugh at me. It’s my life and even if they make fun of me for not giving into peer pressure, I have the integrity not to make a fool of myself or put myself in unnecessary danger.

Perseverance. In a nut shell perseverance is never giving up. I’ve used perseverance a lot when it comes to learning. My work may get a little tough or a lot tough. That doesn’t mean I give up, I just continue working. I’ll pay extra attention in class. When I get home I’ll continue to study



On the Left.  
Being taken for a ride:  
Mr. Tyrell Quinto falls to the tender mercies of Mr. Jake Hoskins at a February Gup Level Test held at the American Martial Arts Center in Madison WI.



And Quinto takes out his frustrations.

whatever I don't understand in my textbook. If I have a question, I'll get over my embarrassment to ask, and just ask it. That is perseverance: just doing it and succeeding no matter how much honest work it takes. I may look a little silly or not as smart as the person next to me, however, I'll do whatever it takes to learn the material. It may not be easy, but I will persevere and get done what needs to be done. Self-control. I think I use this tenet most when dealing with people in general. Once there was this girl who made it her sport to provoke me as much as possible. She would ridicule me and tease me, trying to get some type of reaction out of me. I would use self-control, though, and ignore most of her attempts. Of course she bothered me. She is one of those people who gets away with everything and comes out clean. She's sneaky. I knew that if I took her bait, I would be the one to take the fall. So instead I would take a deep breathe and walk away. She's not worth my attention anyway. Anyone who takes pleasure from intentionally causing drama (not the kind on stage) is not worth a second thought.

Indomitable Spirit. This is my favorite tenet. I think it combines all of the other tenets into one big finish. By using indomitable spirit, I try to never give

up. I try to never give into the little things that bother me. I don't give into peer pressure. I try to respect those with more wisdom than me and to listen to what they have to share. It may not be easy. I may disagree, but at least I have stopped and taken into consideration their advice. That's using self control and courtesy at the same time. To me, indomitable spirit is the hybrid of all the tenets. It takes the other four tenets and mixes and matches them creating something that is even better than what they were by themselves. That is why indomitable spirit is my favorite tenet of all.

In conclusion, through these examples I have shown how I have taken the values of TaeKwon Do from the dojang, to what I do every day. I have found that if I use the Tenets, my decisions become that much easier to make. The Tenets give order to my life. They help me stay the course and to never stop dreaming of what my future can hold.

*Sir: Can I get p.r. (publicity) for events at my school or sponsored by us in the Flash?*

*The Editor: Sure, and for free. Just send us an e-mail (see p. 1) with date, place, kind of event and contact information.*



*No, No, Miss Hoffman, we meant sine wave!!!*