

The T.K.D. Flash

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 The National Newsletter of the United States Taekwon-Do Federation

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Master Ricky Todd and Axe Taekwon-Do sponsored the **Second Annual Axe Taekwon-Do Tournament** at Bellevue, Nebraska, on May 9.

The Utah Cup Tournament was held on May 16.

A Black Belt test was held in Utah on May 30.

A Gup level test was held at American Martial Arts Center, Madison WI, on May 9.

The Concord School of TKD held a Black Belt test on May 31.

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

The United States Taekwon-Do Federation's **National Championships** for 2009 will be held on June 26 through 28th in Kelso, WA.

The Utah State Championship Tournament will be held November 7.

Congratulations to the following people who achieved Class B Instructor status at the most recent Class B Seminar by passing written examinations:
 Dale Burkhardt, Earl Weiss, Ricky Todd, William Dubbelt Jr., Pamela Neidig, Rober Riley, Mary Lubner, Heather Gemmell, James Sroykum, D. Curt Prewitt, Eric Gemmell, Elizabeth Graham, David



Just because you're Eighth Dans doesn't mean you don't check out your stances!

Grace, Clare Langmacher, Peter Rouse, Julie Farris, April Bowing, Susan Marx, Brandon Aitken, and David Cieplik.

Sir:

The Women's Black Belt Club of Maestas Taekwon-Do, Arvada CO, was honored and pleased to welcome Master Sereff to our class, what a treat for us all and such an inspiration. Master Sereff gives us hope that women can play a prominent role in TKD. She shows us what it means to persevere in a male dominated sport.

A counselor, a numbers geek, an IT wiz or an insurance nerd – we couldn't be more different, we

The Women's Black Belt Club (not a detective agency), L to R: Ms Plomondon I Dan, Ms Oehlert I Dan, Ms. Esbenson I Dan, Ms Moriarty II Dan, Master Sereff VIII Dan, Ms Buschkoetter II Dan, Ms Marx III Dan, Ms Langmacher III Dan, Ms Kribbs I Dan [Not Pictured: Ms Danielle Honas II Dan.] Inset: 'Over 35' WBBC with their 'Perseverance' Rank Shirts



come from different backgrounds, different cultures, we think differently, we act differently, yet we are all the same. A group of women brought together by a common bond – our black belts. We recognized there was a difference between what the women needed and what the men needed in regards to our art. We are much more social creatures and felt more need to support each other's growth in TKD and thus started the WBBC. We also saw a need to support each other as instructors and what it means to be a female instructor.

From a group of four to now an active team of eight, we are the Women's Black Belt Club of Maestas TaeKwon-Do, the WBBC, and we are here to stay! We were organized by Ms Susan Marx, III Dan. She's strong - strong minded, strong willed, physically strong and out of the do-jang no one is going to tell her what

to do or how to do it (but I dare someone to try!). Ms Marx is the epitome of "I am Woman, Hear me Roar."

The WBBC is not your cup-of-tea-and-cookie-club. We acknowledge the different needs of men and women as far as support goes. We can push each other in a way that works for us which may or may not be the same as the men in TKD. We can also support physical differences that make sports different for women than men-not lesser, just different.

It's a support system, and even though we may end up giggling together at times, it's the mutual respect and admiration that we have for each other that makes it work. We work hard, extremely hard, driven both by ourselves and each other. We are the

voice of reason and encouragement, and we keep each other humble.

For a training partner you couldn't hope for more than a fellow WBBC member. She's someone who understands you, who isn't bound by feelings of ego or fear of being surpassed. She's someone who inspires you. We may talk to each other out of the do-jang, but that isn't what makes the WBBC work. It's the support when one of us comes to class and looks a little down, or wearing a little frown. All it takes is a smile, a hug or maybe an encouraging word from a fellow WBBC member and it's a little better. There's the understanding that if you want to talk we'll listen, but if you don't it's okay, we'll support you.

We try to be model students, to model behaviors and etiquette that not only are we proud of, but that our juniors are seeing too. We present strong women who are proving that we can do whatever we set our minds to do.

There is an indomitable spirit among the members that reminds us that we can do it, keeping trying. We face our fears head on, and it's okay to fail, our support system is there to catch us. We may rib each other, but when it's important and when it's serious; we're there for each other. We trust each other.

We have taken what we learned spiritually, and the confidence that we control is spilling over into our professional lives, giving us the courage to push and succeed.

With focus and a clear mind, we can achieve anything we put our minds to – we're already doing it.

Master Sereff – thank you for coming to teach our class, you truly are an inspiration.

--The WBBC of Maestas TKD

Sir:

I recently had the privilege to host the first "Grand Master Sereff Lunch and Learn". We were excited to entertain over 35 guests for light lunch followed by a short film of clips of various Black Belts and projects throughout the past 29 years.

The heart of the lecture was Grand Master Sereff and Karl Nicoletti's trip by General Choi's invitation to be a part of the demo team that went to North Korea in 1980. Karl Nicoletti read from an



Grand Master Charles E. Sereff shares Taekwon-Do history in the "Lunch and Learn" session recently held at Sereff Taekwon-Do.

article written by J.T. Sharrah , in 1980. When the North Korean government expressed a desire for an ITF demonstration tour, the invitation was addressed to General Choi. General Choi chose 16 Black Belts from all over the world to represent the demo team and the Americans were Grand Master Sereff and Karl Nicoletti, along with Soon Duk Choi, and Suk Jam Kim. General Choi selected these Black Belts with extraordinary care. From Canada he chose Suk Hi Lee, Jung Tae Park, Sam Soo Han, James Choi and Michael Cormak. From the United Kingdom came Ki Ha Rhee and Paul Dunnely. Won Sup Lim from Sweden, Kresimir Brusar from Yugoslavia, and Dimitrios Kosmogolu from Greece. The last time representatives from these countries visited Korea their presence was occasioned by war. Now General Choi was gathering people of the same nationalities for a mission of peace.

Enroute, they experienced long flights, interminable movies, a depressing layover in the Soviet Union and two refueling stops in barren Siberia. We were all pleased to find out Grand Master Sereff is preparing a published book concerning this mission. We were read the first part and it really had everyone's interest!

--Master Renee Sereff

Sir:

Greetings again from Arvada, Colorado. I wrote back in the October Flash about my Taekwondo class at Early College High School, where I am not only a school counselor but a taekwondo instructor. I wanted to write and update you on how the year progressed. It has definitely been a learning experience. I have had some great triumphs and also some great challenges. I have had at least 75% of the school in my class at one time or another throughout the year. The first quarter of the year, I taught one class. During the second and third quarters, I taught two classes and now, during the final quarter of this year, I am teaching one class again. I currently have 16 students enrolled in my class and they range from white belts to one newly earned black belt. I will have had four color belt testings throughout the year with the help of instructor's from Maestas Taekwondo.

I have welcomed several guest instructors throughout the year as well , including Mr. Lance Edwards V Dan from Louisiana, and Ms. Cassie Bosse III Dan from Las Vegas, NV. I have also had instructors from Maestas Taekwondo assist with classes as well. During finals week, I anticipate a class geared strictly around self-defense. I know the teenagers will love that! Among my challenges this year have been student retention, student attention, and funding responsibilities.

Student retention has been complicated. I have had multiple students suspended as well as expelled. I find the ones that I reach the most are the ones that continue to get themselves in trouble. If I could just keep them here, I can and have been making a big difference to them.

Student attention is a whole other issue. For the most part, students pay attention and are terrific, but there are those who fight it all the way. I have had to adjust my way of thinking a bit. At my club, I can sit students out and not participate, but here at the high school, they don't see that as punishment. It is a fine line that I have to walk some days. Some students have definitely gotten much better at push-ups!

Funding responsibilities have been my biggest challenge this year. My salary is paid through something called the Counselor Core Grant (I am the school counselor as well as the TKD Instructor). I have had to modify my curriculum to work within the confines of the Grant. My role here at the school is to help students with post-secondary and job readiness (college and career readiness). We, as instructors, understand the huge impact that TKD can have on our students if they embrace our tenets. I, however, have to prove, in some way, that what I am doing is making a difference. I have had



And, after the "Lunch and Learn," time to work out!

to change the name of the class to The “Art” of Health and Fitness. I have worked into my class more physical fitness standards including fitness and nutrition guidelines. I have also included aspects of community service and tied them to the Tenets of TKD. This aspect of the class has stretched me the most as an instructor. It has made me look at why I am doing what I am doing and how can I better prepare my students to go forward in life. It has been a challenge but has made me a better instructor as well.

Some of the triumphs this year include advancement of students, breaking, and change in attitudes.

Since this is the first time I have been in charge of my own students, the biggest reward for me has been watching my students gain the knowledge and skills to advance to the next rank. I am so proud of them. I have watched students begin at white belt and they are now green belts. I also had a red belt who tested for black belt (he started the year as a red belt) on May 17th. He has been transformed throughout the year (evidenced by high test score) with the help from instructors of Maestas TKD. I was also able to aid him on his journey. What a great student-also my nephew! The next triumph has been watching the students break. I knew that it impacted the younger students but did not realize what an impact it would have on the teenagers. The look on their faces when they go through the boards is amazing and priceless. The self-confidence it brings to some of the students is amazing. It is truly worth all the effort I go through as an instructor.

The last triumph I would like to share is in regards to the most difficult students in the school. We have several challenging students at the school with

various issues. Many of the other teachers continually complain about discipline with these students. I find them to be more engaged and respectful than most of my other students. The biggest challenge with them has been how to keep them in line in their other classes to keep them from getting kicked out of school!

Over all, this year has been great. I have been able to come to school and teach Taekwondo every morning and I truly love my students. I couldn’t ask for a better job. I have had some triumphs as well as some disappointments. I have grown and changed with the challenges and believe I am a better instructor for it. I feel I have helped students become better people and I look forward to the challenges that next year will bring. If you are interested in being a guest instructor, please feel free to contact me at smax@echswest.org. The kids love guest instructors!

--Susan Marx III Dan

Sir:

Many of my child students and young adults have problems rolling. I think this may be a sign of the times. Kids don't play outside and roll around like they did when I was a young boy. I had a 7 year old boy who was having a problem with rolling and was uneasy with the concept. I asked him, "Don't you roll around outside with your brother?" He said, "No, I don't go outside." {Editor: Winter? This is the U.P.!}

At Marquette Taekwon-Do we use an exercise ball as a teaching aid. I thought I might include a few pictures which are self-explanatory.

And my 7 year old? He is now rolling around and enjoys it a lot.

--Chuck Giotto, U.P. State Director

