

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

The Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 853, Grafton, WI 53024. E-Mail fmvh1@mac.com. Archived at USTF Region V site www.ustf-region5.org Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation.

Master Van Hecke,

I am a "retired" 7th Dan but I just wanted to mention that I really enjoy your publication that I receive each month. It really brings back old memories. I enjoy reading the articles and seeing how all my Peers, Seniors and Juniors have progressed. Congratulations to all who have promoted. I do have to confess.....I really miss TKD but at the same time I am enjoying some new activities and spending time with my family.

Please keep up the good work and KUDOS to all those that contribute to the publication. You all make it what it is. A great publication and great memories for me.

Respect to All,
Master Kristy L. Rees
Columbia, Mo

Set aside June 13th-18th 2010 for Sereff World Camp, Snow Mountain Ranch. Contact HQ for details.

Grand Master C.E. Sereff has announced the appointment of our new USTF Armed Forces Director, Lt. Col Patrick Finan from Bellevue, Nebraska.

A demonstration was conducted for the Girl Scouts at the Grafton AMA on November 18.



Mr. Brian Davis, from Colorado Springs, Colorado, was promoted to 4th Dan Black Belt in June 2009, just before the Nationals. Mr. Davis travels consistently from the Springs to Parker, Colorado (a distance of approximately 60 miles) to train with Master Paul De Baca. The testing board was Master Paul De Baca (8th Dan), Master Bob Neidig (8th Dan), and Master Dan Griffin (7th Dan). Right to left in photo: Master Paul De Baca, Master Bob Neidig, Master Dan Griffin, and Mr. Brian Davis, and some of the students who came for support.

Mr. Sam Doods from Cadillac, Michigan successfully tested for his First Dan with the Cadillac YMCA club on November 23. Steve Osborn, Fifth Dan, presided.

February 13th, another Lunch & Learn with Grand Master Sereff!

A Class B USTF Instructors Course will be taught at Broomfield Colorado April 17th & 18th, 2010.

On March 9th, 2010, there will be a Color belt test at Sereff Taekwon-Do.

A Black belt test will be held at Sereff Taekwon-Do March 13th next year.

Master Hups will lead a demonstration on December 5th at the Roller Derby.

A Class C USTF Instructors Course will be held at Broomfield, Colorado, on February 6 & 7th, 2010. Contact HQ, Master Renee Sereff, for details.

A color Belt test was conducted at AMAC on November 7. Mr. Kevin McDaniel presided.

The Utah State Championship Tournament was held November 7.

On March 6th, Sereff Taekwon-Do will be the site for yet another excellent USTF Referee Course. NOTE CHANGE OF DATE.

A Black Belt test was held in Utah on November 21.

Alaska will have a Black Belt test on December 5.

January 30, Sereff Invitational, Maestas TKD. Be there or be square, dudes and dudettes!

A gup level test was conducted at the Grafton Academy of Martial Arts, Grafton WI. Presiding were Master F.M. Van Hecke, Dr. Rick Bauman, Mr. Zeki AbuLughod, Ms. Chris Langlois, Mr. Rick Flood, and Miss Emmie Mandel. Successfully testing wer Mssrs. Josh Locklair, Mike Herzfeld, Matt and Jack Faase, Cody Kultgen, J.J. Dick, and Tyler King, Miss Kristen Spielbauer, and Mssrs. Troy Spielbauer and Tyler Tsui.

Eating Ice Cream & TaeKwon-Do

By Beverly Hottmann, 1st Dan

I am five foot three and a quarter inches, if I stand ram-rod straight.

I weigh 115 pounds, if I eat ice cream every night.

I am fifty years old; plus three years, a few months, weeks, hours and minutes. And counting.

I am a 1st dan black-belt in the traditional art of Taekwon-Do.

I began the path to black belt at the age of 47 and earned and my black belt on my fiftieth birthday; technically, one week before my 50th. As I kicked, punched, jumped, stretched and fought my way to black belt I have often asked myself what I expect to accomplish in the future as a practitioner of Taekwon Do at my height, weight, and age. Who do I think I am that I can be a so called martial artist? Everyone I train with seems to have a better advantage, be it body type or age. Taekwon-Do demands a lot of work just to be average. So how can one, specifically me, train to continue to progress at this art form as one's body



Group photo of participants in the
Region 6 Summer Camp

continues to age? What makes one successful in this pursuit if one no longer has the physical ability to jump like someone who is much younger (my instructors would say my age has nothing to do with my inabilities); or has the body type more suited for being an example of strength and power?

I found my answer of how I can continue to progress in Taekwon-Do in what is commonly referred to as, the white book. The white book, or the United States Taekwon-Do Federation Testing Syllabus 9th Gup High White Belt Through 1st Dan Black Belt, is what the title states, a book comprised of techniques and of knowledge that a student must learn in order to test for black belt. There is no lengthy diatribe on how one should take the information and put it into use. There are no encouraging words to motivate you through those times when you just can't get something right. There are no words that say, it's okay that you are performing that technique poorly, you'll do better tomorrow. Neither does it say that if you can't jump at least half your body height you cannot be considered a martial artist. Nor does it say that if you can't break at least four boards with a standing side piercing kick that you are not worthy of wearing a black belt. Nor does it say that if you are not the winner of a sparring match that you must forfeit your black belt, or that if you can't throw someone twice your size over your shoulder that you should find a more productive way to spend your day. As a matter of fact, this book has an overabundance of empty space over its few pages .

According to the white book, when a student of Taekwon-Do reaches the level of black-stripe it is required that the student knows and puts to practice the eight parts of the training secrets of TaeKwon-Do. The first part is that the student studies the theory of power thoroughly; and the six factors in this theory are reaction force, breath control, speed, concentration, equilibrium, and mass. Second, one "needs to understand the purpose and meaning of each movement clearly." Third, one needs to "bring the movement of eyes, hands, feet, and breath into a single coordinated action." Fourth, one needs to "choose the appropriate attacking tool for each vital spot." Fifth, one needs to "become familiar with the correct angle and distance for attack and defense." Sixth, one needs to "Keep both the arms and legs bent slightly while the



Remember all those great friends
you made in Summer Camp?

movement is in motion." Seventh, "All movements must begin with a backward motion with very few exceptions." Eighth, "To create a sine wave during the movement by utilizing the knee spring properly." These eight training secrets are fairly straight forward, easy to understand, but not as easy to put into practice.

One day, as I was reviewing these training secrets of Taekwon-Do, I realized this is the path I need to stay on if I want to continue to progress in the coming years. Specifically, the study of theory of power. Although the other seven are incredibly important and need to be practiced intently while performing Taekwon-Do, it will be this theory that will allow me to continue to progress as a black belt. That I need to take these few simple words and work to fully understand the concepts by putting them to use every time I execute a technique.

In Bill Bryson's A Short History of Nearly Everything he explains that "if you are an average-sized adult you will contain within your modest frame no less than 7×10^{18} joules of potential energy-enough to explode with the force of thirty very large hydrogen bombs, assuming you knew how



A Black Belt test was held in Madison WI on November 8. Those testing were Ms. Beverly Hottmann for her Second Dan, Mrs. Michelle Arora, Mr. Tyrell Quinto, and Miss Heidi Offerdahl for their First Dans. Pictured, from left: Ms. Offerdahl, Miss Hoffman, Instructor Kevin McDaniel, Mrs. Arora, and Mr. Arora.

break or how high I can jump are not accurate measures. Even the black belt in itself is not a measure, it is a symbol. If my black belt was taken from me, the belt would easily be replaced. Showing up for class and fully participating is not enough to consider one's self successful. But what if one not only showed up for class but also practiced at home, would that be enough to be successful? No. What if one also helped teach classes? Again, no. What if one, in addition to these things, could break four boards with a standing side-piercing kick, wouldn't that be enough to make one successful? And this person knows the required knowledge verbatim, all the moves

in each of their patterns, isn't that enough? It may be the panel of higher ranking belts that decide whether or not one progresses through the ranks, but who is to be the final judge of whether or not I am successful? The definitive measure of success is something that is more illusive.

to liberate it...we're just not very good at getting it out." Therefore; I have the potential to be powerful, it is just a matter of being better at "getting it out."

I found a possible measure of success in yet another book, Deng Ming-Dao's 365 TAO. Deng Ming-Dao explained the word "Victory" as:

Another aspect of the physical challenge for me as I grow older is to maintain my flexibility. Yoga will continually grow in importance in my training. Not only to keep flexible but to help in the prevention of injuries. Poses that strengthen the core of one's body as well as work on maintaining balance and a healthy digestive system will need to be included. Yoga is not, for me, a separate activity but one that is essential to my martial arts training. I am continually searching for new poses that will enhance my martial arts training.



Mark A McDaniel, left, with Fifth Dan Kevin McDaniel. Mr. McDaniel claims that good looks are genetically-based.

Now that I have found my focus for progressing in the coming years, that is, I want to understand, both mentally and physically, the theory of power as well as the other seven training secrets of Taekwon-Do, how do I know whether or not I am successful? Winning medals at tournaments is not a way to measure success as a practitioner of Taekwon-Do. Tournaments measure success for a specific event on a particular day. How many boards I can

To be martial requires discipline, courage, and perseverance. It has nothing to do with killing. People fail to look beyond this narrow aspect of being a warrior and so overlook all the other excellent qualities that can be gained from training....A warrior will have many opponents in a lifetime, but the ultimate opponent is the warrior's own self. Within a fighter's personality are a wide array of demons to be conquered: fear, laziness, ignorance, selfishness, egotism...to talk of overpowering other people is inconsequential. To actually overcome one's own defects is the true nature of victory.

Therefore my success as a black belt in Taekwon-Do will come not only in the execution of power in a kick or punch, but in the victory over my own defects. Which reminds me, I also need to perfect falling.

Some Simple Ideas for Increasing Your School's Holding Power, Part II

By F.M. Van Hecke

In October we looked at a few simple, non-technical ways to retain students. They included the use of student photos and bulletin boards and the appointment of a Student Director to aid in retention.

This month we'd like to continue our discussion of a few ideas which work to keep students in our dojang.

One idea is to put together occasional joint classes if you otherwise separate children from adults. When children find themselves working together with adults toward common goals, an interesting dynamic occurs. The adults tend to "adopt," promote and encourage the kids and the kids tend to appreciate the seriousness of their studies. Because the only comparable analogies (adults and kids working together in a common goal) are the family and schools, and schools tend to have comparatively few adults on their side of the equation, the net consequence is to develop a "family feel" for your school. If you have older students (grandmas and grandpas) it's a delight to watch how kids attach to them naturally.

We generally put Black Belt Candidates who may have trained in different geographically proximate schools or classes ("Adult" vs. "Kids") into a single "Candidates' Class" for their final polishing. During that period it is fun to watch people, across geographical, age, and other natural social barriers, bond as they attempt to drag one another across what many would regard as the finish line.

School projects can also cement the feeling of "family" or "team," not just for community service projects but also for such relatively mundane activities as giving the dojang its spring cleaning.

The Student Director can help pull together social events for the school. Every year we go to a local college's women's basketball game as a group. Often we hold a "lock-in" for kids. With parental "consent" forms, an adult male and an adult female to supervise, kids can play games, do a mini-class, and sleep on the dojang floor in their sleeping bags. Do it on New Year's Eve and mom and dad get a night out!



On October 26, the instructors at Marquette TaeKwon-Do performed Joon-Gun for the youth class in recognition of the 100th anniversary of the assassination of Hiro-Bumi Ito by Ahn Joong-Gun on October 26, 1909.

"Knowing that he would have no possible means of escape, disguised as a Japanese, Ahn Joong-Gun lay in wait at Harbin Station, Manchuria. As Ito stepped off the train on 26th October 1909, Ahn Joong-Gun shot him. Ahn was captured and imprisoned at Lui-Shung prison (Port Arthur), despite five months of barbaric torture his spirit never broke and on 26th March 1910, he was executed. "

On a hot summer evening, treat everybody to ice cream at a local drive-in after the last class.

Consider a costume party or a seasonal get-together.

Travel to a tournament? When you get back, have an awards dinner for participants. They can wear their medals, be recognized, eat pizza and win prizes.

Students are often happy to complete their community service working as a team, and occasionally schools need funds and can do a fundraiser such as a car wash.

In the last of this series, we talked about the importance of bulletin boards and keeping them “fresh” by providing new materials regularly. Even just reminders (“Remember, no class on Thanksgiving”) on colorful paper in different fonts can provide that new look. “Have a great Ground Hog Day!” can fill blank space.

If you have a database including your students’ birthdays, sort for birthdays at the beginning of the month and put up a Happy Birthday greeting for each student having a birthday that month.

Keep material changing!

You can put up Taekwon-Do information (pattern names, abstracts of essays from Taekwon-Do literature, pictures from martial arts magazines.

And, of course, if your students do not directly receive the TKD Flash, you can put it up on the bulletin board each month. It fills a lot of space.

There are other potential uses of the Flash to promoted your school and improve on student retention. If, for example, you have a gup level test, why not report it? The student (and his proud parents) get to see that there is national recognition of little Johnny’s Yellow Belt promotion. This also sends a message: your school is “connected,” recognized, important in the scheme of things.

And how much stronger is the case for publicizing your Black Belt tests?

Promotions are just part of the potential for your bulletin board or for the Flash. Tournament successes, the births of new children in your TKD family, marriages, acknowledgement of important people who have passed on.

Have an event? Don’t ever let a seminar or a tournament go by without whipping out that camera and taking a snapshot. It can go onto that bulletin board or into the Flash.

What are your proven ideas for student retention? Share. We’re all in the same boat.

This December marks the completion of the twenty-first year of publication of the TKD Flash.

We would be remiss if we failed to acknowledge our gratitude to Grand Master C.E. Sereff and Master Renee Sereff for their support and help in editing, story selection, and involvement.

We also acknowledge our appreciation to our many contributors, those who have taken the trouble to send a story, a notice, an essay, a photo. Every contributions has been not only in the best interests of your school, your resume’, your students, your professional reputation, but also in the best interests of the USTF and the Flash itself. An editor could not ask for a better, more supportive group.

To our readers, we extend our gratitude for their support and interest, and do so in the sincere hope that all may, at some or other, feel free to contribute themselves, because nothing is as helpful to completion of our mission of positive communication as the provision of content. We are convinced that our readers are among the very finest a publisher could ask for, loyal, interested, and occasionally involved in helping make this magazine more relevant. Better.

A few years ago I was asked to give a “State of the Region” address (your humble editor is also a Regional Director) to a group of USTF practitioners who had been brought together for a seminar in Cadillac MI. At that time I said the following:

“Look to the right of you, now look to the person seated on your left, now look at those sitting behind you. (I took my time, and they actually looked.) Then look at those in the row ahead of you. What have you just observed? Sure, you saw members of the USTF from a number of states, people you know and a few you didn’t before but have just gotten to know. But you saw something else, because you just looked upon some of the nicest people you could ever hope to meet, dedicated, decent, self-disciplined, and each, in his or her own way, extraordinary.”

I sincerely believe that in an age of distorted egoism in the martial arts USTF stands out because of its people and its fidelity to mission.

I very much look forward to the twenty-second year of publishing the Flash in its service to USTF.

Best wishes to all our readers for a joyous holiday.

--The Editor