

The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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

February 13th, another **Lunch & Learn** with Grand Master Sereff, the second in the series. Contact HQ for details.

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

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

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

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

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

On January 30, the **Sereff Invitational Tournament** will be holsted at **Maestas TKD**.

Tournament! Cadillac MI on February 23. Contact Dr. Steve Osborn, sosborntkd@hotmail.com.

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

The 10th Annual Maestas Taekwon-do Team Challenge will be held Saturday, March 20, 2010 in Arvada, Colorado. Complete rules and registration



Masters, Instructors and Students,

It gives me great pleasure to be able to send you another New Years Greeting. We look forward to a better year full of Health, Happiness and of course Taekwon-Do.

Your whole life comes alive when you have the courage to follow your dream, to create change and to do what is right over what is easy.

It is my sincere wish that you and your families have a wonderful and prosperous year.

Grand Master Charles Sereff

USTF President

forms will be posted to "<http://www.maestastkd.com>" www.maestastkd.com shortly.

Keep in your hearts, prayers and minds Third Dan Brian Sowers, battling with cancer. Mr. Sowers studies and teaches at Marquette TKD in the U.P.

Arvada, CO – Maestas Taekwon-do held its 28th annual Christmas Party on Wednesday, December 16, 2009. During its nearly 3 decades the event has been filled with food, family and fun.

Again this year, Head Instructor Robert Pettijohn, IV Dan, announced the Color Belt and Black Belt students of the year. Brian Swetlic was named Color Belt Student of the Year. Brian has been active in the club for a number of years first as a Taekwon-do dad to daughters Meredith and Jocelyn and then as a student along with them. Black Belt Student of the Year went to Ms. Clare Langmacher, III Dan. Ms. Langmacher started Taekwon-Do with her son, Jesse, about 8 years ago. All three of her boys eventually joined her in class and two of them earned black belts. Ms. Langmacher is a member of our board of directors, responsible for maintaining student registration and is the head instructor for our age 8 and up white to high yellow belt class. This is her second time to earn this award.

It was the pleasure of Senior Instructor and club Executive Director Robert Martin, VI Dan, to present the awards for the clubs recent in house patterns tournament. Beginning last September over 75 students competed in head to head patterns competition. On Thursday, December 10th the finals were held. Ms. Clare Langmacher edged out Mr. Pettijohn in the final match, demonstrating a near perfect Yoo-Sin Tul, to claim the title of club Patterns Champion. Mr. Pettijohn noted that the quality of everyone's pattern increased during the competition. Beginning after January 1st, the club will begin a year long breaking tournament.

Master Ron Maestas took a few moments to congratulate the instructors on another fine year of Taekwon-do and thanked the instructors, students and families for their continued support of the club.

Hello Sir!

How are you? I am quite well, if a bit stressed as of late. School is a harsh mistress, as you are probably

aware. I hope that things are well with you and the Academy, as well as the USTF in general.

I was reading the December Flash, and it started me reminiscing about my high school years, the Academy, and Tae Kwon Do in general. I returned from my study abroad program in July, and promptly started school at the UW-Madison College of Engineering. Between long hours of incessant bookwork, and the looming specter of my future on the horizon, I've found myself thinking back to my Academy days more and more. I miss the practice of martial arts, of course. But the thing that I miss the most, I would have to say, is the environment of the academy, and the people in it. Since leaving for Japan, and more recently diving headfirst into the swirling chaos of undergraduate life, I have begun to feel that the people I met at the Academy and at the many USTF events I attended are, truly, some of the kindest and most respectful people I have ever encountered.

When I was a student at the Academy, my perception of the world was fairly limited. I took for granted the support, respect, and advice supplied by my fellow students and instructors. Now, after leaving that warm community and striking out into the "real world" for the first time, I have begun to appreciate what a truly wonderful community it was. I feel that, more than any of my experiences in my young life, my



The final four! Pictured above are the final four in the In House Patterns Championship at Maestas TKD. They are, from left to right, Mr. Greg Strong, IV Dan; Mr. Robert Pettijohn, VI Dan; Ms. Clare Langmacher, III Dan and Mr. David Martin, V Dan.



Thank you again, and please tell the faculty to keep up the good work. I think that, in the long run, it is more important than some of them may realize.

~ Casey Sennott

[Ed. note: Mr. Sennott is a First Dan student at the Academy of Martial Arts in Grafton.]

Whence Strength?

by F.M. Van Hecke

Thanksgiving, 2009. My family gathered around the table, I reflected on how blessed those of us who have living family are. Especially blessed are those who have seen their children go forth, beget grandchildren, and can say without embarrassment that they are proud of the people those children and grandchildren have become.

But the family blessing, as always, expressed not only our joy

On May 9, 2009 nine students tested in Arvada CO at Maestas Taekwon-Do for various degrees of black belt. Mr. Robert Martin and Mr. Robert Pettijohn tested for 6th Dan, Mr. Dave Martin tested for 5th Dan, Mr. Greg Strong tested for 4th Dan, Mr. Dan Neslon testing for 3rd Dan and five tested for 1st Dan (Lee and Marco Hakim, Debra Boyd, and Gray Maestas). The test board consisted of Masters Neidig, Burkhardt, Maestas, Swan and Griffin. Special guests included Master Rene Sereff, Mr. Mike Boyd, 5th Dan and Colorado State Director and Mr. Tim Gangwish, 6th Dan and long time, former instructor at Maestas TKD. Mr. Scott Honas ran testing.

time at the Academy has shaped me into the person I am today.

I apologize for the sudden wave of nostalgic rambling, but I feel that it is important that the people responsible for building such a community, both within the Academy, and within the USTF in general, be made aware that their efforts are not in vain, and that through their actions they are helping to create not only a generation of fantastic martial artists, but a generation of inspired, strong, and courteous youth. Physical fitness, coordination, and alacrity aside, the real prize contained in the study of Tae Kwon Do, at least for me, was the growth I experienced as a person.

So basically, above all else, my reason for sending you this mail is to say thank you. It has taken me some time to really appreciate what the Academy and the people there have done for me. I want to express my deepest gratitude to you, and to all the faculty, past, present, and future, who devote their time and resources to producing and sustaining such a high level of not only martial, but personal excellence.

On December 6 at Maestas TKD, two students tested for black belt. Mr. Alex Than tested for 2nd Dan and Clinton Maestas tested for 1st Dan. The test board was Mr. Mike Boyd, Mr. Scott Honas and Mr. Greg Strong. Master Maestas was a special guest. Ms. Clare Langmacher cornered.





Alex Van Nelson, left, squares off against Beth Sowden. Both study in Minneapolis.

in those who are present, and the potential in them for those who are yet to come, but also honored those who were absent, and yet part of us.

The human organism is a phenomenal thing. If you are not particularly inclined to religious reflection, you must still acknowledge the incredible complexity of who and what we are. The religious would credit a specific author, others just don't know, and others simply focus on the beauty of human beings, but all are united in thinking that there is something very special in a nature that generates Man.

Consider, if you would, the study of molecular biology. My wife and I always allocated among ourselves what we'd help the kids with when they were in high school. She's smarter by far than I am, so she got English, mathematics, and so on, while I confined myself to foreign languages, history and the like. But then my daughter Elizabeth took a course in biology and, knowing I had no knowledge of the topic and had never had a course in the subject, I thought it was time to address my



A December 12 color belt presentation at Sereff Taekwon-Do was followed by a Christmas Party.



A Black Belt testing was held in Alaska on December 5. Pictured, left to right: Master Lester, James Brown, Virginia Brown, Rita Spencer. Not pictured, Mr. Dave Cieplik, who also presided. Below, Virginia Brown makes sawdust.



ignorance and figure out what I could. After all, my dad had been a professor in pathology, my kid sister was a surgeon, and why couldn't I plug in a philosophy major and a bit of life experience and derive some competence?

Some things can just blow you away. People rising for the Alleluia Chorus, a singularly strong rendition of the National Anthem, the power of Tong-il performed by a true Master, all have their beauty and their place.

But there is nothing like the life of humans at a basic level to teach you to respect your roots and forebears. To realize that human energy is derivative from such fundamental wonders as the acquisition of electrons by atomic structures we can't even see unaided is to be dumbfounded in awe at how these minute components can lead to yet more and more complex and magnificent beings from bacteria to elephants and, atop all of earth's natural taxonomy, us.

I can trace my ancestors back through Mom and Dad to the fields of Western Europe, the Highlands, or wherever, but there are those unnamed among progenitors who go back beyond the dawn of human writing. How did such a chain begin, and to



On December 2, 2009) at Bryant Park TKD in Minneapolis, 7 students tested. Congratulations to new 9th gups Ms. Mohamed and Mr. N. Van Nelson; new 7th gups Mr. Lucas and Ms. Errante; new 5th gup Ms. Sowden; new 4th gup Mr. Van Nelson; and new 1st gup Mr. E. Narvaez Front Row, L-R: Alex Van Nelson, David Ayers-Moran, Nikolas Van Nelson, Elvis Narvaez, Kawsar Mohamed. Back row, L-R: Nicole Errante, Beth Sowden, Instructor and MN State Director Elisabeth Hunt, Ms. Andrea Narvaez, Ms. Amanda Freiborg, Mr. Christiam Narvaez, Mr. Lee Lucas.

what good fortune or divine providence do we owe our origins and their survival?

Great Grandpa fought in the Civil War. He could have been toast. Another even more removed fought in the War of Independence. He returned to farm jute and father children. Both united through their lines to somehow create my parents. What a mystery, and what, if nothing else, an incredible coincidence!

Those who went before us often led hard lives, fought those who would oppress themselves or others, worked without our modern resources to defeat disease and lived in what we lucky, lucky Americans would today regard as miserable poverty. We should be grateful.

The author of Taekwon-Do, Gen. Choi, Hong Hi, sacrificed much of his life to give us his

Art. His students, including C.E. Sereff, have followed in those footsteps. We owe a debt.

Nothing we have today is without its foundations in the past. In reading authors in Latin we suddenly realize that the Romans, too, had lively minds, complete lives, high intelligence, "current" issues. We need to understand those who came before and respect their gifts to us.

And thus, Thanksgiving, 2009.

The strengths of our lives are in our foundations, and thus we are grateful, regardless of our views of Source, for the children, who 'round our table go, their children, and cannot help but acknowledge those foundations.

"We give thanks for those present, and honor and thank those absent friends and family who have enabled us to gather, here, today."



On Oct. 24 Nenana Taekwon-Do and Fairbanks Taekwon-Do came together for a referee course taught by Alaska State Director Guy Williams, VI Dan. Back row, left to right: Dave Cieplik, Sheldon Maier, Mark Lawson, Spenser Ruppert, Rose Curtin, Mike Grimes, Magen Spencer, Kevin Taylet, Chelsea Leahy, Virginia Brown, Christopher Witter. Middle row, left to right: Susan Hicks, Marion Winther, Sean Witter, Ian Witter, Kimberly Vlery, Marilyn Dugger, Rita Spencer. Sitting: James Brown, Guy Williams, James Ruppert.