

The T.K.D. Flash

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A Class B USTF Instructors Course will be taught at Broomfield Colorado April 17th & 18th, 2010. Taught by Grand Master Mike Winegar, this is an excellent opportunity to focus on the “guts” of the First through Third Dan curricula. Your Humble Editor characterizes this series of courses as “The Best.”

Don't forget: June 13th-18th 2010, **Sereff World Camp**, Snow Mountain Ranch. Contact HQ for details.

A USTF Referee Course will be taught at Sereff TKD on August 21. Earn your creds!

Master **Bill Strouse** and **Western Slope Taekwon-Do** will have a tournament coming up on May 15, a Saturday. The tournament venue will be at Warmley Elementary School in Rifle CO. Master Strouse encourages participation by all USTF members. **Reasonable entry fees, good officiating, patterns, sparring, and breaking. What more could you ask for?** Contact Master Strouse at 970-984-2956 if any questions.

There will be a Black Belt test, April 3, **Grafton WI** for 2nd and 3rd Degree candidates.



Winners for High Test Score at the Sereff Color Belt testing March 9th. Jessica Xu, Sarina Phu, Stacy Phu, Jackson Potter, Jordan Schroeder with the Test board Ms. Lorie Shaffer, Ashleigh Ray, Dr. Duiker, Ms. Kimberli James, Daniel Fitch and Dave Grace.

Level 1 **Ho Sin Sool** Seminar! Taught by **Jim Alger** at Cadillac May 16. jmsalger@yahoo.com

Master Van Hecke,

I recently returned from attending the Class B Instructors Course hosted by Region 6 Director, Master Dustin Stephenson, in Kirksville, MO.

Grand Master Winegar, as usual, put on an awesome display of kicking techniques aside from the great instruction everyone received from the course itself. It has been a few years since I had taken this course and since my son needed this course, I went along for a refresher. (and to visit with some old friends that I had not seen in awhile)

Although we did not take any pictures that I am aware of, there were 36 students present for this event. Master Bill Stephenson, his son, Master Dustin Stephenson, Master Larry Winn and myself, Sr. Master Gary Meek were taking a refresher along with others and there were 14 taking the initial course.

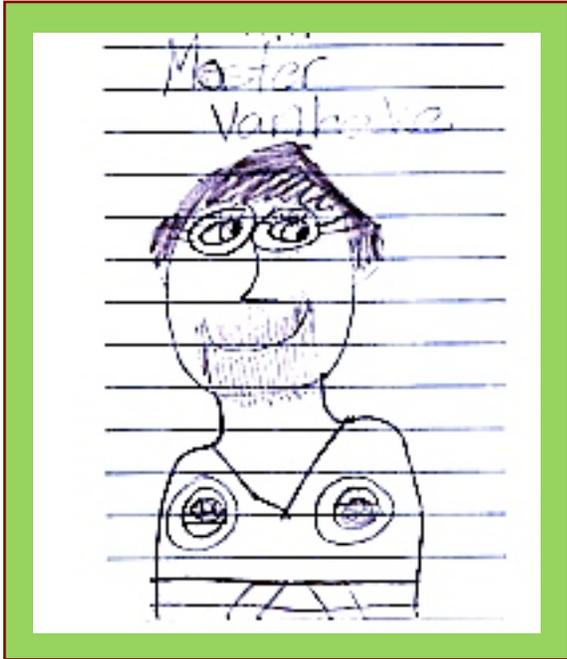
It never fails to humble me in the fact that no matter how long I have been in this beautiful art of Taekwon-Do, I still learn something new with

each course, seminar, testing, or tournament that I attend! I have now been at this for almost 40 years and this past weekend once again filled me with pride to know that I belong to one of the greatest organizations in this great USA! Our technique is "second to none" and Grand Master Winegar proves with each course he teaches that people who thought they could not achieve, can and do with the right motivation, instruction, and guidance.

I almost did not attend as I had completed the requirements set forth by USTF, but I now strongly encourage everyone who has been to any of the initial courses to take the time when they are available in their area to go to a refresher anytime they get the chance! Not only is it a great workout, but you are challenged to do things you thought you could not do and the instruction by



Sereff Taekwon Do hosted the USTF Referee program March 6th. 50 students and instructors attended the course. Master Steadman gave a great course with some updates on scoring and some new ideas to be undertaken on an experimental basis to regularize coaching rules. Your Humble Editor, who came to USTF Taekwon-Do relatively late in his career, recalls open tournaments in which the "Black Belt Meeting" held before opening ceremonies became a game of "Let's Make Up Some Rules," with the loudest voice winning. Those of you who have only the benefit of a USTF background should be grateful that there is one place nationally that continues to pay attention to the need for excellent officiating and consistent rules for all, and you happen to be in it! Congratulations to all who participated and all who passed their exams.



Our thanks to young Miss Rosalia Johnson for her excellent artwork. Flattery, as they say, will get you everywhere.

Grand Master Winegar cannot be over-rated in any way. It is notable that all 13 examinees passed the exam.

I would like to thank Grand Master Winegar, the Masters Stephenson (father & son) for hosting this event and providing this course to those in the area. This will greatly increase the quality of instructor's and students alike. I for one, plan to take advantage of this again. Thank you to everyone and God Bless the USA and please support our military!

*Respectfully Submitted,
Sr. Master Gary Meek, VIII Dan*

Sr. Master Meek,

Thank you for your submission. Every article shared increases our knowledge of our Art and aids USTF's future. It is perhaps a shame that so few knew of this event in advance, especially since it was held in a location closer to that portion of the U.S. east of the Mississippi, but let this serve as a reminder that the opportunity for excellence, as in Grand Master Winegar's courses and the Masters Stephensons' efforts,

*should be given its due and be known to all who might wish, in future, to participate.
The Editor*

June 26 is tentatively set for a Black Belt test in **Wisconsin**. Contact Master F.M. Van Hecke if interested at fmvh1@mac.com.

A **Regional Taekwon-Do Workshop** is scheduled for April 10 at the Thornton Community Center, Thornton CO. An all-star lineup of instructors includes Grand Masters Sereff and Winegar and many others.

July 24 will bring about a state-wide Black Belt Test in **Minnesota**.

On April 21 there will be a Black belt test at **Rock Springs, Wyoming**.

Marquette TKD will host a Black belt test Marquette, Michigan on April 24.

Clearly Master Kirk Steadman enjoys a good scrap, in this instance between Rebecca Rosenblum and Caitlyn Fitch, hammering it out in the presence of new referee Joe Wohlaib.



Sir,

I am currently in my fourth semester as a counselor and Taekwondo instructor at Early College High School, in Arvada, Colorado. It has been a great year so far! During this school year, I have held two color belt testings and I anticipate another one soon.

Our school and students need to thank Maestas Taekwondo for all of their support!

Since starting, I have had as many as 45 students split between two classes. While I will admit that it is challenging to have 22 students in one class with one instructor, it has been a lot of fun. It has also provided an opportunity for my higher ranking students to become better leaders.

Just as my students have grown, I have been able to grow as an instructor as well. I am definitely finding what works and what doesn't. There don't seem to be nearly as many challenges this year as the last. The biggest challenge that I face is that the director won't let me have ALL the students in my classes!!! She mentioned something about graduation requirements? I think it should be a requirement to have a black belt by the time the students graduate!

In addition to my fellow black-belts from Maestas Taekwondo, I have also had the honor of welcoming Mr. Robin Johnson VI Dan from Sheridan, Wyoming to my class twice this year. Mr. Johnson as well as Mr. Lance Edwards VI Dan from Louisiana taught a joint class back in October and Mr. Johnson also taught on February 8th. Ms. Langmacher III Dan from Maestas Taekwondo was also in attendance during both classes and was a huge help. The students learn different perspectives through observing and working with other instructors. As a III Dan, I have so knowledge to gain from my seniors, and I consider

myself even more fortunate than my students to have these opportunities. I look forward to having additional guest instructors over the next few years-if anyone out there is interested, please let me know!

Recently, I also had the pleasure of welcoming Master Joe Bosse VII Dan to my school as well. In



A diverse group of mostly smiling ECHS students along with Mr. Johnson, Ms. Langmacher, and Ms. Marx.

training for the up-coming tournament, I couldn't ask for a better instructor to teach us some new sparring techniques. My students were a little intimidated to have a master teach a class. I guess I will have to invite Master Bosse back again so they can get a little (not too) comfortable with

the idea??? Master Bosse was also kind enough to stay and help with the after-school class as well. It was fun to put on the pads and spar with the students!

Next year will be more learning for me as an instructor. We will be opening the school to 6-8th graders. It's a whole new ballgame teaching that age- and we will be integrating at least one of these calluses, meaning that I will have students in grades 6-12 in one classroom. Beginning next year, I will also be teaching at least three hours a day. I cannot wait!

I sometimes still can't believe how lucky I am to have such an amazing job!

Susan Marx III Dan

It's happening! The **3rd Annual Axe Taekwondo Tournament** in Bellevue NE. A distinguished officiating and administrative crew combined with the best in competition. June 5. Contact Master Ricky Todd ustfneb@cox.net or Mr. Kevin Bushor at kbushor@cox.net.

A Black Belt testing was held at Sereff Taekwon-Do on March 13. Presiding were Grand Master **C.E. Sereff**, Sr. Master **Renee Sereff**, Sr. Master **Paul De Baca**, Master **Kirk Steadman** and Ms. **Louise Fox**. It was Grand Master Sereff's pleasure to promote Master **Bob Haynes** and Master **Jonas Pologe** to Senior Master 8th Dan. Mr. **Ed Lubow** and Mrs. **Ikuko Lubow** tested to 7th Dan Master Instructor. **Mei-Li Lin**, **Daniel Fitch**, and **Brandon Aitken** earned promotion to 4th Dan, **Lisa Winkler**, and **Andrew Spielman** to 3rd Dan, **Martin Rodriguez-Limas**, **Charles Durfee**, **Erika Sanchez**, **Ashleigh Ray**, **Estel Yates**, **Kari Wernlein**, **Tanner Horning**, and **Devin Fitch** to 2nd Dan and **Justin Phu** and **Thomas Vu** to 1st Dan.

April 24, **Sheboygan Falls WI** "Improving my Step Sparring," taught by F.M. Van Hecke. Contact Mrs. **Jacqueline Karpinsky**, Wisconsin State Director, at threecatsrule@yahoo.com for further information.

On March 27th the USTF-sanctioned **Mountain View Taekwon-do Tournament** will be held at in La Center WA. Mr. **David Mason** is the Promoter. Be there and have a great time! Information: mountainviewtkd@gmail.com.

High test scores for the March 13 testing. Grand Master Sereff congratulates Mei Li Lin, Best Pattern, Tanner Horning, Best Breaking, Erika Sanchez, Best Ho Sin Sul and Brandon Aitken, Best Breaking.



Group photo of the Black Belt testing held March 13. (See article above.)





From left, waiting to tie into some cake, are Grand Master Charles E. Sereff, new Senior Masters Bob Haynes and Jonas Pologe, and new Masters Ikuko Lubow and Ed Lubow, who obviously brought their own equipment. Congratulations are definitely in order! (Article, previous page.)

On April 17 Centerline Martial Arts & Fitness is sponsoring **Ho Sin Sul 1** at **Centerline Martial Arts & Fitness**, Walla Walla Washington. On April 18, same place, a USTF Weapons Course will be conducted. Thanks to Mr. **Brandon Stoppani** for the “heads up.” Information: bs_bodystrong@hotmail.com

Arvada, CO – **Maestas Taekwon-Do** held its tenth **Team Challenge** on Saturday, March 20 at the Apex Center in Arvada, Colorado. Nineteen junior teams and forty-six adults competed in sparring, breaking, individual and team patterns.

Junior teams at the Team Challenge were sent by Maestas Taekwon-Do of Arvada,

Colorado; **Trinity Taekwon-Do** of Broomfield, Colorado; **Thornton Taekwon-Do** of Thornton, Colorado, **Sheridan Taekwon-Do** of Sheridan, Wyoming; **Martin’s Taekwon-Do** of Casper, Wyoming and **Concord Taekwon-Do** of Concord, Massachusetts. These same clubs also each entered adults for the adult tournament along with **Foothills Taekwon-Do** and **Sereff Taekwon-Do**. That’s participation by a total of 8 clubs.

Junior championship teams were **The Blue Bumble Bees** of Maestas TKD in first place, **Maestas Teen Turtles** of Maestas TKD in second place, and **Trinity Twenty-Twelve** of Trinity TKD in third place.

Adult team patterns champions were Foothills TKD in first place and two teams from Maestas TKD earned second and third place.

Adult school champions were Trinity TKD in first place, Martin's TKD Casper in second place and Sheridan TKD in third place.

The youngest competitor on the day was five years old and the oldest was 62 demonstrating, once again, that Taekwon-Do is for everyone!

All of us at Maestas TKD would like to thank everyone who came out and supported our event. Over 400 competitors, officials and spectators attended making this one of the biggest Team Challenges every. A big thank you goes to all the USTF certified officials who worked very hard all day to ensure a safe and fair event. We want to especially thank Mr. Cisco of Casper, Wyoming who acted as Chief Referee for the day. We also wish to thank that Senior Masters and Master Instructor who came out to support all the USTF students. Lastly, we want to thank Mr. **John Murphy** of Concord, MA for arranging to escort two junior teams to Colorado – not an easy task to move 12 teenagers around the country!

Proceeds from this year's Maestas Team Challenge tournament went to the **Robert Barry Memorial Fund**. Mr. Barry, along with his family, was a long time student and friend of the club. He earned his black belt a number of years ago and was very proud of the achievement. This past summer he passed away after a short but hard fought battle against throat cancer. In honor of his memory the Barry family, in conjunction with

North Jefferson Taekwon-Do (a 501(c)(3) nonprofit corporation and the operator of Maestas TKD), created the Robert Barry Memorial Fund to help young people with the costs associated with Taekwon-Do training. This year, two students were selected to attend Grand Master Sereff's World Camp on scholarship. Mr. **Gray Maestas** age 15 and Mr. **Ben Pemble** age 12 were selected by the senior Maestas TKD instructors for this honor.

We look forward to seeing you all in March of next year at the Maestas Team Challenge XI – a great tune up for the 2011 USTF Nationals.

A Black Belt and Gup Level combined testing will have been held at the time of publishing on March 30 at **Boulder CO**. We look forward to publishing the test results and photos in the next issue of the Flash.

To the Editor:

Thank you for the pre-event publicity for our recent event. We wound up with attendees from several states.

Subscriber:

Thank you for the acknowledgement, but you're the guy who did the work to organize and run the event. I think you deserve a pat on the back, and we'd be happy to publish results, numbers of participants, clubs/states attending, contributors to the event, and photos, group or action (or both). Well done!

19 junior teams getting last minute instructions from Tournament Director and Maestas TKD head instructor Mr. **Robert Pettijohn**, 6th Dan., at the Maestas Team Challenge.

