

The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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COMING EVENTS

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

There will be a **USTF Referee Course** taught at Sereff Taekwon-Do on July 24. **NOTE THIS NEW DATE REPLACES EARLIER PUBLISHED AUGUST DATE.**

Region 6 Summer Camp will be held in Mexico MO, July 30-August 1. Fun, frolic and Taekwon-Do. For more information visit www.kirksvilletaekwondo.com or www.ustfregion6.com. August 6th-8th - **Utah Summer TKD Camp**.

On August 27 **Mountain View Martial Arts & Fitness** will host a referee training course at Battleground WA.

There will be a certified **Knife and Weapons** course taught at Sereff Taekwon-Do on August 28. Cal HQ for details.

On August 29 there will be

Georgi Baines of Australia and Rebecca Rosenblum (Sereff Taekwon-Do) pal around during World Camp. (Story, page 5)

-- Photo by Lisa Winkler



another of the excellent Class A instructor seminars taught by Grand Master **Mike Winegar** at Sereff TKD. Class B Instructor status is a prerequisite.

On September 11 there will be a Black Belt Test at **Sereff Taekwon-Do**; a Gup level test will follow on September 21.

September 25 and 26-- a USTF Class C Instructor Course, **Mountain View Martial Arts**, taught by Grand Master Mike Winegar. Contact Mr. David Mason at moutainviewtkd@gmail.com.

The **Sereff Fall Championships** will be held at Broomfield HS gym on October 17.

November 6th - **Utah State Championship Tournament**, Salt Lake City.

November 20th - Black Belt testing - **Utah**.

There will be a Gup level test at Sereff TKD on December 7.

USTF Nationals will be held in Broomfield CO on June 25 and 26, 2011.

Sir:

*On May 18th and 19th the **Burning Phoenix TKD School**, in association with the **Salt Lake Community College Taekwon-Do Club**, held a two day Truck-Smash event at the community college to help raise money for several students to attend the June 2010 United States Taekwon-Do Federation World Camp at Snow Mountain Ranch, Colorado.*

The event, in addition to earlier fundraising which included washing cars, selling candy bars, and donations from local businesses, helped raise over \$3,200!

*Mr. **Eric Gemmell** (co-instructor of Burning Phoenix TKD), IV Dan, Ms. **Ashley Holt**, 6th Gup, Mr. **Spencer Kuttler**, 7th Gup, Ms. **Santana Martinez**, 8th Gup, and Ms. **Rebecah Wolf**, 8th Gup, will now be able to participate in World Camp this year thanks to their hard work and the combined efforts of other students from the college club and Burning Phoenix TKD.*

We would like to express thanks to everyone who helped make this possible. This has been a dream of his for many years, and to finally make it happen has not only been the realization of that dream, but an inspiration to many of his students now through example.

Courtesy gained us the donations from local businesses, and cooperation of the college.



Integrity allowed us to hold multiple events at the same location. Perseverance kept us going, even when it wasn't easy. Self-Control kept us smiling even when the answer was "we can't let you". Indomitable-Spirit told us it was possible if we believed, even when everyone else said "no way".

Eric Gemmell, IVth Dan

[Editor: Mr. Gemmell & colorful hammer, above.]

AROUND THE U.S.A.

Master **Bill Strouse** and **Western Slope Taekwon-Do** conducted a tournament on May 15 in Rifle CO. Results as follows:

Sparring

| | |
|---------------------------------|--------------------------|
| Black Belt Men | Nick Johnson |
| Black Belt Ladies | Rebecca Louden |
| Adult Men Red | Alan Deslongchamp |
| Adult Men Green | Craig Meyers |
| Ladies Adult Green | Jennifer Ballew |
| Lady Teen 13-15 Red & Black | Kelly Tharpe |
| Men Teen 13-15 Black | Sean Garneau |
| Men Teen 13-15 Green & Blue | Troy Clark |
| Youth Men 11-12 Red | Zacjaru Robledo |
| Youth Men 11-12 Blue | Joshua Collett |
| Youth Ladies 11-12 Green & Blue | Kersten Smith |
| Peewee Boy 9-10 Blue Red Black | Seth Avila |
| Peewee Boy 9-10 White-Green | Collin Meyers |
| Peewee Girls 9-10 White-Green | Angel Gomez |
| Peewee Boys U9 White-Green | Shayne Eggers |
| Peewee Girls U9 White-Green | Regan Meyers |

Patterns

Adult Black
 Adult Blue/Red
 Juniors 13-15
 Youth 10-12
 Peewees U10
Breaking
 Adult Men Black
 Adult Ladies Black

Adult Men Red
 Adult Ladies Red
 Adult Men Green/Blue
 Adult Men Gold
 Adult Ladies Green/Blue
 Junior 14-16 Black
 Junior 14-16 Green/Blue
 Youth 12-13 Green/Blue
 Peewee 9-11 Green/Blue
 Peewee U9 White/Green

Nick Johnson
Cameron Smith
Joshua Pionter
Kendra Mann
Cortney Handler

Brian Carberry
 Tie: **Rebecca Louden,**
Mei-Li-Lin

Alan Deslongchamp
Ninisa Robinson

Craig Meyers

Douglas Clark

Shisica Christy
Tanner Horning

Lucas Justice

Kersten Smith

Cortney Handler

Tie: **Shayne**

Eggers

Kayla Robledo



Grand Master Mike Winegar has been known to recommend using a mirror to check out the quality of one's stances.

USTF REGION 3 TOURNAMENT

Master Ricky J. Todd

On June 6th, 2010, **Axe Taekwon-Do**, which is the home of USTF Region III, hosted its 3rd annual tournament. This USTF sanctioned event featured Team Patterns, Individual Patterns, Sparring and Power Breaking. The tournament was held at the Offutt Air Force Base Youth Center in Bellevue, **Nebraska**. USTF students and instructors from Colorado, Kansas, Missouri and Nebraska traveled a long way to participate in the event, and it was a great success. The competition was fierce and the competitors were excellent. Master Todd and Axe Taekwon-Do would like to congratulate all the winners and to everyone who helped make the event a success.

Special thanks to Senior Master **Robert Haynes**, and Master **Dan Griffin** from Colorado, Master **Dustin Stephenson** from Missouri, and Master **Frank Hannon** from Kansas for their expert judging of our Team Patterns and Black Belt division. Thanks also to all the USTF certified referees who helped make the tournament run quickly and smoothly. The tournament started promptly at 10 am and was over shortly before 4pm. The competition featured more black belts than color belts, which appears to be a trend lately in this area. There was a large crowd of spectators who witnessed a well organized tournament with no injuries.

Finally, thanks to the tournament officials for an excellent event: Tournament Director - Master Dustin Stephenson, Region VI Director; Tournament Promoter - Master **Ricky Todd**, Region III Director; Chief Referee, Mr. **Kevin Bushor**, 5th dan, Nebraska State Director; Tournament Coordinator - Ms. **April Bowling**, 4th



Left: Mr. Gary Meek II congratulates **Ashley Ragone** on her medal at the Axe Taekwon-Do's Tournament.

Above: Black Belt Junior Pattern winners Mr. **Patrick Finan**, Mr. **Graysen Ragone** & Mr. **Luke Carter**



Left: In a waterfall: Master **Joe Bosse**, Mr. **Josh Hill** from Australia, and Mr. **Jeremy Bennett**.

---photo by Lisa Winkler

Below: **Caitlyn Fitch** (front) and **Nicholas Hanberry-Lizzi** at Grand Lake. Perfect form, but guess what comes next?



dan; and Bracketeers - Mr. **Gary Meek Jr.**, 5th dan and Mr. **Patrick Finan**, 3rd dan, Armed Forces Director. Mark your calendars for the 4th Annual Tournament tentatively scheduled for next spring.

World Camp 2010

Grand Master **Charles Sereff** and Sr. Master **Renee' Sereff** hosted 100 students from USA, Australia and Ireland for a week long training session at **World Camp 2010**, held at Snow Mountain Ranch, June 13 through 18.

Master **Joseph Bosse'** was the camp Director, **Jeremy Bennett** was the co- camp Director and they did a fantastic job together. Sr. Master **Renee Sereff**, Camp Organizer and **Louise Fox**, Camp Co-ordinator had fun making the camp run smoothly! Our team captains this year were **Susan Marx/Clare Langmacher**, **John Bradley/Michael Povey**, and **Marianne Armstrong/Lisa Winkler**. We had team events all week that included protecting their Team Mascots; Siberian Tiger, White Tiger and Bengal Tiger. Fun was had by all, in the Year of the Tiger!

We honored some Juniors for their great community work at the game night. **Ashleigh Ray** received the Tigress of Invention by inventing a solar dog house earlier in the year. **Rebecca Rosenblum** received an award Tigress of Hebrew for her teaching of Hebrew at her school. **Jifu Groleau** received the Tigress of the Zoo award by volunteering her time at the Denver Zoo. **Tyler Cormier** received the Tiger award for his work with Tree House as a spokes man for them. Tree House helps foster children receive the basic necessities needed to help the children have a somewhat normal life.

Caitlyn Fitch received the Tigress of the Girl Scouts award for her work with young girls in teaching self defense to the Girl Scouts of America.

Grand Master Sereff started us off with a great group class, Grand Master **Mike Winegar** with kicking and Sr. Master **Paul De Baca** taught self-defense class. Master **Kirk Steadman** taught the boys sparring while it was Grand Master Sereff and the girls. Throughout the week we had

International Training Day, Team Captains Training Day and of course the Grand Lake Park workout taught by Sr. Master Renee Sereff and Polar Bear Plunge. Two of the highlights were the hike to the waterfalls with great opportunity for pictures and War Games at the park.

Master **Charles Birch** entertained us at the camp fire after the smores and banana boats with a great Story time. He is one the best Storytellers in the world! His story was very fitting because it involved part of the forest dying and that is what is happening in Colorado with the pine beetle destroying the Lodge Pole Pine trees.

We are all looking forward to 2012 at the next Sereff World Camp!

A Gup level test was held June 8 at Sereff Taekwon-Do. Details when available.

On June 26 a Black Belt test was conducted in Grafton, **Wisconsin**. Presiding were Fifth Dans **Mike Van Pietersom** and **Rick Bauman**, Fourth Dan Mrs. **Mary Lubner**, and Master F.M. Van



World Camp 2010 participant and instructors.



Hecke. The event was combined with a special Command Gup Test for Miss **Katelyn Dick** and Miss **Kristen Spielbauer**, both of whom successfully passed to Gup Six Green Belt.

Mr. **Mohammad AbuLughod** and Mr. **Nick Moralez** achieved First Dan Black Belt.

Mr. Moralez is a student at the Milwaukee Area Technical College. Mr. AbuLughod numbers among his children two Third Degree Black Belts, Miss **Amirah AbuLughod** and Mr. **Hasan AbuLughod**, one Second Degree, Mr. **Zeki AbuLughod**, and one First Degree, Mr. **Casem AbuLughod**.



Photos: top left, Mr. AbuLughod breaks, top right, Mr. Moralez breaks, above left, Mr. Moralez goes horizontal, above far right, Mr. AbuLughod follows suit, center top, Kristen Spielbauer breaks, center bottom, Katelyn Dick breaks, right, from left, Second Dan Zeki AbuLughod, Third Dan Amirah AbuLughod, new First Dan Dad Mohammad AbuLughod, and Third Dan Mr. Hasan AbuLughod, celebrating a great achievement and wishing First Dan Casem AbuLughod were here for the photo.

--photos by Kathleen Van Hecke

