

The T.K.D. Flash

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COMING EVENTS

The date for the USTF **Class A Instructors** course has been set for October 1, 2011. This will be a one day event. Grand Master Mike Winegar to lead and teach.

October 8 would appear to be a favored day for Black Belt testings. **Oregon, Washington**, and the **Upper Peninsula** of Michigan. Mr. **David Mason** and Mr. **Chuck Giotto** are hosts. The Flash eagerly awaits results (and pictures, guys).

And on October 9, a Black Belt test will be held at **Big Dog Taekwon-Do**, Grand Rapids, Michigan. Results in the next Flash.

Sr. Grand Master Sereff's Fall Championships will be held in **Broomfield, Colorado**. October 16. There are requirements for a pre-registration for some events and discounts. Contact HQ if questions.

Pending for October 16 are promotions for Masters **Dennis Swan**, **Bill Strouse**, and **Kirk Steadman**.

On November 4, Mr. **Guy Williams** will host a Black Belt testing at **Fairbanks, Alaska**. Good luck to all.

Kirkville, Missouri will have a Black Belt test November 5.

An Invitational Taekwon-Do Tournament will be held at **Concord, Massachusetts**. Promoter, **Karl Huffmann**, special guest Sr. Master **Louis Reyes**. Tournament Director Ms. **Samantha Glasberg** and Chief Referee Mr. **John Murphy**. Likely to be well run, fairly officiated, and chock full of excellent competitors.

The **USTF Utah State Championship Tournament** will be held in **Salt Lake City, Utah**. November 5. We will be on tenterhooks for results.

On November 12, the **Michigan Taekwon-Do Tournament** will be held in Cadillac, Michigan. Inquiries may be made to Dr. **Steve Osborn**, sosborntkd@hotmail.com An awesome array of events! Dr. Osborn has a way of exceeding the mere Freesparring and Patterns minima.

On November 12 there will be a **USTF Referee Course** at **Sereff TKD** in Broomfield, Colorado. Another opportunity to expand your horizons and keep your skills sharp.

On November 19 there will be a Black Belt Test in **Utah**. We anticipate an outstanding event.

Also on November 19, **Washington State** will host a **USTF Class B Instructor Course**. We'll hope for more details in the next issue.

Sir:

On Aug 5th-7th USTF-Utah held its 23rd annual summer camp at East Canyon State Park. The camp is always held the first full weekend in August, and all USTF students are welcome. This camp provides the opportunity for students and families who aren't able to travel out of state very often the opportunity train with Master instructors, camp, and make new friends. We were very honored this year to have three visiting instructors, including Sr. Master Robert Neidig, Master Pam Neidig, and Master Dan Griffin. We'd also like to thank Master Griffin's wife, Kathi, for coming and supporting us as well!

Camp kicked off on Friday afternoon with a patterns class with Sr. Master Neidig at 6pm. That evening campers found out which team they were on this year: Silla, Koguryo, or Baek Je! Saturday morning black belts got up early for a special class with Sr. Master Neidig. He woke us up with kicks, patterns, and grilled us on names, heights, and positions of techniques. The colored belts then joined us and Master Neidig and Master Griffin helped several of them achieve an "ah-ha" moments while they worked their kicks. Mr. Ed Jackson educated us on what he's learned about guns and gun defense, and Master William Dubbeld held a special class for our pee-wee students, working on conditioning and coordination drills and games. Sr. Master and Master Neidig then held an awesome sparring class. They watched us fight and gave us pointers on the common mistakes and weaknesses they observed in each one of us. After that, Mrs. Anne Lin gave us a lecture on the signs, symptoms, and dangers of concussions. Many good questions were asked, scenarios raised, and we are all better prepared on what to do in the event that one occurs. And all of this happened before lunch!

In the afternoon, teams took the opportunity to work on their skits and cheers, and many went swimming. We had another fantastic class(kicking and more sparring!) with Sr. Master Neidig, and Master Griffin taught us tips and drills for improving our jump kicks. After this we had a wonderful dinner with students and their families and friends. Patterns to music, and team skits followed. Congratulations team Silla!

Sunday morning we said good-bye to Master Griffin and his wife, who needed to get their motorcycle on the road, then ran down the hill for our final class with Sr. Master Neidig. We reviewed step-sparring and worked on some awesome Ho-Sin-Sul techniques. Everyone came away from camp this year with new techniques and new friends!

We again wish to express our sincere thanks to Sr. Master Neidig, Master Neidig, and Master Griffin for their time and efforts at our camp this year. We hope to see everyone again next year!

Corinne Sroykum, Official Flash Stringer



On November 20, at **Acton, Massachusetts**, there will be a Black Belt Test hosted by Mr. **John Murphy**.

On December 3 there will be a Black Belt Testing at **Burning Phoenix Taekwon-Do** in Salt Lake City, Utah.

And once again we take the opportunity to remind you of **Sereff World Camp** in 2012; put aside June 24-29, 2012, in Estes Park, Colorado. Registrations closing fast due to demand.

AROUND THE COUNTRY

On September 13 there was a Color Belt Test in **Broomfield, Colorado**.

On September 17, the **Wyoming Invitational Tournament** was held at **Casper, Wyoming**.

On September 17, **The Battle of the Belts** was held in **Kirksville, Missouri**.

LETTERS

Sir:

I am struck by the sheer volume of events in many different geographical locations reported in the Flash. I am proud of being a member of an organization which not only maintains high standards but also has obtained the loyalty of so many practitioners of true Taekwon-Do.

A Reader



How tall is **Troy Spielbauer**, anyway? Holding, Mr. **Mike Herzfeld** in back, Mr. **Josh Locklair** and Mr. **Jeff Wojcik**. Observing, intensely, Mr. **Matthew Thur**, and, willing the result, far right, **YHE**.

Dear Master Van Hecke,

Please find attached a few pictures from the STKD Black Belt testing September 10, 2011. The testing included 3 women for V Dan, Ms. **Lorie Shaffer** from Sereff Taekwon Do, Ms. **Elizabeth Mock-Murphy** from GM Winegar's school and Mrs. **Heather Gemmell** from Burning Phoenix TKD in Utah, **Matthew Wilson** for IV Dan from Thornton TKD, Dr. **Shevaun Duiker** and **Brian Carberry** for III Dan from Sereff Taekwon Do, Mrs. **Kathy Lynch** for II Dan from Sereff TKD and three red belts, Mr. **John Dilts** from Sereff TKD, Mr. **Joe Wohllaib** from GM Winegar's in Greeley and **Bao Nguyen** from Thornton TKD. High test scores were Lorie Shaffer for Best Patterns and Breaking, and Bao Nguyen best Ho Sin Sul. The test board presiding over testing was Grand Master **Mike Winegar**, Grand Master **Renee' Sereff**, Master **Kirk Steadman**, Mrs. **Vicki Winegar** from Greeley, Ms. **Louise Fox** from STKD and Mrs. **Diana Wilson** from Thornton with Master **Joe Bosse** leading the testing. We had a special tribute to Mr. **Keith Rose** who almost always lead testing at Sereff Taekwon Do with everyone given a Rose to keep and a moment of silence in his memory.

Grand Master Renee Sereff



Above: A spectacular break by Lorie Schaffer. Left: Mrs. Kathy Lynch, test casualty, proves as good looking in a cast for her broken hand as in a dress. Below: participants and officials from the September 10 Black Belt testing.



Sir:

The quality of Region 5 has been enhanced by the appointment of Dr. **Karen Larson** as **Minnesota State Director**. Dr. Larson began her Taekwon-Do training in 1993 and is currently a Third Dan. She is the head instructor of **St. Peter Community Taekwon-Do**, Class C Instructor, and Class B referee. Dr. Larson is sure to bring an enthusiasm to the great State of Minnesota, an energy that will motivate students to bring forth their best efforts and develop outstanding character.

Steve Osborn, Regional Director, Region 5

[Editor's Note: We are familiar with Dr. Larson, a Professor of Anthropology at Gustavus-Adolphus and author of an important work on terrorism, previously reviewed in the pages of the *Flash*. She combines the correct balance of learning, focus and guts. Plus, she's fun.]

Continuing our journey down memory lane with **Great Sayings of Great Instructors**, the following are submitted:

“Don’t worry, you won’t feel a thing; the others will tell you about it when you wake up.”

“Don’t block with face!”

“Chuck Norris was not made in a day.”

“Nice pattern, but the ballet school is down the road.”

From Senior Master **Earl Weiss**, unattributed, perhaps to avoid deeper trouble:

“If you’re going to hit like a girl, at least hit like a Big girl.”

Attributed to Mike Tyson:

“Everyone has a plan. Then they get punched in the face.”



In Memory of
Master Keith Rose

March 1st, 1961 — August 1st, 2011