

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

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COMING EVENTS

Black Belt Testing: **Trinity TKD**, March 5.

Also on March 5, Master F.M. Van Hecke will do a seminar at **Fox Valley Taekwon-Do** in Neenah WI. The event is being hosted by Dr. **John Butitta**.

A Black Best test will be held at **Sereff TKD** on March 19.

March 26 is this year's date for the **Maestas Team Challenge XI**. The tournament will be held in Arvada, Colorado. Contact **Robert Martin** at



Neither wind, snow, nor sleet shall deter our Alaska Taekwon-Do clubs from the continuing process of learning, studying, and doing to get better and better. Mr. **Guy Williams**, pictured center, with students at a USTF Referee Certification Course. The course was held in **Fairbanks** on January 22. These Fairbanks folks are special to YHE.



Hey, let's have a party! Students of the Academy of Martial Arts, Grafton, Wisconsin, at a Lock-In held on January 14 and 15, 2011. Above, making great music together. Below, left, "the morning after," from left, Mr. **Jeff Wojcik**, **Katelyn Dick**, **Mike Herzfeld**, **Josh Locklair**, and Ms. **Chris Langlois** and, below, bottom right, Gup Six **Owen Liebelt** affirms a good time.



bmartin@maestastkd.com or 303-895-9741 for information and registration packets.

Also on March 26 & 27, in **Nebraska**, a USTF Class C Instructor Course will be conducted at Belleview, Offutt Air Force Base. A rare and important opportunity for a top-flight study opportunity without the flight to Denver! Contact Master **Todd** or Mr. **Bushor** at ustfneb@cox.net.

Region 5 will host an Instructors C course in **Cadillac, Michigan** on Saturday April 9 and Sunday April 10. Grand Master **Mike Winegar** will instruct. For information, contact Region 5 Director Dr. **Steve Osborn**, sosborntkd@hotmail.com

And a USTF **Class C Instructor Course** is scheduled for May 21 & 22 at **Sereff Taekwon Do**, under Grand Master Winegar.

The **USTF International Championships** will be held in Broomfield, Colorado, on June 25 and 26, 2011. Weigh-ins the 24th. Compete with the very best from **Australia, Ireland, Scotland, New Zealand, Puerto Rico, Canada** and the **United States!** A truly outstanding opportunity for some international competition. The Irishmen are bringing their shillelaghs.

On October 9th **Big Dog TKD** will host a Black Belt Testing in Grand Rapids MI.

Kirkville, Missouri will have a Black Belt test November 6.

Sereff World Camp in 2012; put aside June 24-29, 2012, in Estes Park, Colorado.

AROUND THE COUNTRY

On January 24, at **Marquette**, Michigan, an incredible

coincidence of hard work and good fortune occurred as Mrs. **Sara Wissuri** and children **Amanda, Levi, Jessica** and **Eva** all tested for their Fourth Gup Blue Belts. Congratulations to the Wissuri Family!

Congratulations to the following new USTF B Instructors: Sr. Master **Louis Reyes**, Mr. **John**

On February 19 the Grafton Academy of Martial Arts did its annual Women's Basketball Outing. In attendance were Ms. **Christen Langlois**, Mr. **Jeff Wojcik** and his friend Courtney, **Mike Herzfeld**, **Matthew Thur** and his mom Michelle, **Katelyn Dick**, **Troy Spielbauer** and his dad Roy, and **Maddy Rattke** and her friend Deanna. Proceeds went to fight breast cancer.



Murphy, Mr. **Karl Huffman**, Mr. **Scott Saccareccia**, Dr. **Rick Bauman**, Mr. **Jeremy Bennett**, Mr. **William Awl**, Mr. **Joe Hancock**, Mr. **Ramon E. Colon**, Mrs. **Jacqueline Karpinsky**, Mrs. **Kristine**

Ferraro, Mr. **George Locke**, Miss. **Kimberly Graves**, Mrs. **Christina Rosenof**, Dr. **Paul Meade**, Mr. **Andrew Spielman**, Mrs. **Kerri McDill**, Mr. **Jordan McDill**, Ms. **Kay-Yi Moriarty**, Mrs. **Fran Buschkoetter**, Mr. **Douglas Holbrook**, and Mrs. **Vivian Rigsby**. Well done!

A Gup level test was held at the **Academy of Martial Arts** in Grafton, Wisconsin on January 28. Presiding were Dr. **Rick Bauman**, Fifth Dan, Mrs. **Mary Lubner**, Fifth Dan, Miss **Chris Langlois**, Second Dan, and First Dans Mr. **Kevin Friede** and **Nick Moralez**. Serving ably at the Corner were Mssrs. **Josh Locklair**, **Matthew Thur**, and **Mike Herzfeld**. Congratulations to new Gup Four **Troy Spielbauer**, new Gup Five **Katelyn Dick**, new Gup Six students **Kristi Slattery**, **Owen Liebelt**, and **Ben Klein**, new Gup Seven **Casey Garza**, new Gup Eights **Coleen** and **Gavin Schmidt**, **Andrea Voulgaropoulos** and **Alyssa Jankowski**, and new Gup Nines **Lance Freeman**, **Max Wilhelm**, and **Garrett Friede**.



Above, front, **Troy Spielbauer**, **Garrett Friede**, **Max Wilhelm**, **Lance Freeman**, **Gavin Schmidt**, second row, **Andrea Voulgaropoulos**, **Coleen Schmidt**, **Ben Klein**, **Owen Liebelt**, **Kristi Slattery**, **Alyssa Jankowski**, **Casey Garza**, and **Matthew Thur**, back, **Katelyn Dick**, **Mike Herzfeld**, **Chris Langlois**, **Rick Bauman**, **F.M. Van Hecke**, **Mary Lubner**, **Nick Moralez**, and **Josh Locklair**.



Sir:

What a wonderful Class B USTF Instructor course February 5 and 6 with Grand Master Winegar! Over 40 students attended. Since only Class C Instructors are eligible to take the course, this was an excellent turnout.

*One of the great aspects of these courses is that we get to know our Taekwon Do Brothers and Sisters from around the US. Sr. Master **Louis Reyes** along with Mr. **John Murphy** the Regional Director plus two from Massachusetts, Mr. **Lance Edwards**, Regional Director with two students from Louisiana, Mr. **Jeremy Bennett** State Director from Mississippi, Mr. **Scott Saccarecci** State Director from Oregon, Mr. **Joe***

*Hancock from Washington, Mrs. **Jacqueline Karpinsky** State Director and Dr. **Rick Bauman** from Wisconsin, Mr. **Jerry Sisco**, State Director plus many students from Wyoming including former State Director Mr. **Robin Johnson**, Master **Kirk Steadman** Regional Director plus many students from Colorado including Sr. Master **Bob Neidig**, Master **Dennis Swan** and Master **Joe Bosse**. One of the most valuable players at this event was our Dr. **Shevaun Duiker**, the only II Dan at the event. She repaired Grand Master Winegar's split toe a few times, helped catch our girl that almost fainted and really took good care of us! Thank you, Ma'am!*

G.M. Winegar accelerated the course, pounding late on Saturday night so we were able as a group to go to a restaurant called the Quaker Steak just in time for the kick off of Super Bowl 45! Congratulations to Dr. Bauman and Mrs. Karpinsky for their dedication especially when their Green Bay Packers were in the Super Bowl.

Sr. Master Renee Seroff





COME JOIN US
FOR
SENIOR MASTER RENEE' SEREFF'S
(after being promoted)
FIRST GRANDMASTER SEMINAR

And Blackbelt Testing

April 2, 2011

AT

EDWARDS' IL-YONG TAEKWON-DO
STERLINGTON, LA

FOR INFORMATION CONTACT:

Mr. Lance Edwards,
10818 Hwy 165, Sterlington, LA
(318) 366-4981

lanceledwards@att.net

RSVP by March 15th

On February 26, at Cadillac Michigan, there was free sparring and pattern competition hosted by Region 5 Director Dr. Steve Osborn. Hopefully, article in the next Flash.

Becoming a Better Person through TaeKwon-Do

By Aliyah Quereshi

TaeKwon-Do has developed me into a better person and leader. By improving the student in many aspects, Taekwon-Do has strengthened me mentally to help me in academics and everywhere. It has also improved my leadership skills in other various activities, such as Girl Scouts. Also, I have learned to truly love TaeKwon-Do and to have fun in my life. Some may look at TaeKwon-Do as an outlet for anger, but for me it has been so much more than that. The Art of TaeKwon-Do, along with its students and Instructors, has worked with me to improve myself and make me a better person throughout this whole journey.

My level of confidence has risen significantly over the past eight years. TaeKwon-Do has built up my courage, knowledge, and peace of mind, all of which have contributed to my confidence boost. I have gained the courage to defend myself, and the courage to hit someone, as that is something I had minimal confidence in before I started TaeKwon-Do. Sparring has helped immensely in this aspect. As my sparring skills improved, so did my courage and therefore, my confidence. I also gained the courage to speak up. Cornering at pretests and tests and assisting in classes have helped me to develop this skill. The ability to speak up has helped me as a leader and as an actor, allowing me to pursue my passions with more confidence. Another thing that has helped me on my way to better confidence is a more accurate knowledge of the outside world and how I can be prepared if something unexpected comes at me. I will be confident in those situations because of TaeKwon-Do. Talking to other Instructors and learning Ho Sin Sul and its purpose have really helped, as I gained new perspectives. Having acquired all these skills, I have also achieved more peace of mind, because I will have confidence even if an unexpected dilemma is thrown at me.

Another thing that TaeKwon-Do has improved in me is my focus. I am now able to concentrate much better on what I need to do and need to know, in and



The Grafton Academy of Martial Arts in Grafton, Wisconsin, did a demonstration for the Girl Scouts on February 18. Pictured, left: **Alyssa Jankowski's** first break ever ever ever. Way to go, Alyssa!

out of the dojang. Preparing each day for class, meditating in the beginning of class, and practicing for tests have all assisted in honing my ability to concentrate and not get distracted. For instance, I am able to retain more

advanced TaeKwon-Do patterns because I am more focused than ever. My Instructors and brother [Ed.:Miss Quereshi's brother Yusuf is a First Dan] have helped me enormously with this, from persistently quizzing me on pattern meanings to giving me tips to remembering how many moves are in each pattern. Outside of the dojang, I have found that I am able to retain material more easily and my grades have reflected this improvement. My ability to focus has helped me not only in my efficiency at school, but also as a leader. Even at home, I am now able to concentrate more fully on chores without letting my mind wander. Together, my confidence and focus have helped me

achieve the perseverance and indomitable spirit I need to improve every part of my life.

Along with being nervous when I started TaeKwon-Do, I had little faith in myself that I could ever succeed. Not only was I not confident with my surroundings, but I was not confident with myself either. I had too much

self-control. Although that may seem like a good thing at first, it is actually very bad. In an unexpected circumstance, I would not have been able to defend myself, due to my extreme restraint. As I continued in TaeKwon-Do, I understood that I did not need to be so reserved, and I became more and more sure of myself as I went on with the Art. As I met more students and instructors in TaeKwon-Do, I felt more comfortable with my own growing level of involvement and participation. Gradually trying new things, such as tournaments and other instructors' classes, increased my comfort level with the Art. Now, I trust myself to use the proper balance of self-control and assertiveness.



Being a part of something bigger than oneself provides special meaning and purpose in life. The USTF community service requirement, like concentric circles, expands that connection beyond the do-jang. On February 9 the **Cadillac Area YMCA Taekwon-Do Club** held a fund raising kick-a-thon with all proceeds going to the Cadillac Area Food Distribution Program. 53 students solicited pledges from family and friends, earning varying amounts of money depending on how many kicks they executed during the one and one-half hour class. There were a total of 36,497 kicks resulting in an actual amount of \$1,600 earned! \$800 went to the Cadillac Rotary for distribution of food to more than 200 families in our economically-depressed area, and \$800 to the Global Polio Eradication Initiative. Polio vaccinations stave off polio and cost approximately 60 cent per child for the vaccine. Currently, there are four countries that are polio-endemic: India, Nigeria, Pakistan, and Afghanistan.

--Steve Osborn, Reg. 5 Dir.

Another thing I have learned from TaeKwon-Do is to just have fun! Once I got over my nervousness

accompanying my newfound confidence, I realized the beauty of the Art, and discovered my passion for TaeKwon-Do. I love participating in tournaments and meeting new people and then going on to see how they perform their techniques. I enjoy watching and learning the different techniques and styles at tournaments, and I love working that into what I do, and trying to better myself. After tournaments are over, I feel so fulfilled and happy knowing that I went out there, had fun, met new people, discovered new ways of doing techniques, and put my best out there. Learning new techniques in TaeKwon-Do in general truly captivates my interest. Another event that I greatly enjoyed was learning to become a referee. I now understand more, and having earned the Class C referee position, I am able to participate even more in TaeKwon-Do.

Another opportunity that TaeKwon-Do has presented me with is assisting in classes with less experienced students. I love to teach others and pass on skills that I have learned from my Instructors. When I assist in classes, I get an immense feeling of satisfaction passing on the Art, and I hope others will be inspired to share their knowledge in the future. Also, helping lower ranking TaeKwon-Do students has helped me be a better leader. One of my other passions

is helping out at Girl Scout events with younger girls, and my leadership skills gained from TaeKwon-Do have really shown through there. Now, I feel comfortable in positions of authority and as a role model for others. I hope that I will be able to pass on the skills and lessons that I have learned from my Instructors to other students in TaeKwon-Do.

TaeKwon-Do has made me a better person inside and outside of the dojang. It has assisted me in my life by teaching me how to have confidence, better focus, more trust in myself, and how to have fun. As my experience in TaeKwon-Do progresses, so do my skills as a more successful, confident, focused leader.

[Editor's Note: Miss Quereshi is a First Dan student of Mr. Luke Mattias at the Special Needs Academy of Martial Arts.]

Sir:

What do I have to do to publish something in the Flash?

Answer:

Send us something.



Over 100 USTF certified Referees met at USTF Headquarters on February 19 to get some updated information and to practice for the upcoming USTF International Championship. Many had never worked as a Jury President or Jury Member and the information we gave out was exciting! Grand Master Sereff and Grand Master Winegar were there to witness exactly how we will run the event in June. Sr. Master Renee' Sereff and Master Kirk Steadman instructed this course. The only two referees that had ever worked as a Jury were Sr. Master Renee' Sereff and Sr. Master Paul DeBaca and their information was well received. Region 2 is waiting with open arms to welcome our USA brothers and sisters plus Australia, Scotland, Ireland, Canada, and New Zealand referees and competitors! Remember to get your registrations in early so we can plan ahead! If you are a USTF certified referee, we need you! Thanks so much for your support! -- Sr. Master Renee Sereff