

The T.K.D. Flash

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Photo, above, from left to right: Sr. Master **Neidig** representing Trinity TKD; Sr. Master **Martin** representing Martin's Casper TKD, and Mr. **Keith Rose** representing Sereff TKD. Photo by **Lorie Shaffer**.

Arvada, CO – The eleventh annual **Maestas Taekwon-Do Team Challenge** was held on Saturday, March 26 at the Apex Center in Arvada, Colorado. Twenty junior teams of five people competed for individual and team awards for the overall junior team champion. Forty adults from eight schools competed in individual events for over all school champion.

Junior teams compete in a team pattern with all five members and then in their individual sparring and breaking division. Each 1st, 2nd or 3rd place earns points towards the team championship. This year's third place team was the **ECA Griffins** from **Early College of Arvada Charter School**. The second place team was **Fatal Fist** from **Maestas Taekwon-Do**, and the first place team was **Martin's Militia** from **Martin's Casper Taekwon-Do**.

Adult competitors competed in individual patterns, sparring and breaking to earn points for the school championship. Schools with more than three students competing were eligible to earn team points. This year's third place winner was **Trinity Taekwon-Do** from Broomfield, Colorado. Second place went to **Sereff Taekwon-Do** from Broomfield, Colorado. First place was taken by **Martin's Casper Taekwon-Do**.

The Maestas TKD tournament team is already busy planning next year's event. Watch the Flash for details.

Master Van Hecke,

On behalf of Mrs **Jacqueline Karpinsky**, Wisconsin State Director, and Mr **Mark Johnson**, Second Dan, I'd like to submit some information .

On March 19th, **Academy of Martial Arts - Sheboygan Falls**, held a Break-a-Thon to raise money for The American Cancer Society. This event is our "kick off" to start raising funds for the Relay for Life of Sheboygan County held in July. AMA - Falls has participated in the Relay for many years. Our teams goal this year for the July event is \$3000, and the Break-a-Thon helped to raise about \$500 towards that goal.

Mrs. Caren Johnson, Third Dan



Far left, Mrs. **Jacqueline Karpinsky** breaks. Immediate left, **Dan Kelly** breaks, and above, **Michelle Kelly** breaks. Like father, like daughter. A lot of busted wood, all the way around! For more photos of the breakathon, p. 4.

ANNOUNCEMENT

Ouch! It's happened again. Last month the TKD Flash announced its "Sayings of Great Instructors" contest, promising results in the next issue. However, and once again, a Flash contest has received an overwhelming response. Sorry, but our panel will need more time to sort through the many fine entries. Results, hopefully, next month.

COMING EVENTS

On May 14 the **Fourth Annual Axe Taekwon-Do Invitational** will be held at the Offut Youth

Center in Bellevue, **Nebraska**. Master **Dustin Stephenson** will be Tournament Director. Contact Master **Ricky Todd** ustfneb@cox.net or Mr. **Kevin Bushor** kbushor@cox.net for details on this excellent competition opportunity.

And a **USTF Class C Instructor Course** is scheduled for May 21 & 22 at **Sereff Taekwon Do**, under Grand Master Winegar. These excellent courses sharpen the wit and increase knowledge of our Art.

The **USTF International Championships** will be held in Broomfield, Colorado, on June 25 and 26, 2011. Weigh-ins the 24th. Compete with the

Sir: On March 26th & 27th Region 3 hosted Grand Master **Mike Winegar** for a USTF Class C Instructors Course held at the **Offutt Air Force Base Youth Center in Bellevue, Nebraska**. Offutt is home to the 55th Wing, Air Combat Command's largest wing incorporating all branches of the U.S. armed forces and supports the Air Force's most diverse flying operations with worldwide dominance in intelligence, surveillance, reconnaissance, electronic attack, command-and-control, providing Presidential support, nuclear treaty verification, and precision awareness to national leadership and war fighters across the spectrum of conflict at any time, in any place. Offutt's legacy includes the construction of the first two bombers to drop atomic bombs, and for over 40 years was the headquarters for the former Strategic Air Command, which was home for its associated ground and aerial command centers for the U.S. in case of a nuclear war during the Cold War.

Grand Master Winegar's visit began with a tour of the base escorted by Lt Col **Patrick Finan**, the USTF Armed Forces Director. Accompanying him was Master **Dustin Stephenson**, Region 6 Director, Master Todd, Region 3 Director, Mr. **Kevin Bushor**, Nebraska State Director and Mr. Carter. Master Todd, Mr. Bushor and Mr. Carter being retired Air Force NCOs, added their comments during Lt Col Finan's tour. After an in-depth tour of the base, Mr. Carter arranged for Grand Master Winegar to experience the Air Force's firing range. Mr. Carter, who worked with the combat arms instructors, demonstrated the M240B machine gun. The range instructors allowed both Grand Master Winegar and Master Stephenson the opportunity to fire the machine gun with live ammunition at targets. Currently, this machine gun is the standard medium machine gun for the military and issued in Iraq. The weapon fires roughly 750 rounds per minute and Grand Master Winegar fired many rounds destroying his target, fulfilling a lifelong desire and demonstrating his adept shooting skills on the range. It was a memorable time for all!

There were 40 people attending the course. Assisting were Sr. Master **Gary Meek**, Master **Larry Winn**, Missouri State Director, Master **Tom Cope**, Master Stephenson and Master Todd. Everyone came away from the course energized and anxious to make the adjustments pointed out during the course.

Before saying good bye, we took Grand Master Winegar to Cabela's, a store that he appears very familiar with as he toured the gun room, but sadly, they did not have a M240B machine gun for sale. In reflection, that may be a good thing for the wildlife in Colorado and Africa on his next hunting adventures! All of us in Region 3 wish the best to Grand Master Winegar and sincerely thank him for his visit, leadership and instruction.

Master Ricky Todd



very best from **Australia, Ireland, Scotland, New Zealand, Puerto Rico, Canada**, now **Mayaysia**, and the **United States!** Wow!

On July 30 Black Belt Test will be held in Grafton, Wisconsin. Presiding will be Senior Master **Earl Weiss**. Candidates from numerous Midwestern schools will be doin' their very best.

Kirkville, Missouri will have a Black Belt test November 5. Credit due these folks for planning early and giving us all the opportunity to attend, no credit to YHE who earlier published an incorrect date..

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

AROUND THE COUNTRY

On April 16, The Academy of Martial Arts, Grafton, and the Special Needs Academy of Martial Arts, Mr. **Luke Mattias**, Headmaster, jointly hosted the **AAMA Spring Classic** at Our Savior Lutheran Church gymnasium in Grafton, Wisconsin. The tournament featured competition in individual patterns and freesparring with double elimination and team patterns. Dr. **Rick Bauman**, Fifth Dan, acted as Tournament Director and Mr. **Mike Van Pietersom** as Chief Referee. Pictures in the next Flash.

On April 30 at Concord Massachusetts, the **Concord School of Taekwon-Do** hosted the **Concord Invitational Tournament**.

Phantom Dragons awarded Spirit of Qu Yuan Award at Arizona Dragon Boat Festival

By Michael J. Boyd, 5th Dan, Capt.

Congratulations to the **DRACO Phantom Dragons**, who were awarded the **Spirit of Qu Yuan Award** [Editor: photo of this prestigious award, below, page 5] at the recent Arizona Dragon Boat Festival, in recognition of sportsmanship and honor exhibited in handling the potential disqualification of one of the other

teams in their bracket. Led by Michael J. Boyd (Captain Bligh), USTF-5-259, the Phantom Dragons team is the result of an evolution that began in 2003, when **Maestas TaeKwon-Do** first raced in the Colorado Dragon Boat Festival. The team was formed as a means to raise money to help send three students to Brisbane, Australia, to compete as part of Team USA in the International TaeKwon-Do Championships. Not only was the event a very successful fund-raiser, the Maestas team enjoyed dragon boat racing so much they decided to compete again in subsequent years.



Katelyn Weidig starts her pile of breaks, left. **Max and Syd Brown** made a pile at the Break-a-Thon, below. Story page 2.



Team members **Robert Martin** and **Michael Boyd** were also instrumental in founding the Dragonboat Racing Association of Colorado, or DRACO (latin for "Dragon") to establish dragon boating as a year-around activity in Colorado.

Although only a handful of Maestas TaeKwon-Do students still participate (**Deborah J. Boyd**, I Dan and **Abbey Esbenson**, II Dan were also among the group who raced in Arizona), the team still takes pride in living up to the Tenets of TaeKwon-Do. As this award shows, it pays to demonstrate Courtesy and Integrity!

In the Arizona festival, the Phantom Dragons found out early that this was a very competitive event. In their first heat, their two opponents both posted 2:05+ times over the 500-meter course (two of the three fastest times in that heat, in a field of 30 Mixed Division teams). Although the DRACO team wasn't fast enough to place in their division this time, they did post a time of 2:20.05 in their final race - a new team record! In addition, team captain Michael Boyd got a chance to race with another team in the Masters Division - the Space Dragons, who were missing a paddler. The Space Dragons placed third, earning each paddler on that team a bronze medal.

LETTERS

*Grand Master CE Sereff
Grand Master Renee Sereff
Grand Master Paul DeBaca*

It is with great respect and admiration that I congratulate Grand Master Renee Sereff and Grand Master Paul DeBaca for their advancement. They are both two people that I greatly respect and admire. They are without a doubt a great asset to the Art of Taekwon-Do and to the great organization of the USTF.

I wish I could have been there to witness the official announcement but rest assured my heart and mind was there on that day.

Even though I am not actively involved in TKD, I still live my life by all that I have learned throughout the years of my training. And I would

like to say to Grand Master CE Sereff "you have done an admirable job of raising your children". I miss you all.

Respectfully,

Master Kristy Rees

Master Van Hecke

Another great newsletter. Thank you.

Master Todd

Master Van Hecke,

Greetings my friend.....just wanted to let you know that I had the pleasure of attending the recent C-Course hosted by Master Ricky Todd, in Nebraska. Of course, Grand Master Winegar taught this course, and I had been to several now but not in the last two years.....it is amazing at my age that I can still learn new things....the old saying about teaching old dog new tricks comes to mind.....However, this course was fantastic and GM Winegar is such an awesome artist in his own right that it makes the learning fun and exciting. I now have had refreshers for the B and C course and am looking forward to attending the next available A course! It was a long weekend after flying up there and back but well worth the experience! I highly encourage anyone to keep taking the courses as I have learned something each and every time.

Sr. Master Gary W. Meek





Sir:

Congratulations to **Mr. Lance Edwards**, Regional Director, for hosting the April 2 Monroe Louisiana testing and seminar. **Mr. Freddie Cowns** from Texas, **Mr. Jeremy Bennett** from Mississippi, and **Mr. William Awl** from Louisiana all tested to 5th Dan. **Tim Kerrigan** tested to 2nd Dan. **Mr. Robin Johnson** from Wyoming, **Mr. Paul Byrne** from New Jersey and **Ms. Louise Fox** from Colorado supported Mr. Edwards not only at the testing and seminar but for his opening of a new school in **Monroe, Louisiana**.

After the testing we were treated to Southern style cooking with one of the main dishes cooked by Mr. Edwards and the most wonderful desserts by some of the Moms! All of the families were very supportive and made sure we all had were given some of that Southern Hospitality! Mr. Edwards grandfather Shine and his grandmother Ruth had a fish fry the night before the event that left us wanting to all go buy a fish fryer! Ms. Fox and I were presented a Cajin Back Scratcher, a stick with a corn cob on the end of it, a treasured prize by Shine. Of course, Mr. Edwards and the students presented me with my very own fish fryer! Look out this summer.

The Grand Master Seminar was my first as a newly promoted Grand Master by Sr. Grand Master Sereff. From white belt to 6th Dan we all had a great time and learned one important message, white belts are the most important students we all have! We did target a beginning of new patterns for the testing candidates and left the gym with a little more understanding on what

true Taekwon Do is all about, family, friends, students and a little technique!

Mr. Edwards took us to the Black Bayou to see some alligators in the wild an we were not disappointed! Great time!

Later that evening we all met at a Crawfish

Coney Island and got the education on how to eat crawfish, how to serve it in a drip pan, no silverware and a large roll of paper towels and to never eat one that the tail is sticking straight out only the ones that the tail is curled! Mrs. Byrne told us that the reason was the crawfish with the straight tails are dead before hitting the boiling water! Wonderful evening with our Taekwon Do family in Louisiana!

Grand Master Renee Sereff

[Editor's Note: Picture, page 8]

Trinity Taekwon-Do Black Belt Testing-- Mrs. Pam Neidig Promoted to 7th Dan Master Instructor

On February 26 **Trinity Taekwon-Do** of Broomfield, Colorado, hosted its annual Spring Black Belt Testing. This testing was a pinnacle event in Trinity's twenty-five year history as **Mrs. Pamela Neidig** was officially promoted to VII Dan Master.

Joining Mrs. Neidig on the floor were: **Mrs. Kristine Ferraro** – 4th Dan Candidate. **Mr. Ed Garneau** – 2nd Dan Candidate, Miss. **Kimberly Meewis** – 1st Dan Candidate (Best of Testing award), and **Mr. Paul Kneusal**, **Mr. Jacob Miller**, and **Mr. Caleb Kennedy** (Best Ho Sin Sool, assisted by **Mr. Trey Canterbury**).

Trinity Taekwon-D was honored by the guests and other USTF dignitaries that traveled to witness this event from around the local

Denver area, Wyoming and Washington State (Master **MaryAnn Stewart**).

Senior Master **Robert Neidig** and the Head Instructors (Master Pam Neidig and Sixth Dan Mr. **Charles Avila**) of Trinity Taekwon-Do are proud of these students' performances and their personal on-going commitment towards Taekwon-Do and Trinity.

[Editor's Note: Picture of Master Neidig with Sr. Grand Master C.E. Sereff, at right, and Testing Board, below.]

"It's not the size of an organization or the beautiful school that matters. The important thing is what is in the heart and spirit of each individual teacher and student." James J. DeFrancisco, IV Dan, submitted by Elisabeth Hunt, II Dan, Minnesota.



Test Board (Back Row: left-to-right) Senior Grandmaster **C.E. Sereff**, Grandmaster **Renee Sereff**, Grandmaster **Paul De Baca**, Senior Master **Robert Neidig**, Senior Master **Stan Martin**, Master **Kirk Steadman** and Master **Dan Griffin**. Testing Candidates (Front row) Mr. **Charles Avila** (VI – Testing Instructor), Miss **Kimberly Meewis** (1st Candidate – not pictured, Mr. **Paul Kneusal** (1st Candidate), Mr. **Ed Garneau** (2nd Candidate), Mrs. **Pam Neidig** (VII Candidate), Mrs. **Kristine Ferraro** (4th Candidate), Mr. **Jacob Miller** (1st Candidate), Mr. **Caleb Kennedy** (1st Candidate)



At the **Grand Master Seminar** (Grand Master Renee Sereff's first!) and testing at Monroe, **Louisiana**, on April 2 (see letter, page 6).

Top row, left to right: **Terry Rieger, Dee Rieger, Lance Edwards, Robin Johnson, Paul Byrne, Louise Fox, Gray Stuart**; middle row, left to right: **G.M. Renee' Sereff, Freddie Cowns, William Awl, Jeremy Bennett, Tim Kerrigan**; bottom: **Ethan Hughes, Kallie Warner, Brock Crain, Luke Taylor, Sophie Taylor**.



On April 9 and 10, Dr. **Steve Osborn**, Region 5 Director, hosted a "C" Level USTF Instructor Course at Cadillac, Michigan. The peripatetic and always excellent Grand Master **Mike Winegar** put participants through their paces, imparted knowledge, and led two days of interesting and exciting Taekwon-Do. Participants were: 6th Gups **Jay Simon** and **Matt Seward**, 4th Gups **Brandon Kelly** and **George Carroll**, 3rd Gups **Erin Conklin** and **Mark Joseph**, 1st Gups **John Hunt**, **Elise Conklin**, **Mike Herzfeld** and **Todd Smithee**, First Dans **Sam Dodds**, **Michael Byard**, **Tom Jacobson**, **Georg-Peter Spiessl**, **Aaron Dull**, **Adam Sweemer**, **Nick Moralez**, **Jeff Wojcik**, Dr. **John Cha**, and **David Glendenning**, Second Dans **Christen Langlois**, **Louis Giumatsia**, **Ryan Swing**, **James Niemura**, **Danielle Spiessl**, **Jacob Weiss**, and **Sharon Spungen**, Third Dans **Brian Nusslock**, **Ed Girdaukas** and **Paul Hebein**, Fourth Dans Dr. **John Butitta**, **Hilija Spiessl**, **Val Dodds**, **Jim Alger** and **Jacqueline Karpinsky**, Fifth Dans, **Steve Osborn** and **Mike Van Pietersom**, Sixth Dan **Ron Britt**, and Seventh Dan F.M. Van Hecke. The total participants eager to learn from six states were thirty-nine. Of these, no fewer than eleven had taken the course before, a testament to their perception of its value.