

# 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

The Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 853, Grafton, WI 53024. E-Mail [fmvh1@mac.com](mailto:fmvh1@mac.com). Archived at USTF Region V site [www.ustf-region5.org](http://www.ustf-region5.org) Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation.

## COMING EVENTS

Black Belt Test. **Sereff TKD**, September 10.

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

On September 17, the **Wyoming Invitational Tournament** will be held at **Casper, Wyoming**. Casper Tae Kwon-Do invites all USTF affiliated schools and their students to compete for top honors in over 50 divisions. Contact Mr. Jerry Sisco, [jerrysisco@bresnan.net](mailto:jerrysisco@bresnan.net)

Also on September 17, a referee training seminar for Class C, B, and A Umpire Certification will be held at **Neenah, Wisconsin**. The instructor will be Dr. **Steve Osborn** and the promoter is Dr. **John Butitta** of Fox Valley Taekwon-Do.

The date for the USTF Class A Instructors course is set for October 1, 2011 at Sereff Taekwon-Do.

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

On November 19 there will be a Black Belt Test in **Utah**.

On November 20, at **Acton, Massachusetts**, there will be a Black Belt Test.

On December 3 there will be a Black Belt Testing at **Salt Lake City, Utah**.

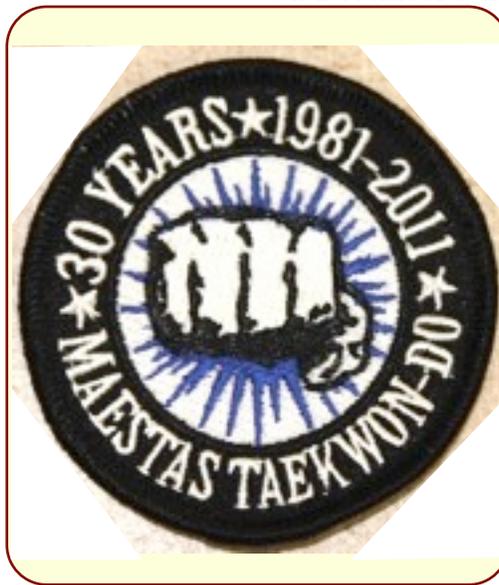
**Sereff World Camp** in 2012; put aside June 24-29, 2012, in Estes Park, Colorado.

## AROUND THE COUNTRY

**Arvada, CO** – Thirty years ago this summer Master **Ron Maestas** moved from north Denver to Arvada and took over the North Jeffco Parks and Recreation District

martial arts class. In honor of the anniversary the club will hold a celebration on Saturday, September 24, 2011 at the Secrest Youth Center, 6820 W. 66<sup>th</sup> Ave, Arvada from 1:00 to 4:00 PM. Congratulations to **Maestas Taekwon-Do** for 30 years of service and loyalty to our Art.

We invite all former and current students (black belt or color belt), instructors, and friends of the club to join us for a picnic lunch. Please



provide your own food and drink (no alcohol please). We will have the cake.

We are also seeking pictures, video and other mementoes of the past 30 years. Please do not send original pictures or framed items. We can accept digital images. Please indicate date picture taken and who is in it for photos or video. If you know someone that was involved in the club please pass this on to them.

For additional information or email digital items send to [30years@maestastkd.com](mailto:30years@maestastkd.com).

On July 16 a Gup Level Test was held in **Casper, Wyoming**.

**Utah Summer TKD Camp** was August 5 -7.

A Level 1 Ho Sin Sool course was held at **Salt Lake City** on August 20.

## ANNOUNCEMENTS

The Flash has received requests for reprints of articles, issues and pictures. The Flash is archived at [www.ustf-region5.org](http://www.ustf-region5.org). Copies of past issues may be downloaded there for free. The Flash does not maintain a permanent archive of its raw materials such as photographs. Thus if you desire an original photograph time is of the essence in contacting us promptly after publication. Photos taken by persons other than Flash staff but published in the Flash are destroyed with publication and are substantially edited for inclusion, and any copies of originals should be sought from the photographer. Photos taken by Flash staff can, in many instances, be retrieved in their original formats. Provide date of issue and page number along with a description of the contents of the photo.

The 13<sup>th</sup> Annual Maestas Taekwon-Do black belt camping trip was held July 15<sup>th</sup> to 18<sup>th</sup> in the Colorado mountains at Wolford Mountain Reservoir. Over 40 people (black belts and family members) celebrated with a special dinner on Saturday night. (Picture below: most of the campers.)

Very little Taekwon-Do goes on at this camp. It is mostly about black belts and their families getting together and enjoying our beautiful mountains. We do try to spend a bit of time discussing the club and its future.

The food is great, the fishing wonderful (catching not so much this year), the water skiing fast, and the company special. We are already looking forward to next summer.



A tip on photographs submitted to the Flash: Photos are best submitted in a standard graphic format such as .jpg or .tiff. We can convert many other formats. We have observed that almost every photo submitted must be lightened, contrast enhanced, and sharpened. This means, as a practical matter, that photographers should be conscious of lighting and focus. With many good “point and shoot” cameras, focus is adjusted by holding the shutter button down half-way while picking out the point of focus, and only then taking the picture by depressing the button fully.

The Flash is well aware that elections are being held in the near future for the presidency of the U.S.T.F. With the approval of Sr. Grand Master C.E. Sereff, this publication will not cover the election or provide a “campaign platform” for any

candidate(s). We will continue our basic mission of communicating news of the good work we do (and the fun we have doing it), and will, of course, congratulate the winner.

### Obituary

To celebrate his 50th birthday, Keith Rose of Arvada had planned to scale 50 of Colorado's 14ers in a 30-day span. He died Monday, August 1, in a fall while descending Crestone Needle in southern Colorado. Rose hiked and climbed mountain peaks most of his life, leading small groups of climbers on a great many Saturday outings. He reserved Sundays for hiking with family, his daughter Cheryl Hedlun said. The evening of the descent a dense fog swept across the mountain, Hedlun said, and it may have

On July 30 a Black Belt Test was held in Sheboygan Falls, Wisconsin. Presiding was Senior Master **Earl Weiss**. He was assisted by Board members Master **Braxton Miller** and F.M. Van Hecke. At the Corner was Fourth Dan Mr. **Luke Mattias**. The following tested: for Sixth Dan, Mr. **Mike Van Pietersom** and Dr. **Rick Bauman**; for Fourth Dan Mr. **James Pals**, Mr. **Brian Nusslock**, Mr. **Chuck Giotto** and Miss **Angela Giotto**; for Third Dan Mrs. **Danielle Spiessl**, Mr. **Aaron Prohuska**, and Mr. **Tony Mattias**; for Second Dan Mr. **Rick Flood**; for First Dan Mssrs. **O.J. Locklair**, **Michael Herzfeld** and **Matthew Thur** and Miss **Emily Surch**.



disoriented Rose as he came down. He came across a couple from Great Britain and they talked for a while, but they wound up taking separate paths.

Fifteen years ago Rose took the woman who became his wife, Karen, on a first date, climbing in the mountains west of Boulder. Rose's three children and Karen's four children joined the couple.

The Custer County Search and Rescue team looked for Rose on Tuesday. They found his body

at about 12,500-foot elevation but were unable to immediately extract it because of stormy weather.

As part of his goal of climbing 50 peaks, Rose had climbed Pikes Peak, Humboldt Peak, Crestone Peak and Crestone Needle. His next climb would have been Mount Lindsey.

"He was really, really happy when he stated this trip," Hedlun said. "We have peace in knowing how happy he was."



From the Black Belt Test in Sheboygan Falls, Wisconsin on July 30: Left, Mr. **Rick Flood** states his proposition, Lower Left, Miss **Angela Giotto** shows acorns don't fall far from oaks, Center Below, the oak (Mr. **Chuck Giotto**), and, Left, Below, Mr. **Mike Van Pietersom** pronounces sentence.



Rose is survived by his wife, Karen; parents, Chet and Diana; a sister, Kimberly; three children; four step-children; and nine grandchildren.

Grand Master Renee' Sereff said, "Mr. Rose was a good man from top to bottom. He was a good son, a good father, a good husband, good grandfather, good student, good instructor, good referee, good friend and the list could go on and on. The way he gave up his Sundays for months prior to USTF Internationals to help students be ready for competition, the way he gave up his Friday nights to help his friends and students keep in touch with what he loved, Taekwon Do, the way he always called the testings for Sr. Grand Master Sereff with very little notice, the way he was always there for his family, these are some of the things that made Mr. Rose what he was, a very honorable man. He made you want to be a better person! Tonight when you look up, don't think of them as stars...Think of them as porch lights welcoming Mr. Rose safely home."

R.I.P. Mr. Keith Rose. Our Taekwon-Do family has been diminished.

[The Editor acknowledges the contributions of the Denver Post, Kieran Nicholson, and Grand Master Renee Sereff in the preparation of this article.]

Sr. Grand Master Charles Sereff, and the Executive Board of Grand Masters agreed to present a Masters Certificate and Belt to the family of Keith Rose. Mr. Rose had made all of the requirements and would have been tested next year. This honor was presented by Sr. Master Charles Sereff, Grand Master Mike Winegar, Grand Master Renee Sereff, and Grand Master Paul De Baca and received by his wife Karen Rose and his son Jason Rose, currently a IV Dan.

## LETTERS

*Master Van Hecke*

*Again, another outstanding edition of the FLASH.....Awesome pictures and great information! Super coverage of the International Tournament. Not sure how you do it, but you have once again outdone yourself with this issue. Super Job Sir!*

*Sr. Master Gary W. Meek, VIII Dan*



Mr. Keith Rose and Karen.

*Sir: Nice coverage of the International Tournament. Even given the limited space, your text and pictures gave the readers a broadlook at what appears to have been a wonderful experience.*

*Dr. Rick Bauman, VI Dan*

*Master Van Hecke,*

*Once again, an excellent job this month. Thanks for the great coverage of the tournament. 10 pages...*

*Grand Master Mike Winegar*

*Sir:*

*Colored belt tests were held at the Special Needs Academy of Martial Arts on July 28, August 2, and August 13. At the August 2 test, Annaliesa Strohbach and Marcus Brueggemann were sworn as Black Belt Candidates.*

*We also held our 9th annual TKD Summer Party on August 12. Mr. Luke Mattias and Mr. Anthony Mattias hosted 35 guests; including students, Instructors, and their families. This event celebrates all of our accomplishments in the past year (including recent promotions), the dedication of our students and Instructors, and the support of our families. We had fun swimming in the pool, jumping on the trampoline, playing with the dogs, and eating pizza! Mr. Marty Mattias and Mrs. Judy Mattias are to be commended for their help in hosting the event.*

*Luke J. Mattias, IV Dan*

## AND MORE EVENTS

**Sereff Taekwon Do** hosted the Advanced Ground Tactics course that replaces the level two of Ho Sin Sul on Saturday, August 13, 2011. Master **Frank Hannon**, head of the USTF Ho Sin Sul program taught this very physical course to students from Colorado, Utah, Wyoming, Texas and Illinois. Sr. Master **Stan Martin**, USTF Vice President, Sr. Master **Earl Weiss**, plus Master **Kirk Steadman**, and Master **Joe Bosse** joined the class and were great role models! The course was designed by Master Frank Hannon from General Choi Hong Hi in the encyclopedia TAEKWON DO. The advanced course went from the Ground Fore-Fist punch to Leg Locks with hands on training with Master Hannon. We did have a couple of juniors in the class that had to watch some of the choking techniques because of their age. Master Hannon will be teaching this course throughout the US. Sr. Grand Master Sereff has given us a couple of years to catch up with this

course versus the Advanced Ho Sin Sul. Although there were many sore muscles and stiff necks, the course taught everyone something and many, everything about ground tactics.

On August 17 and 22 the Grafton Academy of Martial Arts held a series of Gup Testings. Variously presiding were Mrs. **Mary Lubner**, Mr. **Tom Minesal**, Ms. **Christin Langlois**, Mr. **Kevin Friede**, Mr. **Nick Morales**, Mr. **Matthew Thur**, Mr. **Josh Locklair**, Mr. **Mike Herzfeld**, Mr. **Jeff Wojcik**, and Master F.M. Van Hecke. Mssrs. Thur, Herzfeld and Locklair substituted in and out at Corner seamlessly. Congratulations are in order to the following on their promotions: **Troy Spielbauer** to Gup Two, **Katelyn Dick** to Gup Three, **Kristi Slattery** and **Ben Klein** to Gup Five, **Casey Garza**, **Alyssa Jankowski**, **Coleen Schmidt**, **Gavin Schmidt**, and **Andrea Voulgaropoulos** to Gup Six, **Max Wilhelm** and **Garrett Friede** to Gup Seven, **Pat Jankowski** and **Joey Willman** to Gup Eight,



“I’m winnin’ because I’m on top, right? Master Frank Hannon, below, teaching Mr. **Jordan M c D i l l**, Wyoming, at the Advanced Ground Tactics seminar.

### A Sroykum Picture Page



All those experienced officials, watching you....



Hey, cut that out!

They also serve who don't directly officiate.



And some have served for decades already



The Gup Levels can compete, too! But then, the Big Guns. Hey, how did he get that shot?



### O.K. They were so good, why not another?



Pow! Smell that! Does height equal weight, always? Look, a defeat can still mean you competed with your heart and therefore won the greater battle.



We're from all over the place, but for a shining moment, we came together, and honored our Art. Ain't it great?

For that shining moment, make a friend, honor your family, honor the greatness in all of us.



Worth it?  
Absolutely.

