

# The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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## HELP US OUT

For those of you who receive The Flash via e-mail, take a look at the address we have for you. If you are properly addressed as Master, Ms., or improperly addressed as Joe when you should be Mr. Joseph or Member #3 when you should be Mrs. Sonja Smith, let us know and we'll make sure you are given a proper and respectful form of address. If you are aware of people in your school who should be receiving us but who are not, please provide name and e-mail address. If you have an event occurring in future, don't hesitate to give us that information and we'll help publicize it. If you have a past event you'd like to call to our attention (or reward your students by mentioning), don't hesitate to notify us. Thank you!

--YHE

## COMING EVENTS

Set aside May 3 for the **Axe Taekwon-Do Tournament**.

The **2014 USTF-UTAH Cup Tournament** will be held at Salt Lake City on May 17.

There will be a Black Belt Test May 18 at **Concord Taekwon-Do**.

United States Taekwon-Do Federation

# NORTHEAST CHALLENGE

MAY 3rd,  
2014




ALL BELTS  
PATTERNS  
SPARRING  
BREAKING



Hosted By:  
The Concord School of Taekwon-Do  
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**Maestas Taekwon-Do** will have a Black Belt grading on May 18.

On May 24 Master **David Mason** will be promoter in a USTF Referee Course at **Mountain View Martial Arts & Fitness**. On that same date (a double-header!) a tournament will be conducted at the same location.

Black Belt/Color Belt combined testing June 7 at **Axe**.

And USTF-UTAH will have its **Spring Black Belt Testing** on June 7.

On June 21 Sr. Master **Earl Weiss** will preside over a Black Belt test at DesPlaines, Illinois.

And block out those calendars for **Sereff World Camp**, YMCA of the Rockies Winter Park, June 22 through 27.

The **2014 USTF-UTAH Summer Weekend TKD Camp** will be held at East Canyon State Park in Morgan, Utah August 1-3. The 26th edition!

On August 8 Master **David Mason** will host a USTF Invitational Tournament in Battle Ground, Washington.

On August 23 another Black Belt and Gup promotion testing at **Bellevue, Nebraska**. Master Todd is the Promoter.

On September 13 **Sereff Taekwon-Do** will host a USTF Black Belt test.



“Well, maybe Tim or Cassandra could give you a ride...” From the March 15 test at Sereff Taekwon-Do.

*Sir: Concord TKD hosted Senior Master **Louis Reyes** on Sunday, March 16<sup>th</sup> for a seminar on I Dan through III Dan Black Belt patterns. SM Reyes covered patterns Kwang-Gae through Juche at this event attended by instructors and students from schools around New England. Instruction focused on the finer points of specific attacks and defenses, and on flow from one technique to the next. At one point, he had attendees to perform patterns in pairs before the group. At others, he called individuals up to illustrate stances and pattern elements, or demonstrated himself, in answer to questions from the group. As always, SM Reyes offered careful individual corrections over the course of the seminar. Thank you, SM Reyes, for an excellent event!*

--D.F.S. Roselyn Romberg



The **15th Annual Wyoming Invitational Tournament** will be held in Casper, Wyoming, on September 15.

October 19 is the tentative date for 2014's **Sereff Fall Championship**.

The **2014 USTF-UTAH State Championship Tournament** will be November 8 in Salt Lake City.

**USTF-UTAH** will have its Fall Black Belt Testing on November 15.

November 22—Last **Offutt AFB** test for 2014.

November 23, **Concord School of TKD** will have a Black Belt test for Concord, **Sudbury TKD**, **New England TKD**, and **Victory TKD**.

On the same day, November 23, there will be a Black Belt test at **Maestas Taekwon-Do** in Arvada, Colorado.

The Flash will award both a Pictorial Submission of the Year and a Best Article by a Non-Stringer for 2014 in December.

#### AROUND THE COUNTRY

On Sunday February 23 **Giorgio's Academy of TKD** in Sudbury MA hosted a demonstration of Kids Kicking Cancer's new volunteer training program to certify martial arts therapists. **Kids Kicking Cancer** was founded fifteen years ago to use martial arts to empower very sick children to aid in coping with their disease. It is now in use in hospitals around the globe. Kids Kicking Cancer martial arts therapists undergo ten hours of intensive training to prepare them to work with children diagnosed with cancer and other debilitating and

Editor's Note: After we went to press last month the photo below, taken at the March 15 testing at Sereff Taekwon-Do, came to light. When one tests for one's Black Belt, somehow one's *uke* (the person being slammed around in your Ho Sin Sool) becomes one of the true "building block" support persons for your effort. Here brand new First Dan **Kira Donahue**, on the right, shares her rose with her *uke*, Miss **Leigha Bell**. Thanks to Ms. **Lisa Winkler**, IVth Dan, for sharing this image.





### Concord TKD Gup Test

By Roselyn Romberg, Distinguished Flash Stringer

Concord TKD hosted a Gup Test on Saturday, March 23<sup>rd</sup>. **Joe Brooks** tested successfully for Gup 9 Yellow Stripe. **Charu Tyagi** and **Manas Kontham**, whose brother **Vamsi** also trains at the school, achieved the rank of Gup 8 Yellow Belt. **Mark Elliot** and **Lea Bodmer**, whose younger brother **Adrian** trains with her, obtained their Gup 7 Green Stripe belts, and **Paul Sorrenti** passed for Gup 5 Blue Stripe. **Thomas Quirk** tested for Gup 4 Blue Belt, and sisters **Laurie** and **Michelle Chen** achieved Gup 3 Red Stripe status. Pictured above, left, Paul Sorrenti, and, right, Lea Bodmer.

life-threatening illnesses. Martial arts therapists are trained on pain and stress management theories and practices, psycho-social challenges of dealing with significant illness, and using common martial arts techniques such as breath control, meditation, focus, and empowerment to combat or cope with disease.

A **Breaking Tournament** April 5 or thereabouts in Washington State, at Sequim, Director **Linda Allen**, Chief Referee **Craig Fahrenholtz**. Promoter **Brandon Stoppani**. All right! More information and photos when provided.

On April 12 a USTF Referee course was conducted at Battle Ground, Washington. Contact the Promoter, Master **David Mason**, [mountainviewtkd@gmail.com](mailto:mountainviewtkd@gmail.com). More information and photos when provided.

On April 26 a Black Belt Test was held at Rock Springs, Wyoming. Presiding, Sr. Master **Stan Martin**.

On March 31 a gup testing was held at the **Academy of Martial Arts, Grafton, Wisconsin**. Presiding were Dr. **Rick Bauman**, Mrs. **Mary Lubner**, Mr. **Tom Minesal**, Ms. **Christen**

**Langlois, Mr. O.J. Locklair, Mr. Matthew Thur,** and Sr. Master F.M. Van Hecke. Present and assisting were Mr. **Aaron Prohuska**, Third Dan, Mssrs. **Kevin Friede, Mike Herzfeld** and **Nick Moralez**, Second Dan, and Ms. **Kristi Slattery**, First Dan. At the Corner were **Max Wilhelm, Garrett Friede, Alyssa Jankowski,** and **Patrick Jankowski**. Testing to Gup Nine were **Tim Van Ryzin, Maddie Van Ryzin,** and **Tessa Locklair**. Testing to Gup Eight was **Shantanu Chaudhuri**. Testing to Gup Three were **Rachel LaPorte** and **Benjamin Herzfeld**. Testing to Gup Two Red Belt was **Valerie Locklair**. Well done, everybody!

A follow-up gup testing was held at Grafton at the **Academy of Martial Arts** on April 10. Presiding were Fifth Dan **Mary Lubner** looking quite chipper with a new knee made out of titanium or quail eggs or something and Sr. Master F.M. Van Hecke. At the Corner was the able Miss **Alyssa Jankowski**. Testing successfully to Gup Eight were **Camille Spinelli** and **Michael Spinelli**. Testing successfully for Gup Nine was Dr. **Kristi Lineberry**.

## HOW TO CORNER A TEST

By F.M. Van Hecke

You know who the Corner is. He or she is the person who stands up front next to the testing Board and gives the commands for the exercises, patterns, etc. that make up a test. The term derives from the fact that the Corner can usually be found both at the corner at the front of the training floor and also at the “corner” of the testing board’s table.

But being a good Corner is more than just assuming a position, and requires training, thought and preparation. Good schools emphasize Corner skills, and every student, even the inarticulate and the shy, should be exposed to the experience prior to testing for Black Belt. In some schools cornering a pretest is required at Gup Two, and cornering a full test is required at Gup One.

There is a good reason for this exposure for those who aspire to Black Belt: Black Belts are often called upon to sit on testing Boards. If you don’t understand the skills necessary to run a good test, how can you sit in judgment?

Other good reasons to corner? The self-confidence learned in being in command in a pressure situation is a plus. Also, the capacity to convey information and directions to a group of students and keep interest and energy at a high level is a “must” for the prospective teacher.



**Giorgio’s Academy of TKD** in Sudbury MA hosted its annual **Winter Warriors Challenge Tournament** on Saturday, January 25<sup>th</sup>. This was Giorgio’s Academy’s first major event since moving into new quarters, and an opportunity to show off their newly renovated facilities to fellow New England schools. On left, Caleb Buttner; on right, Junior Competitor winners from left (their places below): Lily Purdy, Genevieve Evers, and Dakota Cioppenelli-McLain and Justin Miller.--Roselyn Romberg





It is a tradition in the **Grafton Academy of Martial Arts** to “swear in” Gup One Black Belt Candidates and have a faculty member or members sponsor and supervise their efforts in preparation. On March 31 the following were so recognized: **Garrett Friede**, co-sponsored by Second Dan Kevin Friede and Fourth Dan James Pals, **Max Wilhelm**, sponsored by Third Dan Christen Langlois, **Patrick Jankowski**, sponsored by Third Dan Aaron Prohuska, and **Alyssa Jankowski**, co-sponsored by Mr. Prohuska and Fifth Dan Mary Lubner. Photos: left, Mr. Friede concerns himself as to how he will get his sponsoree into line; below, Mr. Prohuska and Mrs. Lubner realize they’ll never accomplish that with theirs.



Finally, constructing a Corner’s agenda leads to a better understanding of curricula, i.e., what it is students learn, when, and why.

In order to corner properly, you should familiarize yourself generally with test structure. How are people brought to attention, lined up, what commands are necessary to begin and end a test? These may differ, or differ slightly, from the protocol necessary to begin or end a regular class.

If there is to be more than one Corner, learn the protocol for a Corner to be relieved in favor of another. Don’t just walk off and sit down. Certainly the incoming Corner deserves a bow from the outgoing Corner, and the outgoing Corner should receive a respectful acknowledgement of his service from the new Corner.

In order to develop corner skills, the student can follow a fairly logical sequence of preparation. He or she merely needs to ask the right questions.

What things is the Board likely to want to see and in what order? Generally, you may assume a Board, unless you are told to the contrary, will want to see something of everything they will have to grade. You can surmise, then, that hand basics and stances, foot techniques, patterns, stepsparring, sparring and breaking are part of the test, and in roughly that order. Review a grading form well before the test to find out what students are graded on in that school. The Board Chairman may well tell you to skip a category or add an exercise spontaneously, so plan on being flexible on test day. (Continued on page 9)



Sr. Master Van Hecke,

Mrs. **Arlene Slocum**, 58 yrs. young is Fairbanks Taekwon-Do's latest Black belt. She tested on April 5th.

She comes to us via Lawrence, Kansas where she and husband Terry live and practiced Taekwon-Do for about 17 years under the late Grand Master Ki-June Park of Lawrence TKD. who migrated to the U.S. in the 1970's from Korea.

Mrs. Slocum traveled here in 2009 and stayed for 1 month. They found Alaska irresistible during their next trip in 2013, so much so that they bought a

home. Now there would be a place for them to hang their hats.

The Slocums are the reverse of the "snow bird." They travel here for the winter.

When asked why she is enthusiastic about U.S.T.F. she points to "the consistency of the style. The teachings are the same throughout the United States."

The photos are of Mrs. Slocum breaking with 180 degree back piercing kick and in a group consisting, from left, of Third Dan **Susan Hicks**, myself, Mrs. Slocum, and Fourth Dan **Marion Puchek**.

*Master Guy Williams VII*



Now, obviously, what students learn varies at each rank. The White Belt can't be asked to do a 180-degree back turning kick, and to show that a Red Belt knows middle target punch in walking stance is generally not necessary. One form of step-sparring drill may be appropriate for students at one gup level, and another may not be. Therefore, try to find out what level the students testing are at, and figure out what they know by looking at the curriculum or study matrix for the school. Every school differs depending on its Headmaster's view of teaching, so don't assume you can always rely on the same formula. In USTF there is a considerable advantage--a written Gup Testing Syllabus (and a Dan Testing Syllabus) which provide relative order to pedagogical sequence.

The concepts discussed in the last two paragraphs merge in the Testing Agenda, a written sequence of the exercises, drills, etc. you will call from the Corner position. The first time you corner, have a written testing agenda. Otherwise, you run the risk of "freezing." Thereafter, you may not need quite as much detail. These agendas come in two forms: one provided to you by the Board or Head of Instruction (a "canned agenda"), and those which you may be asked to prepare. If you're asked to draft your own agenda, it doesn't hurt to show it to a Black Belt presiding on the upcoming test Board and get his or her input as to areas you may wish to improve.

The Corner also presents the school to the public observing the test. While putting the students "through their paces" is important, and thus it is necessary to challenge those testing, especially the more advanced students, an effort should also be made to paint a picture of students who, through study in the school's curriculum, have advanced progressively in skills, capability, and discipline.

Not only does the Corner present a school--he or she represents, to the observer, one of the most advanced products of that school. Therefore, a Corner should be properly and neatly uniformed and emphasize his or her own solid knowledge and personal discipline.

One of the Corner's most critical duties is to keep a test moving smartly. The students really aren't working that hard, so commands should be definite and clear, sharp and assured. It is discourteous to the Board to ask them to sit still for 10 seconds between each technique. Move things along at a solid pace.

The Board need not see one technique 50 times. Sometimes as few as two or three times per side of body can adequately display to an expert Board of Examiners the state of the student's knowledge of a technique. If the student is

stumbling, a few more tries may help him pass. Give the Board an adequate knowledge base about the student to arrive at a conclusion. More is not needed.

Safety is squarely a concern for Corners. Corners should make sure that students do not attempt potentially dangerous or injurious



Fourth Dan Jason Rose,  
a superior Corner.

techniques. The concern for safety does not end with students testing in a vacuum. A freesparring student falling and banging his head on the edge of the testing Board's table signals the Corner's lack of proper control of those testing. Spectators can be injured if hit by falling students or by flying broken pieces of wood. When in doubt, defer to the Board, but err, if at all, on the side of safety.

You may assume that those sitting on the Board know what they wish to see, and have an overall "feel" for safety. Therefore keep the periphery of one eye on the Board Chairman at all times, in case he or she feels the necessity to signal to end a match or routine. Now you get a chance to use the peripheral vision you've worked to develop. A flat hand over a hand pointed up, making a "T", is a signal to halt the exercise. Otherwise, you may follow your own instincts as to when there has been an adequate "display" of the student's skills to end a portion of the test.

Breaking set-ups are absolutely the province of the Board Chairman. Even though the set-up has been "cleared" by every other Black Belt present, including those who may be helping out at a breaking station, MAKE SURE the student about to break receives acknowledgement by the Board Chairman before proceeding at each and every single attempt. The set-up itself must be visible to the Board. No attempt should be made after a missed attempt without further acknowledgement from the Board. No sadder words are likely to be heard than: "Gee, I missed seeing that, Mr. Smith was standing in the way (or you made a second attempt without clearing it so I was speaking to X at the moment), could we see that break again?"

Being a Corner is an awesome responsibility, but good Corners make good Black Belts, and therefore you should be eager to learn how to corner, and, in the process, help your fellow students excel.

On April 10 a **Breaking Seminar** was conducted at Sereff Taekwon-Do in Broomfield by Master **Ricky J. Todd**. In attendance were Sr. Masters **Stan Martin** and **Kirk Steadman** and Masters **Robin Johnson** and **Lance Edwards**. Photos: group photo with Sr. Grand Master **C.E. Sereff** and Grand Master **Renee Sereff** seated next to Master Todd, and, at right, Master Todd helps **Katherine Tutt** with a proper adduction for breaking with the forefist.

--*Grand Master Renee Sereff*, Flash Stringer

