

The T.K.D. Flash

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REMINDER: KIDS' TKD ART CONTEST

Anybody under 14 is eligible this year. [Older folks may submit and share.]

Entries may be scanned and e-mailed as attachments to fmvh1@mac.com.

Actual original artwork may also be submitted to "Flash Art Contest" at P.O. Box 853, Grafton WI 53024. However, original artwork should be submitted with an understanding it may not be returned

(unless a suitable container or envelope for return is included).

With your entry please submit your name, rank, age, and the name of your school. All entries must be submitted by August 15. Entries in past years were outstanding.

Imagine entering and winning an art contest on your application to the Sorbonne!

Good luck!



The New England Region hosted its annual **Northeast Challenge** invitational tournament on Saturday, May 3rd. Schools from around the region participated in Team Breaking, Patterns, and Sparring competitions. Competitors ranged in age from 6 years old to just under 60, with impressive displays of focus, power, speed, and accuracy in each event. The Promoter was Mr. **John Murphy**, VI Dan, assisted by referee coaches Mr. **Karl Huffman** and Mr. **Ramón Colón**, V Dans, and school heads Ms. **Joanne Haley** and Mr. **Tom Gibbons**, IV Dans. Great job, all! At left, Alex Gough and Bryce Mashimo. Below, the group.

--Submitted by DFS **Roselyn Romberg**, First Dan





On March 29th, **Sequim's Bodystrong Taekwon-do Academy** hosted the first Breaking tournament in Sequim. Competitors could take part in 3 different breaking categories. The results of each category was compiled to result in Grand champions in each of the categories Peewee (6-10), Junior (11-15) and Adult. Foot breaking was performed using re-breakable plastic boards of different strengths. Hand breaking used concrete roof tiles only. Photo left: Grand Champions: Peewee--**Samantha Gonzales**, Junior--**Jacob Emery**, Adult--**Jesse Eggiman**. More photos: next page & pg. 8).
--Submitted by Washington State Director
Brandon Stoppani, 6th Dan

COMING EVENTS

On July 18 **Big Dog Taekwon-Do** in Grand Rapids, Michigan, will be holding a black belt test on before Senior Master **Kirk Steadman** and Dr. **Steve Osborn**, USTF Region 5 Director.

Senior Master Steadman will conduct a USTF Referee Course at Big Dog TKD in Grand Rapids, Michigan, on July 19th.

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 **Ricky J. Todd** is the Promoter.

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

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**.

USTF Class B Instructor Course November 8th & 9th, 8:00 am each morning. Registrations are due HQ by no later than October 11th.

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.

On November 22 Offutt AFB will be the site of another Taekwon-Do testing.

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.



From the Sequim Breaking Tournament, left, for **Dodd Emery**, they don't make concrete like they used to, and, right, for **Samanth Gonzalez** it turned out not to be a piece of conventional playground equipment.

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

USTF-UTAH had its **Spring Black Belt Testing** on June 7.

The General Choi Cup was held in Canada on the week end of June 7 and 8. Our distinguished correspondence Ms. **Roselyn Romberg** was there, and you may expect an article in the next Flash.

On June 9 a First Dan and Gup One test was conducted at **Marquette Taekwon-Do** in the U.P. Presiding will be Fourth Dans Mr. **Chuck Giotto**, Upper Michigan Peninsula USTF State Director, Mr. **Brian Sowers**, Ms. **Hilija Spiessl**, and Mr. **Jack Eibler**, Fourth Dan, will be at the Corner. A detailed article will be in the next Flash.

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

On Saturday, June 21st the **Concord School of TKD** conducted a Gup Test. **Henry Zin** and **Zadie Morse** tested successfully for Gup 9 Yellow Stripe. **Iffah Liyakath** was promoted to Gup 7 Green Stripe. **Shivam Garg**, **Mwebaze Kalisa**, and **Bradley Myron** achieved Gup 6 Green Belt. Testing for Gup 4 Blue Belt were **Eli Holmes** and **Gladys Manzira**. And sisters **Grace** and **Stephanie O'Neil** were promoted to Gup 1 Black stripe.

Sereff World Camp took place at YMCA of the Rockies Winter Park, June 22 through 27.

Running a Demo

By F.M. Van Hecke

Assuming you have a date, time, place and group of attendees, the first rule is to get people to actually do the demonstration.

Post a notice in your school on the bulletin board, circulate the notice via e-mail to your student body and faculty, and have the demo mentioned in class.

Putting together the notice, remember the basics: time, date, place (address and

directions not a bad idea), who's invited ("All students and faculty..."), that uniforms should be worn, whether or not there are changing facilities, whether the demo is indoor or outdoor, whether or not shoes should be worn. It's a good idea to know the surface you're working on, the amount of room available. Demos in phone booths are not a great idea. Invite parents/friends. Invite members who may have something in common with the audience. "If you are a girl scout/a student at that school/a Herzogovinean Bolshevik you will especially want to attend..." Urge participants to show up 15 minutes before the actual start time.

Post a sign-up sheet. Once people sign up they are more likely to actually attend. This will also help in getting most of the names of attendees (who you will later thank for their participation in a poster on the bulletin board). If transport is an issue (demo in another city), that's a good place to get folks to indicate they are willing to drive.

If you don't have student liability and photographic releases (all our students sign one upon matriculation) get one from each participant.

Often it's a good idea to have a school tradition of reward. I buy ice cream after such events, but there are lots of possibilities.



Arvada, CO – June 1, 2014 marked the 22nd USTF Black Belt test hosted by **Maestas Taekwondo**.

Mr. **Raymond Brown** and Mr. **Ethan Schock** both passed their 1st Dan requirements and Mr. **Benjamin Pemble** passed his 3rd Dan. Needless to say it is a flying kick demonstration when two youngsters test. Mr. Brown was game and kept up with the youngsters very well. Photo: Back row left to right--Ms. Fran Buschkoetter IV Dan, Mr. **Scott Honas** V Dan, Master **Robert Martin**, Master **Robert Pettijohn**, Mr. **Dan Nelson** IV Dan; Front row left to right--Mr. Brown, Mr. Schock, and Mr. Pemble.

--Submitted by Master Robert Martin



Dear Sr. Master Van Hecke,

It has been a very busy winter and spring at **Maestas Taekwon-do**. We held color belt tests in mid February and another in mid May.

As you know we were involved in the Masters Test on March 15th. The amount of time this took and the support we had from the other instructors and the students at the club was enormous. Without their support and the support from the area, the whole country really, it would not have been possible. Master Pettijohn and I were overwhelmed by the kind words from our USTF brothers and sisters.

On March 22 we held the **14th Maestas Team Challenge**. What a terrific day of competition it was. Pictures have been posted to:

<http://yovanip.smugmug.com/TaekwonDo/Tournaments/20140322-MTKD-MTKD-Team-Challeng/>

Junior Champions were: **Thornton Pandas** in first, **Maestas Fatal Fists** in second and **Sheridan Snappers** in third.

Adult Champions were: **Sheridan Taekwon-Do** first place, **Maestas Taekwon-Do** second place, **Sereff Taekwon-Do** third place.

In preparing for our recent black belt test we found a wonderful picture from 2004. There are 28 children pictured. Of those twenty-eight, 8 earned a first degree black belt, six went on to a second degree and three earned a 3 degree. While I can't name everyone in the picture I can tell you that not only was this group of young people a great group of martial artists (and several are still very involved) but they are a very smart group. A number of them have excelled in school and several are in college.

My point with this is that when somebody says "Taekwon-Do, yeah, that's just for kids," thank them. Sure, we have a number of adult students but we are helping to build a better world through the children. As Grand Master Mike Winegar says, "We are creating ladies and gentlemen." Nothing can be more important than that. Our most recent 3rd Dan is the little boy in the front row, third from the left.

Yours in Taekwon-Do,
Master Robert Martin,
 Executive Director,
 Maestas Taekwon-Do

Make arrangements to provide the wood and a breaking machine or equivalent. People really come to see wood broken. And any other props you think are a good idea. Some schools pass out brochures or at least make them available.

Designate a narrator. Somebody who has experience is best, but there's always a "first time" for everybody. If the narrator is him or herself a member of the audience's group (a scout leader for a demo to scouts, for example), that's a plus.

Know how long the demo will last. Never exceed the time allotted, it's discourteous to your hosts. Demonstrations are best longer than 20 minutes and shorter than 50. If things start to "lag" during presentation you can cut short, go to breaking earlier, whatever is necessary to keep interest.

Before you start, make sure belts are properly tied, people know their places in line relative to each other. Line up before entry into the venue, e.g., in the hall outside. When you have the "go" sign from the host, get your

demonstrators' attention and then march in smartly. BEFORE YOU MARCH IN, FIGURE OUT WHAT STUDENTS WILL SAY AS A SALUTATION, so you don't get half the group saying, "P'il Sung," half saying, "Tae Kwon," and half saying, "Yes, Sir!" (Editor's note: is that mathematically possible?)

March in and form a line facing the largest segment of the audience. Call the group to attention and have all participants bow. If there are substantial segments of the audience on more than one side, have the students then turn, face the audience on that side, and bow once again. (You will end in the same way.)

Figure out how you will best "present" to the audience. You can't face two directions at once, but maybe you can find a good place to stand. Now, not to sound like my mother, but SPEAK UP. And ENUNCIATE.

If you are using a microphone make sure you know how to use it. That involves handling feed-back, constant distance from the mouth, avoidance of shouting into the mike (the most common mistake). Keep your voice modulated,



Concord TKD hosted a Gup test on Saturday, May 31st. Mr. **Ting-Shuo Che** tested for Gup 9 Yellow Stripe. His daughter, **Abby Che**, tested for Gup 7 Green Stripe at the same test, along with **Adrian B o d m e r**. Candidates for Gup 6 Green Belt included **Jillian O'Neil, Kevin Wang, Ryan Pillar, and Yaxi Li**. **Lily Lorenz** tested for Gup 5 Blue Stripe.



Testing for Gup 4 Blue Belt was "**Dangerous Dan**" **Angus-Kirstein**. And **Elise Mashimo** and **Yegor Osadchiy** tested successfully for Gup

1 Black Stripe. Congratulations, all, on good tests and great work!

--Submitted by DFS **Roselyn Romberg**

Photos: Pleased as punch are Daniel Angus Kirstein and Ryan Pillar. Surprised at his power is Yaxi Li.



Sir:

On Saturday, June 7th, **Axe Taekwon-Do** at Offutt Air Force Base in Bellevue, Nebraska hosted a quarterly testing. Twenty-two students tested for various ranks from 9th gup, White Belt Yellow Stripe through 1st Degree Black Belt. The testing board was composed of Master **Ricky Todd** VII Dan, USTF Region 3 Director, Mr. **Kevin Bushor**, 6th Dan, USTF Nebraska State Director, Ms. **April Bowling**, 5th Dan and Mr. **Patrick Finan**, 4th Dan, USTF Armed Forces Director.

Promoted to 1st Degree Black

Belt were Mrs. **Angelique Jocson**, Ms. **Samantha Jocson**, Ms. **Gabrielle Jocson** and Mr. **Robert Cardoza**. The following gups were also promoted: Red Belt Black Stripe: **Sean Ede** and **Charmaine Jocson**. Red Belt: **Sheila Duralia**. Blue Belt: **Cody Gaines**. Green Belt: **Evaine Mansfield**. Yellow Belt Green Stripe: **Kaden Bach**, **Brady Bach**, **Sophia Carter**, **Lizzie Chamberlin** and **Layla McIntyre**. Yellow Belt: **Maria Carter**, **Ryan Chamberlin**, **Lizzy Wagstaff** and **Cate Wagstaff**. White Belt Yellow Stripe: **Kevin Fleming**, **Kathleen Fleming**, **Helen Fleming** and **Carlee Swann**.



The students were tested on all physical and mental aspects of Taekwon-Do in accordance with the USTF testing syllabus. The class enjoyed a promotion dinner later at a local Mexican restaurant to recognize their hard work and accomplishments. Since 1988, USTF Taekwon-Do has been taught to both military and non military students at the Offutt Air Force Base Youth Center.

Photos: on top, testing board with new black belts, L-R, back row, Master Todd, Ms. Bowling, Mr. Bushor & Mr. Finan. Front row Ms. Jocson, G., Ms. Jocson, S., and Mrs. Jocson (family testing); at bottom, the entire testing group poses with instructors; left, like mother (Mrs. Jocson), right, like daughter (Ms. Samatha Jocson).

--Master *Ricky J. Todd*, USTF-7-50





Marshal Phipps
breaks at
Sequim
(thanks to Mr.
Brandon
Stoppani).

calm. If you are shouting commands, DON'T use the mike for that.

People who do a lot of public speaking make better narrators. You've got to mix a seriousness of purpose ("Here's who we are, here are samples of what we do, here are the benefits and moral tenets of what we do and YOU COULD DO THIS TOO") and a bit of humor.

There are always little things that can set up a friendly laugh from the audience. Example: you have two White Belts, a 300 pound guy and a 65 pound little girl. Call them up to stand ready for an exercise together and remark, "This shows that not only adults and children can participate, it shows that White Belts come in assorted sizes..." The possibilities are endless, but consider using free sparring for a bit of humor contrasting sizes and ranks. You can occasionally say, "Ouch!"

Now, what is the outline of things to cover? You have to look at the available time and personnel and figure how much time you wish to devote to different things. You have to

allow at least 40% to 50% of the time for breaking at the end.

In order go from "most pedestrian" to "most exciting." The pace should be sprightly, quick.

A sample order of presentation:

- 1) introduce the students if the numbers make it feasible, perhaps their ranks, time studying TKD. Tell folks a little about TKD, its benefits, its moral precepts.
- 2) basics, different techniques at different levels
- 3) a brief example of the knowledge of the students "Joey, what are the Tenets of TKD?" "Cecile, what is the name of your pattern, the number of movements, the meaning of the name?" Just enough to make the point that it's not all brawn.
- 4) Patterns (or after stepsparring); team or group patterns can really excite a crowd.
- 5) stepsparring, different sorts at different levels
- 6) free sparring, several matches. Crowd love 3 on 1 matches where defending is a girl or little person. Be careful not to overwhelm defending person.

7) Ho sin sool

8) breaking.

Time is your key parameter. So if you're short on time, you might have everybody do their step sparring simultaneously. The same possibility is there for basics, patterns, etc., and they can be done in subgroups.

As a general rule go from lowest level of difficulty to highest or most advanced.

Don't be caught with a big time lag in set-ups for breaking. Take charge! If an inexperienced student wants to break help that newbie out! He probably doesn't know how to set up a break. Don't compel anybody who has doubts to break, ask quietly. Have the more advanced explain what they're going to do to the audience or if you know you can explain it. Maybe somebody wants to do a suspension break or use a more difficult technique. Don't crowd the breakers thus cutting off audience vision. If you have adequate holders, have some students "set up" while others are breaking.

Make sure the breaks are more likely than not to be successful. A failure to break is **not** exciting. Just because I can break 8 boards half the time and 7 boards 80% of the time, maybe 6 boards and a sure break is more likely to excite

the audience. You'll have to get a "feel" for what excites people.

Be safety conscious throughout. Flying wood hitting an 80-year-old lady spectator in the face is a real deal-killer. A hurt or crying child is not a great sales point. A poor set-up that makes a break impossible for a tiny child will not win you friends--I've seen schools do this at demonstrations, and it can be humiliating for the child.

Warn children in an audience, in particular, not to try breaking at home, explaining how important a proper set-up and training is.

Breaking bricks and tiles can be done, but make absolutely sure you don't harm a beautiful wooden floor. Use a thin mat under holders such as concrete blocks to avoid scratching the floor, a thick rug over that and under the likely point of impact of the broken materials with the floor.

If you're good on your feet, you can take questions (and if you don't have a good answer, you can always put a buddy on the hot-seat, "Master Smith, how would you answer that?")

Have some nice little verbal vignette to end, line 'em up, have 'em bow, and march out. Make sure your crew cleans up their mess (broken boards, concrete chips, etc.)

Go eat ice cream.



Charu Tyagi (left) and **Jacqueline Martone** square off on June 1 at a New England Regional **Interschool Tournament** under the able umpiring of Ms. **Anna Glasberg**, First Dan. Competition in these tournaments is limited to gup level students ages 5 to 15, providing a learning experience for the competitors and prospective officials.



Sr. Master Van Hecke,
The color belt test on June 7th was a great success. Everyone passed on to a new belt rank. The testing board, consisting of Master Guy Williams, Mrs. Hicks, 3rd Dan, and Mrs. Slocum, 1st Dan, agreed that this was an excellent group of youth. They all performed their part of the curriculum to their best. As always, one stands out over the others and is awarded best test for that day. On this day Makenna Drummond, 4th gup, stood tall and was awarded best test overall.

--Master Guy Williams

Photos: above: color belt test participants, and on right, Dana Woolery captures Makenna Drummond sidekick.



Determined at the end of Do-San, nearest, Gabbie Drummond, farthest, Mattae Drummond, and in between Patrick Woolery.