

# 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 TKD 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 [fmvhl@mac.com](mailto:fmvhl@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. Contributing Staff: Distinguished Stringers Roselyn Romberg, Ricky Todd, Renee' Sereff, and Stringers Corinne Sroykum, Guy Williams, and Robert Martin.



Dear Sir,  
 The **Maestas Taekwon-do** 34th Christmas party was held Thursday, December 18<sup>th</sup>. The black belts put on a fun demo with patterns, breaking, step sparring, free sparring and ho sin sul.

As usual we had tons of great food and were entertained by our more musically inclined brothers and sisters.

As part of our fund raising activities for Internationals next year we held a raffle for "one hour private lesson with the instructor of your choice." We raised \$130.00 with that effort.

A highlight of recent years has been presentation of **Student of the Year Awards**. Students must be good ambassadors of the club at tournaments and other events, they must be willing to go beyond what they are asked of them by their instructors. This year Master **Robert Pettijohn** presented **Grant Litteral** with Color Belt Student of the year and **Jocelyn Swetlic** with Black Belt Student of the year (see pictures).



Happy New Year to all!

**Master Robert Martin**

## WHAT WENT ON?

We have received many inquiries concerning the receipt of "sham" e-mails claiming that somehow YHE was stuck in the Philippines without a farthing to get home, having been mugged. For those of you who believed it, you obviously don't know me as well as the last several thugs who tried, but the bottom line is that an overly simple password led to a veritable electronic disaster. Changing to a

different password was not in itself enough to recapture my contacts or past e-mails.

Working diligently with back-ups, we were able to restore all contacts, but they were no longer organized to reflect such factors as whether you, our cherished subscribers, were located in, say, a particular region or prior mailing grouping, or had indicated a desire not to receive the Flash, or numerous other things it would have been good to know.

Thanks are in order to Grand Master Renee' Sereff for her aid in helping sort out several questions. Cleaning up an e-mail list in the thousands is no day at the beach for me.

In any event, if you are among the few who would rather not receive the Flash, please advise. If you would like a change of e-mail address, or someone in your family or club should be sent the Flash in future who this mailing failed

to reach, let us know. Our e-mail address has not changed and is still [fmvh1@mac.com](mailto:fmvh1@mac.com)

Our apologies for any inconveniences you may have been caused.

### UPCOMING EVENTS

On February 8 there will be a Sparring Seminar conducted by Sr. Master **Louis Reyes** at Concord Taekwon-Do.

#### Manera Named Flash Stringer

F.M. Van Hecke, Editor of the TKD Flash, the national newsletter of the USTF, announced the appointment of Mr. **Mario Manera** as a Stringer for the publication. Speaking at a hastily-assembled meeting of the Editorial, Publication, Circulation, Plant, and Administrative Departments in Auditorium B of the Flash Building, Manhattan, Van Hecke stated, "We are once again blessed by an excellent addition to our contributing staff. Our local contributors help make us what we are, and we look forward to a long and fruitful association with a new Stringer whose past contributions certainly merit his inclusion on the permanent roster. Not only is Mr. Manera a distinguished martial artist and teacher, he has long since demonstrated his ability to communicate ably and tell the USTF story of a good job well done in service to our students and our Art."

Manera joins a Contributing Staff of Distinguished Stringers Roselyn Romberg, Ricky Todd, and Renee Sereff, and Stringers Corinne Sroykum, Guy Williams, and Robert Martin. He has significant connections to other Staff members, in that he started Taekwon-Do training in 1989 while stationed overseas in Germany with the U.S. Air Force under the instruction of the late Senior Master **Gary Meek**, the first Flash Stringer, and was awarded his black belt in 1991 from then Armed Forces Director Senior Master **Ricky Todd**.



He continues to serve our Country as an Air Force civilian at Dobbins Air Reserve Base, Atlanta, after a twenty-year active duty military career which returned him to the U.S. from abroad in 2006. He has founded the first USTF affiliated school in Kennesaw, Georgia.

Mr. Manera is now a Third Dan and also serves USTF as Georgia State Director.

Upon his appointment Mr. Manera remarked: "As we say in my original home of Hawaii, 'Mahalo Nui Loa' (thank you very much) sirs and ma'ams, and forever yours in Taekwon-Do!"

Sr. Master Van Hecke,

Up here in Fairbanks, Alaska, we had our last color belt testing of the year 2014 on December 6th. And it was a great one. The students performed all of the parts of the curriculum to their very best. It was hard to pick just one for the "Best Test" award. I am very proud for how they all conducted themselves during the test. For this test **Klara Gengler** stood out as our best tester.



In the group picture we have, starting in the front row, left to right, all being 9th gup, **Mason Jones**, **Caleb Drummond** and **Brandon Smith**. In the center row we have **Theodore Werczynski**, 7th gup, **Mattea Drummond**, 5th gup, **Shay Jones**, 6th gup (winner of the youth art contest), and his brother **Cade Jones**, 6th gup (honorable mention in the youth art contest). Standing at the back are: **Virginia Gengler**, 6th gup, **Gabbie Drummond**, 5th gup, **MaKenna Drummond**, 3rd gup, **Denise Gengler**, 6th gup, **Lillian Gengler**, 5th gup, **Dana Woolery**, 3rd gup (3rd place youth art contest), **Klara Gengler** (Best Test) 5th gup. Not pictured but there in spirit is **Marie Gengler**, 5th gup. On left, Klara Gengler's side piercing kick.

*Master Guy Williams, Stringer*

On February 17 there will be the first combined Gup and Black Belt Test for the **Offutt Air Force Base Taekwon-Do Club**. This event is under the leadership of Sr. Master Ricky J. Todd.

On February 21 there will be a Black Belt Test at **Big Dog Taekwon-Do**, Grand Rapids, Michigan.

On February 28 there will be a USTF Step Sparring Seminar at Sereff Taekwon-Do, Broomfield, Colorado.

On March 14th there will be a Black Belt Test at **Sereff Taekwon-Do**.

The **Fifteenth Maestas School Challenge** will be held at Arvada, Colorado on March 21. Great competition, competent officiating, and always a lot of fun.

Sir:

*I am pleased to invite you to the 2015 Edge Taekwon-Do Colour Belt Classic Friendship Tournament in Ottawa, Canada, on April 11, 2015.*

*This is an open event designed to bring together various schools, regardless of affiliation. The Saturday tournament itself will focus exclusively on colour belts, giving them a world-class experience usually reserved only for black belts. The event will be professionally run and*

*enjoyable for all students and parents – just ask those who attended last year!*

*Registration for all events will be done online at <http://tkd-events.com> . The early bird registration will close on February 25 and the final deadline for registration is March 25,. Please note that registration closed 6 weeks prior to the deadline last year given the overwhelming interest.*

*Contact me directly at 613-837-7656 or [edge@edgetaekwondo.com](mailto:edge@edgetaekwondo.com) if questions.*

**Joël Denis, Chief Instructor**

Register by March 15 for another excellent Class C USTF Instructor Course to be taught by Grand Master **Mike Winegar** at Broomfield on April 18th and 19th. Satisfaction guaranteed by YHE.

[UPCOMING EVENTS continues on page 6]



Sr. Grand Master **Charles E. Sereff** started off the New Year 2015 with a great class for all levels of students from beginning white belts to Grand Masters! The special message he left us with was that without white belts we really do not need black belts! He took special care of everyone, especially the white belts. They were thrilled to be there and tried their hardest!

Sr. Master **Stan Martin** conducted warm ups and we all had a special workout with Sr. Grand Master Sereff. **Caitlyn Fitch** celebrated her 20<sup>th</sup> birthday by going through “the gauntlet”! Pictures: the class, and Sr. Grand Master Sereff with Caitlyn Fitch, who has been a student at Sereff Taekwon-Do since age 7.

*Grand Master Renee' Sereff, D.F.S.*

---

## MY JOURNEY

By GM Renee' Sereff, D.F.S.

People often ask how I got involved with Taekwon Do. Quite simply, my children wanted to take "Karate" at the local recreation center and I promptly said, "No." I finally gave in when I discovered a co-worker at the Hilton Hotel was involved in Taekwon Do. I enrolled my children and after watching them for about 6 weeks, I decided I would give it a try, but had no intentions of ever testing! The rest is history. My daughter Wendy worked hard and achieved I Dan and my son Gary worked up to II Dan. I am very proud of both of them.

When I started, women did not have the role in Taekwon do that they do today. Special Thanks to General Choi and Sr. Grand Master Sereff who really paved the way for us gals! This paramilitary organization was designed for men, not women and children, or so they thought. The only way women are accepted today is because they proved they can meet the physical and mental requirements for rank and competition.

In 1974 there were no women at the ITF World Championships in Montreal Canada and especially no women judges or referees. Just a few years later in Oklahoma, there were women competitors and we have continued to be a bigger part of the success of this martial art.

An interesting thought was in Argentina at the ITF World Championships, a North Korean approached me and asked if I was a certified Class A ITF Umpire. When I responded yes, he told me that they would have North Korean women judges and umpires at the next championship. And they did.

Like I have said before, working for General Choi and Sr. Grand Master Sereff has been quite a responsibility. Many times I have disagreed with policy and politics, however, taking small steps toward change has proven successful!

General Choi stayed at my home and asked my opinion on a subject the morning of my IV Dan testing. He asked me what I thought of the new uniforms he wanted to use. They were the blue grey polyester uniforms. When I looked over at Sr. GM Sereff he was kicking me under the table, like, do not answer. I asked General Choi if he really wanted my opinion? He said, yes. After I started explaining why they were so bad, fabric did not breathe and women did not look good in them etc, he looked at me and said, "Woman no more talking." Simply put, I understood...shut up. Even though I was at my own breakfast table, I knew better than to do anything but sit there.

I know a lot of women would not have accepted this but you see I knew the General loved me and was really honored he asked my opinion. He was brought up in a different time, different country and I accepted him as the General, who founded Taekwon Do. His trust in me made my job as "Lady General" (his words not mine) as easy one!!

Women have had to fight all through history, Fighting for the right to vote, fighting to be able to represent our country in combat, fighting to have equal rights, and it seems fitting that women had to fight to be able to compete in sparring at a Taekwon Do World Championships! I truly believe in the 3 P concept. Find something you are Passionate about, surround yourself with People that have the same likes as you and always be Prepared! That is how women have made it thus far in Taekwon Do!





Dear Sir,

**Maestas Taekwon-do** held its fourth annual Patterns Championship on December 29, 2014. Twenty-five students, from 9th Gup to 7th Dan, braved extremely cold temperatures in order to demonstrate their patterns.

It was hard fought but in the end **Collin Rodgers**, the youngest winner to date, triumphed over his mother in the finals. With youngster like this the future of the USTF and Taekwon-Do looks bright.

He now keeps possession of the **Bob Cup** for the next year. He must bring it to every class and leave it in the front of the gym.

Congratulations Collin! Well done.

**Master Robert Martin, Flash Stringer**

**The Eighth Annual Axe Taekwon-Do Invitational Tournament** will be held at the Offutt Youth Center in Bellevue, Nebraska, on May 16. Should be a lot of excellent competition! Sr. Master Ricky Todd is Promoter, Sr. Master Dustin Stephenson the Tournament Director, and Mr. Patrick Finan, Fourth Dan, is Chief Referee. Information may be obtained at [ustfneb@cox.net](mailto:ustfneb@cox.net).

The **2015 USTF-Utah Annual Utah Cup Tournament** will be held on May 16 at Salt Lake City.

There will be a Black Belt and Colored Belt Testing on June 4 at Offutt AFB. Sr. Master **Ricky Todd** is the Promoter.

The **2015 Spring Black Belt Testing** for all Utah schools will be held in Salt Lake City on June 6.

The Concord School of Taekwon-Do will host the **USTF National and International Invitational 2015**. at Brandeis University on July 25 & 26, 2015 in Boston. Information packages will be going out shortly, questions or requests for more information can be sent to can be sent to; John Murphy at the Concord School of Taekwon-Do, 77 Powder Mill Rd., Acton MA, 01720 or to [j.murphy@concorditftkd.com](mailto:j.murphy@concorditftkd.com)

On August 7 through 9 USTF-Utah will hold its Summer Weekend Taekwon-Do Camp in East Canyon State Park, Morgan, Utah. Sounds like a good time.

Expect a USTF Referee training course on August 15 at Sereff Taekwon-Do. Sr. Master **Kirk Steadman** to instruct.

On August 27 Sr. Master Ricky Todd will host a Black Belt and Gup Promotion Testing at Bellevue, Nebraska.

On September 12 there will be a Black Belt Test at Sereff Taekwon-Do.

The **16th Annual Wyoming Invitational** will be at Casper, Wyoming, on September 12.

On October 18th, the **Senior Grandmaster Sereff Fall Championships** at Broomfield High School, Broomfield, Colorado, will be held.



**Man Attacked by Short Buzzsaw!**  
*[From the photo archives]*

Being attacked is our tall fellow, **Jelle vander Hilst**. The mighty mite flying up at him is "**Dangerous Dan**" (yes, his real nickname at Concord Taekown-Do) **Angus-Kirstein**. Jelle is a sophomore at the University of London, and Daniel (now 8 years old) is a Red Stripe (and just as ferocious in the ring!).

--Submitted by Roselyn Romberg, D.F.S.

*Sir:*

*On Sunday, January 4th Senior Master Louis Reyes held a Patterns seminar for I Dans and higher at the Concord School of TKD. Black Belts from around New England, ranging from newly minted I Dans (November test) to VI Dans, participated in step-by-step analysis and practice of Kwang-Gae, Po-Eun, and Ge-Baek, with particular emphasis on stances and targets. Sr. Master Reyes discussed pattern origins, explained blocks and their suggested attacks, and covered fine points of sine wave motion. Thank you, SM Reyes, for a very informative seminar (and a super workout)! (At right, SM Reyes and Dr. Tara Kent.)*

*Roselyn Romberg, Distinguished  
Flash Stringer*



On November 7 the **USTF-Utah State Championship Tournament** will be held at Salt Lake City, Utah.

On November 14 USTF-Utah will have its **Fall Black Belt Test** at Salt Lake City.

November 19 will bring another Black Belt and Gup Testing at Offutt Air Force Base. Promoter, Sr. Master Ricky Todd.

#### **AROUND THE COUNTRY**

On December 20, **Concord TKD** held its last Gup test of the year. Testing successfully for Gup 9 Yellow Stripe were **Larochelle Faye, Helen and Owen Xia, Oscar Cavallo,** and **Margo Fox**. Candidates for Gup 7 Green Stripe included **Joe Brooks, Erik Haller, Finley**

**McKenzie,** and **YoYo Wu,** and for Gup 6 Green Belt were **Mark Elliott, Iffah Liyakath,** and **Charu Tyagi.** **Jillian O'Neill** and **Neha Shah** tested for Gup 5 Blue Stripe. **“Dangerous Dan” Angus-Kirstein** received Gup 3 Red Stripe, along with classmates **Stephanie Hellman, Katie Kelly,** and siblings **Gladys** and **Ryan Manzira.** Successful candidates for Gup 2 Red Belt were **Inesh Pandi, Erin Albano,** and sibling sets **Laurie** and **Michelle Chen** and **Kaitlyn** and **Michael Donnelly.**

On January 23 there was a Black Belt testing at **DeBaca Taekwon-Do.** Hopefully some pictures and info in the next [Flash](#).

Sr. Master **Louis Reyes** conducted a Patterns Seminar for II Dans and above on Sunday, January 25th at **Concord TKD.** More on that, guaranteed, in the next issue.



On Jan 16th **Mountain View Taekwon-Do** held their monthly color belt testing. We had a variety of adults and children. One of our Taekwondo Moms went for her yellow stripe as well as one of our teens who is an exchange student here from China! Plus many of our transition students. At Mountain View we give out stars to students who we thought shined on their testing day! This months high test score for adults was **Victoria Haung**. And for the transition group, **Bradley Woodberry**! Ms. Huang and Mr. Woodbury are pictured above, the group below. Congrats to everyone!

*--Master David Mason, Head Instructor*



A USTF Referee Course was held at **Rock Springs, Wyoming**, January 31. Hopefully some more info on that in the next Flash.



Sir:

**New England Taekwon-Do** in Hanover, Massachusetts, held a Gup test in December. Fourteen students were promoted.

Promoted to Gup 9 Yellow Stripe were **Gilbert Dabady, Jake Monahan, Autumn Fuson, Matt Fuson, and Fiona Hanley**. Testing successfully for Gup 7 Green Stripe was **Dante Heffron**, whose father, Mr. **Mike Heffron**, III Dan, is a regular participant in tournaments and events around New England. **Mi Kim** achieved Gup 6 Green Stripe rank. Gup 5 Blue Stripe candidates included **Joy D'Souza, Cooper Williams, and Mike Williams**. **Nathan Kenney, Annalise Maloney** and **Keith Maloney** tested for Gup 4 Blue Stripe. And **Alison Maloney** is now a proud Gup 3 Red Stripe.

The Testing Board consisted of Ms. **Joanne Haley**, V Dan, Mr. **Eric Vining**, IV Dan and Mr. **Ed Vitiello**, IV Dan. Congratulations to all!

Photo from Ms. Haley, above.

--Mrs. Roselyn Romberg, First Dan, D.F.S.