

The T.K.D. Flash

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In Memoriam

Sir,

I think it appropriate to note the passing of **Anne Weisman Gilna**. Her passing was not COVID related.

She was a USTF Black Belt who had been retired from TKD for many years.

While few active USTF members may have known her, all USTF members know her work. She was a graphic artist and the designer of the USTF logo worn on our uniforms.

GM Earl Weiss



Even bales of hay can express an opinion. Photographer, YHE.



First Dan **O.J. Locklair** and family, suitably costumed for his “murder mystery” 40th birthday party, take a break outdoors in time for the Academy for Martial Arts doing a “drive-by” birthday celebration in Port Washington, Wisconsin. From left in back, Joya, Ollie, Josh, Tessa, and, in front, Michael and Sam.



UPCOMING EVENTS

Pursuant to an admittedly arbitrary editorial decision, we will not publish notices of June events. However, we will publish notices of events, at least in this issue, of events scheduled for after July 1. We have not received formal notice of the cancellation of some of these events so we apologize in advance if events were either included or deleted in

error. Promoters should feel free to contact us to inform of any changes, cancellations, or rescheduling.

Stay safe and healthy!

Your Humble Editor

On August 27 there will be a combined Black Belt and Color Belt Testing at **Axe Taekwon-Do**, Bellevue, Nebraska.

August 29, the **6th Annual Kirksville Taekwon-Do Tournament** in Kirksville, Missouri. The Tournament Director will be Sr. Master **Ricky Todd**.

September 19, a USTF Step Sparring seminar at Mountain View Taekwon-Do & Fitness, Washington State, Promoter Sr. Master **David Mason**.

The **21st Annual Wyoming Invitational Tournament** will be held on September 19, Promoter Master **Gerald Sisco**. Chief Referee will be Mrs. **Dee Dee Connell**.

There will be a USTF Ground Tactics Course at **Harrisburg Taekwon-Do**, Harrisburg, Missouri, on September 26

Also on September 26, there will be a Black Belt test at **Big Dog Taekwon-Do** in Grand Rapids, Michigan.

A Black Belt test will be held at **Mountain View Taekwon-Do and Fitness**, at which candidates will participate from Mountain View and also **Bodystrong Takeown-Do** and **Rainier View Taekwon-Do** on October 10. Promoter, Sr. Master **David Mason**.

On November 19 there will be a Black and Color Belt Testing at **Axe Taekwon-Do**.

AROUND THE COUNTRY

No Stringer has reported local events to us this month for publication.

The Academy of Martial Arts in Grafton, Wisconsin, will reopen its doors for a limited class schedule on June 1. Out of doors.

Third Dan Miss Valerie Locklair and Third Dan Mr. Matthew Thur have officially

announced their engagement to be married. The couple plans a July wedding. (Pic below)



The Machine Analogy

By: F.M. Van Hecke

I'd like to build a machine. First, I must look at its task. Let's assume the task is to work with a material. (In TKD, the human body will be our machine and our attacker's body will be the material on which we work. We further recognize that our attacker's body is itself a machine.) We work on our own bodies to make them better machines by "forging" (*dallyon*).

Now all machines both import and export energy. The export is what the machine, in the end, does as its work. Where do we get the input energy that is translated through the machine, into the work? From breathing properly. From good nutrition and healthy

bodies. If we use energy more efficiently we can do better and more effective work.

Our machine must do something to the material, let's say, drill a hole, or turn a screw. Thus it must have the tool to drill a hole, a drill bit, or to turn the screw, a screwdriver, or beat the shape into metal, a hammer-face. Tools, then, interface, contact, the target, the material we are working with, and must be fit for the purpose of shaping or manipulating that target material.

Remember the purposes of a punch, a thrust, a strike offensively, or, on the defensive side a smashing of the other machine or destruction of its efficiency, an absorbing and lessening of shock from the other machine, or a warding or evasion, an avoiding of the other machine's purpose.

If the purpose is to turn a screw, we don't use a water hose. But we might use a hose for another purpose as a tool, for example, to provide water to a point, to wash something, etc. So we find the tool that's appropriate. For an example of unfitness, think of drilling a hole with a hammer, certainly an inefficient enterprise. We must choose a tool which can deliver adequate force in the right direction and concentration without disintegrating (losing subsequent efficiency or damaging our machine). So our tool must have the right direction of motion (say, clockwise, or cross-ways, or hammering down on top), concentration of its power (the power must be channelled appropriately to the task, not dissipated over non-purpose motion), and strength or rigidity so we don't damage our own machine. And the amount of concentrated force required may be dependent on the material we're working on (gut or bone?) and the material or shape of the tool. Thus, for example, a fore fist interfaces with its target in a different way than a knife hand.

The next thing we need is a way our machine can hold and support that tool, to impart the energy of the machine into the task. A drill-chuck, a handle for an axe, a hose nozzle for our hose, these are methods by which we deliver the force and support the tool to make its delivery of force adequate. The support structure of a hand, for example, might be the wrist, the arm behind it, perhaps the entire force of a body behind that tool. And here we look at facings, the positions of the shoulders or the hips, as contributing to the support structure of a tool. Of course, if the body is your machine, the support structure includes the whole body, including its base or stance.

There must be a way to transfer the energy most efficiently between its input and its output through the tool. Here you need two things: the stability of the machine (which prevents wasted energy) and the maximization of its energy through time-measured and properly directional input.

Stabilization of a machine prevents the waste of that energy. If for example, I'm striking one end of a lever with a hammer so the other end of the lever boosts or lifts something, a good fulcrum should be a solid material like wood or metal, rather than, say, a marshmallow or a pillow, which would rob the efficiency from our hammer. So too if the fulcrum were moving around. Or if the hammer were made of rubber. Thus a solid base for the machine, let's say, a solid base or stance, makes energy more efficient, i.e., better focused on its purpose. This isn't just the case for things standing still. For example, if a car's wheels are spinning, it is less efficiently accomplishes its purpose, which is to move forward to cover ground.

[Article continued on page 8.]



The State of Washington was early on the epicenter of the COVID-19 infestation. A huge surge of nursing home fatalities led to the state’s having to address the need for social distancing well before New York’s surge. By March 21 Black Belt and color belt tests scheduled for a park could not be held due to restrictions on gatherings in excess of 2. Ever resourceful, Sr. Master David Mason relied upon Zoom classes to fill the gap and began the regimen on March 16.

Sr. Master Mason explains: “As more USTF schools started doing Zoom classes we learned more tricks about Zoom. Breakout rooms was instrumental as it allowed me to do just like in class and assign a black belt with a certain rank of color belt. I have heard a lot from people across the country who hate it or won't do it or complain of a lack of etiquette. But I treat the Zoom class just like a normal class. The students mill about just like they would be standing in line waiting for me to arrive and my senior students Mr. Ragsdale and Mrs. Mason watch for when I walk into view and then they bring the entire class to attention and we go from there. Absolutely nothing is allowed to slide as far as etiquette just like in class. I have been told by my students and my students’ parents the three classes a week is one small bit of normalcy they get to enjoy and their sons or daughters look forward to every class.”

But now testing’s really overdue, and Sr. Master Mason and his crew conducted it via Zoom.

“All the judges including myself will be in full blues for the testing. I even





have a high red belt ready to be the demo person online. I hope that others will see that it works and it will help their school continue as well. Also I have greatly enjoyed one of my very dear friends Senior Master Newcomer who will be part of the testing from South Africa. He has also been training with us from there for the last two months.”

The result: First NW USTF color belt testing on Zoom! On May 23rd three of the Northwest USTF schools, **Mountain View Martial Arts & Fitness, Valley View TaeKwon-Do** and **Golden Tiger TaeKwon-Do** conducted their first electronic color belt testing.

Mrs. **Lynette Mason** conducted a Zoom written test meeting two days before so the written tests were already graded on the grade sheets. Sr. Master Mason continued; ‘We sent the grade sheets to the judges beforehand and belts, stripes and certificates to the students testing were picked up by each student’s family before testing. We then instructed the students to pick a person in their family to present them with their belt and certificate if they passed the testing. We were able to conduct all parts of the testing with the exception of breaking and some parts of Hol Sin Sul. The color belt testing was presided by Senior Master Mason and Senior Master **Ed Newcomer**. A special kudos to Mr **Ethron T. Young III** for taking the time to edit all the pictures and also create the cool montage! Thank you so much everyone!!’



[Editor’s Note: pictures accompanying include a few of the many students proudly honored for their achievements and Sr. Master Mason and Mrs. Lynette Mason honoring them, next page, along with testing results.]



Test results from the May 23 test: to Yellow Belt **Lilla Karlsson, Rachel Davis, Maggie Davis, and Carrie Davis**; to Green Belt **Trinity Taylor, Skyler Taylor, Serenity Taylor, Keith Walling, and Lilly Nall**. To Blue Stripe, **Vanessa Mae, Yoshito Mae, and Brayden Beam**; to Blue

Belt **Quinne Steel and Chase Nall**. To Red Stripe, **Cynthia Nall and Douglas Williams**. To Red Belt, **Calvin Johnson**; and to Black Stripe **Wesley Sanders, Kamille Ong, John Ong, Evan Nall, Mrs. Johnson, Mrs. Gunderson, and Sadie Robins**.





Sr. Master Mason's student **Cora Johnson** served as the on line demonstrator for the May 23 test. Here, we see what it looked like from the other side of the Zoom universe and what a proper role model for the discipline required would appear to be.

[Continued from pager 4.]

So, how do we get stability for our machine when it's in motion itself? One way is take advantage of inertia by means of using a flywheel or a gyroscope; this is essentially what reciprocal motion involving both sides of the body in energy output does. It makes sure the body doesn't wobble or mis-time its motion to a purpose other than its work. This factor can be referred to as dynamic stability.

There is another stability factor, and that is the integrity of motion with the design of the machine. Let's take a car. Four wheels. What if we used the engine's power to only one of the wheels on just one side of the car, is that an efficient way to drive four wheels forward? What if I could only have one drive wheel? If we put that one drive wheel in

the rear center, with power to just that one wheel, that would be more efficient, because it wouldn't be at cross purposes with two of our four wheels on the other side of the car, providing drag to a direction other than purely forward. We haven't changed the shape our car, we've changed the way that power is channelled through it. So, too, the human body has a certain way of moving that is natural; to the extent we use natural motion, fluid motion, animal motion, we enhance our stability, and that's part of what's going on with sine wave. It takes into account natural motion which, in people and other animals, tends to the most efficient use of energy to achieve motion. This has been the product of evolution.

Sine wave itself also creates stability by the downward final motion, which forces the weight of the body into the earth and receives a corresponding push back of energy from the earth into the body. The completion of this process into a stance imparts a static stability to the body; it doesn't wobble, losing energy which might otherwise be dedicated to its purpose.

And then there is the matter of maximizing the efficiency of the energy output of our machine through time-measured directional energy transfer. How is this accomplished?

We again look at sine wave. Just as a hammer blow will begin with a motion away from its target to gather kinetic energy and maximize force over distance with inertia resulting in the final blow, so, you begin with relation, motion away to gather distance, the gathering of energy, and its explosion over a distance to a target. Anyone who has ever worked with, for example, an industrial stamping machine, is aware there is a concept of the "machine cycle," which turns or converts rebound and relatively slow initial motion into high-speed high impact. Watch an experienced carpenter and you'll note he drives a nail with far fewer blows and a longer, relaxed stroke than the week end warrior can.

We also use the efficiency of different parts of the machine involved in working our material. Many machines use gears to turn input forces into forces different in direction, speed, or force. Or levers.

The human body is an amalgam of levers. The bicep pulls, the triceps pulls, the humerus in the upper arm and the radius and ulna in the lower part of the arm either flex, coming together, or extend, separating. This is but one simple example of lever motion in a body.

There are many levers in the human body. If we look at them, we see some have more

powerful muscles moving shorter levers, some have less massive and powerful but faster muscles moving longer levers. Refer to the first group as "mass" providers, the latter as "speed" providers. In Taekwon-Do we seek to maximize the use of all these providers to point of work maximizing the positive characteristics, either mass and strength or speed and distance, together. In effect, we "time" these levers in our machine to come together to maximize the efficiency of the energy inputs in becoming the work outputs.

A somewhat lesser point is that of "potential" energy, which is that caused by energy sources being pulled into a tensed status and their release back into their natural relaxed position. As the release occurs, force is applied. A spring is a good example. With the human body we can, for example, twist the radius tightly around the ulna in the forearm at the beginning of their course of travel to the impact point and at the point of completion rotate them into parallel relaxed position. This can provide an additional "boost" to power and explains why the so-called "loading" positions of hand techniques are significant.

So, what have we learned? Like a well-designed machine, the human body used intelligently can be a machine. Inputs should lead to outputs in the most efficient possible manner to accomplish the work of the machine. Breath control, tool selection apt to the task, support systems for the tools, static stability through stances, dynamic stability through reciprocity and sine wave, and maximization of output through time-measured use of the machine design, all lead to accomplishment of the required work.