

F.M. Van Hecke, VIth Dan

Mr. Van Hecke commenced his studies in TaeKwon-Do in 1967 in New York City. He had previously studied Judo at Marquette University and had some wrestling experience. He was awarded his First Dan Black Belt (U.S.167) by Grandmaster Son, Duc Sung, on June 4, 1970.

Mr. Van Hecke continued his studies and teaching in Milwaukee, Wisconsin, under Master Sin il Choi, now an Eighth Dan in Corpus Christi, Texas and under James M. Jaeger of West Bend, Wisconsin. In 1984 Mr. Van Hecke co-founded a school, the Ozaukee Academy of Martial Arts, with Third Dan Larry Lamont. The school was located in Grafton, Wisconsin.

Mr. Van Hecke is now President of the Association of Academies of Martial Arts with member schools at Grafton, Port Washington, Green Bay, Sheboygan, Manitowoc, Middleton, and Walworth, Wisconsin, in Charlotte, Mooresville and Cornelius, N.C. and in Bluefield and Princeton, W.Va. He credits the loyalty of his students with the success of their Association.

Since 1984 over well over 2000 students, including more than 100 Black Belts, have studied with Mr. Van Hecke; many of his Black Belt students matured with other instructors and have transferred from them to Mr. Van Hecke for advanced instruction.

In 1992, Mr. Van Hecke joined the United States TaeKwon-Do Federation and tested for his Fourth Dan (A-4-199) before Grand Master C.E. Sereff.

Mr. Van Hecke was named an International TaeKwon-Do Federation International Instructor June 21, 1996 (#855). He achieved Fifth Dan, U.S.T.F.-I.T.F., (A-5-111) testing under Master Walt Lang April 19, 1997. On July 21, 1997 he was appointed Wisconsin State Director of U.S.T.F. As of September 28, 2001, he is a U.S.T.F. Class A Umpire.

On December 8, 2001 Mr. Van Hecke tested for and was promoted to Sixth Dan at Jackson, WI, before Master Paul DeBaca, U.S.T.F. Vice President.

Mr. Van Hecke is an Honors Program Graduate (B.A., 1967) of Marquette University, appointed to Alpha Sigma Nu, the National Jesuit Honorary Fraternity, and obtained his Juris Doctor from New York University School of Law, where he was a Root-Tilden and John Ben Snow Scholar, in 1970. In 1993 he was awarded a Master of Laws & Letters (in Taxation) from De Paul University School of Law in Chicago. In 1972 he was nominated by his party to run for Congress of the United States in Wisconsin's Fifth Congressional District. He is married to Kathleen Quinn Van Hecke and has three children, Jeremiah, Elizabeth, and Samuel.

A Few More Recent Articles by Mr. Van Hecke

- The TKD Flash*, Vol 7 #9 Self-defense Drills: Potential and Danger
- The TKD Flash*, Vol 7 #10 Breaking: An Outline
- The TKD Flash*, Vol 7 #11 Comments on the new Matrix (1996)
- The TKD Flash*, Vol 8 #7 Some Neat Variations on the Four-Direction Drills
- The TKD Flash*, Vol 8 #1 Understanding the K.C.S.D.D.
- The TKD Flash*, Vol 8 #8 Pepper Spray
- The TKD Flash*, Vol 9 #2 The Bo
- The TKD Flash*, Vol 9 #3 Using the Cane for Self Defense
- The TKD Flash*, Vol 9 #6 Observations on the New U.S.T.F. Testing Syllabus in

Comparison with the Current Matrix of the
A.A.M.A.

- The TKD Flash*, Vol 9 #7 TKD in Kenya and Political Morality & TaeKwon-Do
- The TKD Flash*, Vol 10 #1 Book Review: The Gift of Fear: Survival Signals that Protect Us from Violence, by Gavin de Becker
- The TKD Flash*, Vol 10 #3 Using a Walker or Light Chair for Self-Defense
- The TKD Flash*, Vol 10 #4 The Teamaster & the Samurai
- The TKD Flash*, Vol 10 #6 Remarks at the Conclusion of a Black Belt Test
- The Riverside TaeKwon-Do Reader*, Vol 2 #1 (3/98) Political Morality & TaeKwon-Do(reprint)
- E.S.M.A. Times* Vol 1 #1 (6/98) Remarks Upon the Completion of a Black Belt Test (reprint)
- Human Weapon* (3/98) Some Variations on the Four-Direction Drills
- The TKD Flash*, Vol 10 #8,9,10 The Deterioration of a Relationship: What Happens When TaeKwon-Do Loses Touch with its Roots (serialized)
- The Riverside TaeKwon-Do Reader*, Vol 2 #2 (8/98), 3. The Deterioration of a Relationship: What Happens When TaeKwon-Do Loses Touch with its Roots (reprint)
- The TKD Flash*, Vol 11 #2 The U.S.T.F. Stepsparring Syllabus: Gup 9 High White Belt Through 6th Dan Black Belt: A Review
- The TKD Flash*, Vol 11 #3 The Tiger and The Rabbit: A Tale
- The TKD Flash*, Vol 11 #5 Summary of the Stepsparring Syllabus of the U.S.T.F.as Revised
- The TKD Flash*, Vol 11 #6 50 Drills for the Martial Arts Instructor, by Rick Royster, A Book Review
- The TKD Flash*, Vol 11 #7 Remarks on the Completion of a Black Belt Test in Charlotte
- The TKD Flash*, Vol 11 #8 Mr. VH's Un Young Kim Watch, cont'd.
- The TKD Flash*, Vol 11 #9 Book Review: The complete Idiot's Guide to Tae Kwon Do, by Karen Eden and Keith Yates
- The TKD Flash*, Vol 11 #10 Secret Fighting Arts of the World, by John Gilbey: A Review
- The TKD Flash*, Vol 11 #11 Confucius Made Simple
- The TKD Flash*, Vol 11 #12 Mr. VH's Un Young Kim Watch, Cont'd.
- The TKD Flash*, Vol 12 #2 50 More Martial Arts Drills, by Rick Royster: A Book Review
- The TKD Flash*, Vol 12 #4 Comments at the End of a Black Belt Test
- The TKD Flash*, Vol 12 #6 On Withdrawing Johnny for "Just the Summer"
- The TKD Flash*, Vol 12 #7 250 Ways to Make Classes Fun & Exciting by Turtle Press (author unnamed): A Book Review
- The TKD Flash*, Vol 12 #9 Dueling Views
- The TKD Flash*, Vol 12 #10, 11, 12 and Vol. 13, #1, 2, Protocol for Black Belts
- The TKD Flash*, Vol 13 #3, Black Medicine: The Dark Art of Death, by N. Mashiro: A Review
- The TKD Flash*, Vol. 13 #5 Guge Gongji: Seven Primary Targets to Take Anyone Out of a Fight, by Master Hei Long: A Review

- The TKD Flash*, Vol.13 #7 Post-Test Reflection
- The TKD Flash*, Vol. 13 #8 Into the Final chapters, Hopefully. Mr. Van Hecke's Un Young Kim Watch. and TaeKwon-Do & I, by Gen. Choi, Hong Hi (ITF): A Review
- Medical Hypotheses* Vol. 59 # 4, October 2002 Are the `hard' martial arts, such as the Korean martial art, TaeKwon-Do, of benefit to senior citizens? with M.A. Brudnak, D. Dondero
- The TKD Flash*, Vol. 13 #11, 12 A Bouncer's Guide to Barroom Brawling, by Peyton Quinn (Paladin Press, 1990): A Review
- The TKD Flash*, Vol. 14 #2 Franco's Streetfighting Secrets: A Review
- The TKD Flash*, Vol. 15 #4 Open Letter: What Went Wrong with Wisconsin Tournaments (untitled)
- Townsend Letter for Doctors & Patients*, April 2003 Fall Preventing Effects of the Korean Martial Art, TaeKwon-Do, in Senior Citizens with M.A. Brudnak, D. Dondero
- The TKD Flash*, Vol. 15 #5 Comments Made on Completion of a Black Belt Test in 2003
- The TKD Flash*, Vol. 15 #10 Grappling Master, Combat for Street Defense and Competition, by Gene LeBell: A Review
- The TKD Flash*, Vol. 15 #11 The U.S. Marines Close-Quarters Combat Manual: A Review
- The TKD Flash*, Vol. 15 #11 Reflections on a Newsletter
- The TKD Flash*, Vol. 15 #12 Why is It So Hard for a Child to Get a Black Belt in Your School?
- The TKD Flash*, Vol. 16 #4 50 Drills for the Martial Arts Instructor, by Rick Royster: A Review (reprint)
- The TKD Flash*, Vol. 16 #6 United States TaeKwon-Do Federation Step Sparring, 9th Gup High White Belt Through 6th Dan Black Belt (2004): A Review
- The TKD Flash*, Vol. 16 #7 Summary of the Step-Sparring Manual of the U.S.T.F., as Revised, 2004
- The TKD Flash*, Vol. 16 #7 50 More Martial Arts Drills, by Rick Royster: A Review (reprint)
- The TKD Flash*, Vol. 16 #7 The Complete Idiot's Guide to Tae Kwon Do, by Karen Eden and Keith Yates (Alpha Books, 1998): A Review (reprint)
- The TKD Flash*, Vol 16 #7 250 Ways to Make Classes Fun & Exciting by Turtle Press (author unnamed): A Book Review (reprint)
- The TKD Flash*, Vol 16 #8 An Address at the Completion of a Black Belt Test in Marquette MI on July 10, 2004.
- The TKD Flash*, Vol 16 #8 Secret Fighting Arts of the World, by John F. Gilbey (Tuttle, 1989): A Review (reprint)
- The TKD Flash*, Vol 16 #8 Contracts & Martial Arts Schools

Monographs: Protocol for Black Belts

A Chang Han Practitioner Looks at the Palgwe Poomse

A Summary of the U.S.T.F. Stepsparring Manual

A Comparison of the Encyclopedia of TaeKwon-Do, First Edition (1983) with the Fourth Edition (1999) Through the Seventh Volume

Numerous Seminars, Lectures.

Symposium at Sheboygan, WI, with Floyd Jones: The Moral Culture of TaeKwon-Do,
Aug.10, 1996.