

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Upcoming tournament action:
At Huntersville NC on Sept. 18. Under the leadership of Mr. Jeremy Kempka, this event will feature continuous free sparring, head-to-head bracketed Chang Han Patterns, team patterns and breaking competition.
AAMA Fall Classic. October 9. At the Neenah-Menasha YMCA under the leadership of Dr. John Butitta, this event will feature continuous free sparring, head-to-head bracketed Chang Han Patterns, and team patterns. A special invitation to those throughout the upper midwest!

The Flash proudly Welcomes to these Pages Grand Master Charles E. Sereff!

Dear Instructors,

The summer of 2004 has been full of Taekwon Do for the USTF schools. June brought several Black Belt testings throughout the US including Nevada, Wyoming, Illinois, three schools in Colorado and Sereff World Camp. Mr. Charles Birch of Brisbane Australia and his son, Grant, testing during World Camp. Mr. Birch and his son are busy promoting the USTF in Australia.

Several USTF seminars were held in June including a Referee Course in Texas taught by Mr. Lawrence Greene and a Pressure Point workshop in Wyoming taught by Mr. Brian

Kirkhorn from Montana. A beginning Ho Sin Sul seminar taught by Mr. Frank Hannon was also well received in Wyoming.

July was just as busy with Black Belt testings in Michigan, Jumpkick Clinic with Mr. Greene in Texas and the Referee Course and Ho Sin Sul Seminar at camp in Missouri. August has several events throughout the US including Utah's summer weekend, Black Belt testing on the Western Slope in Colorado, Referee course in Colorado, Fighting Clinic in Texas and several Taekwon Do picnics throughout!

In September we have Black Belt testing in Colorado with Mr. Hupps testing for Master and a tournament in Missouri. In October we are excited about our first event in Louisiana with Mr. Edwards. I will be conducting a seminar and Black Belt Test. We have several events already scheduled for 2005 including the USTF Nationals in San Diego.

I am going to start sharing some things about my philosophy on Taekwon Do and Life with you on a monthly basis. The blue on my instructor patch signifies that I am able to teach philosophy and moral culture. I would rather be teaching you technique, however, I do try to touch on these subjects the General wanted me to.

My view of loyalty is demonstrated by a first lesson in life during grade school. It was in the early years of World War II. The times and my young age taught me to be loyal to my country and my flag. That has never

changed. As I grew, loyalty became a way of life and I did not give it freely. My tour of duty in the Marine Corps only enforced my loyalty. At the time I thought I hated the rigid Marine discipline. What I didn't realize is that I would grow to love it. This set me up perfectly for the Martial Arts. Only then did I realize how important Military discipline was to my life.

I met General Choi after becoming a 2nd Dan in Tang Soo Do. I gave him my loyalty completely for the rest of his life. My instructor at the time was Moon Ku Baek. He introduced me to the General and showed me the difference between Tang Soo Do and Taekwon Do. He gave me the choice and I choose the General and Taekwon Do. Shortly after, Mr. Baek told me that I must never to speak to General Cho again and that we were leaving the ITF. This man I loved as an instructor and called brother suddenly tells me I have to change my loyalty to the General. I was forced to make a really hard decision. This broke my heart to be put in the position of choosing between my instructor and the Father of Taekwon Do. However difficult this choice was, it had to be done. This was my test of loyalty by fire. The fire only forged it to higher level.

I would like to personally thank all of the officials, instructors and students for their continued support and loyalty. I am looking forward to a great second half of 2004.

Grand Master Charles Sereff

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The Cadillac TKD Tournament took place on August 21 with five schools in attendance and good competition. A great start for Michigan U.S.T.F. & ITF schools.

Set aside the date now! The Association sponsors its second Spring Classic Tournament in Waunakee WI. The promoter is Mr. Kevin McDaniel. If the last was any indication, it should be excellent classic USTF competition with head to head bracketed patterns, team patterns, continuous free sparring and team sparring. And it should be close enough for our Illinois guests.

The AAMA is organizing a U.S.T.F.-sanctioned Black Belt Testing on November 13 in Wisconsin. Inquiries may be made to Mr. VH at fmvh@execpc.com.

There will be a Black Belt test in Charlotte on October 23.

Mr. Braxton Miller's School of Classical TaeKwon-Do is considering a Black Belt test the week end of November 6-7.

Something free. You can offer your students the electronic monthly TKD Flash free. Cost to you? Nothing. Just provide me with their names and e-mail addresses (no other information required).

A POLO outing was hosted by the Academy of Martial Arts Grafton on August 15, a lazy afternoon of tailgating and watching the horses work hard.

On September 11 Dr. Steve Osborn will host a USTF Referee Seminar to be conducted in Cadillac MI by Mr. Kevin McDaniel. Mr. McDaniel, a Class A Referee, will be giving "hands on" experience and training along with a chance to become certified as USTF Referees, Classes C, B, and A. Just in time for the Fall Classic in Neenah! For information, contact Mr. McDaniel at kevin.mcdaniel@amac-tkd.com.

A gup test is scheduled for October 16 at UNCC.

2004 Midwest TaeKwon-Do Invitational Tournament--(a M.A.T.A. Tournament) was held August 14 in Elgin IL.

The Grafton Academy of Martial Arts held a testing on August 9. A total of 19 students tested before a board consisting of Fourth Dan Rick Bauman, Third Dan Mary Lubner, Second Dans Peter Spitz, Luke Mattias, and Erin Graff, First Dan Brian Nusslock, and Mr. VH. Cornering were Casem & Hasan AbuLughod, Roc Bauman, Austin Meier,

On Aug 17 a gup level testing was held at the Academy of Martial Arts in Charlotte.

On September 12 a gup level testing will be held at the Academy of Martial Arts in Sheboygan.

AMAC students led by Amy Martin raised over \$500 for Big Brothers/Big Sisters of Dane County.

American Martial Arts Center, Middleton, had a gup test on August 25.

Among attendees at World Camp June 27 to July 2 from this Region: Janelle Kershner, Kathy Cliffor, Debbi Gray, and Becky Lamboley. Sorry if we missed any names, but those were at least called to the attention of the Flash.

On September 14 a Juijutsu seminar will be conducted by Master Ben DeLeon at American Martial Arts Center in Middleton.

A course in CPR will be held on September 11 at the U. of North Carolina Charlotte Academy of Martial Arts.

The third annual party of Special Needs Academy of Martial Arts was held at the Mattias household on Wednesday, August 11. The party was well attended by students and family members of students of the Special Needs Academy. Although it was too chilly to swim, everyone had a lot of fun playing croquet and dodge ball, eating hot dogs, and jumping on the trampoline!

A Wisconsin U.S.T.F. Referee Course leading to U.S.T.F. Certification will be held in Madison on September 26 from 11:00 a.m. to 6:00 p.m. Contact Mr. McDaniel for more info at kevin.mcdaniel@amac-tkd.com.

Want to attend an event but need more info? Contact the Flash at fmvh@execpc.com and we'll give you contacts.

AMAC--Middleton will have a Gup level test on Monday, September 20th,

September 25, Wyoming USTF Invitational, SiscojSisco@aol.com.

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Start getting ready for U.S.T.F. 2005 Nationals in San Diego! June 24 and 25. Contact Mr. VH for details.

Grand Master Sereff's Fall Championship will be on October 17 in Broomfield CO. Contact Mr. VH for details or call Headquarters direct, 303-466-4963..

Mr. VH can be contacted, by the way, at fmvh@execpc.com. By the way, so can the editor of this newsletter. By the way, so can the A.A.M.A. President. By the way, so can the Regional V USTF Director. So if any of you out there are selling pep pills, low rate mortgages, or geneology services, you know who to contact.

Oops! The floodgates were opened last month with Mr. Mark Skalski's Master Ra story. Master Earl Weiss relates: "Master Ra had a son who looked very much like his father, and some people thought the resemblance remarkable. Apparently somebody saw fit to make the point to Gen.. Choi, whose observation was that the son did not resemble the father because the son had two arms."

Battle of the Belts Tournament in Harrisburg MO, Sept 18 USTF sanctioned. For information contact Mr. Tom Cope, region6director@hotmail.com.

There will be a Seminar taught by G.M. Sereff on October 9 in Monroe LA. This is followed by a banquet. For more information, contact Mr. Lance Edwards, Louisiana State Director, at 318-366-4981.

The Benefits of Taekwon-Do for Mentally Retarded Children

By: James J. Jasen

In order to understand the benefits of Taekwon-Do for mentally retarded (M.R.) children, it would be helpful to understand the definition of M.R. and the challenges it brings.

M.R. is a type of developmental disorder. It is a condition that appears early on and remains as a life-long disability. Children with M.R. range from mild to profound with their disability. For example, an eight year old child with mild M.R. may function at a four year old level, half the rate of a normally developing peer.

The challenges for a child with M.R. are many. Early motor milestones (walking, sitting) are delayed and once achieved, are often awkward and uncoordinated. Later, gross motor skills (running, jumping) continue to be achieved with difficulty. Because motor tasks are challenging, children do not actively seek out sports or physical activity. The result is poor muscle strength and low endurance.

In addition to motor deficits, a child with M.R. has impaired sensory development. The result is problems with motor planning (organizing and executing a motor task ie: kicking a ball), body awareness, balance, muscle tone and attention skills. Cognitive deficits limit memory, problem solving and sequencing.

In general, positive peer interactions (friendships) are limited. Negative comments from peers and a comparison by children with M.R. of their abilities to others may lead to poor feelings of self-worth.

Leisure skills and recreation is important for all children, but limited for children with M.R. There are a lack of programs specific for their needs and a lack of trained instructors/teachers. A child's involvement in a socially acceptable recreation program is important for community integration.

Having this overview of the challenges a child with M.R. experiences, we may now look at the benefits of Taekwon-Do for these children. Blending a child with cognitive deficits into a Taekwon-Do program may seem odd at first. But, upon further exploration, it becomes obvious the benefits are numerous.

From the moment a child steps through the dojang (classroom) door, a set routine begins and memory skills are challenged. A bow to the instructor and flags is required. Shoes must be removed and a child dresses in the school uniform. These tasks including tying their own belt assists with independence in self-care skills.

Next, class starts, and children line up according to their rank. During the opening ceremony, the student oath and pledge of allegiance are recited which again challenges memory skills.

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Warm-ups which mainly focus on stretching are completed as a group. Children take turns leading the stretching exercises. The warm-up aids with muscle tone, following directions and endurance.

Next, the group reviews basic hand/foot techniques and basic stances. Beginning with a wide-based sitting stance, a child with disabilities can be successful. The wide base helps stabilize the child. As the child is asked to maintain the position for greater periods of time, muscle strengthening (legs, backs, stomach) and endurance occur. These techniques also address balance, coordination and body awareness.

As a child's abilities progress, he is provided with instruction on a more difficult level. The matrix (components of a form) he learns at each level come together with learning an entire form. The techniques in each form follow patterns that contribute to body development and body awareness. The training for forms consists mainly of imitation and repetition which is an essential way for a child with M.R. to learn. Sequencing ability and motor planning skills are benefitted greatly during this time of learning as well. Higher level balance and coordination skills are challenged as each form can include several different stances and hand techniques.

In addition, the small class size assists with limiting distractions and provides indivi-

dual attention for each child. The availability of additional higher ranking students allows for more individual help. Often in class, a child needs one-on-one help to achieve and maintain a position and the reduced number of children favors this.

Self-esteem may be greatly enhanced in the class. Learning a hand or foot technique is a great achievement and rewarded with much individual praise. Children are encouraged to achieve their own goals at their own pace. A child is not pressured to compete or test until they are ready.

The last benefit to mention is the social aspect of Taekwon-Do. Peer interactions are encouraged to be positive as all children are taught to respect one and other. A child interacts with various peers (partners) throughout the class. At given times within the class, games are played to build skills. They offer a break from the routine and a chance for the children to interact and have fun.

On a personal note as a father with a child with M.R., I have seen great benefits from TaekwonDo with my son.

Several years ago as the diagnoses for my son became a reality, my concerns became focused on friends, sports/recreation and how he would fit in. The majority of sports I observed were beyond his ability and would not have been a positive experience. Even I had my doubts about my son and how he would respond to TaekwonDo. Within several months time, I was amazed at all he had learned. A child who

was unable to remember what he had for breakfast, could recall the sequencing of a form. Balancing on one foot had been a challenge from day one for him. In class, surrounded by peers and a supportive instructor, his balance skills were improving with each class. And, so was his confidence. He is proud of all he has accomplished and so am I. I am thankful for finding an instructor whose patience and dedication have enabled him to achieve to the level he's at and encourage him to continue on.

[Editor's Note: Mr. Jasen, a Deacon/Gup One student at the Special Needs Academy of Martial Arts, completed this essay as a portion of his First Dan Requirements. An experienced martial artist prior to his matriculation with the Special Needs Academy and now a dedicated student of Mr. Luke Mattias, he has proven a skilled teacher as well. We appreciate his involvement and that of his son Zachary and his daughter Haele. Both exhibit a great future in our Art.]

[Mr. Jordan Wagner's article on the importance of self-control is not published here due to lack of space, but will be in the next issue. We apologize for any inconvenience as a result of moving Mr. Wagner's eagerly awaited observations to the October issue. And we hope you can control your disappointment in the interim. Now, what was that article supposed to be about? Oh, yeah....]