

# The T.K.D. Flash

## A Publication of the Association of Academies of Martial Arts

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Congratulations to Fox Valley TaeKwon-Do and Dr. John Butitta, IVth Dan, for a job well done on the A.A.M.A. Fall Classic! The tournament was held at the Neenah-Menasha YMCA on Saturday the 7th. Participants from Wisconsin, Illinois, and Minnesota collectively enjoyed both lively competition and a great time. Thanks to all school owners who participated, to all who officiated and aided in officiating, to students of Fox Valley TaeKwon-Do for their efforts, and to Dr. Butitta for founding and driving the A.A.M.A. tournament movement in Wisconsin.

On November 4 Mr. Frank Hannon, 6th Dan, taught a U.S.T.F. Ho Sin Sool Certification Course here in Region 5.

This outstanding event was held at Cadillac, Michigan, and was hosted by Dr. Steve Osborn, Michigan State Director. Mr. Hannon is an inspiring teacher. 45 participants from 9 schools enjoyed the course.

A reminder: check out the Regon 5 website at [www.ustf-region5.org](http://www.ustf-region5.org).

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Elvis Navarro's knife-hand outward strike impresses the crowd at the A.A.M.A. Fall Classic.

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A Black Belt test was conducted at Crystal Lake IL by the Society of Classical TaeKwon-Do on October 21. Mr. VH presided as Mr. Braxton Miller presented six of his students for degrees and several for sectional tests. Testing for advancement within their ranks were Miss Cindy "Twinkle Toes" Auster, Miss Kasey Kruckenberg, and Mssrs. Jimmy Gritschke and Marc Abrams. Testing successfully to their First Degree Black Belts were Mr. **Robert Schuetz** and Mr. **Joseph La Joy**. Seizing their Second Degrees were Mr. **William Akin**, Ms. **Ann Covalt**, Ms. **Karen Gacke**, and Ms. **Sandy Lasky**. In a related development, the quarterly earnings report of the Northern Illinois Lumberyards, Inc. showed a strong upward sales trend.

A combined gup level and Black Belt Test was conducted on Saturday the 21st in NC at the Academy of Martial Arts & Fitness. Presiding was Mr. Jeremy Kempka. **Jordan Poovey**, who has studied TaeKwon-Do since 1995, tested for his Second Dan, and testing for their Black Belts were **Catherine Peacock**, **Jasmine Cash**, **Jason Kline**, and **Chase Cotman**. Mr. Poovey's future is with the service of his country in the Navy. Misses Peacock and Cash are likely contenders in USTF Nationals next year, and Mssrs. Cotman and Kline are definite--they will continue to train. Noble ambitions all.

Mr. James Smith returned to Big Dog, this time to lead a Friday night seminar on Oct. 20 (Blue Belt and above only, sorry), an open class on Saturday the 21st and participate in instructing for the subsequently noted event.

22 students representing 5 schools in Michigan participated in a four-hour workshop held at Big Dog Taekwon-Do in Grand Rapids. Dr. Osborn led the training with the intent of fine tuning fundamental techniques and patterns in order to promote consistency within the State while preserving the general's system of Taekwon-Do. Many of the general's techniques were reviewed along with patterns Chon-Ji through Gae-Baek. In the patterns, close attention was paid to the stepping diagrams, proper blocking/attacking tool placement, and correct execution of technique. In the

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fundamental techniques area, special attention was given to correct execution of technique, proper angle of blocking/attacking tools, and proper use of sine wave.

Proving that what's news in the Flash can be news of more general interest, TV 6 News did a story on Marquette TaeKwon-Do's turning 35 years old earlier this month.



Yes, they broke all that wood in one test at the Society of Classical TaeKwon-Do on October 21! From left, Mr. Braxton Miller, Mr. Marc Abrams, Mr. Bob Schuetz, Miss Cindy Auster, Ms. Karen Gacke, Mr. Joe La Joy, Ms. Sandy Lasky, Ms. Ann Covalt, Mr. William Akin, and Mr. VH.

Mr. \_\_\_\_\_:

.....  
*I would like to thank you for all of your years working with my son. You have been a huge influence on him and one that is definitely positive. I look at other young men his age and they lack the self confidence and self discipline that I see in him and think that you are more responsible than (his father)*

*and myself. You will never know the depth of gratitude that I feel for you. Your influence on my son has made him set goals and strive to accomplish them (sometimes not as quickly as he would have liked). My prayer is that he will continue on this road of the straight and narrow and keep his goals in focus. ....*

*Please continue to keep him under your wing and I know great things will happen for him.*

*Again, thanks for all that you have done to make my son the young man that he is today.*

*Sincerely,  
(a mom)*

## THE DICHOTOMY OF TAEKWON-DO

by Rick C. Bauman, 5th Dan

It has often been said that the more one becomes aware of, the less one knows for sure. While this sounds as though it might be a far-off corollary of the Heisenberg Principal of physics involving the difficulty of specifying both speed and location of an object at the same instant, it does have a bearing on my study of TaeKwon-Do. As I started on my journey through the ranks, it was my hope to earn one of the darker-colored belts, blue or even red. That having been accomplished in a few years, I looked forward to achieving the black belt with the expectation (embarrassingly so) of quitting TaeKwon-Do at that point to become an "expert" in some other martial art as well, just to

stay interested. Now at the Fourth Dan level, I find myself challenged by the dichotomy of looking at how far I have come while beginning to realize how far I have left to go to become a true expert.

It is appropriate to find the best examples of this dilemma (and the polarities) while looking within "the art of foot and hand fighting." In light of "the more you know, the less you are sure of," one need not go any farther than what historically has been a primary symbol of TaeKwon-Do, the nation flag of South Korea. Both the flag as a whole and the symbols on it exemplify mankind's need to deal with the forces of stability versus change, strength versus weakness, and the continuing juxtaposition of apparent opposites. The origin of continuing opposition may be considered our universe, most cogently expressed by Newton's Fourth Law of Thermo Dynamics. The essence of this postulates the power of *entropy*, nature's constant movement toward dissolution and chaos, as the explanation for increasing complexity, change, and therefore challenge. It is the opposite of that, *disentropy*, which describes life. This is the temporary bonding of energy and atoms to make life forms and inanimate objects. The Korean flag is one of those disentropic units that symbolize the opposition of the cosmos. Also having been called The Great Polarity, its history and symbols exemplify the ebb and flow of nature.

The flag's origin begins with the eum-yang,

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more familiarly called the yin-yang in the Chinese language. Eum-yang history can be traced to an old book called *Chuyok*. In it the claim is made that all objects and events in the world are expressed by the continual movement of eum and yang: the moon (eum), the sun (yang); the earth (eum), the heaven (yang); woman (eum), man (yang). These apparent opposites are frequently seen as struggling between each other while they cooperate in harmony. The surprise is that this results in one unit through the pairing of two forces, working in such a way as to physically describe the dualism of the cosmos. The harmonious state of the movement, or balance of eum and yang, is called "*Taeguk*" in Korean, and this leads to the origin of the name of the South Korean national flag. With "*Ki*" meaning "flag," the result is "*Taegukki*."

The history of the flag itself is significant. It symbolizes much of the thought, philosophy, and mysticism of the Orient. It is said that the *Taegukki* was first flown in 1882, the 19th year in the reign of King Kojong of the Yi Dynasty. A treaty was made at that time between Korea and Japan at Jemulpo, ending the hostilities that resulted from the Hideyoshi invasion of Korea in 1592. To consummate this treaty, two ambassadors were sent by Korea as special envoys to Japan. Feeling the necessity of a national flag, Young, Hyo Par originated the *Taegukki* while on the ship to Japan. The three

aspects of a nation are the land, the people, and the government. These are symbolized on the *Taegukki*: the white ground represents the land, the circle represents the people, and four sets of bars (Kwae) represent the government. Currently depicted on the flag is a circle divided equally and in perfect balance. However, the oldest record of the Korean flag shows 12 trigrams. That flag was used intermittently, even replaced by a Korean King's standard for while between 1854 and 1876. Finally on August 2nd, 1882 the first consistent flag of the nation was hoisted by the ambassadors to Japan. It was officially adopted by Korea on January 27th, 1883. After the occupation by Japan between 1910 and 1945, the flag was readopted on August 15th, 1948. On January 25th, 1950 the Kwae were revised. The entire layout was again changed slightly on February 21st, 1984. Such is the continuing change of even such a potentially stable entity as a country's flag.

The symbols on the flag are no less dynamic than its history. The Kwae stand for the principle of balance and yet harmonious movement of objects and events in the universe. The bars that make up the Kwae are yet another symbol of the yang (unbroken lines) and the eum (broken lines). The four chosen for this flag are Kun (heaven), Kon (earth), Yi (fire), and Kam (water). The objects in (and movement of) the universe itself are thus described by these balances, going through a continuing spiral of change and

growth. In the center of the flag remains the enduring "sphere of infinity," the eum-yang symbol. The red represent yang while the blue represents eum.



Mr. Jason Poovey displays journeyman masonry skills in busting up a red concrete brick in his Second Dan test in Charlotte.

Given that a nation's flag is usually more constant than the behavior of humanity, the foregoing history also represents the reliability of continuing change. As with the flag, so too do I as a student of TaeKwon-Do embody the process of continuing change and growth. One is also reminded that just as the circle in its center is divided, so too is the country. Possibly within these differences can be found the best examples of balance for the student: one's strength can be a weakness, what is good can become bad, and even a goal can become a process rather than just an end, as in my case. My goal was to grow to a certain point represented by a high belt level. The surprise is that having reached

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that point, I find the road lengthening and becoming less secure, less defined, and even less accomplished; there is so much more to do.

The emerging confusion continues with the awareness that as one goes toward something, anything, one also goes away from something else. This is the journey into the future and the unknown while leaving the security of the past and what was. The more one advances in time and rank, the more one perceives one's frailties. The more I learn, the more aware I am of what I do not know. The more time I spend, the less time I have. The better I get, the less accomplished I feel. The more competent, the less effective I believe I am. A practical observation is that the more I learn about how to fight effectively, the more I realize how seriously I can get hurt. This applies to the practice of forms as well. The more familiar I am, the less exact I know my execution to be. In a way this is very frustrating and maybe appropriately so. Even the Fourth Dan, looked up to by so many students of lower rank, is not considered a master level by any school of TaeKwon-Do.

How then can I find a resolution? The answer begins to dawn. There is no getting rid of the forces; they are there as they always have been for everyone. Instead, one needs to seek the balance, the harmony, and the peace that is inherently part of The Great Polarity in which we exist. One needs to accept what one is, what one

can become, what one can change, and what one cannot. Any postulated dichotomy exists only within one's own perception.

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A dinner was held at the Cadillac Grill after the Ho Sin Sool course in Cadillac and Master Earl Weiss gave an informative and interesting exposition of the evolution of instruction in TaeKwon-Do. Spanning decades of his training, his insights resonated with the veterans and illustrated to the newer practitioner how truly blessed we are today. Mr. VH also briefly reviewed a list of facts about Region 5 and its resources and prospects.

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Mr. Jim Alger is about to be taken for a ride by Maureen Spiessl at Cadillac on the 4th of November, but not IN a Cadillac.

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Dear Editor:

*I submitted my 30-page thesis to the Flash. It was not published, and my mother told me it was very good!*

*Angry in Appleton*

Dear Angry:

Keep it pithy. Longer articles can be serialized and published, but they must then be of unusual merit to be so considered. Shorter articles (3 pg. max) and commentary are more likely to be published. Your article was very good, but not really of the kind likely to be of interest to all our readers because the topic was really pitched to a very advanced level.

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Dear Editor:

*How come I don't hear more news about my school in the Flash?*

*--Sleepless in Springfield*

Dear Sleepless:

We can't print what is not submitted. If things are newsy or event-oriented (either "to come" or "a good time was had") we almost always publish. If your instructor is too busy to submit stuff, ask him for permission for you to become a "stringer" for your school and submit information to the Flash. You'll be of help to him or her and get the occasional (never guaranteed) byline.

\*

Dear Editor:

*I have a picture I'd like to submit for publication. How should this be done?*

*Eager in Eau Claire*

Dear Eager:

JPG format (the most common). Because we cannot publish great quality, you should think of fewer pixels, not more. Less than 600 kilobytes is fine.