

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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The Region 5 Regional Black Belt Test for 2006 will be held on September 16 in DesPlaines, IL. Master Earl Weiss will preside. Instructors, contact Mr. VH fmvh@execpc.com for more details. Students, your contact should be with your instructor.

Big Dog students and faculty marched in the Cascade Township 4th of July parade.

Put aside the week end of July 15, 16, 17 for a big TKD Week End in Madison. Sponsored by the Region and AAMA, promoted by AMAC Middleton. Friday night: USTF Referee Course. Saturday: Regional USTF Tournament. Patterns, Free Sparring, Team Patterns. Saturday evening, Black Belt Blitz Workout with Mr. VH for Second Dans on up. Saturday night schools owners' dinner and distinguished guests (informal). Sunday, "Strategic Free Sparring" Seminar with Mr. Jeremy

Kempka (5th Dan, NC). Sunday afternoon, AAMA Awards Picnic, all you can eat short of a thermonuclear event. Madison is an outstanding place to spend the week end with the family. Contact Mr. Kevin McDaniel, KmcDaniel1@tds.net. for hotel information or call 608-831-5967. Check out www.ustf-region5.org/events.html

The Fourth Annual USTF West Virginia State TaeKwon-Do Tournament, was held on June 3. Tony Henderson was Promoter.

A gup level test was held at the American Martial Arts Center, Middleton, on June 10. A total of 13 students tested.

On July 8 a Black Belt test was held at the American Martial Arts Center in Middleton, WI. Passing to First Dan within days of her 50th birthday was Ms. Beverly Hottman. Mr. Mathiam Mbow passed to Second Dan. Mr. Kevin McDaniel and Mr. VH presided, and Mr. Kirk Keller presided. Mr. John Hoskins handled corner duties. Congratulations to Ms. Hottman and Mr. Mbow for a job well done.

Tri-State TaekwonDo Tournament Triple T -First Annual Tournament was held Saturday June 17th at Hamtramck Community Center, Recreation Department. Mr. Gary Douglass was the Promoter.

On June 1 The Shakespeare Home Players presented "As You Like It," by William Shakespeare in Mequon WI. Why is this TaeKwon-Do relevant? Because of the young folks who did such an excellent job in the play, including Sam Flood, Zeki AbuLughod, Amirah AbuLughod, Jordan Watson, Hasan AbuLughod, Rachel Liebelt, Emmie Mandel, Ariana Flood, and Maddie Mandel. Their Director Bill Watson also is a TKD student. Well done!



Mr. Mathiam Mbow, Second Dan, and Ms. Beverly Hottman, First Dan, pose with Mr. Kevin McDaniel, Mr. VH, and Mr. Kevin McDaniel's Looney Tunes Tie upon completion of a Black Belt test held at AMAC-Middleton.

Mr. Brad Melinski is no longer affiliated with the A.A.M.A. Mr. Melinski's path was not U.S.T.F.'s path, and we respect his right to pursue his goals in ways of his choosing. Mr. Melinski is a good friend, and his ethic and concern for his students was exceeded only by his excellence in the ring and his devotion to his own family. During the last few years he lent his considerable prestige to us, and for this we are grateful and wish him the very best.

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Six Michigan black belts returned from a week long training at the USTF World Camp held in the mountains of Colorado. Mrs. Valerie Dodds, Mrs. Janelle Kershner, Mrs. Liberty Gray, Mr. James Alger, Mr. Boolman, and Dr. Osborn participated in the training that was directed by Grand Master Sereff, Master Kirk Steadman, Master Renee Sereff, and Ms. Denise Moormier. The camp opened with training by Grand Master Sereff covering patterns and fundamental techniques. Master Sereff reviewed etiquette. Master Huntington covered hosin-sul as did a group from Australia. There was instruction from the New Zealand group on conditioning drills and Mr. Springsguth focused a lengthy session on sparring. Master Martin covered sparring with training drills and information. Dr. Osborn, with assistance from his students, reviewed the USTF Step Sparring Syllabus and Master Winegar covered patterns.

World Camp brought many opportunities to renew old acquaintances and form new friendships. The workouts were great for overall conditioning and for stimulating new ideas about teaching our students. World Camp is held every two years and well worth the cost and time sacrifice.

--Steve Osborn



Mr. VH was invited by Fairbanks and Nenana River TaeKwon-Do to do a seminar in Fairbanks, Alaska on June 28. A great time was had by all. Mr. VH greatly appreciated the courtesies extended by, among others, Mr. Williams, Mrs. Brown, and Mr. Cieplik. Excellent high-quality TaeKwon-Do in the North tells us that those long winters are put to good use. Details will be forthcoming.

Are You A Competitor Or A Contender?

By: Paul Schneider

What a great question to ask yourself while looking in a mirror. This article is based on a martial arts back ground, but it can be applied to anything you choose to do in any facet of your life. I base the information in this article on my observations as a Tae Kwon Do practitioner, tournament competitor, instructor, judge, and coach. I hope to open peoples' eyes in how they approach such things as competing in tournaments, being a better parent, or excelling at your job. After reading this article, I hope you can answer whether you are a contender or a competitor.

If you have ever been exposed to a martial arts tournament, and actually paid attention to the action, you would have noticed that some

people do really well and others do not. Martial arts tournaments are divided into divisions by age and rank, which in theory, makes the tournament fair across the playing field. I think everyone would agree that a white belt fighting a red belt in not be very fair to the white belt. Therefore, if the tournament is set up as fair as it can be, then why do the same people always seem to be at the top, or in the middle, or at the bottom of their respected divisions. Like I said, if you ever paid attention to the action of a martial arts tournament, specifically a forms division, you would notice that out of ten participants, there are usually three people that do their form very well by adding power and intensity to the form. Then there are four individuals who do their form well but have no power or enthusiasm. At the bottom, you have the three that cannot even get through their forms or have a very hard time doing so. If the tournament rules and guidelines have made the tournament fair to all, then why are the same people finishing in the same positions time after time. In my experience, it does not matter what level you compete at. Whether at local tournament or a national one, there are still the people that seem to struggle to do well and others that seem to do it effortlessly. It is up to the individual effort that will determine how well that person will do.

Natural ability will only go so far. People that have natural ability will only be able to use that as a means to

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winning until they get to a rank where a greater number of competitors also have the same ability. Then they are truly on the same playing field. At that time, they too will have to put some extra effort in to stay as a top contender. When someone reaches that point, they will truly define themselves as a contender or a competitor. I experienced this when I became a red belt. Up until that rank, I relied on my “natural ability” to consistently place in any tournament that I entered. Then it happened. I started not doing so well in tournaments and I became frustrated. Since then I have had to put extra effort and seek help from my instructors for me to remain a contender. I have also seen this plenty of times while training other students for tournaments. If they choose to rely on their natural ability, they will undoubtedly go from being a contender to becoming a competitor. However, if they embrace the idea that they are not the top dog anymore and are willing to put in the extra effort they too will remain a contender.

Individual effort, what a concept. If you go to the Dojang twice per week, only workout while in class, never workout at home, and still think you are going to compete in a tournament, you are a competitor. That is not much of an individual effort. However, if you come to the Dojang three times per week, stay and work on trouble areas that you have before and after

class, and also work-out at home a couple of times per week, that should make anyone a contender at any tournament. Whether you have natural ability or not, it is the individual effort that you put in that will define you. You must also work out with a purpose. If you only work on the things that you already know well then you will never really advance in your studies. You must embrace your shortcomings or your deficiencies and train to overcome them. Then you will truly be a contender.

Over the past ten plus years, I have learned that you cannot just show up and expect to do well. That goes for anything in life. If you want to be at the top in whatever you do, you must give that extra individual effort. In martial arts you have to want it, deep down, you have to have a desire to excel. When you show up for class, the instructor should see it in your eyes that you are there to learn. If you want to contend in a tournament, the process to win starts way before you enter the ring. Once you reach that level of being a contender, you will know what it takes to stay there. You should always remember that if you do not put in the effort, someone else will.

A small Black Belt test will be held at A.M.A. Grafton on August 12. The greater number of “contenders” will participate in the Regional Test on September 16.

Students: here is your chance to become a published author in TaeKwon-Do. Submit your essay, letter, or observation to the Flash. We edit (free) and will publish your article if it is of sufficient quality. Ask your Instructor (see below).

Instructors: If you want us to consider your students’ essays or your own, submit a copy in any standard word processing format or “cut and paste” to an email’s text and email it to us at fmvh@execpc.com. About 50% of submitted articles get published including essays by children We reserve the right to edit.

Tips on getting published in the Flash: 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. Do not merely recite the writing of others. Put forth an original idea or provide news of recent or upcoming events. Your students like to see their names in print.

Why submit articles and information to the Flash?

People like to know how your event(s) went. Folks also want to know what they can do/attend. And people are interested in ideas.

Miss Alice Soriano and Mr. Wesley Day tie the knot on July 22 in Brookfield WI. Our best wishes to Alice and congratulations to Wesley.