

# 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.

**Get ready for the A.A.M.A. Fall Classic! October 7, Neenah WI. Promoter, Dr. John Butitta, 4th Dan. This is always a good one! Mark your calendars.**

A small Black Belt test will be held at A.M.A. Grafton on August 12. The best of luck to Miss Katie Hallanger and Mr. Tony Mattias.



Mr. Casem AbuLughod and Mr. VH combined to teach a TaeKwon-Do Camp for Kids at the YMCA in Saukville the week of July 17. Herewith, a picture of said happy kids.

Miss Alice Soriano and Mr. Wesley Day tie the knot on July 22 in Brookfield WI.



The American Cancer Society's Relay for Life was held July 21 and 22 in Sheboygan Falls. The Academy of Martial Arts--Sheboygan team meet and exceeded their goal of \$2500 raising a total of \$2928! Mark and Caren Johnson served as the event's sparkplugs. Mr. Ed Girdaukas, the VerVelde family, the Pech family, Kevin Heller, the Kelly, Krebsbach, Ansorge and Gilbert families and Jacob Norlander all contributed mightily to the success of the event. Mr Kevin McDaniel donated the boards for "breaking for bucks".

July 14th through 16th the American Martial Arts Center hosted the *USTF - Region 5 TaeKwon-Do Weekend Extravaganza* in Middleton, WI. The events, sponsored by the Association of Academies of Martial Arts, boasted attendees and participants from North Carolina, Illinois, both UP and Lower Michigan, Minnesota and Wisconsin.

On Friday night, a USTF Referee Certification course was taught by Mr. Kevin McDaniel, V Dan. In his inimitable fashion, Mr. McDaniel crammed a ton of knowledge into a fair number of skulls, terminating in the written Class "A," "B" and "C" examinations. Mr. McDaniel continues his substantial contribution to the improvement of U.S.T.F. Tournaments east of the Mississippi. We look forward to more skilled officials, better competition, and expanded competition due in large parts to his efforts.

On Saturday, a USTF Sanctioned Tournament set a new Wisconsin U.S.T.F. event attendance record with fast and furious competition and skill displays. Awards were given in sparring and patterns events and team patterns. While space considerations prevent a comprehensive catalog of winners, it is notable that all who competed were winners in the very process of competing.

That evening a 2nd Dan and up workout was run by Mr. F.M. Van Hecke, VI Dan.

On Saturday evening school owners and club leaders gathered to discuss their approaches to managing their respective schools and break bread together. The occasion was both eye-opening, given the diversity of our schools, and pleasurable, given the common interests and goals of the attendees.

On Sunday morning a Sparring Seminar was taught by Mr. Jeremy Kempka, V Dan. Mr. Kempka shared his philosophy and strategic thinking about free-sparring

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and provided tools and approaches to all participants. All who attended felt they had "stretched" their ability to perform in the ring, and everyone had a chance to put on the gloves and get a critique of their efforts.

On Sunday at the Region 5 picnic was held in Middleton and awards given to outstanding clubs, participants, teachers and students selected in the owners' dinner the previous evening. Mr. VH also provided a small token of his appreciation to participating A.A.M.A. school owners and to the behind-the-scenes workers who made events so successful.

In all over 170 people participated in the various events.



Mr. Mark Johnson, raising funds in the battle with cancer, demonstrates the standing pink bunny slipper break.

Big Dog TaeKwon-Do has held a Barbecue in Grand Rapids Township Park.

Also, Big Dog is participating in demos at the Zoo--they provide their own animals, however.

**On Saturday September 30, the A.A.M.A. will sponsor the 2006 North Carolina Annual TaeKwon-Do Tournament under the leadership of A.A.M.A. Vice-president Mr. Jeremy Kempka, 5th Dan. For any questions, contact Mr. Kempka at 704-494-0800 or e-mail [amatkd@bellsouth.net](mailto:amatkd@bellsouth.net) and on the web at [www.amatkd.com](http://www.amatkd.com) . Mr. Kempka's annual tournament draws on average from five states and features excellent competition in a safe environment.**

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### The Pragmatic Competitor

by Jukka Ahola

[Editor's note: This is Mr. Ahola's first contribution to the Flash. Mr. Ahola brings a great deal to the table, having competed in both the U.S. and Europe.]

This article discusses ways that you can develop yourself as a competitor.

### **Know the rules**

You can't play the game unless you know the rules. Even if you are preparing to participate a tournament with familiar rules, it is worth while reviewing the tournament rules beforehand. If you participate a tournament that has different rules than what you are familiar with, this is even more important. Otherwise it may be a very unpleasant surprise to discover that your opponent has paralyzed your legs in the

first 30 seconds with low turning kicks, just because low kicks are allowed.

Get familiar with the categories to get realistic expectations of what kind of opponents you will be facing. Also read the fine print in the tournament invitation because it may state that there are two rounds for each opponent instead of one.

### **Know your strengths**

Your strengths are probably the easiest thing to analyze, but don't just rely on your own judgment. Your instructor and fellow students can give you valuable feedback on what works for you and what are your natural talents.

### **Know your opponent's strengths and weaknesses**

I used to know a boxer who had his opportunity to participate in the Olympic games years ago. Even though he was strong and self-confident, he got knocked out during the first round. His comments after the fight was that he did not know that his opponent was left-handed.

There are times that you don't know anything about your opponent. Hopefully then your opponent does not know anything about you! In those situations you have limited time to find out what works and what does not. Avoid repeating things that do not work.

You can learn your opponent's strengths and weaknesses by training with them or observing them in the

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tournament. Looking at weight distribution and height, try to “guesstimate” the mobility and reach of the opponent. Estimate your opponent's flexibility and stamina before it is your turn to compete. Take a look at their favorite techniques and how they analyze their opponents.

Do not allow your opponents the luxury of fighting in their terms and comfort zone. If your opponent is a defensive fighter, encourage your opponent to chase you. Doing so forces a defensive opponent to open their defenses at some point. If your opponent is offensive, try to be counter offensive or move outside of their sector of attacks. Either way, mobility is your ally, so do not stand still. Instead move around your opponent. Simply moving around irritates most opponents and keeps your lungs and muscles in check.

## Strategy

The goal before or during the tournament is to compete against the opponent under advantageous conditions. This may be a difficult task but there are certain things you can do.

Make sure that you are well rested before the tournament and do not have intensive bruising exercises right before the tournament. Know your center referee's policy on warnings and allowed contact. Having a support group to cheer you up and showing self-confidence may have a demoralizing effect on the other competitor.



Downward Kick? You really want to see a downward kick? Jacob Koenig dodges a well executed Downward Kick from Alexander Kornetzke in a match at Middleton. Dodging can sure be a good thing....

## Tactics

Tactics is your plan to have an advantage over your current opponent. What works for one, may not work for the other one. Do not spend too much time to find out what does not work. Read the body signs of your opponent. Look at the fighting stance and foot position of your opponent. This can reveal your opponent's next move before it happens as well as if they favor hand techniques over kicks.

Observe the patterns and timing of steps your opponent takes, whether it is switching sides or going back and forth. Timing of your techniques is the primary reason for this - try to synchronize your internal clock

to your opponent's and execute your techniques in between the ticks.

People have the tendency to repeat their favorite combination of techniques. Observe these combinations and see if there is an opportunity to interrupt the sequence with something unexpected.

Occasionally give your opponent the false hope of scoring easily where you already have a plan to counter attack. Every competitor is greedy enough to try for the “low hanging fruit” points. Watch for your opponent's expression after your successful counter attack. It is priceless.

When center referee has called a time-out and is consulting the other competitor, do not stand still or sit down in a nice lotus stance. Keep your legs moving and use your opportunity to approach your coach if possible. Sitting still makes your legs stiff and if asked to continue to fight, your legs may not obey you the way you like.

Do not fight in a way that you must give your opponent points before you can get them. Minimize the points given to your opponent and chances to get injured during the action. Not only do you need to be in a good shape for your next rounds of opponents but you also want to be in a great shape after the tournament.

You only need to win by a one point. Just do your best to convince the corner referees that you are at least one point ahead. If you already know you are on the

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winning side, there is no incentive to score more.



Winning Team Patterns Teams at Middleton line up with well-deserved pride in a job well done.

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## Coach

A dedicated coach can be a very valuable person for your success. Even though your coach cannot be cheering in the audience for you, your coach is there for you. Your coach is the person to let you know when and where do you need to be ready. You coach can help you to get into a positive mindset for the tournament and assist you to warm up. It is also nice to have an extra pair of eyes to analyze your future opponents.

## After tournament analysis

Looking at your performance from a video tape or disc is a great way to take a second look at how your strategy and tactics worked in action. Going through the highlights in slow motion reveals how you or your opponent used body signs to initiate that amazing attack.

Analyze your time management. If there were times that you felt totally

exhausted, how many points did your opponent score because of that? Also keep an eye on those unused opportunities where you could have easily gotten points but chose to not to go get them.

Interview your audience and opponents for feedback. In addition to those compliments that they tell you, there may be valuable advice that you can use next time.

## Conclusion

Tournaments are about winning with the option of losing. No matter how well you are prepared, there is no silver bullet to win. However, there are many ways to even the odds and learn from past experiences.

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Maddie Mandel demonstrates one of the preliminary phases in toothpick manufacturing. Miss Mandel is a student at the Academy of Martial Arts, Grafton, where she studies with her younger sister Emmie, also a winner.

Don't forget: Deadlines are closing in rapidly for production of documentation for the Region 5 Black Belt Test for 2006, being held this year in DesPlaines on September 16. Contact your instructors if you have any questions. Instructors feel free to contact Mr. vh at 414-852-9229 or at fmvh@execpc.com.

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Mr. Jeremy Kempka makes a point to rapt listeners at Middleton during the seminar on free sparring conducted as part of the Region 5 TKD Week End Extravaganza.

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Mr. vh would like to express his gratitude to all involved with the Region 5 Week End, including the organizers, officials, presenters, schools owners, workers, and participants.

Here's your chance to become a published author. Submit your essay to the [Flash](#) and see your name and article in print! A recent search for names in Google for one of Mr. vh's students came up with--the [Flash](#)! A recent search for the name of another student on Klusty turned up--the [Flash](#)! These things have apparently come to the attention of a wider world.