

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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USTF Nationals will be held in Waunakee, WI on July 20th and 21st of 2007! Based upon past years this should be a great tournament -- the Big One-- and we are expecting a large number of gifted competitors from throughout the United States. This is your chance to compete with the best in the country! The Sunday after competition their will be a picnic with magician, rides and activities for the kids, a relaxing atmosphere for the adults and food for all diets. If you have any questions please feel free to give the Tournament Promoter, Mr. Kevin McDaniel, a call or drop him an e-mail (608) 831-5967 / kevin.mcdaniel@amac-tkd.com. **Be sure to set aside the dates and doublecheck your family vacation calendar now** to avoid conflicts (Weigh-ins the Thursday night before.) And, yes, this year their will be Gup level competition.

Go to <http://www.ustf-region5.org/nationals.htm> for more news and applications for competition.

On March 24 Mr. Jeremy Kempka will host the **Academy of Martial Arts Spring Tournament** in NC.

Black Belt Test: February 17, 2007 at American Martial Arts Center in Middleton. The action starts at 9:00 a.m.

On March 25 a Black Belt test will be held at Charlotte NC.

Coming up: **Tournament action** on February 24 at **Cadillac TaeKwon-Do**. Hosted by Dr. Steve Osborn.

18 students and 12 guests joined Mr. Luke Mattias, Mr. Aaron Prohuska, Miss Amirah AbuLughod, Mr. Brian Nusslock, Mr. Tony Mattias, Miss Nora Schauble, the Lock-In Committee, and staff Mr. Hasan AbuLughod, Mr. Jordan Wagner, Mr. Tony Shircel and Mr. Rock Bauman for January 19/20 Lock-in at A.M.A. Grafton. Games, movies, a workout, pizza, and blessed, blessed sleep.

And at Marquette TaeKwon-Do in the U.P., a **Black Belt Test** will be held on March 3. Instructors interested in participating contact Chuck Giotto, U.P. State Director, cgiotto@chartermi.net

The Mighty Cleanup Warriors made the dojang at Grafton shine on January 13. Thanks to Miss Pals, Captain, Mrs. Lubner, Mr. Martin, Miss AbuLughod, Zeki AbuLughod, Artem Bordetskiy, Connor Martin, Paul Tyree, Ariana Flood, Cody Leonard, and Jay Argall.

A gup level test will be held at the Academy of Martial Arts & Fitness in Charlotte on February 24.



Miss Mariah Carson begins her long journey towards proficiency in TaeKwon-Do.

*From: Liberty Kayden Gray
I have been operating Liberty TaeKwon-Do out of our local gym for the past 2 years. I have now secured my own facility and will be having a grand opening the first weekend in March. It is called FitRx by Liberty and it will be more than a Tkd studio. This will be a one stop health care facility at 213 N.*

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Michigan Ave., Big Rapids, MI 49307.

Big Dog TaeKwon-Do was recently featured in The Grand Rapids Press in an article by Jennifer Ackerman-Haywood. Ms. Sharon Spungen invited Ms. Ackerman-Haywood to learn something which, indeed, she did. See <http://www.mlive.com/news/grp/ress/index.ssf?/base/features-1/1170578099171570.xml&coll=6&thispage=4>



Christiam Narvaez of Bryant Park TaeKwon-Do hurt one whole heckuva lot less than the board did!

Get the most from Martial Art Seminars

By Master Earl Weiss

The following will help you maximize benefits of the seminar experience.

1. Go with an open mind: You may encounter a technique similar to something you had learned in the past. What you had learned seemed the best possible approach to a situation, but know the seminar may offer something better. You may even find that what

you had learned contained some serious flaws. However, in order to truly find these gems, you may need to:

2. Operate outside your comfort zone: If you always do what you always did, you will always get what you always got. The longer you have been training, the more likely it is that you will have become comfortable performing techniques a certain way. So, performing the same or similar technique in a different fashion will lead to a feeling of awkwardness and discomfort and an easy, but possibly incorrect conclusion that this different method is somehow “Wrong” or not as good as what you are used to. If you have any doubt, next time you get dressed, pay attention to which arm goes in the sleeve first or which leg goes into the pants first. Then, see how much conscious effort it requires, and how awkward it feels to simply use the other arm or leg first. Undoubtedly, after many repetitions these feelings would disappear. Martial Art techniques are no different. Challenging yourself to perform techniques in any number of variations will enhance your versatility as a martial artist. Remember; one definition of insanity is to do the same thing over and over again and expect different results.

Who knows? Perhaps your favorite technique will be the best 99% of the time, but it may be worthless 1% of the time. But what happens when the one that you didn’t like and didn’t practice because it was

not as “Good” as your favorite technique is the one you need when you find yourself in that 1% situation.

The most basic or fundamental version of a technique may be taught rather than a more sophisticated version. The instructor may be laying a foundation to build upon. So, it is important to practice according to the seminar instructor in order to develop proper technique and muscle memory for later variations. Practicing variations other than what was initially taught may not be as easily adaptable to other variations as the one the seminar instructor taught.

3. Slow down to speed up. Chuck Norris tells a story in his book about training with Bruce Lee. Apparently Bruce Lee was having trouble doing something Chuck Norris had showed him and according to the book was told that he was trying to do something new too fast. By doing it slow, it would be learned properly and speed would follow. This problem is endemic to Black Belts who may have had few recent instances of doing something new and are used to performing everything powerfully and fast. Remember the white belt days when things were performed more slowly so you could focus on proper technique?

4. Take notes: Unlike a typical class where you may learn 3 or 4 things and practice them numerous times as well as review old material a typical seminar will cover a much larger number of techniques as

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well as possible variations on those techniques. Unless your recall borders on the superhuman, you will most likely forget 70% or more of the material covered in a few short weeks. Video records will provide a method of review, but a typical seminar has a tremendous amount of time when no instruction is taking place so the participants can practice what is learned. The video record will be terribly inefficient with regard to the amount of time captured and the amount that actually contains useful review information. This can only be solved by spending a lot of time editing the video down to the important elements. Unless you intend to have a dedicated videographer, much of what the instructor does may not find it's way to video if the instructor moves around the room and teaches while assisting various participants. Paying attention to what the instructor does to help other students with a technique can help you overcome similar issues.

A method I favor for note taking is to use a 3x5 spiral notebook. I can put the pen in the spiral and the whole thing fits in the fold of my uniform so it is easy to access and store during the seminar. CAUTION: This is NOT recommended for grappling seminars where falling on the notebook or pen can cause injury. For such seminars make sure the notebook and pen are stored a safe distance from the practice area when not

in use.



Ms. Ann Covalt and a lot of formerly intact wood fly through the air.

Only record what is new or different from what you already know. Use abbreviations. You don't want to be so busy taking notes that a valuable piece of information is missed. A favorite story of mine is: "The difference between first and second year law students." With second year students when the instructor says "Good morning class" the students say "Good morning". With first year students when the instructor says "Good morning class" the students write it down.

Take time to review your notes during any breaks and as soon after the seminar as possible. At this time expand upon them as much as possible to make sure later reviews will be easy to understand. It is a good idea to enter your notes in a computer as soon as possible which will allow you to further expand upon them at that time.

5. Organize your notes: In the computer age, it is also possible to organize notes from

various seminars easily under topic headings. For instance everything you learned at different seminars can be then cut and pasted to various categories such as everything pertaining to Chon Ji, or a same side wrist grab release. I like to code my notes so that each entry under a topic is preceded by something that lets me know where the information came from. At the beginning or end of the entries in the organized notes I may have something like GS 1997, or 2000 GC. The Key would say Grandmaster Sereff 1997 Florida Course = GS 1997, or 2000 Illinois Instructor course with General Choi = 2000 GC.

6. Ask questions the right way. Don't ask questions that:

- A. Pertain only to you,
- B. Will interrupt the flow of the instruction
- C. Appear to put the instructor on the spot.

If you are not sure whether you are the only one who does not "get it", ask the person to your right if they understand what was taught. Perhaps they can help you. If not ask the person to your left. If they also don't "get it" at least there are three of you who need a clarification, so ask the question.

If the question will require a lengthy response see if you can ask the instructor during a break. If they feel the material is important and relevant they will then repeat it for all in attendance after the break.

If it may appear as though the

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question will put the instructor on the spot, either ask during a break, or while the instructor is circulating assisting various people. If the instructor has assistants helping them, they may provide valuable help as well.



Bennett Christensen and Elliot Iverson demonstrate intermediate level stepsparring as an alternative to cold Minnesota weather.

7. Practice: When given the opportunity during the seminar, practice as many repetitions (“reps”) as possible. However, it is not uncommon for instructors to move on to the next item fairly quickly. If partner training is involved you will need to determine if enough time is given for each partner to practice a certain number of reps, on each side before moving on to the next item. If enough time is given follow the practice schedule dictated (i.e. 10 reps right, one partner, 10 reps right, the other partner, 10 reps left the first partner, etc.) If there is any doubt as to how much time is available for practice a good

rule of thumb is each partner takes turns doing 5 reps in a row on their right side then each partner takes turns doing 5 reps in a row on their left side. If there is still more time simply repeat this schedule, or each person can then alternate left and right side one rep each until time runs out.

8. Practice again! If this was a seminar promoted by your instructor, see what can be done to incorporate the techniques into the class syllabus. The sooner the better. “Use it or lose it” often applies to martial art material.

9. Evaluate your experience. What did it cost you in time, money, wear and tear on your body? What were the benefits? Did you learn something completely new? Did you learn refinements about something you already knew? Did you enhance your teaching skills? Did you improve your potential for surviving an attack? Weigh the benefits and burdens to determine if the experience was worth it. This will help you make future decisions about whether or not you will attend other seminars.

We know General Choi comments that students should be encouraged to attend other gyms. The seminar experience is one way to accomplish this.

[Editor’s note: Master Earl Weiss probably outstrips everybody in Region 5 for his continuing diligence in attending martial arts seminars of all kinds. We greatly appreciate his submission of this article.]

Coming in next months’ Flash:

An article by F.M. Van Hecke inspired by questions posed by Gup One Black Belt Candidates, “Why Community Service?”

Mr. Van Hecke explores why the requirement is a strict condition of testing for Dan rank in U.S.T.F., what Gen. Choi, Hong Hi had to say on the subject, and the proper relation of such service to maturity in TaeKwon-Do.

Unless anonymity is requested by the author of comments and articles, the Flash will always attribute his product to the author. It is fundamentally unjust to do otherwise. Knowing plagiarism is theft. The author is entitled to the benefits, if only incidental honor, of his work. And the thief arrogates unto himself those benefits. We find sad the conduct of the Tae Kwon Do Times, March 2007 pp. 70 & 71. One hopes this is merely a momentary thoughtlessness.



Mr. VH flies through the air with the greatest of ease. We missed that moment due to a slow shutter, and bring you, instead, the indignity of the landing.
