

# 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. This is your chance to compete with the best in the country! The Sunday after competition their will be a picnic with plenty of activities for the kids, a relaxing atmosphere for the adults and food for all diets. If you have any questions please give the Promoter, Mr. Kevin McDaniel, a call or drop him an e-mail (608) 831-5967 / [kevin.mcdaniel@amac-tkd.com](mailto:kevin.mcdaniel@amac-tkd.com).

Master Earl Weiss has been certified to teach official USTF Ho Sin Sul courses. Master Weiss never fails to open minds and find innovative approaches. He would be available throughout the Region and the country for your next seminar. Contact [eweisstk@aol.com](mailto:eweisstk@aol.com).

Congratulations to First Dan Tom Martin on his appointment as Assistant Instructor at the Academy of Martial Arts, Grafton. Mr. Martin completed his internship in record time.

At Marquette TaeKwon-Do in the U.P., one of America's most venerable dojangs hosted an advanced level Black Belt Test on March 2. Winter storm warnings of up to 24 inches of snow did not daunt the hardy participants, who soldiered their way through it all. Presiding were Fourth Dan Mary Lubner, a Senior Instructor at the Academy of Martial Arts in Grafton, WI, and Region 5 U.S.T.F. Director F.M. Van Hecke. At the Corner was Fourth Dan Jack Eibler, the senior active instructor at Marquette. Testing successfully for their Third Dans were U.P. State Director Chuck Giotto, Miss Angelo Giotto, Miss B. Hilija Spiessl, and Miss Heidi Spiessl.



Miss Angela Giotto's Backfist, pictured here along with Miss Angela Giotto

On March 20 a gup level test was conducted at Skokie's National TaeKwon-Do.



Pictured, from left: Mr. Jack Eibler, Miss B. Hilija Spiessl, Mr. F.M. Van Hecke, Miss Heidi Spiessl, Mrs. Mary Lubner, Miss Angela Giotto, and Mr. Chuck Giotto.

*Errata: In the last issue of the Flash, in an article on community service by F.M. Van Hecke, the following sentence appears--*

Somehow divorcing oneself from the "on the ground" effects of national or broad social policy on individual families, businesses, and communities can result in both in perverse practical consequences for the "beneficiaries" and the moral sloth and deterioration of the do-gooder.

*It should have read--*

Somehow divorcing oneself from the "on the ground" effects of national or broad social policy on individual families, businesses, and communities can result in both perverse practical consequences for the "beneficiaries" and the moral sloth and deterioration of the do-gooder.

*Our apologies for this error. Poor editing, don't you know, and perhaps even worse English!*

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Congratulations to Elisabeth Hunt on Henry Jothan Yesuneh Hunt. We wish them the very best.

## Forewarned is Forearmed Dept.:

It is well to note that the "good old days" of overlooking the occasional lapse of U.S.T.F. testing requirements on the part of Region 5 instructors is drawing to an abrupt close. With better opportunities to attend U.S.T.F. sanctioned courses comes the responsibility to attend them and document that attendance. Don't rely on your instructors to make a note of everything you do to advance in TaeKwon-Do! If you earn that Class B Referee certificate, put it in a file along with all your TKD credentials. You may need that certificate someday. Keep track, in a word-processing file on your computer, of whenever you attend a seminar, obtain a certificate, or travel to train in U.S.T.F., entering certificate numbers, dates of attendance, instructor names. Keep your martial arts resume updated. Don't let an event you attend go by without noting it. You'll be glad you did.

Put aside October 13 on your calendars for **tournament action**. Dr. John Butitta will host the annual **A.A.M.A. Fall Classic** in Neenah WI.

On March 15 a gup-level test was conducted at the Academy of Martial Arts in Grafton. Presiding were Dr. Rick Bauman, Mr. Harley Pals, Mr. Zeki AbuLughod, Miss Amirah AbuLughod, and Mr. Tom Martin. At the Corner were Nora Schauble, Casey Sennott, and Austin Schopbach. A total of eleven students tested. Congratulations to Misses Maddie Mandel and Emmaline Mandel and Mrs. Marie Ashley for high test scores.

Congratulations to Mr. & Mrs. Oliver Joshua Locklair on the arrival of Tessa Michelle at 1:28 p.m. on the 18th. The newcomer weighed 8 lbs., 1 oz., mother and baby doing well after a 13 hour labor.

The U.S.T.F. Regional Black Belt Test for 2007 will take place in Green Bay, Wisconsin, the home of the Green Bay Packers, on November 3. Instructors who are interested contact Mr. Van Hecke, [fmvh@execpc.com](mailto:fmvh@execpc.com) or 414-852-9229. Nothing prohibits the presence of Bears, Vikings or Lions, for that matter. Rumor has it some Bronco fans will be in attendance. Those requiring an overnight stay in the Green Bay area should book early so they don't run afoul of the NFL.

On March 21 Master Earl Weiss's students participated in a gup level test at National TaeKwon-Do, Skokie IL.

On March 24 Mr. Jeremy Kempka and the Academy of Martial Arts & Fitness hosted the **Academy of Martial Arts Spring Tournament** in Charlotte NC. A total of 140 competitors did patterns, free sparring, team patterns and board breaking.

## Fear of Falling

By Chuck Giotto, 3rd Dan

You can not do a flying kick if you have a fear of falling. You can't defend yourself if you are knocked down and break arm or leg. Unless you have a Judo, Aikido, or Ju Jitsu back ground or have an instructor who has this background, you may not know how to fall properly. I will try to explain how to fall and why you need to know how.

Just before Christmas we had freezing rain. I went outside to start the car to go work. I got to the edge of my step going out the front door. I have four steps that are concrete and a concrete sidewalk. I flew off the steps and landed on my rear end. I did not break any bones, throw out my back or smack my head because I fell properly.

Twenty-five years ago I did the same thing on the same steps, ruptured my tail bone and sprained my wrist. I was unable to sit for long periods of time for over a year.

Most physical confrontations usually end up on the ground after the second blow. Knowing how to fall is very important to your survival. In self defense classes they will teach you how to fall and what

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to do when you are on the ground. The ground can be your friend if you know what to do when you are down there.

Staying on the ground can be the best way to defend yourself. By sitting up and putting your hand slightly behind your back to keep your balance, you can kick at your attacker if he tries to continue his assault. It is very hard for your attacker to bend down and grab at you if you spin on your behind and keep kicking at him.



Miss Heidi Spiessl squares off against Miss B. Hilija Spiessl at Marquette TaeKwon-Do.

I have been unable to find any books on falling that approach it from a TaeKwon-Do perspective. There is a section on Ground Fighting in the Encyclopedia but no training manual for teaching us how to fall.

You are required to know how to fall properly as a green belt with the U.S.F.T. You must be able to demonstrate six different ways to fall.

Most of my students

have problems somersaulting. They do not know how to ball up.

Using an exercise ball, have them kneel on the left knee, push off with their feet and roll over the ball by wrapping the right arm over the ball and rolling over the arm, making sure to tuck in the chin and slap with the left hand. When you slap make sure your arm stays within one or two feet from your hip at a 45 degree angle relative to the body. Slapping straight out at 90 degrees from the body will not be effective and trying to slap out over shoulder level can injure your arm. It is important to do this on a mat.

This will help your students until they get used to the feel of doing it properly. Then they can stand and do it without the ball. Of course they will come up standing.

There are break falls which leave the student on the ground. The tendency is to roll and stand up. But there are times when rolling too far forward may not be to your advantage and dangerous.

The way we teach our students breakfalling is to get them on their hands and knees. An instructor stands to one side of them and asks them to give him the hand opposite to the shoulder closest to the instructor. The student bends his knees, keeping his back straight and the instructor grabs the hand with both of his hands and pulls up hard. We call this "the lawn mower." The student will spin onto his side and land in a breakfall.

Make sure the student

slaps the mat with his free hand, doesn't cross legs, and tucks in his chin. Usually this will all come naturally. And after using this exercise for some time the student will understand what he needs to do when doing a standing break fall. Many students, young and old, are reluctant to learn to do this exercise, but after a couple of sessions most really enjoy it.



Academy of Martial Arts & Fitness, North Carolina, regular Black Belt workout attendees, caught for a moment in an informal pose, Ms. Woppman, Ms. Hosey, Mr. Tucci, Mr. Altimira, Miss Hauss, Mr. Kropp, Miss Cash, Mr. Duncan, Mr. Cottman, Miguel Sanchez, Chris Finlay, Weldon Jones, and Brenden Padgett.

Falling to the side should be taught by squatting on the balls of the feet first. Bring the right arm across your chest to your left shoulder, then kick out your right foot to the left. Fall back to your right side and as your bottom hits the mat, slap the mat with your right hand. Keep your back arched and your chin tucked to your chest.

Falling backward, you get on the balls of your feet. Cross your arm on your chest and fall backwards. As your

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bottom hits the matt slap with both arms.



It's a Girl Thing: victorious medal winners in freesparring in Charlotte celebrate their superior skills at bloodletting.

When the student is ready to learn do standing falls, he must begin by dropping the buttocks straight to the heels and not directly flat onto the back. If falling left or right, kick out one leg to the opposite side; bring the arm of the same side as the leg kicking out to the opposite shoulder and slap the matt as your buttocks hit the matt. Keep your back arched and your chin tucked to your chest.

By learning how to fall properly your flying kick will look better because there is less fear that you will get hurt. You will be able to perform your Hon Sin Sul routines more easily. Walking in unsafe terrain will be safer.

We are very fortunate in Region 5 that we have instructors like Master Weiss who has a black belt in Ju Jitsu, Kevin McDaniel who has a black belt in Aikido and (another instructor) who has a background in Judo. These individuals are excellent resources in learning how to

fall.

[Editor's note: Mr. Giotto submitted this piece in conjunction with his Third Dan testing.]

On April 24 a color belt test will be held at Charlotte.

Candidates for United States TaeKwon-Do Federation President are Master Paul DeBaca and Master Robert Neidig. Both gentlemen are well qualified to lead us. State and Regional Directors are the voting constituency. The new USTF President will take office on July 1, 2007.



"I can't believe I broke the whole thing!" Competitors in breaking competition celebrate the diminution of those items which confronted them and were duly vanquished.

Starting April 4, 2007 Marquette TaeKwon-Do will be offering a class on Wednesday from 5:00 pm to 6:00 pm at the Ishpeming Township Hall. It is 18 mile west of Marquette on U.S. 41.

On Saturday June 9 Master Earl Weiss will host a U.S.T.F.-sanctioned Black Belt Test at Skokie IL.

Camp TaeKwon-Do, NC, will be held this year starting on June 11. Details to follow.

On March 19, 2007 the beginners and intermediate youth class tested at Marquette TaeKwon-Do. The follow were promoted:

Jacob Anthony - High Yellow Belt	Youth
Cecelia Attwell - High Yellow Belt	Youth
Thomas Peters - High Yellow Belt	Youth
Kenzie Henning - High Yellow Belt	Youth
Matt Millado - High Yellow Belt	Youth
Cameron Grant - High Yellow Belt	Youth
Madison Mechling - Yellow Belt	Youth
Owen Parkkonen - Yellow Belt	Youth
Grant Daignault - Yellow Belt	Youth
Andrew Belmore - High White Belt	Youth



Chuck Giotto, during a singularly vicious Ho Sin Sul maneuver, is about to hurl the Glowing Fireball of Death at his daughter Angela. It is well to note she later obtained her full measure of revenge with a club.