

# The T.K.D. Flash

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

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### Come watch the action!

**USTF Nationals** will be held in Waunakee, WI on July 20th and 21st of 2007. Come see the Best of the Best compete. The more spectators, the better. Cheaper than a college basketball game and 10 times as exciting! Cheer for your favorites, your classmates, your friends! Saturday action will be particularly exciting with Black Belt Finals, Breaking Demos, and gup level competition. Come spend a day in Madison! Details at the Region 5 website under Nationals. Middleton High.

**Mr. Kevin McDaniel** hosts the **U.S.T.F. Picnic** on Sunday, July 22 in Middleton WI. This is the TaeKwon-Do social event of the year. Plenty of activities for the kids, a relaxing atmosphere for the adults and food for all diets. If you have any questions please give 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). Come mingle with TaeKwon-Do's greats from all over our great nation.

Put aside October 13 on your calendars for the annual **A.A.M.A. Fall Classic** in Neenah WI, hosted by **Dr. John Butitta**.

The U.S.T.F. Regional Black Belt Test for 2007 will take place in Green Bay, Wisconsin, on November 3. Instructors who are interested contact Mr. Van Hecke, [fmvh@execpc.com](mailto:fmvh@execpc.com) or 414-852-9229. Students who are interested, contact your instructors. We have the great fortune to announce the likely presence of **Grand Master Charles E. Sereff** and **Master Renee Sereff**.

On Saturday June 9 **Master Earl Weiss** hosted a U.S.T.F.-sanctioned Black Belt Test at Skokie IL. Presiding were Master Earl Weiss, **Mr. Braxton Miller**, Illinois State Director, and Mr. VH. At the corner was Fourth Dan **John Firmis**. Testing successfully for First Dan were Mssrs. **Youngwoo J. Shin**, **Michael Bramanti**, and **Pratik Vaidya**. Testing, again successfully, for Second Dan were Mssrs. **Jason Neeremberg** and **Craig Wilke**. In attendance were **Master Won K. Shin**, who was instrumental in bringing Gen. Choi to Chicago for the Millennial Seminar, and **Grand Master K.S. Shin**, who in 1968 founded the first school of TaeKwon-Do in the Chicago area. We were honored to see Master Shin again and to meet Grand Master Shin. Congratulations to those testing upon the successful completion of their tests.

On June 27 a gup level test was held at the Academy of Martial Arts, Grafton. Miss **Amirah AbuLughod**, Mr. **Jordan Wagner**, Dr. **Rick Bauman** and Mr. VH presided. Ably performing at Corner were Miss **Nora Schauble** and Mr. **Casey Sennott**. Testing were: **Sarah Burger**, **Marie Ashley**, **Brittany Ashley**, **Caitlin Quintenz**, **Rohan Mathew**, **Emmie Mandel**, **Rick Flood**, **Maddie Mandel**, **Paul Tyree**, **Chris Langlois**, and **Josh Locklair**.

On June 5 there was a gup level test at Skokie's National TaeKwon-Do.

Mr. VH, Fourth Dan **Mary Lubner**, and Mssrs. **Harley Pals** and **Anthony Mattias** presided at the Special Needs Academy of Martial Arts when on June 16 a gup level testing was held. Third Dan **Luke Mattias** led Corner for his students, assisted by Second Dan **Jordan Wagner**. Congratulations to the following, all of whom tested successfully: **Yusuf Quereshi**, **Aliyah Quereshi**, **Jonathan Argall**, **Anneliesa Strobch**, and **Marcus Brueggemann**.

A gup level test was held at the Society of Traditional TaeKwon-Do in Crystal Lake IL on June 2.

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*Thank you, Sir for another fine edition of the Flash! We wanted to give you an update as to our goings-on as well.*

*On May 19/20, we held a nine person black belt test where Mrs. **Marianne***

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*Armstrong successfully tested for Third Dan, Dr. Jeffrey Wilt, Mr. Tucker Gaegauf, and myself (Mrs. Sharon Spungen) tested for Second Dan, Ms. Stacey Raygoza, Ms. Laura Scobell, Mr. Alex DePoy, and Ms. Maggie Foley all tested for First Dan. The following day, Mr. Aaron Dull tested for First Dan as he was busy on the 19th graduating from college at the ripe old age of 19! Ms. Maggie Foley, an exceptional young woman who has overcome many physical challenges, was awarded high test score. Mr. James Smith, IV Dan, and Dr. Steve Osborn, IV Dan and Michigan State Director, presided.*

*We also participated in a variety of community service events from cleaning up a local school that had been vandalised to hosting a kickathon to support St. Jude's Children's Research Hospital. Things at Big Dog TKD have been hopping!*  
--Sharon Spungen

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On June 6 Master Earl Weiss supervised a gup test at Skokie IL.

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### Technical Corner

The following question was recently raised by Master Earl Weiss. Input was requested in May Flash:

“The USTF gup requirement booklet says that the tool for the U shape block is the arc hand. The encyclopedia says it is the reverse knife hand. Although not

among what I would call my favorite technique from a utilitarian standpoint, in my opinion this difference radically alters how the block is performed and how it would be used. Which approach do you take, and why?”

The following responses were received and published in the June Flash:

Dr. Rick Bauman, 5th Dan:

“As to the U-shape block and the use of the thumbs, wouldn't the thumb position depend on the purpose of the action? If it is preparatory to a grab, then the ‘open thumb’ would seem appropriate, but if it is truly just to ward off a blow then a knife hand position would be better due to the strength of a tighter hand. What does the original Korean translate into?”

[Editor's Comment: the term in the Encyclopedia is *digtja makgi*. The term *mondungi makgi* is also often used. The literal translation of the first term is “ti-gut shaped” or “shaped like the letter ti-gut”. The letter ti-gut, the third letter of the Hangul, is sounded like “t” or “d” and looks sort of like the roman letter “u” on its side. The term *mondungi* translates as “pole (staff).” Neither term appears to be constructive on the subject of hand technique in itself. Both reverse knifehand and arc-hand are used in both offensive and defensive applications, e.g., reverse knifehand middle block and arc-hand rising block.]

Jay Mustapich, 5th Dan:

“The question posed on the U-Shape Block is indeed puzzling if one reads the definition of a U shape block from the encyclopedia with the belief that what was written is without error. I believe we have seen some flaws or contradictions in several areas between the encyclopedia and the USTF guidelines.

Page 93 of the encyclopedia states, ‘... the thumb is bent sharply toward the palm’ and has an accompanying picture that reflects this statement.

However, the picture of the

block on page 241 for application or page 541 in Joong-Gun pattern would show a hand position closer to the arc hand( which is zoomed in on page 96).

Are you ready for the interesting part???

My last thought was to look in the section on Fundamental Exercises...

On page 463 there is a drill for U-Shape Block where the # 2 note states, ‘Both ARC-HANDS must form a vertical line with the knee at the moment of the block.’

My guess based on everything we know is that the error lies within the description of the hands on page 241, and NOT with the one on page 463.

[Editor's Comment:

Due to time constraints we were unable to doublecheck these references. The “Encyclopedia” comes in four editions, with significant pagination differences in all but the last two, and in fifteen volumes in each edition. It would be helpful, then, to indicate the edition and the volume rather than merely pages in advancing a textual discussion. There is no doubt that the “standard” is the Fourth Edition, which is also the best distributed. In addition, we’ve found that the many iterations of “TaeKwon-Do, the Korean Martial Art,” which is a condensed version of the Encyclopedia, is often referred to as the Encyclopedia, and thus references to it should both designate it either by correct title or as the “condensed” version and the particular printing of which there are several. It is clear that the latest version is the standard and best distributed of this latter work. Mr. Mustapich raises an excellent point: we often overemphasize the last eight volumes of the Encyclopedia because they are helpful in dealing with patterns when much of the “meat” of TaeKwon-Do is really found in the first seven, which not only expressly deals with basic technique outside of the tul context but also provides interesting drill-related materials such as those referred to by Mr. Mustapich in his

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response.]

Dr. Steve Osborn, 4th Dan:

Regarding the issue of the U-Shape block, we know there are several tools that can be used when executing this block. Which tool is used will depend upon the specifics of the situation AND what the particular tul calls for. I have taken two Level C Instructor Courses with Master Winegar who teaches reverse knifehand. I have taken two courses with the General and one with Sa-Sung, but cannot remember them addressing the tool in that gup pattern.

[Editor's Note: It is clear that Master Winegar's view is that reverse knifehand is the tool. I have not obtained the impression from him that it is situation-dependent, i.e., that the tool is a variable based on circumstance. U-shaped block is found in the following patterns: Choong-Mu (number 18), Joon Gun (numbers 31 and 32) and Sam-il (numbers 15 and 16). What can we learn from the "application" pictures? Realistically, very little, and the picture at Joon-Gun 32 (Encyclopedia, Fourth Ed., Vol. 9 p. 263) creates yet more confusion, with the pole being grabbed or pushed in a counter-intuitive direction rather than blocked outwards to the defender's back side.]

Editor's Summary:

Quite often there are apparent contradictions with good reason. I am intrigued by the following: Master Weiss refers to reverse knifehand as the standard referred to in the Encyclopedia. He is undoubtedly referring to Edition Four, Volume 3, page 302. It may be helpful to obtain a clearer reference from Mr. Mustapich (the page 463 one) to see if there is another variable at work, and, perhaps, the Korean language edition may help shed some light on the situation.

I have been to several seminars with the General (and Masters Winegar and Weiss and Grand Master Sereff many, many more, but cannot recall this express issue being posed to him. I know, however, that Master

Weiss's views are much influenced by the form and placement of the statement. Thus, for example, in his view (and mine) express text in the context of explaining the subject matter trumps pictures.

This exigetical discussion among three extremely knowledgeable scholars (Dr. Bauman, Mr. Mustapich, Dr. Osborn) in response to the question posed by yet another (Master Weiss) has been of great interest. Can we add to it?]

And now, Master Weiss responds:

"I am glad to see that my query concerning U shape Block has generated some thought. I often tell my students; ' I am not telling you what to think. I am telling you to think.' "

"Reviewing the comments I see that perhaps there was some misunderstanding of the point I was trying to make. Dr. Bauman reflects the most important insight. Specifically, that the purpose of the technique was often cited by General Choi as being the most important 'Training Secret' (irrespective of the fact that it is not listed as #1 in his texts. ) I did not mean to imply that the thumb would not be extended in a manner that had the hand resemble an arc hand. It is most certainly extended. Although not stated anywhere this would facilitate a grab as a secondary or follow up application. (A comparison could be made to some knife hand variations of closed hand blocks being accompanied by the statement that 'The knife hand facilitates a grab'.)

"With regard to Mr. Mustapich insight, parameters

discussing final limb placement are often independent of the tool used. An early example is that for middle / high closed hand block (i.e. inner forearm) the block position / level is determined by the top of the closed fist, as opposed to the tool used. Accordingly, the specification of the arc hand being the alignment reference point is non determinative of the tool used. Nevertheless, his location of the reference and research effort have certainly contributed significantly to the advancement of the discussion and in calling this material to our attention he helps point out the importance of a framework or heirarchy of critical tools in assessing the meaning of text in the Encyclopedia.

"Some, including the editor, note that they have not been to a course where the issue was addressed. I was fortunate enough to be able to ask General Choi this question at a 1994 course. I was even more fortunate because Mr. Braxton Miller photographed me doing the block with General Choi as he explained it. For those of you who have occasion to visit my Des Plaines location, the photo is in the display case.

"The classical standard is to move the hands in a curved line so that the reverse knife hand would deflect the pole to the side. For practical applications, you will need keep practicality in mind. I would suggest that the arc hand is not a tool you would want to have contacting a hard surface with extreme force."

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### Technical Corner: Round Two

What is the significance of Closed Ready Stance A,B,C, or D for any of the patterns?

I know the first pattern to differ from Naranhi Junbi Sogi is Closed Ready Stance A at Won-Hyo. The hand position certainly resembles that of the Buddhist and Chinese bowing gesture, which makes sense considering Won Hyo was a Buddhist monk. But what of Choonj-Jang which was from the Yi Dynasty, a Confucian era?

--Submitted by Mr. Jay Mustapich.

We look forward to your comments and reactions.

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On August 28 a color belt test will be held at Skokie IL under the supervision of Master Earl Weiss.

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### The Hwa-Rang Advantage

By Mallory Madison, Gup 1

[Editorial Note: Miss Mallory Madison is a student at the Grafton Academy of Martial Arts where she studies along with her brother Collin and her Dad, Keith.]

In the winter of 2002 I was tagging along with my dad and brother to join something called Tae kwon-do. At the time I was unclear what direction this was going to take me.

The first classes were

fun, we played games and learned new words in Korean. After a while, basic techniques and the student oath were becoming second nature.

The instructors and students started becoming my family. With their support and helpful ways they helped me achieve goals, I thought were not possible. Some of my goals were trying to get better at my forms and techniques.

At the beginning of each class we started with meditation which frees my thoughts and redirects my energy. I became aware of my breathing and areas of weakness. During class I would focus on these weaknesses.

As certain forms became easier I became more conscious of my inner energy. By going through these techniques they allowed me to move negative energy out and positive energy through my body and mind.

One of my favorite forms is Hwa-rang. The pattern Hwa-rang is named after the Hwa-rang youth group which originated in the Scilla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Tae kwon-Do developed into maturity.

General Choi Hong Hi was one of the soldiers trained by the Japanese during WWII, and when he was placed in charge of the new 29th Infantry Division of the Army of the Republic of Korea, he required his soldiers to learn Tae kwon -do.

General Choi Hong Hi was made the first president of the Korea Tae Kwon- Do

Association (KTA) in 1965, but the South Korean government did not appreciate his refusal to turn over control of the organization to the government so he was forced to leave Korea.

General Choi left for America and established the International Tae Kwon -Do Federation (ITF).

Hwa-rang is most often translated as "Flower Knights" or "Flower Youths." Hwa is the Sino-Korean character flower or the act of blooming. Rang means man, sometimes used as a suffix in Scylla official titles.

This form seemed to be very difficult. I learned the form when I was 11 years old, and it felt awkward and uncomfortable. Most things were at that time.

So with persistence I worked hard. I gave up many times and had to start over. After many attempts it clicked! Hwa-rang became my favorite form.

Whenever I do the form it helps me focus on my strengths.

A different movement in Hwa-Rang that is not in other gup level forms is that when you prepare to come back across the top of the "I" by turning left instead of right you "open" the form while also opening your mind to other possibilities.

With practice I will perfect Hwa-Rang and give back to it what it gives to me.

When doing Hwa-Rang it reminds me what I can achieve in Taekwon-do and in my daily life. It gives me a feeling of accomplishment.