

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Why does the Flash look different? Because we've gone to a two-column format. Why did we do so? Answer, as an experiment. Some folks wanted bigger versions of the photos. Others wanted more text in less space. Take a look and let us know which format you prefer.

Our TaeKwon-Do family is again diminished and hurt. Sean Minesal, age 30, studied with us as a youth and achieved Gup 6. Those of us around long enough to remember him during his studies recall a good kid. Those of us who had the fortune to continue the association knew him as a polite and earnest young man concerned, always, to do the right thing. Sean's sister Tracy also studied with us. His dad, Samdan Tom Minesal, is a Senior Faculty member with the Grafton Academy; they broke the mold when they made Tom. His wife and Sean's mother Carole is a charming, beautiful person with a sense of humor and a certain sense of fun. We pray that Tom, Carole, and Tracy, though they (and we) must mourn, find consolation in Sean's life and find comfort in his having lived so much of his 30 years so well and with such joy.

On September 30 at **Big Dog TaeKwon-Do** in Grand Rapids Mr. Kevin McDaniel conducted a referee seminar. Details to follow when available.

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



The American Martial Arts Center hosted a U.S.T.F. Referee Seminar on September 22 at Middleton WI. Mr. Kevin McDaniel worked with 39 practitioners who sought to improve the quality of our tournaments. Pictured above are those who attended and taught.:

Mr. Braxton Miller and the Schoool of Traditional TaeKwon-Do hosted a Black Belt test on September 15. The test was held in Crystal Lake Illinois. Fourth Dan Mary Lubner, Mr. VH and Mr. Braxton Miller presided and Mr. Miller simultaneously handled the Corner as Second Dan candidates **Kasey Kruckenberg, Don Thomas, Jimmy Gritschke, Cindy Austrera, and Amirah AbuLughod** and First Dan Candidates **Rachel Liebelt, Casey Sennott, and Karen Carazas** gave TaeKwon-Do's future a huge boost.



Rachel Libelt swings and misses a half board with her holder accidentally and simultaneously dropping another. Funny how that works when you're not catching incredible speed, power, and courage. Miss Liebelt was awarded Best Test Recognition at a dinner held September 22, 2007.

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On September 5 Master Earl Weiss conducted a gup level test at Desplaines IL for National TaeKwon-Do.

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 or 414-852-9229 immediately. Students who are interested, contact your instructors. We have the great fortune to announce the presence of **Grand Master Charles E. Sereff** and **Master Renee Sereff**. An awards dinner will follow.

The Academy of Martial Arts & Fitness of Charlotte participates in the WCNC Safety Fair at the North Lake Mall.



With Mr. VH and Mrs. Mary Lubner rapt with amazement, Mr. Casey Sennott protects his baby and demonstrates free sparring skills under stress. Mr. Sennott proved himself a First Dan on September 15.

On October 6 the place to be was Crystal Lake Illinois at the School of Classical TaeKwon-Do, where Mr. Braxton Miller hosted a **Ho Sin Sul Seminar** taught by U.S.T.F. Certified Ho Sin Sul Instructor **Master Earl Weiss**.

There will be a Class B USTF Instructor Course in Denver, Colorado on Nov. 10th & 11th,



On September 15 at Crystal Lake, and from left to right, building a picket fence with the wrong kind of boards and in the wrong direction.

Front Row: Miss Rachel Liebelt, Miss Amira AbuLughod, Miss Cindy Austra, Miss Casey Kruckenber, Miss Karen Carazas, and Mr. VH. Second Row: Mr. Braxton Miller, Mr. Casey Sennott, Mr. William Akin, Mr. Don Thomas, Mr. Jim Gritschke, Mrs Mary Lubner.

A Class C USTF Instructors Course will be taught in Denver Feb. 9th & 10th, 2008.

On Sunday September 9 Dr. **Steve Osborn** facilitated a referee training session at Big Dog Taekwon-Do in Grand Rapids, MI.

To: Mr. VH

From: Master Earl Weiss

Topic: feedback on the October 6, 2007 Ho Sin Sul Course.

First and foremost I would like to thank the 7 Black Belts from my school who attended

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this course. They provided invaluable teaching assistance, making my job much easier.

In fact having an attendance which was 80% Black Belt made the teaching of some of the more difficult skills such as falling much easier, since the foundations were already strong.

Next, those in attendance, (and those who did not attend) should take note that several Black Belts who did not "Need" this course to fulfill testing requirements were there as well. These Black Belts attended the course in Michigan not so long ago. This type of energy and initiative is necessary to develop students and instructors as well. I can only hope that these people found something useful to supplement their training and teaching.

Since this course was the first I taught, feedback forms have provided additional guidance. Positive comments included how material was arranged in accordance with the gup requirement booklet, and parallels drawn between some pattern movements and Ho Sin Sul techniques.

Negatives included difficulty hearing and lack of room. Each of these are somewhat easy to resolve. At any seminar, if you do not hear something raise your hand and ask that it be repeated, or as the instructor circulates to examine or correct technique ask that the instructions be repeated.. You can also ask other participants. You can even move closer when explanations are given to hear better and get a closer look. This is especially true when seminars are taught from the center of the circle (as this was) instead of from the "front of the class " position.)

If you find that there is a lack of room, you may need to assert yourself on occasion asking others in attendance to allow you enough room to practice safely.

One common suggestion was to have people switch partners periodically to experience how techniques work on different people. This will be implemented at future seminars. However, at any seminar, unless the instructor prohibits this, there is nothing to prevent you from exercising some initiative and ask someone on either side of you to take a turn being your partner. I think time constraints

preclude using multiple partners for every technique in a seminar that needs to cover this amount of material. Furthermore, as you continue to train in class, various "Line drills" can be used to explore how size differences effect technique.



Participants in the Crystal Lake IL USTF Ho Sin Sool Course taught by Master Earl Weiss on September 6, 2007:

Front row--Miss Cindy Austra, Miss Kasey Chris Imig, Mr. Kruckenberg, Ms. Beverly Hottmann, Jarrod Beggiani, Ms. Lily Chang, Peter Thompson.

Second Row--Mr. George Paweleck, Mr. Rick Pyzyna, Mr. Jason Neerenberg, Mr. Richard Mann, Mr. Darby O'Connor, Mr. Jim Alger.

Third Row--Mr. Jim Gritschke, Mrs. Mary Lubner, Miss Christin Langlois, Mr. Aric Broeking, Dr. John Printen, Mr. Brian Nusslock.

Fourth Row--Mr. Chris Imig, Mr. John Hoskins, Mr. Kevin McDaniel, Master Earl Weiss, Mr. Mike Van Pietersom, Mr. Craig Wilke, Mr. William Akin, Mr. Mathiam Mbow.

Finally, it seems as though some people may have had a misconception concerning what the seminar would cover. Some indicated that they thought weapons should be covered. The USTF offers a separate seminar for this purpose, so it is not the purview of a level one course. Some wanted more "Grappling" a term which can include both standup and ground techniques. As a level one course, there was plenty of material which consumed 6 hours of class time just to get through the Gup level requirements. The USTF requirements list a level 2 Ho Sin Sul course. I do not know if one has been offered as of this date. However, in conversations with Master Sereff, it seems that perhaps this would cover more grappling and perhaps groundwork as well as expanding

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upon the Gup level techniques into submissions, controls, counters and defenses.

I would ask that all instructors inform students that a USTF Level one Ho Sin Sul course is intended to cover the Gup requirements, so they are not disappointed due to unrealistic expectations.

Thank you again to those in attendance. You were the "guinea pigs" which allows for improvements in later courses.

Mr. Tom Cope , Missouri, will be hosting USTF Class C Instructors Course February 2nd & 3rd 2008. with G.M. Mike Winegar.



Fifth Dan Mike Van Pietersom expresses his affection for Mr. Mathiam Mbow at Mr. Earl Weiss's Ho Sin Sool Seminar. Or maybe something else is about to happen....

On October 20, 2007, a Gup level test will be conducted at the School of Classical TaeKwon-Do in Crystal Lake, IL.

On May 3 and 4, 2008, Grand Master Mike Winegar will teach one of his excellent "C" instructor courses in Cadillac MI Dr. Steve Osborn will host this inaugural event for our Region. Your editor has attended all of Grand Master Winegar's Instructor Courses. As the only person in the Region to have done so, he can speak to the quality and value of G.M. Winegar's instruction on all levels. This is simply not to be missed. Contact your host, Dr. Steve Osborn, at Cadillac TaeKwon-Do, sosborntkd@hotmail.com. Please put this one on your calendars now!



Mr. Braxton Miller tries to explain to Miss Amirah AbuLughod, Second Dan, as to how one can tuck the rear leg in order to achieve good form on airborne side turning kick.

On October 20 a Black Belt Test will take place at the Academy of Martial Arts & Fitness in Charlotte NC.

Events happening at your school? Promotion, gup test, births, weddings, births, courses, seminars, demos, tributes? Pop us an e-mail at the [Flash](mailto:Flash_fmvh@execpc.com), [fmvh@execpc.com](mailto:Flash_fmvh@execpc.com), and you can get free publicity and advertise to others in Region 5 and beyond. The price is right, right?