

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Mr. **Kevin McDaniel** will conduct a Referee Training Seminar at Dee Park, DesPlaines IL on March 15, a Saturday, commencing at 9:30 a.m. Fulfill your requirements for promotion and have fun at the same time! As an added bonus, learn to referee! The seminar is hosted by **Master Earl Weiss** and National TaeKwon-Do. For information, contact Master Earl Weiss, eweisstkd@aol.com.

Looking for tournament action? How about a "High Noon" showdown? Set aside April 13, a Sunday, for the Wisconsin Chang-Hon Challenge. The Tournament Promoter, Mr. Kevin McDaniel, can be contacted at (608) 831-5967 or e-mailed at Kevin.McDaniel@ustf-region5.org. Patterns, free-sparring, team patterns, and sparring with foam weapons. Bound to be fun, bound to be well-run, bound to be officiated fairly. The tournament will be at the Keva Sports Center in Middleton WI. Preregistrations received by April 1 get a free tournament t-shirt. Inexpensive, family friendly and family discounts, quality custom medals for individual patterns and sparring, great trophies for team patterns and Sword Sparring. Plan on it!

A Valentine's Open House will be held at the Academy of Martial Arts, Grafton, on February 13. Specials for couples, an Open House special, door prizes and treats.

St. Peter's TaeKwon-Do, MN, Mr. Marcus Paar, Instructor, will host a seminar with Master F.M. Van Hecke on March , a Saturday, commencing at 10:00 a.m. All are welcome, and the price is right.

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. This is simply not to be missed. Contact Dr. **Steve Osborn**, at Cadillac TaeKwon-Do, sosborntkd@hotmail.com. Recommended highly by all "in the know."



Miss Becky Lambole, in the course of testing for her Second Dan, lets her ponytail fly and does something which looks equally cool in a photo rotated 90 deg.

On February 9 at Middleton WI Master Braxton Miller and Your Humble Editor presided at a Black Belt test conducted at the American Martial Arts Center, Middleton. Students of Fifth Dan Mr. Kevin McDaniel tested for First through Fourth Degree. In attendance were numerous students and well-wishers including Mrs. Mary Lubner, Fourth Dan, the ranking woman Black Belt in the State of Wisconsin. Successfully testing for his First Dan was Dr. John Printen, for their Second Dans Mr. John Hoskins and Miss Rebecca (“Becky The Dragon”) Lamboley. Mr. Mathiam Mbow achieved Third Dan, while Mr. Michael Love and Ms. Lily Chang their Fourth. Congratulations are in order to all.



Participants, teachers, helpers from the Black Belt Test conducted at the American Martial Arts Center in Middleton. Back row, from left: Fifth Dan and Head Instructor, A.M.A.C., Mr. Kevin McDaniel, new Fourth Dan Mr. Michael Love, new Third Dan Mr. Mathiam Mbow, new Second Dan Mr. Hoskins, First Dan Mr.Keller. Second row, left to right: First Dan Mr. Atwell, Black Belt Mr. Weiss, new Fourth Dan Ms. Lily Chang, new Second Dan Ms. Becky Lamboley, First Dan Mr. Lins, new First Dan Dr. John Printen. In front: Masters Miller and Van Hecke.

The Academy of Martial Arts, Grafton, will do a self-defense demonstration for the Girl Scouts on March 5.

From Steve Osborn, Michigan State
USTF Director:

Sir,

Michigan held its fourth annual tournament in Cadillac on January 26, 2008 and there were 82 participants representing five Michigan kwans. The day was full of Taekwon-Do spirit and moral culture was seen and felt throughout the competition. Black belts from all schools served with integrity as tournament officials, while Michigan's three certified A-level referees provided a guiding mentoring.

The usual five events provided opportunities for students to demonstrate their skills and to take themselves to the next level of performance. Much of the physical composition of Taekwon-Do was seen in: Fundamental Techniques, Step-Sparring, Patterns, Hosin-Sul, and Sparring. During these events there were several occasions where students tied for either first, second, or third place. Ties were broken by students' knowledge of the required information. Questions from the Required Information section of the USTF Testing Syllabus were asked to the students and those showing a greater knowledge received the higher award. Two new events were added to provide greater tournament opportunities for younger children: Belt Sparring and The Gauntlet. Belt Sparring introduces younger children to: proper distancing from an opponent, how to defend target areas (the two strips of belt one hanging on each side of the belt) without holding, getting use to the ring and a referee, a crowd, and the stress of competition. The Gauntlet is a relay team event involving speed, agility, balance, coordination, flexibility, and endurance as participants navigate and negotiate a series of obstacles.

Black belt competition in Sparring and Patterns was outstanding! These events were introduced earlier in the order for the first time this year to provide more gup students a

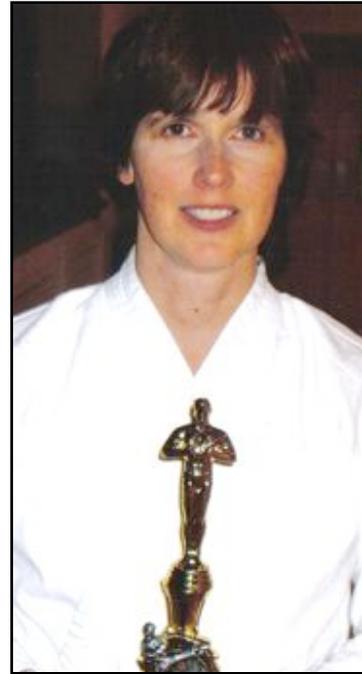
chance to see what they have to look forward to in their own Taekwon-Do journies.

By all measures, the tournament was successful and I am confident high ranking members of the USTF/ITF would have been pleased to see the quality, integrity, and spirit of Taekwon-Do brought to life on that special day in Cadillac.

Students and faculty of the Grafton Academy of Martial Arts will present a Demonstration at Saukville Elementary School's Special Interest Day March 14.

A gup level testing was held at Grafton on February 7. Presiding were Master Van Hecke, Fifth Dan Rick Bauman, Fourth Dan Mary Lubner, Second Dan Amirah AbuLughod, and First Dans Zeki AbuLughod and Artem Bordetskiy. Serving ably at the Corner were Deacon Christen Langlois and, for the first time, Mr. Rick Flood. Ten students tested successfully for their next gup levels: Philip Burkhardt, Chrissy Luick, Matthew Thur, Rohan Mathew, Marie Ashley, Brittany Ashley, Paul Tyree, and Mr. Rick Flood. Mr. Flood received a "high test score" Decided grade, Mathew Thur a Decided grade, Mrs. Marie Ashley was given an award for her dedication in training.

Mrs. Val Dodds has been selected 'Cadillac-Area YMCA Volunteer Instructor of the Year' for 2008. Mrs. Dodds volunteers her time week in, week out, month-in, month-out, year after year for the Taekwon-Do program. She is often the first to arrive and the last to leave. She has a special skill with novice children and adults, and is outstanding at learning names! She is a leader in organizing community service activities and is the first to lend a helping hand. Mrs. Dodds serves in her role as Assistant Instructor with honor, integrity, full commitment and dedication to her students, her instructor, her Taekwon-Do colleagues, our federation, and the art.



Mrs. Valerie Dodds, Cadillac-Area YMCA Volunteer Instructor of the Year.

The Tae Kwon Do Student Oath: A Guide for a Lifetime

By Yusuf Quereshi

Many years ago when I was in third grade, I enrolled in TaeKwon-Do. At first I found the art to be too challenging and tried to convince my parents to take me out of it, but then I started to look very closely at the student's oath and began to understand its importance. I believe that each of the five lines emphasizes great importance and martial arts philosophy, and should therefore be practiced in everyday life. When one makes great effort to go by these, he or she deserves to accomplish many things in life.

The first line mandates observing the five tenants of TaeKwon-Do, which are courtesy, integrity, perseverance, self control, and indomitable spirit. I believe that these are important elements to be followed by students simply because of character development, which coincides well with the physical movements. If observing thoroughly, the student will have

easier times learning, coping with his or her peers, and overcoming challenges.

Quite similar to the first line, the second line states that students should respect their instructors and seniors. I believe this important in everyday life since one should pay as much respect as possible to another one who helps him or her achieve goals. They also deserve respect because of the rank they hold. From the tenants of TaeKwon-Do, courtesy, which is the practice of polite manners, plays a major role in achieving the second line. I believe that the more this is followed, the better one will move on in TaeKwon-Do and in growing up, if he or she is a dependent.

I believe that TaeKwon-Do should only be used for good purposes, as the third line states that the art should never be misused. If one uses the art to offend others for any purpose whatsoever heshe will give a bad impression of the art, and more importantly, himself. I believe that this can cause major conflict among society and make TaeKwon-Do and even other martial arts come to an end. It should only be used as an absolute last resort in self defense. Besides physical misuse, one can be very foolish and be a big show off by bragging about his or her knowledge, which can cause great discord and a lack of trust with peers. I also believe that misusing the art is also violating the first two lines of the oath.

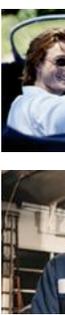
The fourth line emphasizes the philosophy of TaeKwon-Do. I believe it is very important since there are many injustices in today’s world, and TaeKwon-Do speaks strongly against this by allowing people regardless of religion, race, gender, and ethnicity to learn the art of TaeKwon-Do. Very common injustices are very serious since they cause tensions among groups of people and contribute to downfalls in society. Everyone who studies this art should therefore use its principles and concepts to help relieve tensions in society.

Very similar to the fourth line, I believe the last line of the Student’s Oath acts as a summary and bottom line for TaeKwon-Do since it emphasizes a peaceful world. One under the instruction of this art should struggle to be a role model and incorporate the rules of the art into everyday society so that it soars into a bright future.

I believe that the art of Tae Kwon Do has made a difference in my life having pondered the true meaning of the Student’s Oath. I believe that many things can be accomplished for everyone with its principles and essence. A lot can benefit from the philosophy of Tae Kwon Do, as I have already.

[Editor’s Note: Yusuf Quereshi is a Gup One student of Mr. Luke Mattias.]

Participants and Officials from five Michigan schools competing and judging in Michigan’s Fourth Annual Tournament. Congratulations to all are in order!



July	Lore
Aug	Lore
Oct	Lore
Mar	Con
May	Con
Apr	Con