

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

The Flash is published by the Academy of Martial Arts, Inc. Offices at P.O. Box 853, Grafton WI 53024. E-Mail fmvh1@mac.com.

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BLACK BELT TEST COMING UP

Mrs. Jacqueline Karpinsky will host a Black Belt test in Sheboygan Falls WI on September 13. Several schools will participate. Interested Instructors should contact Mrs. Karpinsky at threecatsrule@yahoo.com.

TOURNAMENT ACTION COMING UP

Don't forget about the Midwest Chang-Hun Tournament in Elgin Illinois on July 26. The Tournament Promoter is Master Dan Valin, who can be contacted for further information at matkd@prodigy.net. Master Valin runs a good, fair, and tightly officiated event. The provision of Numerous divisions means you'll be competing with people of comparable age and ability. See you there!

Under the leadership of Chodan Artem Bordetskiy the Academy of Martial Arts, Grafton, conducted its annual Clean-Up Day on June 1. Notable helpers were Mr. Drew Dondero, Mr. Casey Sennott, Mr. Rick Flood, Matthew Thur, Rachel Hoffman, Sam Hoffman and Mrs. Thur. Among other formidable accomplishments, every floor tile was removed, washed thoroughly, and replaced.

On June 14 Master F.M. Van Hecke, USTF Michigan State Director Dr. Steve Osborn, and Mr. James Alger (Lone Wolf Taekwon-Do) presided at a Black Belt test held at Big Dog Taekwon-do in Grand Rapids MI. Mr. Ryan



Color Belt Test (June 4, 2008) - Bryant Park Taekwon-Do has three new 5th gup green belts, one new 7th gup yellow belt, one new 8th gup yellow belt, and four new 9th gup white belts! The red belts helped grade the students, and everyone did a nice job and is excited learn their new patterns. (Back, L-R) Ms. Hunt, Ms. Freiborg, Mr. C. Narvaez, Ms. Narvaez. (Middle, L-R) Mr. Jensen-Connel, Mr. Hockenberry (hiding!), Mr. Van Nelson, Mr. Mansfield, Mr. E. Narvaez, Mr. Hielbel, Ms. Mingo, Ms. Tresch. (Front, all alone, and very happy) Ms. Jensen-Connel.

Comer successfully tested for Third Dan. Mr. Eric Spungen was promoted to Second Dan. The following other Big Dog students received their First Dan Black Belts: Miss Breanna Stayskal, Mr. Kelvin Urena, Mr. Kyle Reitsma, and Miss Katey Armstrong. A celebratory dinner was held that evening at which, in keeping with local tradition, each new Black Belt was awarded a "dog name," displayed their prowess at barking, and were in turn serenaded by the howls and woofs of those who had already "arrived." We are pleased to report that the test met Master Van Hecke's highest accolade, in that there were no fatalities.

Promotions June 18 at West Marquette County TKD: Emily Wisuri, Alex Wisuri, and Mary Wisuri to High yellow belt 7th gup, and A.J. Ogea to 6th gup green belt.

A seminar "Improving my Step Sparring," was conducted at Big Dog Taekwon-Do in Grand Rapids. Hosted by Mrs. Marianne Armstrong and Mrs. Sharon Spungen, the seminar was taught by Master F.M. Van Hecke. Some may question what wheelbarrow races have to do with Step Sparring, but those are the unimaginative types.

Little Friends Learning Center has launched a summer kids' TKD program in conjunction with the Grafton Academy of Martial Arts. Instructing will be Mr. Luke Mattias, Mr. Tony Mattias, and Master VH.

SHOW ME THE DO

By Steve Osborn, IVth Dan

[Editor's Note: Dr. Osborn is USTF Michigan State Director. His scholarly insights are always both valuable and welcome.]

Taekwon-Do is more than systematic training designed to develop and strengthen self-defense knowledge and skill. It is also a method through which character can be cultivated. General Choi spoke of character development as one highly important objective of Taekwon-Do and wrote extensively on the subject throughout his 15 volume encyclopedia works. He stated in the forward of his Moral Guide Book, "Taekwon-Do is a unique sport in that it puts equal emphasis on the importance of spiritual as well as physical training. Therefore, the only way one can truly achieve the status as a man of Taekwon-Do is to go beyond the technical aspect and establish a lifestyle based on a solid code of morality."

The Taekwon-Do instructor is to establish a moral culture within the do-jang through the medium of student-instructor relationship. This culture has a clear focus on the pursuit of goodness, the character strengths that make that pursuit possible, and the practical wisdom that guides one in seeking what is good. The moral culture is designed to facilitate the development of a coherent, integrated set of aims, the

character strengths necessary to pursue those ends, and the social bonds that give place and purpose to our activities. Character strengths are the foundational virtues that underlie actions and one's character is built upon such strengths. We can flourish and experience the good life for ourselves and others through our character. Virtue is a form of excellence that allows us to pursue worthwhile ends to everyday activities. To become more virtuous through our Taekwon-Do journey is a worthwhile aim.

Contributing to our quest for the on-going development and strengthening of moral character is the classification system of Positive Psychology. Positive Psychology focuses on the strengths of individuals, rather than emphasizing deficits and psychopathology. Presented below is a summary of Positive Psychology's classification of virtues and character strengths.

Virtue: Wisdom and Knowledge

Corresponding Character Strengths:

- *Creativity-Thinking of novel and productive ways to do things
- *Curiosity-Exploring and discovering; novelty-seeking; interest; openness to experience
- *Love of Learning-Mastering new skills and bodies of knowledge
- *Open Mindedness-Thinking things through and examining them from various perspectives; not jumping to hasty conclusions
- *Perspective-Being able to provide wise counsel to others

Virtue: Courage

Corresponding Character Strengths:

- *Bravery-The will to accomplish in the face of difficult challenges, or obstacles
- *Persistence-Finish what is started
- *Integrity-Being genuine, sincere, authentic, honest, truthful; taking responsibility for one's feelings and actions
- *Vitality-Zest, vigor, enthusiasm; feeling alive; giving it the best you can; living life as an adventure

Virtue: Humanity

Corresponding Character Strengths:

- *Love-Valuing close relations with others



The Big Dog crew assembled, with reason to celebrate, on June 14. (See article on page one.) Four new Black Belts, a New Second Dan, a new Third Dan are six **big** reasons to celebrate, yes?

*Kindness-Generosity, nurturance, compassion; helping others; doing good deeds for others

*Social Intelligence-Being aware of the motives and feelings of Others

Virtue: Justice

Corresponding Character Strengths:

*Teamwork-Loyalty; doing one's share; social responsibility

*Fairness-giving everyone a fair chance; treating people the same without letting personal feelings bias decisions

*Leadership-Organizing group activities; maintaining good relations with the group

It is worthwhile to examine where you personally fit in with these virtues and character strengths. Also, there is value to taking a look at how you as an instructor are developing and strengthening a moral culture both inside and outside your do-jang.

Virtue: Temperance

Corresponding Character Strengths:

*Forgiveness-Forgiving those who have done wrong; accepting the short-comings of another

*Humility and Modesty-Not seeking the spot light, but if it is there using it for good

*Prudence-Not taking undo risks; being careful; not doing that which will be regretted later

*Self Control-Being disciplined; controlling one's appetites emotions, and impulses

Virtue: Transcendence

Corresponding Character Strengths:

*Appreciation of beauty, excellence; awe; wonder

*Gratitude-Being aware of and thankful for the good things that happen; taking time to express thanks

*Hope-Optimism; future-minded, future-oriented; expecting good will happen

*Humor-Playfulness; seeing the lighter side; bringing smiles to Others

*Spirituality-Seeing a higher purpose or meaning to the universe; knowing where one fits within the larger scheme; beliefs about the meaning of one's life that provides comfort and influence action

Why I Want To Be A Black Belt

By Katey Elizabeth Armstrong

Some of the reasons why I, Katey Elizabeth Armstrong, want to be a Black Belt are...

My first reason for wanting to become a Black Belt is because I love to do Taekwon Do and I never want to quit. I want to learn new techniques and perfect the old ones to the best of my ability. I also

want to learn more and better ways to perform Ho Sin Sul techniques.

Another reason why I want to become a Black Belt is because my mom is a Black Belt and she is a great person. My mom is sweet, caring, serious (at the right times), and funny (at the right times), and that is how I want to be.

Taekwon do is also my favorite sport in many different ways!

For one thing, more than half of my real friends do Taekwon Do. So I don't ever want to quit because then I won't see much of my friends anymore and plus I just don't want to ever quit.

Also, it is one of the sports that I feel that I am moderately good at, plus it is the only sport that I like to play other than tennis (which I don't like nearly as much)!

Another reason why I want to become a Black Belt is that so far through out my gup level studies I have learned a lot about being a good person and I want to keep leaning more.

One last reason why I would like to become a Black Belt is for my health. For most of my life I have been doing Taekwon Do and it has really helped me to become stronger, more fit, and more active and I would like to continue that.

So those are the reasons why I, Katey Elizabeth Armstrong, would like to become a Black Belt!

[Editor's note: Miss Armstrong achieved her dream on June 14 and had better not quit!]

Letter to the Editor: Technical Question

Master Van Hecke, I was reviewing the step sparring manual and noticed when reading 3 step sparring (alone) the attacker steps forward right walking stance, then left walking stance, then right waking stance. Then I noticed that step sparring with a partner (beginning, intermediate, and advanced) states all three steps are with the right foot. Two editions back, I believe the 92 version, was right foot, left foot, right foot. Is the new book in error?

Mr. Giotto, the 2004 version of the Manual incorrectly refers to three advances of the right foot by attacker. You read it correctly, but it is stated incorrectly. The advances should go "right, left, right." Therefore the 2004 manual is incorrect, perhaps a proofreading error. Proof that it is incorrect not only comes contextually but by virtue of looking at the "sample routines," which explicitly deal with the right/left issue.

The 1992 version refers to stepping into "the appropriate stance" and refers you to footnotes on stepping which are not

terribly helpful on the right/left issue you are concerned about. Moreover, upon cursory review there are no clues as to right or left by virtue of ancillary statements or in the "sample routines" in the prior work. This implies that the routines could be either left/right/left or right/left/right. Obviously, this could be terribly confusing, especially to children and beginners.

The reason the 2004 manual, despite the error you point out, is a far better reference than the 1998 version is that it does not leave so many different choices available with the attendant confusion.

As you know, we have in my schools even further simplified step sparring because children, in particular, find it a chore to absorb all the possibilities still left open even under the '04 Manual. If you want, I can send you that simplified curriculum, and while it is 100% consistent with the Manual, it deliberately limits the routines students may do within the limits of the protocol. We seem to get better step sparring out of our schools than we see in others because we take a more deliberate & routinized approach with less spontaneity possible on the earlier levels. Students then can concentrate more on things like good form, good stances, good distancing, loud ki-haps, etc. Respectfully, FVH

Mr. Luke Mattias, Mr. Aaron Prohuska, Miss Amirah AbuLughod, Mr. Tony Mattias and Mr. Zeki AbuLughod conducted "Movie Night" at the Grafton Academy of Martial Arts on Friday June 20 for students from the Grafton school, from the Special Needs Academy, and a number of their siblings. "The Karate Kid," games, "Teenage Mutant Ninja Turtles," pizza and popcorn were the order of the evening. They sure look happy!

