

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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ARVADA WEIGHS IN

Greetings from Arvada, Colorado.

My name is Susan Marx-Maestas. I am a II Dan Black belt student and assistant instructor from Maestas Taekwondo. I want to share with you the wonderful opportunity I have received to teach a high school Taekwondo course.

I am a licensed school counselor and was looking for a job as a school counselor and came upon a position in a new Charter school in Arvada-Early College High School. In speaking with the director of the school, I found out that they wanted to offer their students an opportunity to take a Taekwondo course.

I was so excited to share my knowledge in counseling and Taekwondo-do. I was hired as the school counselor and as a Taekwondo-do teacher and am now in the first semester of school. I currently have 7 students but because all the students had one required course the first quarter of the year, not all the students who wished to take the course were able to begin right away. I look forward to at least 30 or more students in the second quarter. I keep hearing from more and more students that they will be in my class next quarter-it is so exciting!

Let me tell you how enjoyable it is to teach a group of teen-agers. They are truly amazing. Teenagers get such a bad rap for being disrespectful. They are not in my class and they love it.

This class gives these students the opportunity to grow in ways they did not see possible. They are learning so quickly that they will be testing for yellow belt in no time.

It is a little different format than a regular hour and a half class that I am used to teaching. I have 4-55 minute classes a week and one 45 minute class. I dedicate the 45 minute class to teaching about the



Major Todd Welsch, U.S. Army, tries out a bit of the oversized furniture from Saddam's billet. He promises Your Humble Editor he's keeping Taekwon-Do fit.

tenets of Taekwondo-do and how they relate to us and our success in class and in life.

So far the only complaining I hear is about how hard it is to stretch! They complain but do what I ask of them. It is a truly rewarding experience for me. I look forward to a wonderful year and hope to involve the high school students in activities with my club, Maestas TKD, as well.

I urge you, if you have the opportunity, to involve yourself with high school students and Taekwondo-do. Maybe there are opportunities to start an after-school program or a Taekwondo-do club. It certainly is fulfilling for me and I hope for my new students as well. If you would like more information or would like to help out in some way, please feel to contact me at smarx@echswest.org.

Susan Marx-Maestas II Dan

On October 18 the Mad City Chang Hon Challenge will be held at Middleton WI. This excellent competition is promoted by Mr. Kevin McDaniel and hosted by the Association of Academies of Martial Arts and the American Martial Arts Center. For information contact Mr. Kevin McDaniel kmcdaniell@tds.net.

The United States Taekwon-Do Federation's National Championships for 2009 will be held on June 26 through 28th in Kelso, WA. The Tournament Promoter is Master Dan Huntington. Check out NWUSTF.com. Always best to plan ahead.

Grand Master Sereff's Fall Championship for 2008 will be held in Broomfield CO on October 12. Contact HQ at 1-303-466-4963 for further information.

A Black Belt Test was held at Sereff Taekwon-Do in Broomfield CO on September 13.

A Color Belt Test was held at Sereff Taekwon-Do on September 9.

Master Earl Weiss presided over a Black Belt test at National Taekwon-Do in Skokie IL on September 17. Master Weiss, Master Braxton Miller and Master F.M. Van Hecke constituted the Board.



While in Iraq, Maj. Welsch put his TKD skills to use in founding this beautiful new dojang.

Mrs. Jacqueline Karpinsky and the Sheboygan Falls Academy of Martial Arts hosted a Black Belt test in Sheboygan Falls WI on September 13. Presiding were Masters Braxton Miller and F.M. Van Hecke, as well as Fifth Dans Kevin McDaniel, the Wisconsin State Director, Dr. Rick Bauman and Mr. Mike Van Pietersom. In attendance were State Directors Elisabeth Hunt (Minnesota) and Chuck Giotto (U.P. Michigan) and many other distinguished Black Belts and guests. Testing for Fourth Dan was Mr. Luke Mattias. Testing for Third Dan were Msrs. Marc Mikkelson and James Pals. Testing for his Second Dan, and wowing the crowd with his break, was Mr. Harley Pals, age 84. And testing for their Black Belts were Ms. Andrea Narvaez, a native of Honduras and student of Ms. Hunt, Mr. Jacob Norlander, student of Mrs. Karpinsky and Mr. Mikkelson, and Miss Christen Langlois, a student at the Academy of Martial Arts in Grafton.

Master Braxton Miller hosted a Black Belt test in Crystal Lake IL on September 20. Presiding were Master Miller and Master F.M. Van Hecke, and testing were students at the School of Classical Taekwon-Do.

Grand Master Mike Winegar will teach the USTF Class A Instructors Course on November 8th and 9th at Sereff Taekwon-Do in Broomfield CO.

The "Battle of the Belts," the Region 6 and USTF-sanctioned tournament, was held at Harrisburg, MO on September 20.

The **9th Annual Wyoming Invitational**, hosted by Casper Rec Center Taekwon-Do, was held on September 20.

Event at your school coming up? Test results? They can be publicized in the [TKD Flash](#). Submit to fmvh1@mac.com.



The September 13 Black Belt testing in Sheboygan Falls WI. 3 Students tested for First Dan, 1 for Second, 2 for Third and 1 for Fourth Dan. Pictured are Board, Testees and helpers from Wisconsin and Minnesota. Details on the previous page.

Sir:

This month's 'Flash continues to serve all of us very well....and, I believe, it is getting better as time goes on. It represents our Art as well as our people. Thank you for your effort.

Some humble suggestions, if I may:

1. Group the upcoming events by region. At least set a standard order of events by area of the country so at a later time if one were to need to find more details one could know where to look in the issue.

2. Regarding Courtesy, instead of saying that anyone has "failed to be a good teacher" in any context or action, one might actually set the strongest example for others by noting how one is working at being more effective and that each of us can aspire to be a BETTER teacher. You in particular have set higher standards than most of us (perhaps best exemplified by the number of Black Belts continuing with you as both students and willing teachers; many find you worth following). Vince Lombardi said something along the lines of "I never lost a game; time just ran out before we won." Maybe that's the way it is in teaching: as long as the teacher hasn't given up, he hasn't failed; the student just hasn't gotten the picture yet (like Fifth Dans who still need work on their walking stance.)

Rick Bauman, 7th Dan

Taekwon-Do and Physical Fitness

by James Pals, Third Dan

The martial art of Taekwon-Do has a diverse following. My personal experience has shown differences in age, race and physical ability. Through conversation with fellow participants, people choose to practice the art for different reasons. Self defense, increased flexibility, Comoro dory and an activity for the family are several examples. Although the motivation to be involved in Taekwon-Do is diverse, there is a common denominator that brings unity to the diversity of this sport which is physical fitness.

The President's Council on Physical Fitness & Sports advises physical activity daily consisting of cardio respiratory endurance, muscular strengthening and endurance, flexibility and body composition. According to the ITF, our sport offers the following physical fitness benefits (<http://www.itf-information.com/information20.htm>):

1. Helps the lungs operate more efficiently.
2. Enlarges the blood vessels, making them more pliable and reducing the resistance to blood flow, thus lowering the blood pressure.



At a Black Belt test in Crystal Lake IL on September 20, from left in front row Second Dan Miss Cindy Auster, new First Dan Miss Jasara Clow, and Skyler Clow. In the back row from left, Master Braxton Miller, Head of the School of Classical Taekwon-Do, Mr. Peter Thompson, Second Dan Mr. William Akin, new First Dan Mr. James Mough, Board Adjutant Mrs. Gigi Liverett, Miss Karen Carazas, and Master F.M. Van Hecke.

- 3. Increases the blood supply, especially red blood cells and hemoglobin.
- 4. It makes the body tissue healthier in supplying it with more oxygen.
- 5. It conditions the heart, providing more reserve for emergencies:
- 6. It promotes better sleep and waste elimination.

The advantage of bringing physical fitness to the lives of Taekwon-Do participants is especially important for current times. The overall lifestyle of our society today has given us poor health conditions in epidemic proportions. The obesity rate of adults has risen 60 percent in the last ten years. 15 percent of our youth are dealing with childhood obesity. Contributors to this epidemic are watching TV, playing video games and sitting at the computer rather than participating in physical activities. A sedentary lifestyle has many adverse affects. Some examples are heart disease, diabetes, accumulated stress and advanced aging. Participating in the art of Tea Kwon Do is a great way to counteract an inactive lifestyle.

Starting a work out with basic calisthenics and stretching, offers the benefit of using your own body weight to increase muscle strength and endurance. Basic Calisthenics also increase gracefulness and oxygenate the

muscles. Stretching before a workout provides the following benefits (http://www.cmcrossroads.com/bradapp/docs/rec/stretching/stretching_5.html):

- o enhanced physical fitness
- o enhanced ability to learn and perform skilled movements
- o increased mental and physical relaxation
- o enhanced development of body awareness
- o reduced risk of injury to joints, muscles, and tendons
- o reduced muscular soreness
- o reduced muscular tension
- o increased suppleness due to stimulation of the production of chemicals which lubricate connective tissues

The core of the Taekwon-Do workout is floor drills, which include fast paced hand and foot techniques, and forms. This activity incorporates aerobic activity which benefits cardio vascular and respiratory health. Another key and possibly one of the best benefits of aerobic activity is the release of endorphins. As the brain releases endorphins, our body experiences less pain that may be the result of

Pictured below are, from left to right, front row, Mr. Niraj Shah and Mr. Andy Mendoza, back row, Master F.M. Van Hecke, Master Earl Weiss, and Master Braxton Miller, at a Black Belt testing held on September 17 at National Taekwon-Do, DesPlaines Illinois.



vigorous exercise. The release of endorphins by the brain also provides an overall sense of well being and eliminates stress.

My experience in Tae Kwon Do has made it clear to me people participate for many different reasons. I have also experienced class with many variances in age, gender and physical ability. Although I'm sure participants are aware there are health benefits to being involved in Taekwon-Do, I have no doubt the awareness does not include to what extent the health benefits are that they are receiving.

[Editor's Note: The following book reviews are reprinted here for the benefit of our newly-national readership. They were originally printed in the Flash in 2001.]

A Bouncer's Guide to Barroom Brawling, by
Peyton Quinn (Paladin Press, 1990): A Review
By F.M. Van Hecke

Peyton Quinn is in vogue. His books A Bouncer's Guide to Barroom Brawling and Real Fighting are currently staples for those interested in self-defense. His column, "Reality Check" in Martial Arts Professional magazine is a monthly feature. He has produced both books and tapes (available through Paladin Press).

Quinn plays the role of the practical barroom bouncer keeping law and order in the midst of bikers and mean drunks. From his tapes, he enjoys the role, enjoys motorcycles, and is a swift and practiced infighter. His essential argument, from an expertise standpoint, is that real world experience puts him in a uniquely knowledgeable position to generate defensive systems and criticize those of others.

A Bouncer's Guide is very good, in part because it is organic and practical, and in part because it is eclectic enough to pick up good ideas and use them irrespective of source. Thus we see psychology, karate, boxing, judo, aikido, and kung-fu in a single system.

Quinn starts with the idea that people try to beat up on him because he's having fun and they're not. Those who would attack him are a sorry lot of dirtballs. He tries to keep himself under control and derides the attacker as a coward or a macho show-off. He has some

skill at verbally defusing problems and enjoys writing about how clever he is.

Paying attention to the environment and the people in it, staying alert, is stressed as a valuable way of preventing assault. Quinn stresses that showing fear invites attack.

He has several observations as to the nature of the bar business (alerting the proprietor to potential difficulty, the influence of alcohol and leaving the potential attacker a face-saving solution) which are good.

Looking at the psychology of sucker punchers and streetfighters, Quinn says they may be (over)confident, sneaky, competent. Real fights are sloppy (unpredictable), are decided by punches to the head, involve some sort of grappling, and -- surprise! -- kicking, especially high kicking, is not very effective. (Quinn follows his own maxim that you should follow your own body type in picking a martial art. He is a big gutted weightlifter and thus emphasizes upper body strength.) He is aware that the objectives and substance of martial arts are not coextensive with self-defense.

In increasing speed of response, Quinn correctly relies on early perception, a limited universe of responses, and muscular relaxation. (Sounds like an OODA loop to the reviewer.)

Of course, good self-defense in the abstract requires the simplification of systems and the elimination of a vast universe of choices, and Quinn chooses well, relying on upper body movement, the vertical fist (largely to the nose), the backfist and the palm-heel (open fist punch) strike, the reverse punch, the shuto (knifehand), hammerfist, open-handed throat shot (arc hand direct strike), and various elbow and knee strikes.

Defensively (why this should be treated second is unclear to the reviewer), the physical confrontation is controlled with inside and outside crane blocks. These are little more than relaxed back-handed diversions or warding designed to protect the "gate", the path through which the attacker must travel to strike the head. An outside crane places the defender to the outside of the attacking tool, the inside crane to the inside (where defender must consider the attacker's other hand as problematic). In the instance of the inside crane the second attack is anticipate with a "source block", placing the non-blocking hand on, for example, the bicep of the attacker's second attack arm. The reviewer can assure the reader that this actually works in real life.

Quinn then emphasizes the block is to be followed up with a continuous stream of offensive techniques, constantly pressing the attacker. He provides some helpful drills for folks to whom this is new material.

You must develop, Quinn says, a “combat attitude,” willing to hit hard and take the battle to the attacker, but in a deliberate and relaxed, rather than freaked out fashion.

Much of what follows is logical. One can't presume timing will allow a deep stance. One must stay mobile. One must close on the attacker. Face forward with your strong side. Slide up to advance, slip back to retreat. (Move the leg first which takes you in the direction you're going.)

Then Quinn deals with grappling. He has some standardized escapes from bear hug, front bear hug, and rear choke, not likely to surprise any martial artist, and relies heavily on O-Soto-Gari as a takedown. He also points out the ability to destabilize an opponent by moving his head and elbow simultaneously in opposite directions, creating a spin-out, and destabilization by forcing someone to run after their balance in a straight line.

The final chapter is on selecting a martial art for the reader's personal study. It is always a bit of a mystery as to why the final chapters of these “little” books wind up being both wastes of time and an exercise in self-puffing. This chapter enables the author to show himself doing calligraphic, lifting weights and so on. We learn his views on most martial arts (and, of course, what he says, almost always on a fairly superficial level, gives both credit and condemnation to each as being, somehow, incomplete).

All in all, Quinn's book is very good if one is inclined to learn barroom brawling or a simple and easy method of self-defense. Quinn also is a very good writer and pleased the reviewer by his selection of quotations, some very familiar, and interestingly told exemplary stories.

Real Fighting: Adrenaline Stress Conditioning through Scenario-Based Training, by Peyton Quinn: A Review

By F.M. Van Hecke

In Real Fighting: Adrenaline Stress Conditioning through Scenario-Based Training (Paladin Press, 1996),

Peyton Quinn, author of A Bouncer's Guide to Barroom Brawling (previously reviewed in The Flash), attempts to follow up on previous success and, to some degree, succeeds reasonably well in doing so.

Whereas A Bouncer's Guide is designed to explicate a fairly simple and responsive self-defense system, Real Fighting is designed for multiple purposes, not the least of which is to promote the author's scenario-based training. Quinn is an indefatigable promoter, and articles about his training and advertisements can be found in martial arts magazines.

In the midst of the promotion, Quinn gets to do what he does best--write stories about his experiences. In fact, Quinn is such a good story-teller that the book's success is largely due to his skills. Being a good story-teller is a significant and none-too-common skill, and not to be held lightly. It also makes the book a quick “good read”.

Many of the messages of the earlier work are repeated, with more stories and perspectives. Asian martial arts are often deficient as self-defense systems or in training for self defense. People trained in the martial arts are reluctant to engage and often discouraged when their pet techniques don't “score”; they have a defensive mentality. One must develop a proper combat attitude. Bullies are often cowards. Being there the firstest with the mostest is a good thing. Avoidance is good strategy. O-Soto-Gari works. It's good to break an opponent's balance. Use the environment as a weapon. And so on.

Quinn also gets a chance to promote others who have either impressed him with their capabilities or, surprisingly, have the same publisher. He also promotes a new technique or two. The “vertical backhand slap” is an open-handed downward strike to the nose, and Quinn uses it as a preemptive strike when the “interviewer” sets up a punch to the defender's head by reaching to grab the defender with the opposite hand. Clever with words, Quinn calls it the “come see the stars” technique.

The Gracie Ju-Jitsu folks and the “Ultimate Fighting” business are extensively discussed. In Gracie Ju-Jitsu the science is to close quickly to drop the opponent and use mat expertise including arm bars, choke-outs, etc. to achieve victory. Quinn says the system is of some value but flawed, as when multiple opponents or a knife is involved, and proceeds to include pictures of himself executing matwork techniques. He also states what everyone already

knows about boxers: their warrior spirit and ability to keep on ticking makes them formidable opponents.

The significant parts of the book are laid out in relatively few pages dealing with Quinn's scenario-based training. Persons taking the course are confronted by one (or maybe even more than one) potential attackers. The attacker wears a great deal of armor (Quinn is careful to say that Century's "Red Man" product is inferior to his.) and a large helmet giving a spooky appearance. The potential attacker, "bullet man", engages in various tactics (verbal assault, quick physical assault, shoving, etc.) and the trainee must react appropriately.

The obvious advantages of the training are that the stress levels and uncertainty of the trainee may mimic the real world better than conventional martial arts training (where everyone is mentally prepared for whatever *ran-dori* or *matsoki* is coming), the attacker is a moving target presenting multiple planes and angles, the defender can "let loose" with a barrage of techniques, and so on. This reviewer can readily see the advantages to such a training method.

All in all, Quinn's book is most valuable as to a suggested training method, and his writing style interesting and entertaining.

Sir:

On September 27 2008 Sereff Taekwon Do hosted a USTF Advanced Ho Sin Sul Seminar in Broomfield Colorado. Major Hannon instructed this seminar with expertise in the field of Self-Defense.

I had the opportunity to visit with Major Hannon the night before the course and I was venting on how I thought we should ki-hap when we did our counter attacks in the Ho Sin Sul routines at testing. Grand Master Sereff has expressed his feelings on this and felt that we should only ki-hap at the very end. Of course, Grand Master Sereff was right for a very good reason. Major Hannon explained that in the Military the design of self-defense was not only to protect oneself but the whole platoon therefore, they would not want to alert any enemy to danger, therefore there might not be any ki-hap at all, at the very most, at the end of the "kill". In the real life situations he said, "you would sneak in and take care of business and sneak out before anyone could react."

Another note was whether there should be standard routines for our juniors rather than letting them choreograph their own with some help from the instructor. Grand Master Sereff would rather leave this up to the



Captured in a momentary pose by Anonymous Photographic Reporter during the September 27 Advanced Ho Sin Sul Seminar in Broomfield CO recently, Dr. Steve Osborn, Michigan LP State Director, inquires of Maj. Frank Hannon, Instructor, as to whether this is the point at which he should bite Mr. Robin Johnson's hand off at the wrist.

Instructors but thought it a good idea to have some set routines for the juniors as a help to them.

I asked how many Black Belts in attendance were over the age of 40 and the number was more than half. It is exciting to see all of the seniors not only in rank but in age still participate in the events. Taekwon Do really does keep you young!

Grand Master Mike Winegar, USTF Technical Director, Master Kirk Steadman, USTF Referee Program Director, Mr. Robin Johnson, USTF Wyoming State Director and Dr. Steve Osborn attended the course along with about 30 students. The good thing is anyone that has had the USTF Beginning Ho Sin Sul seminar is eligible to take the Advanced course so long as the courses are completed at the rank it is required within the USTF.

Submitted by:

Master Renee Sereff