

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts  
The National Newsletter of the United States Taekwon-Do Federation

The Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 853, Grafton, WI 53024. E-Mail [fmvh1@mac.com](mailto:fmvh1@mac.com). Archived at USTF Region V site [www.ustf-region5.org](http://www.ustf-region5.org) Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation.

## ANNOUNCEMENTS

The **First Annual Flash Kids in TKD Drawing Contest** is over! All entries are, as we speak--err--write, being circulated among our distinguished panel of judges. In the December issue, The Winnahs!

In September your humble editor marked his 43rd anniversary in TKD, his 51st in Martial Arts. A fun ride.

## COMING EVENTS

November 6th - **Utah State Championship** Tournament, Salt Lake City, Utah.

On November 13 a Black Belt Test will be held at **Big Dog Taekwon-Do**, Grand Rapids, Michigan.

Boulder TKD had a small but successful colored belt testing on September 2nd, with Mr. **Joe Scharf** testing to high green belt, and Miss **Desiree Arizpe** to yellow belt. Both demonstrated strong technique, and also good etiquette and spirit, upholding the standards of Boulder TKD.

--Mr. Robert Ito

(Editor: Miis Arizpe and Mr. Scharf, right.)

Also on November 13, **Mountain View Martial Arts** will host a Black Belt test.

On November 20 an **Advanced level Ho Sin Sool course** will be taught at Cadillac, Michigan by Mr. **Jim Alger**.

November 20th - Black Belt testing - **Utah**.

The **Concord School of TKD** will have a Black Belt test on November 21



There will be a Gup level test at **Sereff TKD** on December 7.

A Junior Black Belt and Color Belt test will be held at Broomfield CO on December 11.

A **USTF Class B Instructors Course** is scheduled for February 5th & 6th, to be taught by Grand Master **Mike Winegar**.

There will be a **USTF Referee Course** at Broomfield CO on February 19.



Arvada, CO – On Monday, August 30 2010 Grand Master **Charles E. Sereff** made himself available soon after his recovery from surgery. On the Monday evening event, Grand Master Sereff promoted Mr. **Tim Gangwish** to 7th Dan Master Instructor.

Present at the testing were Senior Masters **Paul Debaca** and **Robert Neidig**; Masters **Dan Griffin**, **Dennis Swan** and **Ron Maestas**.

The Testing was held at **Maestas TaeKwon Do** and hosted by 6th Dans **Robert Martin** and **Robert Pettijohn**. Master Gangwish is the first student of Master Ron Maestas to reach the rank of 7th Dan.

Master Gangwish began his Taekwon-Do career with Maestas Taekwon-Do at age 14 in 1981. His distinguished career was recognized and honored by the many guests, family and students in attendance. Master Gangwish, who currently lives in Atlanta, Georgia returned to Arvada for this special event. Master Gangwish served as the Senior Instructor and Director of Technique for Maestas Taekwon-Do until 2003.

Master Maestas, the instructors and students congratulate Master Gangwish on his promotion to 7th Dan Master Instructor.

Pictured above from left to right: Master Griffin, Master Maestas, Sr. Master Neidig, Master Gangwish, Grand Master Sereff, Sr. Master DeBaca, and Master Swan.

(Editor's note: thanks to Mr. Robert Martin for this submission.)

A **USTF Class C Instructors Course** will be held at Bellevue, **Nebraska** on March 26 and 27 sponsored by **Axe Taekwon-Do**. Contact Master Todd, [ustfneb@cox.net](mailto:ustfneb@cox.net) or Mr. Bushor, [kbushor@cox.net](mailto:kbushor@cox.net) for details.

A Black Belt test will be held at Broomfield CO on March 19.

And a **USTF Class C Instructor Course** is scheduled for May 14th & 15th at Sereff Taekwon Do, under Grand Master Mike Winegar. Your humble editor has now attended no fewer than six courses under this instructor, and they're A+.

The **USTF International Championships** will be held in Broomfield, Colorado, on June 25 and 26, 2011. Weigh-ins the 24th. Compete with the very best from **Australia, Ireland, Scotland, New Zealand, Puerto Rico, Canada** and the **United States!** We will advise as other nations come into the fold. A truly outstanding opportunity for some international competition.



On October 16 a USTF Referee Course was conducted by Dr. **Steve Osborn**, Region 5 Director, at the **School of Classical Taekwon-Do** in Crystal Lake, Illinois. The event was hosted by Master **Braxton Miller**. In attendance were: Master Miller, Mr. **George Pawaleck**, Mr. **Darby O'Connor**, Miss **Cindy Austera**, Mr. **Ryan Swing**, Mr. **Jacob Weiss**, Ms. **Gigi Liverette**, Ms. **Emily Surch**, Mr. **Daniel Galway**, and **Adolfo and Aida Carillo**, all from Illinois, Mr. **Josh Locklair**, Mr. **Mike Herfeld**, and Mr. **Nick Moraliez** from Wisconsin, and Mr. **Eric Spungen** and Dr. **Jeff Wilt** from **Big Dog Taekwon-Do** in Grand Rapids, Michigan, Miss **Amanda Freiborg** from Minnesota and Mr. **Larry Kaiser II** from Ohio. Above, Dr. Osborn (left) and Master Miller (right) and the participants.

Photo credit: F.M. Van Hecke



“So, how’s that mother-daughter bonding thing goin’ for ya?” **Katey Armstrong** squares off with her mom, **Marianne Armstrong**, on September 11 in DesPlaines IL.

Photo credit: **Sharon Spungen**.





Fourth Dan Mr. **James Alger**, L.P. Michigan State Director, conducted a Ho Sin Sool Seminar at Marquette, Michigan, at the **Marquette Taekwon-Do Club**. The seminar was hosted by Mr. **Chuck Giotto**, the U.P. State Director. Pictured, at left, Mr. Alger attempts an escape, having been viciously assaulted by Mrs. **Michelle Spiessl**, renowned TKD Mother. Below, the group gathers, Mr. Chuck Giotto on left, Mr. Alger second from right.

Photo Credits: Mrs. **Mary Lubner**, above, Master Van Hecke, below.



Start raising your funds, saving from that paper route today!

**Sereff World Camp** in 2012; put aside June 24-29, 2012, in Estes Park, Colorado. Bound to be a great time, as always.

**AROUND THE COUNTRY**

A **Tournament** was held on October 23 in **Cadillac**, Michigan, hosted by Dr. **Steve Osborn**. Pictures and information to be published in the next Flash.

A **Black Belt test** was conducted at the **School of Traditional Taekwon-Do**, Crystal Lake, Illinois, on October 23. The test was presided over by Master **Braxton Miller** and Master F.M. Van Hecke. Mrs. GiGi Liverette served as Board Adjutant. The test was marked by a high level of performance and innovative and novel testing techniques. Successfully testing for her Fifth Dan was Mrs. **Mary Lubner** of Cedarburg, Wisconsin. Successfully testing for Third Dan were Mr. **William Akin** and Miss **Cindy Austera**. Testing for First Dan were Mr. **Adolfo Carrillo**, Mr. **Daniel Galway**, and **Richie Liverette**. Miss Karen Carazas and Miss Emily Surch also participated in a sectional test preparatory to their next Dan tests. Among the highlights, which were many, Mrs. Lubner proved that senior citizens can focus by setting a new SOTKD school record in the waterbowl balancing focus drill (which stood for only a short time given a subsequent performance by Miss Surch), Mr. Akin broke two 12 x 2s, Miss Austera wowed with patterns, and Msrs. Carillo, Galway and Liverette showed innovative and realistic Ho Sin Sool.



Above, Master Braxton Miller and Master F.M. Van Hecke are “book-ends” to Black Belt and higher Dan rank candidates at Crystal Lake Illinois on October 23.



Sr. Master **Jonas Pologe** taught a USTF Basic Ho Sin Sool course at Broomfield CO on October 3. Master Pologe was assisted by Mr. **Paul Hultgren**, Mr. **Bob Ito** and **Sebastian Blatt**. Master Pologe here demonstrates a technique on **Brian Sweltic** despite having recently broken his (Master Pologe’s!) arm, perhaps in the interest of spreading the pain. Master Pologe had surgery on October 5 Indomitable Spirit, anyone?





Sir:

**USTF-Utah** hosted its 22nd annual summer camp on August 6th-8th. The camp was held at East Canyon State Park, which is only about 40 minutes east of Salt Lake City. The park has full facilities and a beautiful reservoir for boating and swimming. Students from 6 schools participated this year! Sr. Master **Paul De Baca** VIII Dan, and Master **Dan Griffin** VII Dan, were our special guests this year! Even though Master Griffin could only stay one night, he still made the trip and taught an amazing breaking seminar on Friday night. He even taught us the ultra secret "Water Break."

Saturday Sr. Master De Baca taught us patterns, sparring, breathing techniques and stretching. By the end of one class, he had many of us in, or close to the splits! Through out the day Sr. Master De Baca awarded certain students with the "Coveted Pink Belt," based on excelling in a certain area. Students also trained with Mr. **James Sroykum IV** for flying kicks, Mr. **William Dubbeld** refined our patterns, and quizzed us on interpretations, and Mr. **Chris Wadium** drilled us on the proper names for pressure points. (Anyone remember where the hypoglossal nerve is??)

Before dinner, Sr. Master De Baca gathered the 3rd - 6th Dans and discussed the importance of training hard, regularly, and being a great example to juniors. He reinforced the importance of our TKD brotherhood/sisterhood, and encouraged everyone to support Internationals next year. Yes Sir! We'll be there!

In the evening campers performed team skits and patterns, including the first performance of "Four Direction Macarena!" Several students had also prepared patterns to music and first place winner, high blue belt **Ellen Ashton** won her choice of either a new uniform, or sparring gear.

Sunday morning Sr. Master De Baca taught us some excellent Ho Sin Sul techniques and everyone helped clean up the camp, leaving it cleaner than when we found it. We are already looking forward to next year!

*Mrs. Corinne Sroykum*



The picture of concentration, **Troy Spielbauer** doing Won Hyo (right). On October 11 a gup level test was held at the **Grafton Academy of Martial Arts**. Testing successfully, **Mike Herzfeld** to Gup 1, **Majka Drewitz** to Gup Four, Troy and his sister **Kristen** to Gup 5, **Casey** and **Jacob Garza** to Gup 8, and **Alyssa Jankowski** to Gup 9.



**Maestas TKD Team wins Bronze in 10<sup>th</sup> Annual Colorado Dragon Boat Festival**

Congratulations to the Maestas TaeKwon-Do Dungeonless Dragons - Bronze Medalists in the 10th annual Colorado Dragon Boat Festival. The Maestas team raced seven 500-meter heats in the two-day, double-elimination event held July 24-25 in Denver. Although they were competing in a very tough Competitive Division bracket made up of predominantly younger, more physical teams, the Dungeonless Dragons were able to make their strongest showing yet, besting a seasoned Spirit of Cambodia team by a nail-biting 6 inches to capture third place. In their final race, a challenge bid for second place against the perennial favorite Flying Dragons team, they finished strong, but came up short by less than a boat length. Video of this last race can be seen at the following link: <<http://tinyurl.com/CDBF-DD-Race-7>>



**Front-Center: Captain Michael J. Boyd , V Dan (Captain Bligh), Co-Captain Deborah Boyd, I Dan (Princess) and the Maestas TaeKwon-Do Dungeonless Dragons celebrate their Third Place win at the 10<sup>th</sup> Annual Colorado Dragon Boat Festival.**

Maestas TaeKwon-Do first raced in the Colorado Dragon Boat Festival in 2003, when they entered as a fund-raiser to help send three students to Brisbane, Australia to compete as part of Team USA in the International TaeKwon-Do Championships. Not only was the event a very successful fund-raiser, the Maestas team enjoyed it so



much they decided to compete again in subsequent years. They found that Dragon boat paddling and TaeKwon-Do are very complementary activities - practicing patterns together had already given the group a good feel for the total paddling synchronization needed to effectively race dragon boats. Team members Robert Martin and Michael Boyd were also instrumental in founding the Dragonboat Racing Association of Colorado, or DRACO (latin for "Dragon") to establish dragon boating as a year-around activity in Colorado.

To facilitate off-season training, DRACO President Michael J. Boyd recently designed and constructed an innovative training platform to simulate dragon boat paddling in a swimming pool. This platform was tested for the first time last November, and works great! A short video that chronicles the design and construction of DRACO's pool simulator has been uploaded to YouTube, at the following link: <<http://tinyurl.com/DragonBoatSim>>.

Respectfully submitted,

**MB! ;-)**

Michael J. Boyd (Captain Bligh), Captain  
Maestas TaeKwon-Do Dungeonless Dragons  
USTF-5-259

4585 Carr Street  
Wheat Ridge, CO 80033  
(303) 421-2265 Home/Work  
(303) 917-3113 Mobile  
<http://www.Linkedin.com/in/MichaelJBoyd>  
[MB@MJBoyd.biz](mailto:MB@MJBoyd.biz)



**Maestas TaeKwon-Do Dungeonless Dragons  
Bronze Medalists – Competitive Division – 2010 Colorado Dragon Boat Festival**



At right: On October 17 a USTF Level One Ho Sin Sool Seminar was conducted by Sr. Master **Earl Weiss**, seated, center, at the School of Classical Taekwon-Do in **Crystal Lake**, Illinois, Head Instructor Master **Braxton Miller** (seated, left). In attendance were: Master Miller, Master F.M. Van Hecke (seated, right), Mr. **George Pawaleck**, Mr. **Darby O'Connor**, Miss **Cindy Austera**, Mr. **Ryan Swing**, Mr. **Jacob Weiss**, Ms. **Gigi Liverette**, Mr. **Richie Liverette**, Ms. **Emily Surch**, Ms. **Heather Tucker**, Mr. **Daniel Galway**, Mr. **Adolfo Carillo** and Mrs. **Aida Carillo**, all from Illinois, Mrs. **Mary Lubner**, Miss **Chris Langlois**, Mr. **Josh Locklair**, Mr. **Mike Herfeld**, and Mr. **Nick Moralez** from Wisconsin.



Dear Master Van Hecke,

The Sereff Fall Championship, held yesterday, Oct 17th at Broomfield High School, drew over 268 competitors, including 8 adult breaking teams, 7 junior breaking teams.

It boiled down to a great day of Taekwon Do spent with about 400 of our favorite people, competitors, referees and officials plus the families involved! Over 40 schools participated including the schools from Wyoming, Colorado, Missouri and Nebraska. The competition included sparring, pattern and breaking teams from white to IV Dan Black Belt. This was a great opportunity for us to practice and get ready for the USTF International Championship next June. We even had a ring run by a Sr. Master with Masters as judges, scorekeepers and timekeepers! They had fun and many realized that everyone needs practice!

The Grand Champions of the event were **Eric Aminirad** from Missouri for the adult color belt, **Birch Robinson** from Maestas Taekwon Do for the junior color belt, and **Nathan Eastin** from Missouri for the adult black belt and **Ben Pemble** from Maestas Taekwon Do, for the junior black Belt.

The junior breaking team winners were: 1st place, Furious Five, 2nd place, Maestas Mini Bears 3rd place, Trinity Turtles, and the adults breaking team winners were 1st place Wyoming, 2nd place, Maestas Taekwon Do, and, 3rd place, 4 girls & a guy.

Mrs. Louise Fox and Mr. John Ladbury were our emcees this event and did an outstanding job.

*Sr. Master R. Sereff*

[Editor's Note: so how come the peewee Yellow Belts rated an officiating crew I'd have killed for 30 years ago?]

