

# 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

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## ANNOUNCEMENT

The TKD Flash announces its first ever, "Great Sayings of Great Teachers" Contest. Send in a statement, inspirational, humorous, or insightful, from a recognized Taekwon-Do Instructor. The Flash will publish the better collected submissions, and an independent panel consisting of appointees of YHE (thus presumptively impartial, don't you know?) will select a winning quotation. The Winner will **not**

be the particular Instructor whose statement is quoted, but, rather, the submitter of that statement. In event more than one person submits a particular quotation, the first person submitting it will be considered eligible to win the prize. Thus promptness has its benefits, lateness gets push ups. Certainly something your instructor said, some time, inspired you. Results will be published in the June, 2011 issue.



On March 19, 2011, at a testing conducted in Broomfield, Colorado, Sr. Masters **Renee Sereff** and **Paul DeBaca** (the bookends in this picture) were appointed Grand Masters in the Art of Taekwon-Do. Center, congratulations are in order to new Masters **David Ott** and **Sylvia Perrine**. There to congratulate all are, but one left, Grand Master **Charles E. Sereff** and Grand Master **Mike Winegar**. Other test results on page 3.



### COMING EVENTS

On April 2 Grand Master **Renee Sereff** will conduct her very first **Grand Master Seminar** in Sterlington, **Louisiana**. Your host will be Mr. **Lance Edwards**. See poster on page 3 for details.

Region 5 will host an Instructors C course in **Cadillac, Michigan** on Saturday April 9 and Sunday April 10. Grand Master **Mike Winegar** will instruct. For information, contact Region 5 Director Dr. **Steve Osborn**, [sosborntkd@hotmail.com](mailto:sosborntkd@hotmail.com)

On April 16, The Academy of Martial Arts, Grafton, and the Special Needs Academy of

Martial Arts, Mr. **Luke Mattias**, Headmaster, will jointly host the **AAMA Spring Classic** at Our Savior Lutheran Church gymnasium in Grafton, Wisconsin. The tournament will feature competition in individual patterns and freesparring with double elimination and team patterns. Dr. **Rick Bauman**, Fifth Dan, will be Tournament Director. For information, go to [aamaspringclassic.com](http://aamaspringclassic.com)

On April 30 at Concord Massachusetts, the **Concord School of Taekwon-Do** will host the **Concord Invitational Tournament**. See poster, left. Bound to be well-officiated and well-run fun.

On May 14 the **Fourth Annual Axe Taekwon-Do Invitational** will be held at the Offutt Youth Center in Bellevue, **Nebraska**. Master **Dustin Stephenson** will be Tournament Director. Contact Master **Ricky Todd** [ustfneb@cox.net](mailto:ustfneb@cox.net) or Mr. **Kevin Bushor** [kbushor@cox.net](mailto:kbushor@cox.net) for details on this excellent competition opportunity.

And a **USTF Class C Instructor Course** is scheduled for May 21 & 22 at **Sereff Taekwon Do**, under Grand Master Winegar. These excellent courses sharpen the wit and increase knowledge of our Art.

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!** A truly outstanding opportunity for some international competition. The Irishmen are bringing their shillelaghs.

On July 30 Black Belt Test will be held in Grafton, Wisconsin. Presiding will be Senior Master **Earl Weiss**. Candidates from numerous Midwestern schools will be doin' their very best.

**Kirksville, Missouri** will have a Black Belt test November 6. Credit due these folks for planning early and giving us all the opportunity to attend.

**Sereff World Camp** in 2012; put aside June 24-29, 2012, in Estes Park, Colorado.

### AROUND THE COUNTRY

Black Belt Testing: **Trinity TKD**, March 5. Pictures and article, hopefully, in the next Flash.

Also on March 5, Master F.M. Van Hecke conducted a seminar, "Improving my Taekwon-Do in 2011", at **Fox Valley Taekwon-Do** in Neenah WI. The event was hosted by Dr. **John Butitta** and **Fox Valley Taekwon-Do**. In attendance were: **Erin Goad** (4th Dan), **Evan Koenig** (3rd gup), **Jolee Mallman** (4th gup), **Isaiah Mallman** (6th gup), **Steve Betchner** (6th gup), **Chris Baldwin** (6th gup), **Tammy O'Keefe** (8th gup), **Allesandra Boetchner** (8th Gup), **Damon Salm** (9th Gup), **Ben Holzem** (9th gup), **Deb Holzem** (9th gup), **Megan O'Keefe** (9th gup), **Madeline Baldwin** (9th gup), **Nathan Holzem** (10th gup)

A Black Best test was held at **Sereff TKD** on March 19. Promoted to Grand Master were Sr. Masters **Renee' Sereff** and **Paul De Baca**. Renee' Sereff is the first female Grand Master in true Taekwon-Do. Grand Master Paul DeBaca was at one time Vice-President of USTF. Grand Master C.E. Sereff was also most proud to promote to Master Ms. **Sylvia Perrine Smith** and Mr. **David Ott**. Mr. **Craig Paddock** of Washington was promoted to Sixth Dan and was commended for Best Patterns. Promoted to Second Dan were Mr. **Joshua Piontek** and Ms. **Kelli Piontek**, and to First Dan were **Millie Fitch**, **Kenny Doung**, **Tim Parker**, **Thomas Vu**, **Jonathan Hill**, **Bryan Hill**, **Tristan Taylor**, and **Qing Qing Lin**. Miss Lin was awarded Best Ho Sin Sool. The importance of this event was

underscored by the attendance of 14 Masters and Senior Masters.

March 26 was this year's date for the **Maestas Team Challenge XI**. The tournament was held in Arvada, Colorado. Pictures and article, hopefully, in the next Flash.

Also on March 26 & 27, in **Nebraska**, a USTF Class C Instructor Course at Belleview, Offutt Air Force Base. Pictures and article, hopefully, in the next Flash.

### LETTERS TO THE EDITOR

*Master Van Hecke:*

*Most awesome issue of the TKD Flash to date!  
Great articles, fantastic photo's and just overall*



**COME JOIN US**

**FOR**

**SENIOR MASTER RENEE' SEREFF'S**

*(after being promoted)*

**FIRST GRANDMASTER SEMINAR**

**And Blackbelt Testing**

**April 2, 2011**

**AT**

**EDWARDS' IL-YONG TAEKWON-DO**

**STERLINGTON, LA**

**FOR INFORMATION CONTACT:**

**Mr. Lance Edwards,**  
**10818 Hwy 165, Sterlington, LA**  
**(318) 366-4981**  
[lanceledwards@att.net](mailto:lanceledwards@att.net)

RSVP by March 15th

*super coverage of events and goings on. Keep up the great work!*

Sr. Master Gary W. Meek

*Sir: I have noted that a number of schools appear to have coverage in the Flash with fair regularity and many others do not. Why is this?*

*Answer: We cannot publish information we don't receive.*

YHE

*Sir: I noted the article by Miss Aliyah Quereshi in the last Flash. How does one get an article like that published?*

*Answer: Miss Quereshi, like students at several schools, was required to submit an essay when she tested for her Black Belt, and her instructor shared it with YHE because he thought it meaningful. Essays are not a USTF requirement for promotion but instructors are permitted to have additional reasonable requirements of their students. If your students have submitted such things and you'd like to see them published, get their permission and forward them to us and we'll see if we have room that month.*

YHE

*Sir: I myself would like to submit an essay to the Flash. What sorts of things do you require?*

*Answer: We do not do anonymous articles. Authors should be willing to stand by their opinions. The name of the author and his/her rank and e-mail address are required. Submissions are subject to editing. Try to submit articles dealing with your school, your events, a person in Taekwon-Do who has been an inspiration to you. The values or principles you believe important, "journey" articles, observations about the value of your TKD studies are all good topics. As a general rule we do not publish technical articles about Taekwon-Do technique, because there are other forums for*

*that, and, indeed, YHE has published many articles of a technical variety in other magazines. It is most helpful if the essay or article is submitted in a word processing format such as Word rather than as graphic or data file. We can open almost all work processing documents.*

YHE

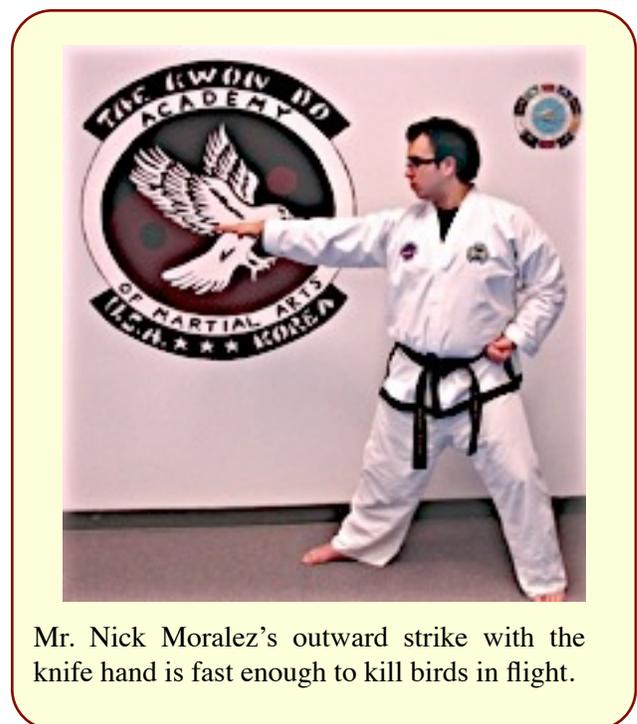
*Sir: What about pictures?*

*Answer: They can be worth 1,000 words! Even if they are not the best and we have to do a little touch-up, we can publish most photos submitted in a classic graphic format (such as jpg. or pdf.). Worse coming to worst, photos can be scanned if you send a physical copy. Imagine how proud your students will be to see a photo of themselves in the Flash!*

YHE

*Sir: What is your policy on sending the Flash direct to another instructor's students?*

*Answer: I don't do that without an instructor's permission. Instructors may properly choose to regulate Taekwon-Do related materials their*



Mr. Nick Moralez's outward strike with the knife hand is fast enough to kill birds in flight.

students receive. Some prefer to print out the *Flash* and give out paper copies to their students. Others use it for bulletin board material. There are some instructors for whom I maintain a separate e-mail file with their students' e-mail addresses, and I do send them the *Flash* directly. If, for some reason, the instructor decides he doesn't wish to do it that way later, I can simply delete the entire file. But you must request this service.

YHE

Sir: Thank you. We normally don't hear every month from USTF other than through the *Flash*, and it's good to know USTF is thinking about us and things are going on.

Answer: You're welcome.

YHE

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#### MY EXPERIENCE AT THE CLASS B INSTRUCTORS' SEMINAR

By Rick C. Bauman, V Dan

The martial art of TaeKwon-Do may be the last places one might expect to find an element of magic. However, when one finds such an inspiration it is easier to see that its existence depends upon the experience and the mindset of the individual more than on agreement with others involving their perception of an independent phenomenon. Having an "ah-ha" revelation is a rush; most of us can identify one or more of our own experiences that stand out as such, and once having had them we place high value on them.

My recent experience in Broomfield, Colorado with Grand Master Winiger gave me one of those experiences. There was no doubt about the value of the detail covered in review of the nine Black Belt patterns from First through Third Dan. Some of the fun came from learning the nuance of how and why each is constructed as it is. It was therefore more than just a refreshment of knowledge. It was at once an expose and confirmation of why we do what we do.

However, learning about the details of patterns is not my purpose in writing this article.

On the other hand, Miss Christen Langlois is so genteel that birds will spontaneously land on her shoulder.



There are two "ah-ha"s that I now consider core components of my TaeKwon-Do bag of tricks ("magic"?). The first of these is: almost any Black Belt can run a class. They should know the basic procedures, patterns, and techniques. They can lead warm-ups, do standard floor exercises, be critical of patterns, and end a class with proper etiquette. However, an Instructor does that and something else. An Instructor observes, teaches according to students' individual needs, and changes their behavior by increasing their skill. An Instructor is measured by his or her ability to effect change for the better as they work with the student. That is the challenge of the position. It is not measured by a person's age, experience, status in the dojang, or even which of the four diamonds are worn on their shoulders, and it is a continuing responsibility, aiding students to change for the better.

If we think we are doing our students a favor by letting just any Black Belt teach for a while, we are missing the point. It is why the best instructors also teach others how to instruct.

My second “ah-ha” came from the admonishment that accurate muscle memory is not enough to be an Instructor; we need to know what to do, how to do it, and why to do it in order to be able to teach effectively. I sometimes lie in bed at night and try to put myself to sleep by running through patterns in my mind. While it is disconcerting to admit that there are few of them I can do entirely at a cognitive level, without any physical movement, I am now more aware of the value of being able to consciously understand each technique, hopefully thereby being more effective in imparting that skill to others. It may make for longer sleepless nights, having to analyze each move as I go, but I hope it will help my students develop faster.

There was also a more general understanding that I have after attending the Instructors’ course. I now know why many people repeat the courses, sometimes three or more times. One reason is that it is updated training for specific details, However, a second reason is that it serves to remind the attendee of the regimentation and the continuity of our art. Without this we degenerate into the separate Kwans that were present in Korea up until the naming and unification of our art in April, 1955. As much as I appreciate the spreading of the skills encapsulated in TaeKwon-Do through a variety of mediums, I decry the proliferation of so many independent techniques (ITF, WTF, ATF, etc.). It is appropriate to be flexible, but without adherence to an accepted strategy each of us might as well wander off on our own and teach whatever we want. Having a core of knowledge and a consistent way of teaching is good for everyone. Besides, it is a special feeling to know you share a common “way” with thousands of people around the world (another bit of “magic,” huh?). I therefore encourage others to participate in these offerings. It makes for a strong bond and growth for us all.

[Editor’s Note: Dr. Bauman is one of YHE’s Fifth Dan students and teaches at the Academy of Martial Arts in Grafton, Wisconsin. He attended the excellent (is there

another word?) Class B Instructor’s Seminar taught by Grand Master Mike Winegar in Broomfield on February 5 and 6 of this year.]



The author.