

# The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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## ANNOUNCEMENTS

**Look to the next issue of the TKD Flash for complete USTF Nationals coverage!**

To honor veterans and help support Mr. Jim Smith's hospice fundraising efforts, you would be well advised to check out [www.wehonorveterans.org/jim](http://www.wehonorveterans.org/jim)

## ERRATA

Ouch! It takes a bit to put one past a Grand Master, especially one who notoriously can spot you letting up on your effort eighty feet away in the back row while he's wearing sunglasses indoors and engaging in intense conversation with third parties.

SGM C.E. Sereff advises:



Four Grand Masters, Leading by Example. See Letter to the Editor of Sr. Master Jonas Pologe, page .



Above--Back row left to right: Mr. Robert Martin, VI Dan and Executive Director of Maestas TKD, Mr. Craig Meyers, 1st Gup and Ho Sin Sul partner, Mr. Kenny Blair, II Dan and Ho Sin Sul partner, Mr. Nick Than, II Dan and Ho Sin Sul partner, Mr. Paul Voris, II Dan and Ho Sin Sul partner, Mr. David Martin, V Dan and Maestas TKD testing director.

Front row left to right: Mr. Mike Boyd, V Dan, Master Ron Maestas (Ret.), founder of Maestas TKD and Master Instructor, Mr. Gray Maestas, II Dan candidate, Mr. Isaac Tucker, II Dan candidate, and Mr. Robert Pettijohn, VI Dan and Maestas TKD Head Instructor.

**Arvada, CO** – On Sunday, June 5, 2011 Mr. Isaac Tucker (19) and Mr. Gray Maestas (16) tested for 2nd Degree Black Belt.

Nearly fifteen years ago Mr. Tucker was the first student in the Maestas Taekwon-do “Mini Bears” class. He only stayed a few weeks but his father and older brother both stayed on to earn Black Belts. The youngest Tucker started back at Maestas TKD at age 12 and earned his black belt a few years later. After a short layoff to finish high school and pursue his love of shooting (he is, by all accounts, an excellent shot) he returned and worked hard for his 2nd Dan.

Mr. Maestas started Taekwon-do at age 8. He is the great nephew of Master Ron Maestas. He comes from a long line of black belts including Master Maestas, his grandfather Jim Maestas, his father JJ Maestas, his sister Bre and his aunt Susan Marx (along with various other uncles, aunts, and cousins.) He didn’t really expect to keep training after earning his 1st Dan a few years ago but the opportunity to attend Sereff World Camp last year help spur him on. He recently completed his junior year at Early College of Arvada, where he assists Ms. Marx in teaching Taekwon-do, and plans to graduate high school next year with nearly 45 college credits.

The Chinese master told me he would put the delayed death touch on me and years later I would die and never know why. I held my clenched fist under his nose and told him, “You will die instantly and know why.”

Also, I stated “Technique is forged on the anvil of hard training. It is tempered by your sweat and perseverance.”

We won’t withdraw the extremely generous prizes awarded to our contest winners, to whom great credit for stepping forward, but, to make a bit of amends, The Flash will make available FREE of charge to all who request it a copy of the second quote set forth above, suitable for framing. Perhaps if we all played our cards right, Your Humble (and newly chastened) Editor could talk the Senior Grand Master into signing it for you.

## COMING EVENTS

On July 16 a Gup Level Test is scheduled for **Casper, Wyoming.**

**Region 6 Camp** will be at **Mexico, Missouri** on July 30 and 31.

On July 30 Black Belt Test will be held in Grafton, Wisconsin. Presiding will be Senior Master **Earl Weiss.**

**Utah Summer TKD Camp** will be August 5 though 7.

On August 13 **Advanced Ground Tactics** will be held (replaces Advanced Ho Sin Sool). Master

**Frank Hannon** will instruct at Sereff Taekwon-Do.

A Level 1 Ho Sin Sool course will be held at **Salt Lake City** on August 20.

Black Belt Test. **Sereff TKD**, September 10.

On September 13 there will be a Color Belt Test in **Broomfield, Colorado**.

On September 17, the **Wyoming Invitational Tournament** will be held at **Casper, Wyoming**.

The date for the USTF Class A Instructors course was set for October 1, 2011. This will be a one day event.

**Kirkville, Missouri** will have a Black Belt test November 5.

On November 19 there will be a Black Belt Test in **Utah**.

On November 20, at **Acton, Massachusetts**, there will be a Black Belt Test.

On December 3 there will be a Black Belt Testing at **Salt Lake City, Utah**.

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

### AROUND THE COUNTRY

One Friday, June 3, Master F.M. Van Hecke delivered a lecture to a group of 20 (academic

On June, 4th, **USTF-Utah** held a black belt testing, conducted by Master **William Dubbeld** at Community of Grace Church, home to **Mr. Riley's Community of Grace TKD**. Ms. **Oreon Jackson** tested for 2nd Dan, and Mrs. **Ellen Ashton** and Mr. **Maurice Saavedra** tested to 1st Dan. Ms. Jackson received the award for best patterns, Mrs. Ashton for best breaks, and Mr. Saavedra for best Ho-Sin-Sul.

Mrs. Ellen Ashton surprised everyone and showed her gratitude by making gifts for all of the black-belts who influenced her training. Each received a framed print of one of three unique paintings that she created representing Courtesy, Perseverance, or Indomitable Spirit, and on the back, she wrote a personalized message as to why she chose that particular tenet for the recipient. For her Ho-Sin-Sul partner, Mr. **James Sroykum**, she framed all three original paintings, and for her instructor, Master William Dubbeld, she drew a sketch of him breaking tiles, (from a recent demo) and painted a gorgeous tree with blossoms overhead.

To see more pics from USTF-Utah events please go to: <http://www.flickr.com/photos/ustf-utah/>

Below, left, USTF-Utah celebrates at the June 4 Black Belt testing. Below, right, new Second Dan Ms. Oreon Jackson, new First Dans Mrs. Ellen Ashton and Mr. Maurice Saavedra.

--Submitted by Mrs. Corrine Sroykum



M.S.) Master's Degree candidates at Amerstate University in Racine, Wisconsin. Most of the participants were native or first-generation Korean Masters and Grand Masters in WTF-style "Tae Kwon Do." Master Van Hecke spoke on the subjects of Gross Anatomy and Kinesiology as applied in the martial arts. After three somewhat "brutal" hours of antagonist muscle groups, type "C" lever equations and discussions of supination versus pronation, he ended to a standing ovation and cheers (and hopes the Korean in those cheers wouldn't translate as "Thank goodness *that's* over!").

The **USTF International Championships** was held in Broomfield, Colorado, on June 25 and 26, 2011. The very best from **Australia, Ireland, Scotland, Canada, Malaysia,** and the **United States** competed. Look to the August 2011 [Flash](#) for complete results, analysis, and articles.

According to Master **Joe Bosse**, the Wednesday before the International Championships, June 23, **Sr. Grand Master C.E. Sereff** taught a class at Broomfield CO. Of course, the numbers included a substantial number of seniors in town for the U.S.T.F. International Championships. Master Bosse reports that the total of Dan ranks on the floor was **334**. Holy smokes!

## LETTERS

Sir:

*At 7:00PM Wednesday evening on June 1st roughly 35 black belts and one red belt, ranging in age from 15 to 70 years old, got oput on the floor and trained for an hour and a half. There is nothing surprising about that, many of these same people have been training in this same gym for over three decades! Yet last evening was a historic occasion for the United States Taekwon Do Federation and the students on the floor training at Sereff Taekwon Do.*

*This evening, in a class, taught by Senior Grand Master Sereff, there were three Grand Master Instructors, Mike Winegar, Rene Sereff,*

*and Paul DeBaca, leading the line up. These Master Instructors where kicking, punching, performing line drills, patterns, and hosin sul, with the rest of us. This class marks the first time the United States Taekwon Do Federation has ever had four Grand Master Instructors on the floor at the same time and, in fact, the first time that this was ever possible, due to the recent promotions of Ms. Rene Sereff and Mr. Paul Debca to the rank of Grand Master.*

*In my experience in the martial arts, in the various styles and federations to which I have been exposed, the more senior students often stop training, and the more senior instructors often stop teaching, retiring to a role as a sort of senior statesman. I prefer the philosophy and guidelines that General Choi set forth as the cornerstone of Taekwon Do where, among other things, he said:*

***Teach attitude and skill with action rather than words.***

***and***

***Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.***

*These are easy words to say, easy concepts to preach, but much harder principles to live by. These four Grand Masters, by being out on the floor, teaching, training, sweating, and learning, with the rest of the rank and file, have made it silently and powerfully clear that they are the living embodiment of these principles and the living proof of the power of Gen. Choi's art.*

*Jonas A. Poligo*

USTF-8-12

An amazing scientific revelation: The older your get, the stronger gravity gets.

*Attributed to Gen. **Choi, Hong Hi** by Sr. Master **Earl Weiss**: "Pain is a wonderful teacher, but no one wants to go to his class."*

And, just to whet your appetite for the next issue:



Left, Ms. **Julie Harris** of Foothills TKD and, below, Ms. **Mei Lin** of Sereff TKD.

