

The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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COMING EVENTS

Look for another excellent **USTF Referee Course** on May 6th in Broomfield CO. New date.

On May 5 out there in Region 6, our brothers and sisters in Taekwon-Do will hold a Black Belt test. The venue is **Kirkville**, Missouri, and the promoter is Sr. Master **Stephenson**. We wish them all well.

Also on May 5, The **AAMA Spring Classic Tournament** will be in Grafton, **Wisconsin**. Dr. **Rick Bauman**, 6th Dan, is the Tournament Director. Promoters include Mr. **Luke Mattias** with the Special Needs Academy.

The **Concord School of TaeKwon-Do** will be hosting a USTF invitational tournament in Concord, **Massachusetts**, on May 6th. **This is a Sunday and may be a change from a previously published date.** Anyone who



Concord School of Taekwon-Do hosted an Interschool Tournament on Sunday, March 11th in Concord MA. Several dozen competitors from schools around Boston attended. A strong showing by students of the **New England School of Taekwon-Do**, led by Ms. **Joanne Haley**, III Dan, made for lively patterns and sparring action. Ms. **Annie Lawson**, II Dan, and Mr. **Alexander Gough**, I Dan, joined from **Giorgio's Academy of TKD** in Sudbury MA to referee.

Sir:

*I am pleased to report that up in Fairbanks, Alaska, we folks at **Fairbanks Taekwon-Do** don't let little things like the weather get us down. On April 6, we are pleased to report, Mr. **Robert Thompson** tested for and achieved his Third Dan. Mr. Thompson is a hardy fella, he bikes through the year. He only takes off when it's -40 or more below. Our Black Belts are here gathered in celebration with Mr. Thompson dead center.*

Guy Williams, VI Dan



wishes to attend should contact Mr. **John Murphy** at Concord TKD (J.Murphy@concorditftkd.com, phone 978-369-1909).

On Saturday, May 19, 2012 Mrs. **Mariannne Armstrong** of **Big Dog Taekwon-Do** is hosting a a USTF referee course facilitated by Dr. **Steve Osborn** in Grand Rapids, Michigan.

Check out the **5th Annual Axe Taekwon-Do Tournament** on Saturday, May 19th. <http://www.axetkd.com> The Tournament Director is Master **Dustin Stephenson**, Chief Referee Mr. **Kevin Bushor**, Promoter is Master **Ricky Todd**, and Tournament Coordinator Ms. **April Bowing**. Bound to be well-officiated, fair and fun.

A Black Belt test is scheduled for June 3 for **Big Dog Taekwon-Do**, Grand Rapids, Michigan.

A gup level test will be conducted for students of Sr. Master **Earl Weiss** in Skokie on June 5.

A Black Belt test will be conducted at National Taekwon-Do, **Skokie, Illinois**, June 9.

And in keeping with the relentless drive to excellence extant in the Taekwon-Do culture of Sr. Master Earl Weiss, on June 13 he will host a gup level test in **DesPlaines**.

And once again we take the opportunity to remind you of **Sereff World Taekwon-Do Camp**; put aside June 24-29, 2012, in Estes Park, Colorado. Recent cancellations make openings available this late for the first time in years.

July 7 marks a **Ground Tactics Course** taught by Master **Frank Hannon** in **Missouri**. This replaces Second Level Ho Sin Sool.

The **Special Needs Academy of Martial Arts** in **Grafton, Wisconsin**, will conduct a Black Belt Test on August 11.

The Sr. Grand Master Sereff Fall Championship is tentatively scheduled for October 21 at Broomfield High School.

Set aside November 3 for a **USTF Class B Instructors Course** to be taught by Grand Master **Mike Winegar** at Broomfield. Class C Instructorship is a prerequisite

On April 28th & 29th a **USTF Class C Domestic Instructors Course** was taught at Sereff TKD by Grand Master **Mike Winegar**. Pictures and news hopefully in the next Flash.

A Black Belt test was held on April 29 at Grafton, **Wisconsin**. Pictures and news guaranteed in the next Flash.

HAPPENINGS

On April 21 a combined color belt and black belt testing was held in **Rock Springs, Wyoming**. Presiding, Sr. Master **Stan Martin**. Pictures and news hopefully in the next Flash.

Sir:

*On Saturday, March 3rd **Giorgio's TKD** in hosted the **2012 David Helinek Memorial Taekwon-Do Tournament in Sudbury, Massachusetts**. This annual event is named in*



On March 31st, the **Concord School of TKD** hosted Senior Master **Kirk Steadman** for the USTF Referee Course. Thirty-three attendees spent the morning covering roles and ring responsibilities, regulations for judging, rules for sparring, and criteria for grading patterns and breaking. The course emphasized safety and sportsmanlike conduct, important values of Taekwon-Do and key to a successful tournament. Senior Master **Luis Reyes** joined Mr. **John Murphy**, VI Dan, in overseeing the activities of the day. The group exercised new knowledge during the afternoon, when volunteers staged mock sparring matches. Fighters were coached to throw illegal punches and kicks, fake injuries, run out of the ring, and otherwise put the candidate Referees to the test. All attendees passed the challenging written exam that followed. The Northeast region now boasts seventeen new Class C, ten new Class B, and two new Class A Referees. Pictured above: Instructor Steadman, Sr. Master Luis Reyes, IV Dan **Joanne Haley**, VI Dan John Murphy, V Dan **Karl Huffman**.



Pictured above: adult coaches/instructors for the adult competitors of the Maestas Team Challenge XII (from left to right) Mr. McDill from Casper Rec TKD, Sr. Master Martin from Master Martin's Casper TKD and Sr. Master Swan from Foothills TKD. The Flash thanks Mr. **Robert Martin** for news of this huge event!

Arvada, CO – Maestas Taekwon-Do held its twelfth **Maestas Team Challenge** on Saturday, March 24 at the Apex Center. Fifteen junior teams and forty adults competed in sparring, breaking, individual and team patterns.

Junior teams were sent by **Maestas Taekwon-Do** of Arvada, Colorado; **Early College of Arvada Taekwon-Do Club**, Arvada, Colorado; **Thornton Taekwon-Do** of Thornton, Colorado; **Foothills Taekwon-Do** of Lakewood, Colorado; **Sheridan Taekwon-Do** of Sheridan, Wyoming; **Martin's Casper Taekwon-Do** of Casper, Wyoming and **Casper Recreation** of Casper, Wyoming. The previous clubs also entered adults for the adult tournament along with **Free Spirit Taekwon-Do** and **Sereff Taekwon-Do**.

Junior championship teams were The Fatal Fists of Maestas TKD in first place, Martin's Magpies of Martin's Casper Taekwon-Do in second place, and the Taekwon-do Dragons of Maestas Taekwon-Do in third place.

Adult school champions were Martin's Casper Taekwon-Do in first place, Foothills Taekwon-Do in second place and Casper Rec Taekwon-Do in third place.

Over 400 competitors, officials and spectators attended making this one of the biggest Team Challenges ever.

Proceeds from this year tournament were used to help send seven youngsters from Maestas Taekwon-Do to Sereff World Camp.

memory of David Helinek, dedicated instructor and beloved member of the Giorgio's TKD community, whose example inspired students and families at the school for many years.

More than fifty enthusiastic competitors challenged themselves at jumping, patterns, and breaking. The jumping competition, much like high jump in a track and field event, demanded

that competitors take a running start and then attempt to jump over a ribbon strung between poles at increasingly challenging heights. Success depends not only on strength but on proper TKD technique. Winners demonstrated nice, high tucks consistent with all high jumping techniques, plus good height, and solid landings.

Patterns competition was tension-filled. Students competed in pairs before the judging panels. Youngest and newest students watched in awe as Black Belts and high-ranking Gups moved crisply through the complex upper belt patterns. Everyone cheered on the White Belts and Yellow Stripes as they performed Saju Jirugi or Chon Ji for the first time in competition. The tournament concluded with Breaking competitions. Hand techniques included punches, palm strikes, and knife hand strikes.



Hey, we did great at the Helinek Memorial Tournament!

Foot breaks ranged from single-board side piercing kicks to multiple-board jumping and reverse techniques, to the delight of the crowd watching.

*The event was attended by students of Giorgio's and by students from the **Concord School of Taekwon-Do**. Competitors acquitted themselves well, and even Judges appeared to be having a great time. Many earned their very first medals at this fun event. We look forward to it next year!*

Roselyn Romberg, Flash Stringer

Gardner Academy of TaeKwon-Do Joins the USTF

By Roselyn Romberg

In 2000, Mr. **Syd Gardner** was asked to form a martial arts program at the Community Center in Mattapan. The swim coach there knew Mr. Gardner trained in Taekwon-Do, and wanted a program to teach self-defense. The Center serves children and families in a part of Boston regularly caught up in gang crimes and drug violence. This safe haven was the school's first home. Six months after the program started, over 40 kids were training regularly in classes held four days a week at the Center.

In time, classes outgrew the space at the Community Center. Mr. Gardner moved the school to the Mason Temple in the nearby

sections of Dorchester/Roxbury in Boston. A number of Mr. Gardner's original students from Mattapan followed him to the new location. Many new families joined and began training.

The school has been at this location for just over five years, and is thriving. The program targets city kids, all affected by daily challenges of living in a difficult urban environment. Of the 30+ students who train, all are from low-income families. Many students have emotional and behavioral issues. A number of those on medication for ADD/ADHD have, over time, been able to reduce their dosages, a fact Mr. Gardner attributes to their intense training and increased confidence. Siblings are encouraged to join and train together. Mr. Gardner maintains a rule that all students have to keep their grades

high as a condition of continued training. He is rarely disappointed.

Parents contribute to fund-raising efforts on behalf of the school, and provide support for those who wish to compete, travel, and attend seminars. Mr. Gardner's students regularly attend tournaments sponsored by the Concord School of TaeKwon-Do. They also compete in local events at nearby martial arts schools that follow ITF rules. Students are making plans now to form a demonstration team for Boston. They intend to compete in Ottawa in June, and next year at Maestas. Mr. Gardner, IV Dan, just achieved Class A Referee status, and is training now for V Dan, setting a high bar for himself and serving as an example to his enthusiastic and dedicated students. The USTF officially welcomes the **Gardner Academy of TKD of Boston, Massachusetts** into the Federation this spring.

EDITORIAL

Your Humble Editor notes with approval the story of the Gardner Academy in this issue. Years ago he brought not merely his school, but his Association of (then) four schools (to grow larger later) into USTF. It takes a bit of a leap of faith to align one's future and that of one's students with a group's heirarchy so far away, but that faith was nurtured by our confidence in the driving intelligence of Sr. Master Earl Weiss and confirmed by the course of our dealings with the USTF down through the years. Certainly the leadership of Charles Sereff, Mike Winegar, Renee Sereff and Paul DeBaca made those early years well worth the investment, and our future prospects under Stan Martin and others augurs well for the future.

Good move, Gardner! I found it was for me and the students I serve.



Supportive parents and happy kids are important components of the mix at the Gardner Academy of Taekwon-Do in Boston.