

# USTF Newsletter

December 2025  
Volume 1 Issue 11



## USTF Black Belt Testing - Submitted by Mr. Ethron T. Young, III, 4th dan

On October 25th, the Pacific Northwest USTF schools held a joint Dan testing presided over by Sr. Master Mason. Mountain View TKD and Valley View TKD promoted eight candidates, including the very first female Black Belts from Valley View TKD. The high-test score was awarded to Ms. Serenity Taylor. This test followed a series of regular joint workouts and highlights the ongoing collaboration among Pacific Northwest schools to promote consistency, excellence, and the enduring legacy of Sr. Grand Master Sereff and General Choi.

### Promotions

#### 3rd Dan

• Ms. Kamille Ong, Mr. Wesley Sanders  
*Mountain View TKD – Instructor: Sr. Master Mason*

#### 2nd Dan

• Mrs. Trista Breitenbach  
*Mountain View TKD – Instructor: Sr. Master Mason*

#### 1st Dan

• Mr. Jake Faber, Ms. Srah Bentz, Ms. Serenity Taylor, Mr. Polk, James and Mr. Polk, Jacob  
*Valley View TKD – Instructor: Mr. Young*



Ms. Taylor & Ms. Bentz



## Taekwon-Do Demonstration at Taste of Kennesaw - Submitted by Mr. Omar Welch, 4th dan, USTF State Director, Georgia

Our team put on an exciting and energetic demo for the community, showcasing a variety of Taekwon-Do skills including patterns, self-defense, kicking combinations, and board breaking. Students of multiple ranks participated, demonstrating confidence, discipline, and strong technique. Spectators gathered throughout the event, and the team represented USTF Taekwon-Do with pride and professionalism. We appreciate the opportunity to support this community event and to share the art of Taekwon-Do with the public.



Mr. Welch, Mr. Black, Ms. Walker, Ms. Lonas, Ms. Knowlton, Mr. Hoang, Mr. Abbott, Ms. Williams, Mr. DeBeer, Mr. Smith, Mr. Black, Mr. Hoang, W., Ms. Hoang, Mr. Welch, O., and Ms. Welch

### Calendar Dates 2025 - 2026

**Nov 5:** Black Belt Testing: Ishpeming Township Hall, MI. Mr. Giotto

**Dec 6:** Black Belt Testing: Bellevue, NE. GM Todd.

**Dec 6:** Black Belt Testing: Sandy, UT. Master Sroykum.

#### 2026

**Jan 17:** USTF Knife & Weapons Seminar: Senatobia, Host: MS. Master Bennett. Instructor: Master Rouse

**Jan 24:** Black Belt Testing: Sheridan, WY. SM Johnson

**Feb 14:** Black Belt Testing: Marquette, MI. Mrs. Armstrong

**Mar 14:** USTF Black Belt & Masters Test: Sereff TKD. 930 a.m.

**Mar 28:** USTF Referee Seminar: Las Vegas, NV. Host: GM Bosse. Instructor: TBD

**Jun 21-26, 2026: Sereff World Camp 2026.** Limit 115 spots, reserve your spot early. Preregister by 12/30/25, \$350 per camper. Final \$350 due by 5/1/26. Contact GM Sereff @ 303-466-4963 or [rsereff@rmi.net](mailto:rsereff@rmi.net)

Testing board with black belt candidates

**Sereff World Camp - 2026 - YMCA of the Rockies, Snow Mountain Ranch,**  
*June 21st - 26th, 2026 - Submitted by Grand Master Sereff, USTF Test Director and USTF Administrator*

Sereff Taekwon-Do is excited to welcome you and your family to the 2026 Sereff World Camp, a week of world class Taekwon-Do training in the breathtaking Rocky Mounts of Winter Park, Colorado. From Grand Lake to Snow Mountain Ranch, campers will experience a full week of challenging and inspiring training with some of the finest instructors in the world. The traditional waterfall and lake training sessions promise to be both unforgettable and invigorating.



**Accommodations and meals:** All campers are required to stay on campus. Each room will accommodate 4-5 campers in a single room. The bunks include linens, blankets, and towels. A three meal per day service is included. USTF Headquarters will handle room assignments; however, if you have a preferred roommate, please include your request in writing when submitting your registration forms.

**Arrival and Check-In:** Campers should arrive **no earlier than 3:00 p.m. on Sunday, June 21.** USTF HQ will check in the group at approximately 4:00 p.m. **Please do not check in individually at the Lodge.** Many campers will meet at Sereff Taekwon-Do in Broomfield, Colorado, to carpool to Snow Mountain Ranch around 1:00 p.m. that Sunday. We recommend flying into Denver on Saturday evening or early Sunday morning. Details on nearby hotel accommodations can be provided once your registration is received or you can search by Google for hotels near Broomfield. Dinner will be served at approximately 5:00 p.m., following room assignments. Additional information, including meeting locations will be sent about one month prior to camp. A packing list is included in the registration flyer.

**Eligibility:** Students under the **age of 13** must include a **written instructor recommendation** with their registration form for review and approval.

**Training and Instruction:** Campers will train under the guidance of USTF Grand Masters, Senior Masters, International Instructors, and selected Junior Instructors from around the world, offering unparalleled opportunity to learn from the best Taekwon-Do black belts in the world.

**Travel and Departure:** Please send your travel plans to Sereff Taekwon-Do Headquarters no later than one month before camp. If you plan to carpool, **arrive at Sereff Taekwon-Do by 1:00 p.m. on June 21.** If you are flying home, schedule **your departure after 5:00 p.m. on Friday, June 26,** allowing sufficient time to arrive and check in at Denver International Airport **at least two hours before your flight.**

**Sereff World Camp Room & Board:** \$700 per camper (t-shirt is included)

Extra T-shirts are \$15 each, hoodies are \$45 each

**Non-refundable deposit:** \$350, due by **December 30, 2025**

**Remaining Balance:** \$350, due by **May 1, 2026**

You can pay by **check or with credit card.** The flyers are attached. If you have any questions please call Grand Master Sereff at 303-466-4963 or email: [rsereff@rmi.net](mailto:rsereff@rmi.net)



### USTF Black Belt Testing - Submitted by Ms. Spungen, III, 5th dan

Big Dog Taekwon-Do is proud to welcome two new Black Belts to their ranks. On November 8, 2025, Mr. Trevor Sprik and his daughter, Ms. Keeley Sprik tested to 1st Dan, November 8, 2025. The test was directed by Mr. Adam Sweemer, and the test board consisted of Mrs. Armstrong, Dr. Wilt, Dr. Joseph, and Ms. Spungen. All of us on the testing board could see the power of this family that trains together. It is really true that those who kick together, stick together! Not to be outdone by her father and big sister, Ms. Cora Sprik was tested to red belt and did an awesome job as well.



New black belts & red belt, the Sprik family

Mr. Sprik flying kick

Group picture with the Sprik family

### Grand Master Sereff - Teaching Through Changing Times

In the Martial Arts Community, we have always experienced our share of ups and downs, especially when it comes to student attendance. It is important to remember that our leaders prepared us for these challenges. We teach whoever walks through the door, whether it is five students or twenty-five. Over the years, many of us have tried various class structures, beginner-only, adult-only, junior-only, and other specialty sessions. What works? Ultimately, it is any effort that continues the teachings of our USTF leader, Sr. Grand Master Charles E. Sereff. Sometimes, patience is all that is needed.

Students today may not progress with the same consistency or commitment that many of us experienced in earlier years. Because of this, we may need to bend a little in our approach, not by softening the art, nor by lowering expectations, but by recognizing that many outside influences that students today face are different. No one has all the answers, we simply continue teaching to the best of our ability.

Our primary goal remains unchanged, to help students develop inner strength, patriotism, a sense of justice, and the leadership qualities required to guide others. This is one of the reasons why Taekwon-Do should be taught to the young, where it can help mold emerging personalities and instill order, discipline, generosity, courage, and humility. The positive influence we have on students' lives truly makes a difference. We should be proud, not only of our students but of ourselves.



**Life is tough, but so are we.**

Grand Master Sereff  
USTF Test Director  
USTF Administrator



### USTF Newsletter Distribution List

We encourage all instructors to share the newsletter with their students. Should anyone wish to be added to our distribution list, please submit your full name and email address directly to **Grand Master Sereff** at [rsereff@rmi.net](mailto:rsereff@rmi.net)