

# USTF Newsletter

March 2026  
Volume 2 Issue 3



## Sereff Taekwon-Do Hosts Junior Invitational Tournament & Chili Cookoff - Submitted by Grand Master Sereff, USTF Test Director & USTF Administrator, Head Instructor Sereff Taekwon-Do

On January 31, 2026, Sereff Taekwon-Do successfully hosted its annual **Sereff Taekwon-Do Invitational Tournament & Chili Cookoff**, welcoming students from Thornton TKD, Maestas TKD, and Sereff TKD for a day of competition, learning, and community fun. More than **40 junior students** competed in **Sparring** and **Pattern** divisions, gaining valuable tournament experience in a supportive environment. The event also provided several junior participants with the opportunity to serve as referees, helping them better understand tournament procedures while building confidence and leadership skills.

The competition ran smoothly, with minimal need for medical assistance, aside from a single paper cut incurred during post-competition pinata kicking. Event medic **Dr. Shevaun Duiker** was on hand throughout the day. The **Grand Champion** title was awarded to **Naomi Bettis, II Dan**, of **Maestas TKD**, recognizing her outstanding performance.

Following the tournament, **15 families** participated in the Chili Cookoff. The winners were:

- **1st Place:** The Martin Family
- **2nd Place:** The Johnson Family (Thornton TKD)
- **3rd Place:** The Bettis Family (Maestas TKD)

Participants and families enjoyed a shared lunch featuring chili, homemade cornbread, **Year of the Horse** cupcakes, cookies, and muffins. Grand Master **Sereff** and Sereff Taekwon-Do extended heartfelt thanks to all competitors, families, volunteers, and especially those assisted with cleanup, helping make the event a memorable success.



## Calendar Dates 2026

**Feb 21:** USTF Knife & Weapons Seminar: Acworth, Georgia. Promoter: Mr. Welch. Instructor Master Rouse, [KnifeWeaponsCourse](#)

**Mar 3:** Black Belt & Color Belt Test: Bellevue, NE. GM Todd

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

**Mar 28** Maestas TKD Tournament: Arvada, CO. Promoter: SM Pettijohn. [MaestasTKD](#)

**Apr 11:** Axe TKD Tournament: Bellevue, NE. Promoter: GM Todd. Flyer: [AxeTKD2026](#)

**Apr 18:** USTF Basic Ho Sin Sul Seminar. Promoter: SM Wadium

**Apr 25:** Wyoming USTF Black Belt Testing: Casper, Wyoming. GM Martin.

**May 5:** USTF Black Belt Test: Arvada, CO. SM White

**May 16:** 2026 UCHTA Annual Utah Cup Tournament: Salt Lake City, UT. Promoter: SM Wadium

**May 30:** USTF Knife & Weapons Seminar: Broomfield, CO. GM Sereff

## Wyoming Combined Color & Black Belt Testing held in Sheridan, Wyoming

*Submitted by Grand Master Martin, Casper, Wyoming*



A successful Wyoming combined Black and Color Belt Testing event was held in Sheridan, Wyoming, hosted by Sr. Master **Johnson**. The event brought together 27 color belt candidates along with three Black Belt candidates for a day of rigorous testing, outstanding performances, and memorable achievements. Each candidate demonstrated exceptional skill, discipline, and dedication throughout the testing.

Testing for their Black Belt ranks were:

- Ms. **Emma Brummer**, 2nd Dan
- Mr. **Sam Garretson**, 2nd Dan
- Mr. **Brayden LaClercq**, 1st dan

### Black Belt High Test Score

#### Winners:

- Ms. **Emma Brunner**, 2nd Dan, Pattern (Ho Sin Sol)
- Mr. **Sam Garretson**, 2nd Dan, Breaking



In addition to the Black Belt testing, 27 color belt students tested and showcased their progress and commitment to Taekwon-Do.

### Color Belt High Test Score Winners:

- Mr. **William Grill**, Pattern
- Ms **Eliza Brummer**, Ho Sin Sol
- Mr. **Richard Kopet, Jr.**, Breaking



The event highlighted the hard work and perseverance of all students, reflecting the strength and spirit of martial arts training across Wyoming. The Sheridan Taekwon-Do community looks forward to continued growth and future events.

### Calendar Dates 2026

**Jun 2:** Color Belt Testing: Bellevue, NE. GM Todd

**Jun 6:** UCHTA Spring Black Belt Testing: Salt Lake City. SM Wadium

**Jun 21-26: 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)

**Aug 7-9:** UCHTA Summer Weekend TKD Camp: East Canyon State Park, Morgan, UT. SM Wadium

**Sep 1:** Color Belt Testing: Bellevue, NE. GM Todd

**Sep 12:** USTF Black Belt & Masters Test: Sereff TKD

**Sep 26:** Wyoming USTF TKD Tournament: Ms. Willcox, [a2willcox@yahoo.com](mailto:a2willcox@yahoo.com)

**Dec 1:** Black Belt & Color Belt Testing: Bellevue, NE. GM Todd

**Local Taekwon-Do School Receives 2025 Tried and True Program Award in Kennesaw** - Submitted by Mr. Omar Welch, 4th dan, USTF State Director - Georgia



On January 28, 2026, in Kennesaw, Georgia, the Taekwon-Do school was proudly recognized by the City of Kennesaw as the recipient of the 2025 **Tried and True Program Award**, an honor that highlights outstanding programs making a lasting impact in the community. The award reflects the dedication, consistency, and positive influence the school has demonstrated throughout the past year.

Through strong leadership and committed members, the program as continued to serve as a pillar of excellence within the Kennesaw community. Those present to accept the award (pictured left to right) were:

- Mr. Chayce Flowers
- Ms. London Maddox
- Ms. Catherine Ross
- Ms. Elizabeth Petrusic
- Mr. Omar Welch
- Mr. Adam Welch
- Mr. Lawrence McCormick



Congratulations to all who contributed to earning this distinguished honor. The school looks forward to continuing its mission of service, leadership, and community engagement in the year ahead.

**USTF Black Belt Testing** - Submitted by Ms. Sharon Spungen, 5th dan, Michigan

We are proud to announce the successful 2nd Dan testing of our own Mr. **Daniel Held**, marking another major milestone in this Taekwon-Do journey. Mr. Held soon to be graduate of West Michigan Aviation Academy, plans to pursue his aviation mechanic license at the School of Missionary Aviation Technology in Ionia, Michigan. His commitment to excellence in both academics and martial arts reflects the discipline and determination he brings to every endeavor.



The testing board for this significant advancement consisted of Mrs. Armstrong, Dr. Wilt, Ms. Spungen, and Mr. Sweemer. Dr. Joseph called the test and served as Mr. Held's step-sparring partner. Mr. Sweemer and Mr. Sprik assisted as his Ho Sin Sul partners, helping demonstrate Mr. Held's technical skill, control, and understanding of self defense applications.



After successfully completing all requirements, we celebrated the accomplishment with a well earned trop to a local Chinese buffet alongside supporters and fellow Taekwon-Do students. With this achievement behind him, Mr. Held is now looking forward to attending Sereff World Camp, and continuing to grow in skill, leadership, and spirit. Congratulations to Mr. Held and best wishes as he prepares for his aviation career and future Taekwon-Do endeavors!

**USTF Black Belt Testing - Kirksville, Missouri**

On January 31, 2026, Kirksville Taekwon-Do proudly hosted a Black Belt Testing in Kirksville under the guidance of **Grand Master Bill Stephenson** and **Grand Master Dustin Stephenson**. Kirksville Taekwondo has been proudly teaching Taekwon-Do as a member of the USTF since the mid-1970s. For decades, the school has remained committed to developing student's

character, confidence, and Taekwon-Do excellence. The instructors, students, and families in attendance celebrated the achievement recognizing the hard work and determination required to reach the rank of Black Belt. Congratulations to the newest USTF Black Belts, Ms. **Melissa Thompson**, and Ms. **Olivia Pinkowski**.



**USTF School Membership Certificates - Annual Registration Reminder**

The USTF would like to remind all affiliated schools to submit their annual Taekwon-Do school registration. The registration is required each year for any school with more than 20 students. The annual fee is **\$50 per school** and must be submitted no later than **January 31st** each year. The school membership certificate program replaced the former USTF Plaque Program and serves as the official recognition of active school membership within the organization. Schools that complete their registration receive:

- Official USTF School Membership recognition
- Instructor discounts on USTF merchandise
- Confirmation of good standing within the USTF

There are no additional regional or state fees for any USTF school beyond this annual registration. When submitting your registration, please be sure to include the **official name of your Taekwon-Do school** to ensure accurate processing and certification.

**USTF Annual Maintenance Membership Fee - Due March 30, 2026**

The USTF reminds all members that the **2026 Annual Maintenance Membership Fee** is now due. The annual maintenance fee is **\$75.00 per individual** and must be submitted no later than March 30, 2026. A **\$20.00 late fee** will be applied to payments received after the deadline. **Waiver Notice:** The 2026 maintenance fee is **waived** for members who joined the USTF between **October and December 2026**.

**Family Discounts:**

- \$75.00 - First family member
- \$50.00 - Second family member
- \$35.00 - Third family member
- \$25.00 - Fourth family member

Members are encouraged to submit their fees promptly to remain in good standing. For additional information or assistance, please contact your instructor.

**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**  
**At this time the camp is full, if you would still like to attend please contact Grand Master Sereff at 303-466-4963.**



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## Sereff World Camp - 2026 - YMCA of the Rockies, Snow Mountain Ranch

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Sereff Taekwon-Do will host the **2026 Sereff World Camp**, offering a week of world - class Taekwon-Do training in the Rocky Mountains. From Grand Lake to Snow Mountain Ranch, campers will enjoy challenging instruction, traditional waterfall and lake training, and guidance from USTF Grand Masters, Senior Masters, and International Instructors.

### Camp Details

- **All campers must stay at the camp** (4-5 per room; linens and three meals daily included).
- Arrive **Sunday, June 21 after 3:00 p.m.** Group check in at 4:00 p.m. *By Grand Master Sereff*
- Carpool from Sereff Taekwon-Do in Broomfield, CO at 1:00 p.m.
- If flying, use Denver International Airport. Depart Friday, June 26 after 5:00 p.m.

### Costs

- **\$700 Room & Board** (includes t-shirt)
- \$350 non-refundable deposit (was due by Dec 30, 2025)
- \$350 balance due by May 1, 2026
- Extra t-shirts \$15; hoodies \$45

Please send travel plans one month prior to camp. You can pay by **check or with credit card**. If you have any questions please call Grand Master Sereff at 303-466-4963 or email: [rsereff@rmi.net](mailto:rsereff@rmi.net)

### The Spirit of Taekwon-Do Lives On - Submitted by Grand Master Sereff, USTF Test Director and USTF Administrator

Recently, there have been remarks suggesting a lack of spirit in Taekwon-Do. However, this spirit is evident among Black Belts and Color Belts who, despite facing significant health challenges, continue to contribute at every scheduled event. These individuals remain focused on the objective rather than on obstacles. Such perseverance exemplifies true spirit. Spirit begins from the moment one starts the day. *When you can't change the direction of the wind, you adjust your sails.*

As we move into 2026 and finally stop accidentally writing "2025" at the top of our notes, we are reminded of the importance of consistency. It's our daily routines, persistent efforts, and ongoing commitment that shape who we are. Recognition matters. Celebrating one another, whether for major milestones or everyday victories (and everything in between), creates a ripple effect. It keeps people connected, encouraged, and constantly progressing.

Taekwon-Do's spirit resides within every one of us, whether we are instructors, students, or supporters. By showing this spirit, we encourage others to join us. It brings happiness, increases enthusiasm, and gives us even more motivation to celebrate accomplishments, no matter what their size.

Join us in embracing the true spirit of Taekwon-Do. Together, let's make a difference.

Grand Master Sereff  
USTF Test Director  
USTF Administrator

