USTF Newsletter

Broomfield, CO

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USTF Step Sparring Seminar - *Submitted by Mrs. Ross, 3rd dan*

On Saturday, October 3, Maestas Taekwon-Do hosted a USTF Step Sparring seminar taught by **Sr. Master Pettijohn.** The course covered step sparring for all ranks, including three-step, two-step, one-step, and semi-free sparring.

Students practiced each level with a partner, working through both routines from the book and sequences they developed themselves. Twenty-nine students attended, including twenty-five first-time participants and four returning for refresher training. Masters in attendance included **Master Honas**, **Master Johnson**, **Master Fitch**, **Master Foster**, **Master Gimelli**, and **Master Nelson**. All black belts will receive 8 hours of continuing education, which is required each year for all active black belts. If you are interested in hosting this type of seminar, please contact USTF HQ.



Photos submitted from the Step Sparring Seminar



Group photo with participants

Calendar Dates 2026

Oct 27: USTF Black Belt Testing: Thornton Community Center. Dfitch@ThorntonTKD.org

Nov 7: USTF Referee Seminar: Broomfield, CO. Contact GM Sereff at rsereff@rmi.net. Start time 10:00 am.

Nov 7: PNW USTF Championship 2026: La Center, WA. Contact: Mr. Young at MYoung@ValleyViewTKD.com

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

Calendar Dates 2027

May 15: USTF Technical Seminar: Arvada, CO. Instructor: GM Winegar. Contact GM Sereff at rsereff@rmi.net.

Calendar Dates 2028

June 18-23: Sereff World Taekwon-Do Camp. Snow Mountain Ranch. Contact GM Sereff at rsereff@rmi.net.



Seminar instructor
Sr. Master Pettijohn

USTF Referee Seminar – *Submitted by Grand Master Todd, USTF Director, Region 2, Axe Taekwon-Do*

On Saturday, October 3, Axe Taekwon-Do at Offutt Air Force Base in Bellevue, Nebraska, hosted a USTF Referee Seminar taught by Grand Master Todd, 9th Dan. Thirty students attended from Nebraska, Missouri, Minnesota, and Alaska. Eighteen participants were recommended for new referee certifications, while twelve previously certified referees completed refresher training. *Participants are listed as recommend because final certification decisions remain with the USTF following review of their applications.* The following students attended for certification:

Recommended for Class A Referee
Mrs. Matheny Ciskowski, 5th Dan (Minnesota); Mrs. Slocum, 4th Dan (Alaska); and Ms. Buckley, 4th Dan (Axe TKD).
Recommended for Class B Referee
Mr. Carthron, 3rd Dan, and Mr. McBride, 2nd Dan (CAT TKD); Ms. Lewis, 2nd Dan, and Mr. Garber, D. 1st Dan (Axe TKD).
Recommended for Class C Referee
Ms. Piele, Mr. DeVries, Mr. May, and Mr. Cordova, all 1st Dan (Axe TKD); Mr. Schuster, Red Belt (CAT TKD); and Mr. Zeman, Ms. Schierman, Mr. Aviles, Ms. Jacob, C., Ms. Jacob, S., and Ms. Jacob, L., all 1st Dan (Kirksville TKD).
Refresher Training Class A Referee
Grand Master Cope (Cope TKD); Grand Master Stephenson, D., (Kirksville TKD); Mr. Perkins, 6th Dan (Harrisburg TKD); Master Bowing, Mrs. Ragone, 6th Dan, Mr. Toppi, 6th Dan, Mr. Buckley, 5th Dan, Mrs. Buckley, 4th Dan, Mrs. Chamberlin, 4th Dan, and Ms. Grant, 4th Dan (Axe TKD); and Mr. Schul, 4th Dan (CAT TKD).
Refresher Training Class B Referee
Mrs. Bush, 3rd Dan (CAT TKD)

The seminar covered the 2018 USTF Rules and Regulations book currently used for USTF tournaments, emphasizing the practical application of judging patterns, sparring, and breaking. The format provided more opportunities to practice in tournament scenarios rather than focusing solely on the book knowledge required to pass a written test. Participants also reviewed expectations for USTF referees and officials, including proper dress, tournament participation, and requirements for competing and refereeing. All black belts in attendance will receive eight hours of continuing education credit for 2026.

The USTF offers several courses that schools can host or students can attend: the Referee Seminar, Basic Ho-Sin-Sul, Ground Tactics Seminar, Knife and Weapons Seminar, Technical Seminar, Breaking Seminar, and Step Sparring Seminar. These are currently the approved courses for earning the eight hours of continuing education required **every year**. If you and your students cannot travel to a course, consider hosting one! Students may also earn their eight hours by attending Sereff World Camp, which is held every other year. The next camp is scheduled for 2028. Contact USTF Headquarters for more information.



Group photo

USTF Referee Seminar – *Submitted by Grand Master Todd, USTF Director, Region 2, Axe Taekwon-Do Continued*



Practice with judging patterns competition



GM Todd assisting a new judge with the bracket



Ms. Buckley center



Mrs. Matheny-Ciskowski center



GM Todd assisting



Mrs. Slocum center



Ms. Lewis center



GM Stephenson, GM Cope, GM Todd and Master Bowing

USTF Black Belt Testing – *Submitted by Mr. Young, IV Dan, Valley View Taekwon-Do, Longview, WA*

On September 26th, PNW USTF Schools held a joint Dan testing presided over by Grand Master **Mason.** Mountain View TKD, Bodystrong TKD Academy, and Valley View TKD promoted 14 candidates. Among the candidates were Mr. **Terry Hopkins**, age 79, Mr. **Anderson Williams,** who started as a Sprout at the age of 5, and Mr. **Kazuki Feinstein,** who received high test score. What an amazing day for Pacific Northwest schools!

Promoted to 4rd Dan: Mr. **Adrian Golbeck**
Promoted to 3rd Dan: Mr. **Terry Hopkins &** Ms. **Jessica Golbeck**
Promoted to 2nd Dan: Ms. **Camille Lyon**, Mr. **Anderson,** Mr. **Ben Chapin**, & Mr. **Hudson Mun**s
Promoted to 1st Dan: Mr. **Emanuel Aho**, Ms. **Jaell Welter**, Ms. **Chloe Bentz,** Mr. **Owen Andrade,** Mr. **Alistar Aho**, Mr. **Sydney Aho**, and Mr. **Kazuki Feinstein.**

Continued next page

USTF Black Belt Testing - *Submitted by Mr. Young, IV Dan, Valley View Taekwon-Do, Longview, WA*

continued



Black belt candidates and testing board

Pictured left to right: Mr. **Egan**, Mr. **Dean**, Ms. **Golbeck**, Mr. **Anderson**, Ms. **Taylor**, Mr. **Muns**, Ms. **Welter**, Mr. **Aaron Golbeck**, Mr. **Polk**, Mr. **Andrade**, Mr. **Chapin,** Mr. **Adrian Golbeck**, Sr. Master **Stoppani**, Mr. **Aho**, Ms. **Lyon**, Mrs. **Sanders**, Mr. **Polk**, Grand Master **Mason**, Mr. **Sanders**, Mr. **Hopkins**, Mr. **Feinstein**, Mr. **Alistair Aho**, Mr. **Sydney Aho**, Mr. **Young**, Mrs. **Allen**, Mr. **Walling**, Ms. **Bentz**, Mr. **Ragsdale**



Ms. Camille Lyon



Mr. Terry Hopkins



Mr. Kazuki Feinstein

USTF Color Belt Testing - *Submitted by Mrs. Matheny-Ciskowski, V Dan, Minnesota Metro Taekwon-Do*

On Oct 10, 2026, Minnesota Metro Taekwon-Do celebrated a milestone with its first white belt testing. Five students demonstrated their skills before a testing board that included Mr. Matheny, 5th Dan of Columbia Academy of Taekwon-Do in Missouri and Mrs. Matheny-Ciskowski, 5th Dan, head instructor of Minnesota Metro Taekwon-Do. All five students successfully completed the testing and were promoted to 9th Gup, White Belt Yellow Stripe. Congratulations to the students on taking this first step in their Taekwon-Do journey!









Columbia Academy of Taekwon-Do *Submitted by Mrs. Bush, 3rd Dan, CAT Taekwon-Do, Columbia, Missouri*

Several members of the Columbia Academy of Taekwon-Do gathered for a one-day retreat at Thomas Hill Lake in Missouri on September 19. Instructors introduced their classmates to activities learned at the 2026 Sereff World Camp. We had a session of agility training using hopscotch rings, a team-pattern competition, and breakfalls into the lake. The water was warmer (and muddier!) than at World Camp, but just as refreshing in the 93-degree heat. We ended practice with a breaking session where some newer color belts accomplished their first multi wooden-board breaks. Following s'mores at the campfire, students practiced their roping techniques on a dummy calf, with many thanks to Mr. Juergens for introducing us to this sport.



CJ Colander (8th Gup) tries roping the wooden calf.



Mr. Johannes Schul (5th Dan) holds the kicking shield for Mr. Muhammad Ahmad (6th Gup) during agility drills.



The Thomas Hill Lake crew. Front row (L to R): Ms. Emily Garth (3rd Dan), Mr. Johannes Schul (4th Dan), Ms. Sarah Bush (3rd Dan). Back row (L to R): CJ Colander (8th Gup), Mr. Jacob Schuster (2nd Gup), Mr. Muhammad Ahmad (6th Gup), Ms. Bareeah Zeeshan (6th Gup), Mr. Joseph McBride (2nd Dan).

USTF Seminars - Looking for a seminar?

Nov 7: USTF Referee Seminar: Broomfield, CO. The USTF Referee Seminar will be held Nov 7, at Sereff Taekwon-Do, in Broomfield, CO. This qualification course will provide initial or upgrade training that is required by all black belts in the USTF. You can contact the host at rsereff@rmi.net for further information.

Words of Wisdom *Submitted by Grand Master Sereff, 9th Dan, USTF Test Director and USTF Administrator*

"Taekwon-Do, to me, appears to be the perfect exercise not only for the body, but also to impart the qualities of inner strength, patriotism, sense of justice, and leadership that are needed to be a leader of men. This is one of the primary reasons why this art should be taught to the young, where it can help mold and/or temper emerging personality traits, and instill a sense of order, discipline, generosity, courage, and humility."

—General Choi Hong Hi

These words remind us that Taekwon-Do offers much more than physical training. Each class provides an opportunity to strengthen the body while developing discipline, confidence, respect, and perseverance. For young students, these lessons can help build a foundation that extends into school, family life, and their communities.

Is Taekwon-Do a good physical fitness program?

Yes. Regular training can help improve stamina, flexibility, strength, balance, and coordination. Practicing patterns, fundamental movements, and sparring gives students varied ways to challenge themselves and work toward their fitness goals.

Should I be in good shape before starting Taekwon-Do?

You do not have to be in good shape to begin. Taekwon-Do is a way to develop physical fitness, with students progressing at a pace appropriate to their abilities. The first step is simply showing up with a willingness to learn.

Times have changed, but the message remains the same: Taekwon-Do offers lasting benefits for the body and mind. With so many activities competing for our time, choose one that encourages both physical fitness and personal growth.

Make your choice Taekwon-Do. Your body will thank you!

