

USTF Newsletter

September 2025
Volume 1 Issue 8



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.

Belt Testing - Kennesaw, Georgia - Submitted by Mr. Omar Welch, IV Dan, USTF State Director, Georgia

On July 28th, 2025, A promotion testing was held in Georgia. Rank and certificates were presented on July 30th, 2025. These young students all exhibited heart and focus with the heat index of 107 degrees!
Congratulations to all the students who tested!

Pictured: Front Row, Right to Left:

Mr. Jeremiah Garland -
9th Gup, White Belt
Yellow Stripe

Mr. Isaiah Garland - 9th
Gup, White Belt Yellow
Stripe

Ms. Catherine Ross - 9th
Gup, White Belt Yellow
Stripe

Ms. Harleigh Walker -
7th Gup, Yellow Belt
Green Stripe

Mr. Matthew Meyer - 9th
Gup, White Belt Yellow Stripe

Second Row, Right to Left:

Ms. Izabella Zielinski - 9th Gup, White Belt Yellow Stripe

Mr. Chayce Flowers - 9th Gup, White Belt Yellow Stripe

Mr. Omar Welch, 4th Dan, USTF State Director, Georgia



Calendar Dates 2025

Sep 2: Black Belt Testing:
Bellevue, NE. GM Todd.

Sep 20: USTF Wyoming TKD
Tournament: Casper, WY. Promoter
Mrs. Wilcox. Flyer:
[2025 Wyoming Tournament](#)
a2willcox@yahoo.com

Sep 27: USTF Step Sparring Seminar:
La Center, WA. Promoter SM Mason.
Mountainviewtkd@gmail.com

Oct 11: USTF Referee Seminar:
Instructor: GM Steadman. Cascade,
MI. Promoter Mrs. Armstrong, 616-
498-2706. Big Dog Taekwon-Do,
Cascade Fellowship Church.

Oct 11: Basic HSS Seminar: Instructor:
Mr. Sean Toppi, 5th dan, Denver, CO.
Promoter GM Sereff. [Basic HSS Course](#)

Oct 19: Sereff Fall Championship
Tournament: Denver, CO.
Promoter GM Sereff. [Sereff Fall
Championship](#)

Oct 25: Black Belt Testing: La Center,
WA. SM Mason.

Dec 2: Black Belt Testing:
Bellevue, NE. GM Todd.

USTF Publishes Regulation on Dress and Appearance - August 2019

Are you aware that the USTF published an official regulation on **Dress and Appearance** in August 2019? This regulation outlines the standards for uniforms, personal appearance, and other guidelines expected of all USTF members. It was **reviewed and approved by Senior Grand Master Sereff**, ensuring it aligns with the Federation's values and professionalism.

You can click on the following link to read the full official guidance on Dress and Appearance provided by the USTF: [USTF Regulation](#)

If you have any questions regarding this regulation, please contact your instructor, state director, or regional director. *Please note: **The only exceptions to this regulation will be granted by USTF Headquarters.***

Stay informed and represent the USTF with pride and professionalism.



Belt Testing - Arvada, Colorado - Submitted by Ms. Emily Bettis, III Dan, Maestas Taekwon-Do



On July 21, 2025, Maestas Taekwon-Do proudly promoted eleven color belt students to new ranks. Mr. Max Wiggs, and Mr. Rudy Rico - 1st Gup, Red Belt Black Stripe. Ms. Scarlett Merrick and Mr. Curtis Lorenz - 2nd Gup, Red Belt. Mr. Gabriel Betts and Ms. Sibil Gulzby - 3rd Gup, Blue Belt Red Stripe. Mr. Josiah Valdez - 6th Gup, Green Belt. Mr. Theo Biber, Mr. Nicholas Biber, and Mr. Francisco Morales - 7th Gup, Yellow Belt Green Stripe. Mr. Frankie Makelky, 8th Gup, Yellow Belt. The high test

scores were awarded to Mr. Josiah Valdez and Mr. Francisco Morales for demonstrating outstanding technique.



Guidance from the USTF - Grand Master Sereff, USTF Administrator and USTF Test Director, August 5, 2025

Situations come up from time to time require some guidance and clarity from USTF Headquarters. As you may know, USTF, under the leadership of Senior Grand Master Sereff, made the decision to part ways with the International Taekwon-Do Federation (ITF) in 2002. This followed a rough period after the passing of General Choi, when the ITF fractured into several groups led by various senior instructors. Some of these individuals, including former USTF black belts, chose to align themselves with different ITF groups in pursuit of what they believed were better opportunities, at the expense of their loyalty to SGM Sereff, their own instructor.

These individuals made a conscious decision to walk away from the USTF. That choice carries lasting consequences. Their departure, given its nature, is not something that can be undone. Returning to the USTF is not an option for them.

As students and black belts in the USTF, there are expectations we follow:

- **You are not restricted from maintaining personal friendships** with those outside the USTF. However, participation in their seminars or tournaments is only acceptable in rare, exceptional cases.
- **ITF organizations** (such as those in Australia, Ireland, or Scotland) that were never part of the USTF may be exceptions. But any such participation should be discussed with us in advance.

Groups that broke away from the USTF in the United States, are a different matter entirely. Attending their open events is strongly discouraged. The USTF already offers more than enough opportunities—tournaments, training camps, and seminars—for your development. There's no need to support those who turned their backs on our organization and SGM Sereff.

Let me be very clear: **We are not one big happy family.** Some may portray it that way, but the truth is these individuals left the very instructor who helped bring Taekwon-Do to the United States—SGM Sereff, who was personally appointed by General Choi to lead and grow Taekwon-Do in this country. That is not just opinion; that is historical fact.

I understand that some of you may still have casual or polite connections with those who left, former classmates, instructors, or students. That's natural. I, too, have "Facebook friends" among them. But that interaction is limited to occasional greetings, not the sharing of ideas, or joint training. This is not harsh, it is simply a matter of living with the choices they made.

Loyalty is one of the most essential aspects of Taekwon-Do. Those who left demonstrated a lack of it, to the USTF, to their instructor, and to the legacy of Taekwon-Do in the U.S.

The USTF expects you to represent the organization with pride, commitment, and loyalty. That includes supporting our events, promoting our teachings, and preserving the integrity of the path SGM Sereff built for all of us.

USTF Referee Course Conducted at Sereff Taekwon-Do

Broomfield, Colorado, on August 16, 2025, Sereff Taekwon-Do hosted the USTF Referee Course, taught by Grand Master **Kirk Steadman**, Head of the USTF Referee Program.



The course was attended by more than 40 participants representing Colorado, Wyoming, and Utah. Attendees worked toward referee certification at multiple levels, with an emphasis on gaining practical experience. Training was a large part of the course covering bracketing, scorekeeping, judging, center refereeing, and time keeping. The course also served with providing 8 hours of continuing education credit for black belts. Seniors in attendance, Sr. Master **Jeff Greene**, Sr. Master **Jim Smith**, Master **Lorie Ruby**, Master **Gahlen Bell**, Master **Scott Honas**, and Master **Dan Fitch**.

The USTF Referee Seminar program continues to uphold the highest standards of professionalism and consistency in tournament officiating, ensuring fair competition and fostering the development of Taekwon-Do.



Calling all USTF Schools: Share your Stories and Photos!

The USTF Newsletter is your platform-and we want to hear from **you!** We encourage all **USTF-affiliated schools** to submit articles and photos for publication in upcoming editions of the newsletter. All articles and photos must be **received by the 20th of the month** prior to the publication date.

Send your submissions directly to **Grand Master Sereff** at rsereff@rmi.net. We look forward to sharing your stories!

Passing of USTF Grand Master Robert Haynes USTF-9-10

November 9, 1947-August 12, 2025

The USTF is sad to announce that Grand Master Robert Haynes of Grand Junction, Colorado passed away at the age of 77. Grand Master Haynes travelled to many events on his motorcycle and was always willing to assist in any capacity. Grand Master Haynes was a former head instructor at Sereff Taekwon-Do.



Passing of USTF Black Belt Mr. Clarke Vestal USTF-5-370

August 2, 2025

Mr. Blaine Clarke Vestal joined the Communion of the Saints on August 2, 2025. He brought much love to our world and finished the race as a good faithful servant. He was the last student graded by Sr. Grand Master Sereff.



USTF Tournaments

Sept 20: Wyoming Taekwon-Do tournament in Casper, Wyoming. Mark your calendar for September 20 as the annual Wyoming Taekwon-Do tournament takes place in Casper, Wyoming. This year's event will be hosted by Mrs. Wilcox at her Taekwon-Do school, promising an exciting competition. The tournament will feature patterns, sparring and team breaking, with teams of three competing. Do not miss out on this thrilling opportunity to participate and support the Taekwon-Do community in Wyoming. For further details you can review the registration and flyer at: [2025 Wyoming Tournament](#).

Oct 19: Sereff Taekwon-Do fall tournament. Grand Master Sereff will host the Sereff Taekwon-Do Fall Tournament on October 19 in Broomfield, Colorado. The tournament will feature patterns, sparring and team breaking, with teams of five competing. For further details you can review the registration and flyer and information at: [2025 Colorado Tournament](#).

USTF Events

USTF Basic Self-Defense Seminar - Broomfield, Colorado

Sereff Taekwon-Do will host the USTF Basic Self-Defense Seminar on **Saturday, October 11th**, from **10:30 a.m. to 4:00 p.m.** The seminar is open to all ranks. The cost is \$75 for first time attendees and \$50 for returning students. Information and registration are available at: [Basic HSS Course](#). Contact Grand Master Sereff at rsereff@rmi.net or call to register.

USTF Referee Seminar - Cascade, Michigan

Big Dog Taekwon-Do, Mrs. Armstrong will host the USTF Referee Seminar on **Saturday, October 11th** from **9:00 a.m. to 4:00 p.m.** The seminar will be held at the Cascade Fellowship Church, Cascade, Michigan. The cost is \$74 for first time attendees and \$50 for returning students. You can contact Mrs. Armstrong at 616-498-2706 to register.

Coming Soon—2026 Sereff Taekwon-Do World Camp at Snow Mountain Ranch

Excitement is building for the **2026 Sereff Taekwon-Do World Camp**, returning once again to the beautiful **Snow Mountain Ranch**! This highly anticipated event will take place **from Sunday, June 21st to Friday, June 26th, 2026**. Participants will arrive on Sunday and depart on Friday, after a week of world-class training, camaraderie, and unforgettable experiences. Due to high interest, space is expected to fill quickly. **Further information will be released soon, and deposits will be due in December 2025.** Stay tuned for updates and get ready for another incredible Taekwon-Do adventure!



Sheridan Taekwon-Do: Summer Training and Picnic

Submitted by Ms. Megan Garretson

Sheridan Wyoming, each year when the YMCA closes for maintenance, Sheridan Taekwon-Do under the guidance of Sr. Master **Robin Johnson**, takes training outdoors. Classes move to the park, where student not only train under the open sky but also enjoy the spray ground.

This summer, training focused on preparing for our annual picnic demonstration. Thanks to Mr. Juergens, who waters a section of his yard all spring and summer to keep it green, we had the perfect space for both our picnic and class demonstration. The day was filled with strong training, great food, and fun memories, another wonderful Sheridan Taekwon-Do summer tradition!



Grand Master Sereff Closing Words - The Spirit of Taekwon-Do

A commitment to training and advancement. The two front rows of USTF Black Belts in your class remember a time when no one wanted to miss a single class with their instructor, every class was valued, and no student wanted to risk falling behind or disappointing their instructor. Times have certainly changed, but the principle of dedication remains the same.

The USTF Gup and Dan Syllabus provide clear guidelines of what is required for advancement in rank. It also allows instructors the flexibility to adapt requirements to the needs of individual students. At USTF Headquarters we keep track of all members who attend seminars as a first time or refresher participant.

A review of recent attendance shows that many students are lacking the required events, including tournaments. There may be legitimate reasons for exceptions, such as medical conditions, surgery, illness, or family emergencies. If you do not have an acceptable excuse, you need to work on catching up on your requirements. In the remaining months of 2025, there are a few events where you can meet your requirements, the Casper Wyoming tournament, USTF Referee Seminars, Basic Ho Sin Sul Seminar, and the Sereff TKD Championship to name a few.



To support students in meeting requirements, the USTF is working on utilizing regional seminar instructors, which help reduce travel and associated costs. In addition, we are in the process of training more instructors to reduce the financial burden of participation.

For those who are content with your current rank, nothing more is required. We would suggest that you support the events that are hosted throughout the year. Ultimately, the success of Taekwon-Do rests on the commitment of students. Only you can make the difference. Be the best student of Taekwon-Do that you can be, the one that strives to be the best!

Grand Master Sereff
USTF Test Director
USTF Administrator

