



USTF Newsletter

Broomfield, CO

September 2026

Volume 2 Issue 9



*The Publisher, **Grand Master Sereff** reserves the right to edit, revise, crop, or otherwise modify all articles, photographs, and other materials submitted for publication to ensure clarity, style, and suitability. Submission of content does not guarantee publication. By submitting materials for consideration, contributors acknowledge and agree that the publisher may make such edits or adaptations as deemed appropriate. Any questions, comments or concerns must be directed to **Grand Master Sereff**.*

Casper Tournament Cancelled – Refer to Page 3

New Requirements for Referee & Dan Applications Effective Immediately

The USTF has made several changes to the requirements for **USTF Referee Certification Applications** and **USTF Dan Testing Applications**. Please review the following information carefully to ensure all paperwork is completed and submitted correctly.

USTF Referee Certification Application

The requirement to submit photos with the USTF Referee Certification Application has been rescinded. Photos are no longer required. The following requirements remain:

- All forms must be **typed or printed clearly**.
- All completed forms and payment must be sent to the USTF **within one week of completing the course**.

The timely submission of referee applications continues to be an issue. Failure to submit the required paperwork promptly can affect the host's ability to hold USTF seminars in the future. Please do your part by completing and submitting your paperwork within the required timeframe.

We are also changing the appearance of the current USTF Referee cards. More information regarding the new cards will be provided in the future. For current referees, the newer cards will be available by attending a USTF Referee seminar as an **initial certification, upgrade, or refresher**.

Calendar Dates 2026

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

Sep 12: USTF Black Belt & Masters Test: Sereff TKD. GM Sereff.

Sep 19: Black Belt Testing: Kirksville, MO. GM Stephenson.

Sep 26: Black Belt Testing: La Center, WA. GM Mason.

Oct 3: USTF Step Sparring Seminar: Arvada, CO. Instructor: SM Pettijohn. Contact: Maestastkd@maestastkd.com

Oct 3: USTF Referee Seminar: Bellevue, NE. Instructor: GM Todd. Contact axetkd@gmail.com. Flyer information: [Flyer-Register](#)

Nov 7: USTF Referee Seminar: Broomfield, CO. Contact GM Sereff at rsereff@rmi.net. Start time 1000 am.

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

New Requirements for Referee & Dan Applications - *continued*

Effective Immediately

USTF Dan Testing Application

The requirement to submit a photo with the USTF Dan Testing application has also been rescinded. Photos are no longer required. The following requirements remain:

- All forms must be **typed or printed clearly**.
- All forms, payment, and your **liability waiver** must be sent to the USTF **within one week of the testing**. Do not send the community service. This is the instructor's responsibility to track.
- The height and weight sections have been removed, as this information is not necessary.

Students work hard to earn their promotions. Let's make sure the paperwork is completed correctly and submitted promptly so they can receive their USTF certificates in a timely manner.

Current USTF Forms

The updated forms are available for download from the USTF website: [USTF Forms](#)

Please make sure you are using the **current versions** of the forms when submitting applications.

New USTF State Director – Mississippi

We are excited to announce the appointment of **Mr. Stewart**, 6th Dan of Senatobia Taekwon-Do as the new **USTF State Director for Mississippi**. Mr. Stewart brings years of Taekwon-Do experience and leadership to this position, and we look forward to seeing him continue to grow and serve the USTF and Taekwon-Do in Mississippi. **Master Bennett** will continue assisting and teaching at Senatobia Taekwon-Do, while supporting Mr. Stewart as he takes on his new responsibilities and continues his Taekwon-Do journey.



Why You Should Submit Articles to the USTF Newsletter

One of the best ways to share what is happening at your Taekwon-Do school is to submit articles and photos to the **USTF Newsletter**. Every school has stories worth sharing, and the newsletter gives you an opportunity to showcase your students, instructors, and the activities taking place in your school.

Share Your Students Accomplishments

Your students work hard, and their accomplishment deserve to be recognized. Promotions, tournament successes, awards, special achievements, demonstrations, and other milestones are great subjects for newsletter articles.

Promote Your School

The USTF Newsletter is another way to let others know about your Taekwon-Do school. Articles can highlight special events, seminars, tournaments and other things that make your school unique. You never know who may read an article and become interested in learning more about your school or about the USTF.

Continued on the next page

Why You Should Submit Articles to the USTF Newsletter

Recognize Your Instructors

Your instructors dedicate countless hours to teaching and helping students develop. The newsletter provides an excellent opportunity to recognize instructors for their accomplishments, promotions, certifications, years of services, or contributions to Taekwon-Do.

Connect The USTF Family

One of the greatest benefits of the USTF is that we draw our lineage from our Founder, **Senior Grand Master Sereff**, directly to the Founder of Taekwon-Do, **General Choi Hong Hi**. When you share your stories, instructors and students across the country and overseas see that we are continuing this legacy.

Articles

You do not have to be a professional writer to submit an article. Simply tell us what happened and who was involved. Include a few photos and we can help you with editing and formatting. Every school has something that is worth sharing. Do not assume your event is too small, or that no one is interested. All articles and photos should be submitted by email to Grand Master Sereff at rsereff@rmi.net.

Wyoming TKD Tournament - Cancelled

Due to the rising costs and low pre-registrations, the Casper Wyoming tournament scheduled for September 26th is cancelled. This shows the importance of pre-registrations to keep our events going. Many hosts require these pre-registrations to purchase medals and pay venue costs. Thanks to Master Willcox for trying to host this event and we look forward to next year.

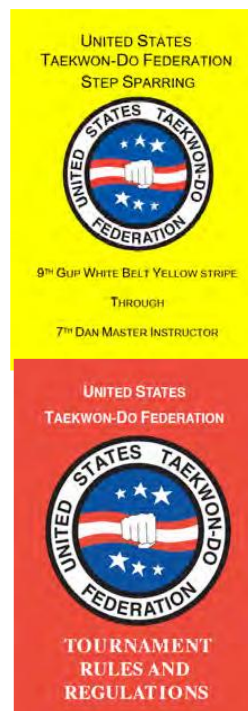


USTF Seminars - Looking for a seminar?

Oct 3: USTF Step Sparring Seminar: Arvada, CO. The USTF Step Sparring Seminar will be held Oct 3, at the Apex Center in Arvada, Colorado. The seminar will be taught by **Sr. Master Pettijohn**. This course will provide training for all ranks. Please refer to the flyer for more details and registration. You can contact the host/seminar instructor at: Maestastkd@maestastkd.com. The registration flyer is available at: [Step Sparring Flyer](#)

Oct 3: USTF Referee Seminar: Bellevue, NE. The USTF Referee Seminar will be held Oct 3, at the Offutt Youth Center, in Bellevue, Nebraska. The seminar will be taught by **Grand Master Todd**. This qualification course will provide initial or upgrade training that is required by all black belts in the USTF. You can contact the host/seminar instructor at axetkd@gmail.com. The registration flyer is available at: [Flyer-Register](#)

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.



Are You Loyal as a Student of Taekwon-Do? *Submitted by Grand Master Todd, USTF Director, Region 2*

In every Taekwon-Do school or organization, one question eventually arises: **What does loyalty really mean?**

For many students, the instructor who first tied a white belt around their waist did much more than teach punches and kicks. They introduced discipline, respect, perseverance, self-control, and the values that define martial arts. They invested countless hours helping student overcome challenges, build confidence, and grow both inside and outside the dojang.

Yet, as students progress, some begin searching for something else. A higher rank. A famous instructor. A larger organization. Greater recognition. Sometimes the promise of quicker promotions or the attraction of prestige becomes more important than the relationship that helped build their foundation.

The question worth asking: **Are you remaining loyal to the instructor who introduced you to Taekwon-Do, or are you chasing the dollar, fame, and fortune?**

True loyalty is not about blind obedience or refusing to grow. It is about remembering those that invested in your journey. Every black belt stands on the shoulders of someone who believed in them when they were beginners. That contribution should never be forgotten. The martial arts world has always valued respect alongside technical skill. Loyalty does not mean a student can never move to another school. Life circumstances, relocation, or health are all valid reasons for change. However, how a student leaves matters. Leaving with gratitude, honesty, and respect reflects the very principles Taekwon-Do seeks to develop.

Students should ask themselves difficult questions. Am I leaving because it genuinely supports my growth, or because I am attracted by promises of status, money, or recognition? Have I shown appreciation to the instructor who guided my first steps? Have I upheld the courtesy and integrity expected of a Taekwon-Do student?

A martial artist's character is measured not only by their techniques but also by how they treat other people who helped them along the way. Belts may fade, trophies may collect dust, titles may eventually be forgotten, but respect and loyalty leave a lasting legacy.

In the end, every Taekwon-Do student must decide what success truly means. Is it fame and fortune, or is it honoring the values that first drew them to the art? To roughly paraphrase Sr. Grand Master Sereff, "Don't forget who brought you to the dance."



AI Generated Image

Referee Seminar Utah - Submitted by Mrs. Sroykum, 6th dan, Utah

Utah had the distinct privilege of hosting a successful Referee Seminar on July 11th in Utah. This event brought together a dedicated group of participants including students from Utah, Wyoming, and Washington, all committed to advancing their officiating capabilities.

We were honored by the invaluable instruction from **Grand Master Steadman**. Grand Master Steadman generously dedicated his weekend to providing valuable instruction on refereeing techniques, tournament procedures, and best practices. His extensive experience was evident throughout the seminar, and his engaging presentation style kept everyone involved. He also shared numerous and, at times, humorous stories from his many years of officiating at tournaments. These real-world experiences added a valuable practical perspective to the formal instruction.

Following the seminar, participants were treated to an exceptionally unique and memorable experience. Grand Master Steadman, was joined by Grand Master Martin who accepted our request to spend additional time with the group sharing their personal reflections about Taekwon-Do.

We are grateful for those who traveled to make this a successful and memorable event.



Back to School – Adjusting for Our Students **Times have changed!**

School used to start after Labor Day in September. Now, in some areas, students are back in the classroom as early as **August 10th!** With the start of a new school year also comes the beginning of school sports such as volleyball, football, soccer, and many other activities.

We want our students to be able to participate in **all their school activities while continuing their Taekwon-Do training.** As instructors, we must be willing to make the adjustments necessary to help our students continue training even when their schedules become complicated.

We also need to recognize that **mental strength is just as important as physical training.** Starting a new school year, balancing homework, sports, friends, family, and Taekwon-Do can be challenging for students. Parents play an important role in this. Supporting your child's Taekwon-Do training while also supporting their school activities can make a tremendous difference.

Get to Know Your Students

As instructors, it is important that we get to know our students. Pay attention to how they are feeling when they walk through the door. When a student comes to class with little energy and says, "I'm tired," give them something to be tired about—but in a **positive way!**

If sparring is their favorite part of training, give them different types of sparring. Try:

No-contact sparring

Light-contact sparring

One-step sparring

Different sparring drills

And, of course, **Freeze Sparring!**

What Is Freeze Sparring?

While the students are sparring, the instructor suddenly calls out: **"FREEZE!"**

The students must immediately freeze in whatever position they are in. They stay completely still until the instructor calls: **"CONTINUE!"**

Try it in your next class. You will probably get a few smiles and laughs and suddenly those students who were "too tired" may not seem so tired anymore!

Make the Adjustments

Every student is different. Some students are dealing with busy school schedules, some are participating in multiple sports, and others may be dealing with injuries or simply the challenges that come with getting older. As instructors, **it is our job to figure out how to make the classes work for our students.**

That may mean adjusting for our senior students, modifying activities for younger students, or changing exercises when someone is dealing with an injury. The goal is not to make training easier; the goal is to make training **effective and appropriate for the student in front of us.**

Back-to-school season is a busy time for everyone. Let's make sure our students know that they can be successful in both their school activities and Taekwon-Do.

