



We encourage all instructors to share the newsletter with all of your students. If you would like to receive the newsletter directly, please submit your full name and email address to Grand Master Sereff at rsereff@rmi.net. As previously stated all schools will submit articles and photos directly to Grand Master Sereff.

USTF Color Belt Testing—Wisconsin

Marquette Taekwon-Do, on **February 7th, 2025**, a testing board featuring Mr. **Sowers**, 5th Dan, and Mr. **Giotta**, 5th Dan utilizing the talents of the corner person Ms. **Spiessl**, 5th Dan tested and promoted the following students. To Yellow Belt: **Marhumah Adebisi**, **Najiyullah Adebisi**, and **Zakiyyah Adebisi**. To Yellow Belt Green Stripe: **Antigone Berger**, **Greta Savola**, and **Parker Aho**.



On **February 10th, 2025**, a testing board featuring Mr. **Sowers**, 5th Dan, Mr. **Giotta**, 5th Dan, and Ms. **Spiessl**, utilizing the talents of the corner person Mr. **Ross**, 3rd Dan, tested and promoted the following students. To White Belt Yellow Stripe: **Skyler Bower**, **Avett Savola**, **Bril Carlson**, and **Tyler Bosley**. To Yellow Belt: **Carmen Argall**, **Ajax Berger**, and **Milo Sweers**. Mr. Giotta relates that he will be moving Marquette Taekwon-Do to Ishpeming Township Hall in the fall.



USTF Black Belt Testing: in the PNWUSTF

On February 22nd, the PNWUSTF held a joint Dan testing presided over by Sr. Master **David Mason**. Six schools attended the event, Mountain View TKD, Bodystrong TKD, Valley View TKD, Golden Tiger TKD, Wolfpack TKD, and Next Level TKD. Four of the schools had Dan candidates testing. Mr. **Ethron Yoon** of Valley View TKD promoted his first 2nd Dan candidate (Mr. **Keith Walling**) from his school. Mr. **Joseph Mason** of Wolfpack TKD promoted his first 1st Dan candidate (Mrs. **Kaitlyn Mason**) from his school. Sr. Master **Brandon Stoppani** of Bodystrong TKD promoted his 32nd 1st dan (Mr. **Anderson Williams**). Sr. Master **Mason** of Mountain View TKD promoted his 56th 1st Dan (Mr. **Daniel Ziegler**). *(continued on page 2)*

Calendar Dates 2025

Mar 1: USTF Breaking Seminar:
La Center, WY. Promoter SM Mason.
Mountainviewtkd@gmail.com
Registration: [Breaking Seminar](#)

Mar 4: Black Belt Testing:
Bellevue, NE. GM Todd.

Mar 8: Black Belt Testing:
Denver, CO. GM Sereff.

Mar 15: Maestas TKD Challenge 2025.
Arvada, CO. Promoter SM Pettijohn.
Registration: <https://www.maestastkd.com/>

Apr 5: USTF Step Sparring Seminar:
Kennesaw, GA. Promoter Mr. Welch.
bsdtaekwondo@gmail.com

May 3: Axe Taekwon-Do Tournament:
Bellevue, NE. Promoter GM Todd.
Flyer/Registration: [Axe TKD Flyer](#)

May 10: Black Belt Testing:
Las Vegas, NV. GM Bosse.

May 17: Pacific Northwest USTF
Championship: La Center, WA.
Promoter SM Mason.
Mountainviewtkd@gmail.com

May 17: 2025 UCHTA Annual Utah Cup
Tournament: Salt Lake City, UT.
Promoter Master Wadium.
cwadium@yahoo.com

May 17: Black Belt Testing:
Senatobia, MS. Master Bennett.

May 29: Black Belt Testing:
Bellevue, NE. GM Todd.

May 31: Spring Black Belt Testing:
Salt Lake City, UT. Master Wadium.
cwadium@yahoo.com

Jun 28: USTF Technical Seminar:
Arvada, CO. 9 AM—4 PM.
Promoter GM Sereff.

Aug 1-3: 2025 UCHTA Summer
Weekend TKD Camp. Morgan, UT.
Promoter Master Wadium.
cwadium@yahoo.com

Aug 28: Black Belt Testing:
Bellevue, GM Todd.

USTF Black Belt Testing: PNWUSTF

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Sr. Master **Mason** and Sr. Master **Stoppani** both complemented the younger instructors for their dedication to teaching, operating schools, and developing students. They commented on how the next generation of instructors was critical to helping continue the legacy of Sr. Grand Master **Sereff**. After testing, the schools enjoyed an all-rank workout as it is rare to have all the schools together due to the distance in the two states.

Promoted to 3rd dan: Mr. **Aron Golbeck**, Bodystrong TKD, instructor Sr. Master **Stoppani**.

Promoted to 2nd dan: Mr. **Keith Walling**, Valley View TKD, instructor Mr. **Young**.

Promoted to 1st dan: Mrs. **Shawna Zigler-Rentz**, Ms. **Camille Lyon**, Mr. **Kendrick Thomas**, and Mr. **Daniel Ziegler**, Mountain View TKD, instructor Sr. Master **Mason**. Mrs. **Kaitlin Mason**, Wolf Pack TKD, instructor Mr. **Mason, J.** Mr. **Anderson Williams**, Bodystrong TKD, instructor Sr. Master **Stoppani**. Mr. **Benjamin Chapin**, and Mr. **Hudson Muns**, Valley View TKD, instructor Mr. **Young**.



Black belt candidates and testing board

Pictured left to right: Mrs. Mason, Mr. Ragsdale, Mr. Golbeck, Mr. Williams, Mrs. Ziegler, Mr. Muns, Mr. Ziegler, SM Stoppani, Mr. Chapin, Mr. Thomas, Mr. Walling, Mrs. Mason, SM Mason, Mr. Mason, Ms. Lyon, Mrs. Sanders, Mr. Egan, Mr. Dean and Ms. Allen.

USTF School Registration Reminder

Remember to submit your Taekwon-Do school registration. This fee is required annually for any school with over 20 students. There are no other special fees for any USTF region or schools. This program replaced the USTF Plaque Program. The registration fee is \$50 per year and provides instructors with a discount on USTF merchandise and is due each year by **January 31st**. When submitting your registration, ensure you include the official name of your Taekwon-Do school. Thank you for your continued support of the USTF.

USTF Taekwon-Do Policies

Please refer to the following links for the policies of the USTF that are currently in effect.

[USTF Harassment Policy](#)

[USTF Dress & Appearance Policy](#)

[USTF Transgender Policy](#)

USTF Article Submissions

Articles and submissions will be sent to Grand Master Sereff at rsereff@rmi.net. If you have a flyer or event you would like to be linked, please feel free to provide it, and we are happy to include it.

All articles need to be submitted by the 20th of the month.

Calendar Dates 2025 (cont)

Sep 20: USTF Wyoming TKD Tournament: Casper, WY. Promoter Mrs. Wilcox. a2willcox@yahoo.com

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

Oct: Sereff Fall Championship Tournament: Denver, CO. Promoter GM Sereff.



Mr. Adrian Golbeck and Mr. Aron Golbeck, 3rd dan Hol Sin Sul with weapons.



Ms. Camille Lyon—High Test Score

Sereff World Camp: A Legacy That Continues

In 1985, a publication called Sereff's USTF News highlighted some exciting and memorable activities that still resonate with Taekwon-Do students today. Back then, Sereff's Camp Taekwon-Do was held at the scenic Snow Mountain Ranch and featured a thrilling blend of War Games, Spartan Training, and the ever-popular Trivia Bowl. One of the standout instructors was Mr. Mike Winegar IV Dan, now Grand Master Mike Winegar.

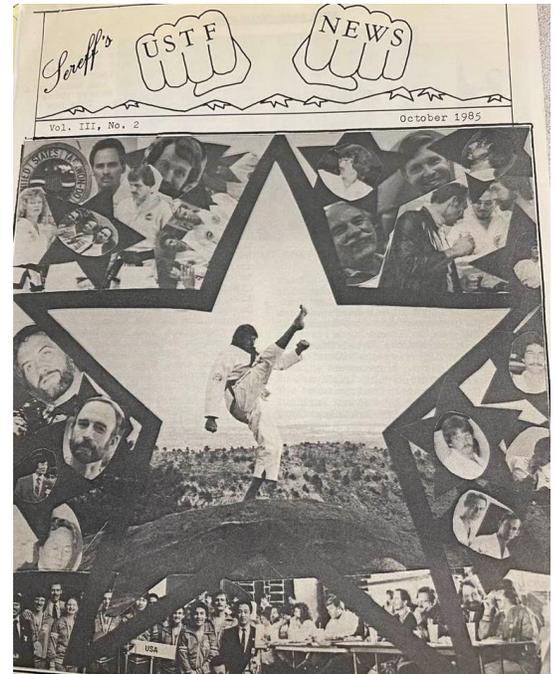
A typical day at the camp was packed with rigorous training and learning, including basic techniques, patterns, kicking drills, step-sparring, Ho Sin Sul (self-defense), and breaking. As the sun set, the fun didn't stop. Evenings were filled with games like the No-Talent Talent Show, War Games, and Trivia Bowl—adding an element of fun and camaraderie to the camp experience.

Does this sound familiar? We are proud to continue this incredible legacy today. After 40 years of successful camps, we are excited to announce that the next Sereff World Camp is scheduled for 2026. We invite you to join us and be part of this tradition that has shaped and inspired Taekwon-Do practitioners for generations. We hope to see you there!

2026 Nationals & Camp

In order to save students money, Grand Master Sereff is considering combining the USTF Nationals & Sereff World Camp to be held in June 2026. Preliminary planning is to have competitors arrive on a Friday. The tournament patterns and sparring will take place on Saturday, finishing with breaking on Sunday morning. We are also considering waiving the weigh-in requirements that require students to arrive early on Friday. Students attending Sereff TKD World Camp would depart after the tournament. Camp would run from Sunday to Friday as in previous years. These changes would allow students to attend both events with one travel expense. Of course, students could attend one or the other, but the hope is that students plan to attend both.

In 2025, enjoy a break from the larger events to spend time with your family. As always, we appreciate your support in attending events, but will continue to help you find a balance between TKD events and family!



Inner School Tournament—Senatobia Taekwon-Do, Senatobia, Mississippi

On February 22nd, 2025, Master **Jeremy Bennett** hosted a inner school Taekwon-Do tournament featuring the rules of the USTF. Master Bennett reports the tournament was a success with 22 competitors and provided both the competitors and officials with experience.



Grand Master Sereff Closing Words - Strength in Corrections

When a senior corrects you, it's easy to take it personally. After all, no one likes to feel like they have made a mistake or that their efforts are not being recognized in the way they hoped. But in truth, correction is a part of growth. As much as we might want to avoid it, it's through these lessons we learn to improve and get closer to being the best version of ourselves.

Over the years, many of us have faced correction, and not just once or twice. It's part of the journey. However, some students may choose to leave an organization when confronted with a correction, thinking it's too much to bear. These decisions often come from an excuse rather than a reflection of their commitment.

I will never forget a moment from years ago when General Choi stayed at our home. He asked for my opinion on the new blue Taekwon-Do uniforms. Sr. Grand Master Sereff looked at me and subtly shook his head, signaling that I should be cautious with my response. But General Choi insisted. He genuinely wanted to know what I thought, so I told him honestly, the fabric didn't breathe well, and the design was too form fitting, especially for women.



Without missing a beat, he simply replied, "Woman no more talking." To be honest, I think he meant, "Shut up." Despite these words, I didn't let it affect me. I finished cleaning the kitchen, changed into my uniform, and headed to the gym to test for my IV Dan, with General Choi presiding over the exam. The rest, as they say, is history.

This experience taught me something valuable: there are no expiration dates on goals. No matter how tough things get or how harsh the correction may feel, your goals remain intact. What matters most is how you respond—whether you let it deter you or use it to fuel your next step.

So, the next time you face correction, remember it's not personal. It's an opportunity for growth. Keep your eyes on your goals and continue moving forward. There is no timeline for achieving greatness, and it's never too late to press on toward your goal.

Grand Master Sereff
USTF Test Director
USTF Administrator

