

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

The National Newsletter of the United States Taekwon-Do Federation

The Taekwon-Do Flash is published by the Academy of Martial Arts, Inc. The Editor is F.M. Van Hecke. The mailing address is P.O. Box 953, Grafton, WI 53024. E-Mail [fmvh1@mac.com](mailto:fmvh1@mac.com). Archived at USTF Region III site [www.ustf-region3.org](http://www.ustf-region3.org) Persons submitting photographs, letters to the editor, reactions to published articles or articles will be deemed to have consented to their publication unless specifically specifying otherwise. The editor reserves the right to edit any submission prior to publication. Persons submitting materials represent that they have the right to publish the submitted materials and images and submit the same without seeking compensation .

## COMING EVENTS

**Fairchild Taekwon-Do** will conduct a Black Belt test on August 7 at Mexico, Missouri.

On August 12 Master **Anthony Giese** will conduct a Knife & Self-defense Seminar. Contact Headquarters for registration & details. 303-466-4963.



On May 20<sup>th</sup> **Mountain View Martial Arts & Fitness** hosted the **Pacific Northwest USTF Championships**. Promoter was Mrs. **Lynette Mason**; Tournament Director was Mr. **Jon Ragsdale** and Chief Referee Senior Master **David Mason**. This was the first tournament that the northwest USTF had since before covid and was attended by seven schools! Schools in attendance were as follows. **Mountain View Taekwon-Do, Bodystrong Taekwon-Do, Next Level Taekwon-Do, Valley View Taekwon-Do, Golden Tiger Taekwon-Do, Mount Rainer Taekwon-Do** and a special guests schools **Fairbanks Taekwon-Do** from Fairbanks Alaska and **Wolf Pack Taekwon-Do** from Carson City Nevada Materials related to this important event are continued in following pages.

The **Pacific Northwest USTF Championship** was marked in that there were 18 teams competing in Team Patterns! There were four Grand Champion awards given out, along with a Grand Champion Team award in Team Patterns. Pictured below, Team Patterns **Kendrick Thomas, John Ong, and Camille Lyon.** and, pictured to the right, Adult Color Belt Grand Champion **Jobe Kirner** and his instructor **Larry Buckley.** Further news from the tournament, next page.



Also on August 12 a large Black Belt test will be conducted at **Columbia Academy of Taekwon-Do**, Columbia, Missouri.

A Black Belt Testing will be held at **Las Vegas Taekwon-Do Studio** on August 19 under the able guidance of Sr. Master **Joe Bosse.**

August 26, Tournament Time! Kirksville, Missouri. Promoter Grand Master **W. Stephenson**, Chief Referee Master **James**

**Rolston.** The Eighth Annual rendition of this event.

The **23rd Annual Wyoming Invitational** tournament will be held on September 16 in Casper, Wyoming. Always a positive experience and well-officiated. Contact: Sr Master Jerry Sisco (307) 267-2336  
[jerrysisco@bresnan.net](mailto:jerrysisco@bresnan.net)

On October 7, look for the **Axe Taekwon-Do Tournament** in Bellevue,

Nebraska. Tournament Director Grand Master **Kirk Steadman**, Chief Referee Ms. **April Bowling**.

**Mountain View Taekwon-Do** will host a Dan testing, First through Fourth Dans, on October 14. In addition to Mountain View, testing Taekwon-Do schools are **Bodystrong, Valley View, Golden Tiger, and Nest Level**.

A USTF Breaking Seminar will be taught by Grand Master **Ricky Todd** at La Center, Washington on November 4; the Promoter is Mr. **Thomas Egan**.

### AROUND THE COUNTRY

April 29, there was a Wyoming Black Belt Testing at **Rocksprings Taekwon-Do**. Hopefully an article and pictures to be shared in the next issue.

A USTF Knife and Weapons Seminar, Promoter Dan Pingleton, was held April 29 at Columbia, Missouri. Hopefully an article and pictures to be shared in the next issue.

On May 20 the **UCHTA ANNUAL UTAH CUP INVITATIONAL TOURNAMENT** was held in Salt Lake City, Utah. Hopefully an article and pictures to be shared in the next issue.

More Grand Champions from the **Pacific Northwest USTF Championships**. Left, Grand Champion Color belt Pee Wee **Owen Andrade** and Instructor **Ethron Young**, center, Grand Champion Black Belt **John Ong** and Instructors Sr. Master **David Mason** and **Lynette Mason**, and, right, Grand Champion **Annabelle Vadnais-Olivia** and Instructors **Linda Allen** and **Craig Fahrenholtz**. Our gratitude to Sr. Master Mason for his excellent submissions.



On June 3 at the **Academy of Martial Arts, Grafton**, hosted a USTF Grappling & Ground Tactics seminar promoted by Master **Steve Osborn**. The instructor was Grand Master **Earl Weiss**. 28 students from Illinois, Wisconsin, Michigan, and the U.P. were in attendance. Pictured is Grand Master Weiss with the delegation from the Upper Peninsula of Michigan., Here, left to right, State Director **Chuck Giotto**, Grand Master Weiss, and **B. Hilija Spiessl** and **Heidi Spiessl**, Fifth Dans. This outstanding course, led by an outstanding instructor, covered offensive and defensive ground tactics, both offensive and defensive, from the USTF perspective. Masters **Steve Osborn** and **Mike Van Pietersom**, Mrs. **Mary Lubner**, Mrs. **Marianne Armstrong**, Dr. **Jeffrey Wilt**, Mr. **Adam Sweemer**, Misses **B. Hilija Spiessl** and **Heidi Spiessl**, and F.M. Van Hecke were “refreshers,” and those achieving certificates were: **Jacob Weiss, Alex Rupert, Joshua Rupert, Joevan Grospe, Aaron Prohuska, Shaunak Chaudhuri, James Niemira, Aniello Vigilia, Cassie Bosse, Charles Giotto, Mark Joseph, Keeley Sprik, Trevor Sprik, Larry Diaz, Ethan Diaz-Lawton, and Jacob Scholten..**



A Black Belt testing was held at Kirksville, Missouri, on June 10. **Tim AuBuchon, Ethan Tatro, and Ashley Lane** tested for Second Dan.

A USTF Breaking Seminar was taught by Grand Master **Ricky Todd** on July 15.

**NEW FLASH STRINGER NAMED**

F.M. Van Hecke, Editor and President of the Publisher for the **TKD Flash**, the national newsletter of the United States Taekwon-Do Federation, announced on June 22 the appointment of Miss **Erin McGovern** to the News Department. [Pictured below.]

Speaking before an assembly of cheering Flash employees in Auditorium B of the Flash’s Manhattan headquarters in the Flash Building, the Editor stated: “We are elated by this sterling

step forward by **Maestas Taekwon-Do**, furnishing this excellent and able replacement for the talented Marsha Wright, whose historic service we acknowledge with gratitude. Maestas has a long record of excellent Stringers. But this will be our first viola player.”

Miss McGovern, a Second Dan, joins Grand Masters **Renee Sereff** and **Ricky Todd**,



Sr. Masters **Guy Williams** and **David Mason**, Mses. **Corinne Sroykum, Linda Allen, Sharon Spungen**, and Mr. **Scott Foster** in the Fulitzer Prize-winning News Department. Sereff, Todd and Williams are previous

D.F.S. Award Winners.



**Maestas Taekwon-Do** held a black belt test Sunday, May 21st, at Apex Recreation Center in Arvada, Colorado. Mr. **Joel Bettis** was promoted to 3rd Dan and Ms. **Naomi Bettis** was promoted to 2nd Dan. Mrs. **Amy Bettis**, Ms. **Amaya Sisnroy**, and Ms. **Avenlea Sisnroy** were promoted to 1st Dan black belt. Pictured above, back row from left: Grand Master Kirk Steadman, Sr. Master Robert Pettijohn, Mr. Joel Bettis, Mr. Ryan Makelky, Master Scott Honas, Mr. Matt Shifferly, Mr. Silas Gulsby, Ms. Brianna Bettis, Jacob Olsen, Grand Master Renee Sereff. Right of Grand Master Kirk

Steadman, from left: Ms. Tracey Pettijohn, Mrs. Amy Bettis, Ms. Naomi Bettis, Ms. Avenlea Sisnroy, Ms. Amaya Sisnroy, Ms. Clare Johnson, Ms. Marsha Wright, Harley Camp. Center, Ms. Naomi Bettis in perfect form. Below right, testing candidates awarded their new belts, congratulated by Sr. Master Robert Pettijohn. From left: Mr. Joel Bettis, Ms. Naomi Bettis, Ms. Amy Bettis, Ms. Amaya Sisnroy, Ms. Avenlea Sisnroy, Sr. Master Robert Pettijohn.





### New UTF School!

On Saturday June 3rd Wyoming celebrated our new school in Casper, Wyoming. YMCA of Natrona County at 1611 Casper Mountain Road. We had our monthly Black Belt/Red belt class with over 40 participants. All head instructors were present for our monthly meeting afterwards. Celebration and presentation to most of our BB testing candidates for our April 29th testing in Rock Springs. After the BB class we celebrated Youth Day at the Casper David Street Station (not pictured) hosted by the YMCA with about 25 of our students. This was a great opportunity to



increase our presence in our community with our new school. Pictured from top to bottom are the group photo, a photo of the proud recipients of their various degrees attained on April 29, and a pic of and Instructors Mrs. Amy Willcox, Sr. Master Gerald Sisco, Sr. Master Robin Johnson, Mrs. Kerri McDill, Mr. Jordan McDill, Grand Master Stan Martin, Master Roland Flynn and Master Anthony Giese.



On July 1 a Black Belt test was conducted at the **Sheboygan Falls Academy of Martial Arts**. Presiding were Masters **Mike Van Pietersom** and **Rick Bauman**, Sixth Dan Mrs **Mary Lubner**, Fifth Dans Mr. **Marc Mikkelson** and (Wisconsin State USTF Director) **Jacqueline Karpinsky**, and F.M.



Van Hecke (IX)/. At the Corner was the able Mr. **Jacob Scholten**.

Testing were Miss **Natalie Johnson**, student at the host school, and Academy of Martial Arts—Grafton students Mr. **Cylis Zirtzlaff** and Mr. **Shaunak Chaudhuri**, the former two for First Dan and Mr. Chaudhuri for his Second Dan.

Congratulations are in order for all. Above: the group. Below, the three make their breaks.

**Maestas Taekwon-Do** held a color-belt test Thursday, June 15th, at Apex Recreation Center in Arvada, Colorado. Six students tested. High test score was awarded to **Grace**



**Bettis**, who tested for 4th gup blue-belt. Pictured above, from left, back row: Rudy Rico, Mr. Ryan Makelkey, Mrs. Amy Bettis, Mr. Silas Gulsby, Mr. Dan Nelson and Mr. Joel Bettis. Farthest right: Sr. Master Robert Pettijohn, Ms. Clare Johnson, Ms. Tracy Pettijohn. Middle Row, from left: Ms. Emily Bettis, Grace Bettis, Ms. Naomi Bettis, Mrs. Marsha Wright, Laura Makelkey, Emily Vogt, Sean Lund-Brown. Front row, to the right of Ms. Naomi Bettis: Sybil Gulsby. Right, Sr. Master Pettijohn congratulates high test score recipient, Grace Bettis.







Sr. Master **Guy Williams**, Head Instructor at Fairbanks Taekwon-Do, announced gup level promotions, after rigorous testing of: **Jullian Browning** to 5th gup, **Declan Holmes** to 7th gup, **Lilly Ray** to 9th gup and her brother **Joel Ray** to 9th gup. Congratulations in order!

**Cowns Taekwon-Do** held it's first USTF Gup testing on July 13<sup>th</sup>. It was a small event. We have about 15 students but several are out on vacation so only three were able to test. These students started in April and tested for 9<sup>th</sup> Gup. Hopefully the others will return and be ready soon to test. I relocated from Texas last year. Our group trains at Benson Park and Recreation here in Benson, North Carolina. Our classes are Monday and Thursday evenings at 7 pm. All USTF Members are welcome to train with us, with their Instructor's permission of course.

Master Freddie Cowns  
Cowns Taekwon-Do  
817-812-7740





Maestas Taekwon-Do held their annual **Maestas Team Challenge Tournament** Saturday March 18th, in Arvada, Colorado. Multiple schools attended to compete in the event, bringing students from multiple states. Students competed individually in patterns, sparring, and breaking, while schools competed for the team prize. [Photos: Above, schools

and their students celebrate winning Team Challenge trophies. To the left, Black Belt men's division leave it all in the ring. And on the right, Corner judges watch carefully as the blue-belt boys sparring division progresses.

*Erin McGovern, F. S.*





USTF Nationals 2023 were held on June 24 and 25 in Broomfield, Colorado. In attendance were, 9 Grand Masters including Grand Master Mike Winegar, 15 Sr. Masters, 11 Masters plus 80 working USTF Referees, pictured above. Over 200 competitors attended the event starting at weigh in for Black Belts on the 23<sup>rd</sup> at Sereff Taekwon-Do. A quick set up of the rings at Broomfield High School the next day was accomplished per Mr. **Jason Rose** and his helpers by 8:30 am and the opening ceremony was on time at 9:00 am. After introductions and coming to order the Bettis family sing the National Anthem beautifully. Grand Master **Kirk Steadman**, Tournament Director and Grand Master **Ricky Todd**, Chief of Referees, conducted a Referee meeting while officials started bracketing color belts. All color belt competition including Pattern and Sparring was completed in the morning with Black Belt competition in the afternoon. Many of the Black Belts worked as tournament staff and officials all morning and then changed into uniforms and competed in the afternoon. We were able to use many Masters and Sr. Masters for ring officials in the afternoon. Adult Color Belt Grand Champion was **Rafal Prusinowski**, Sereff Taekwon-Do, Jr. Color Belt Grand Champion was **Leo Sroykum**, Ohdoilkwan Taekwon-Do, Jr. Black Belt Grand Champion was **Aron Golbeck**, Body Strong Taekwon-Do, and Black Belt Grand Champion was **Staci Chamberlin**, Axe Taekwon-Do. A brief meeting of Regional, State Directors and Masters was held by Grand Master Renee' Sereff early Saturday evening. [Pic below] Sunday breaking competition results for Team Breaking are 1<sup>st</sup> Place, **Armed and Dangerous**, Axe Taekwon-Do, 2<sup>nd</sup> Place Kirksville Taekwon-Do, 3<sup>rd</sup> Place was **Offutt Warriors**, Axe Taekwon-Do, and 4<sup>th</sup>, **Board to Tears**, Sereff Taekwon-Do. We want to thank everyone who made this National event a success. [Pictures on this and following pages.]

*Grand Master Renee' Sereff, D.T.S.*





Picture credits for Nationals photos: G.M. R. Sereff, Master James Sroykum, Mrs. Deedee Connell, the Krogman Family, and Your Humble Editor.









