

The T.K.D. Flash

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The National Newsletter of the United States Taekwon-Do Federation

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COMING EVENTS

On June 1 in Salt Lake City the **Utah Chang Hun Taekwon-Do Alliance** will hold a Black Belt Testing.

SEREFF WORLD CAMP: is set for June 16 through 21 in the beautiful Rocky Mountains. Camping, hiking, entertainment, courses, workouts, and lots of fun. Join in that fun, but

remaining places extremely limited. "Wait list" at best. Contact USTF Headquarters, 303-466-4963.

A USTF Ground Tactics Seminar will be conducted at Sereff Taekwon-Do, Broomfield, Colorado, on July 20. The instructor is to be Master Anthony Giese. Your Humble Editor has attended Master Giese's Ground Tactics Seminar and highly recommends it. (Poster this issue.)

Pictured for **Marquette Taekwon-Do's** last test from left are Ms. **B. Hilija Spiessl**, **Katie Dorony** to 5th Gup, **Michael Paling** to 4th Gup, **Ariana Bowers** to 6th Gup and Mr. **Chuck Giotto**. Also tested in the month of March were **Greta Savola** to 9th Gup, **Thea Savola**, to 8th Gup, **Ella Boyd** to 8th Gup. The following were all promoted at a week later to 9th Gup: **Mikela Bowers**, **Elaina Bowers**, **Eero Niemela**, **Jennifer Niemela**, **Antigone Berger**, and **Milena L.** We also had a children's class of 4-5 year olds celebrating their accomplishments in Taekwondo-Do: **Carmen Argall**, **Alex Berger**, **Milo Sweers**, and **Oliver Gage**. We're alive and well and practicing our Taekwon-Do up here in the U.P.!





The **Academy of Martial Arts**, Grafton, Wisconsin, hosted a USTF Referee Seminar on April 13. The Instructor was Master **Rick Bauman**. Certifying were Dr. **Karl Krogman**, Mr. **Eric Williams**, **Joshua Rupert**, and **Alex Rupert**. Refreshing were Mssrs. **James Pals**, **Mark Johnson**, **Dan Kelly** and Msdms. **Caren Johnson** and **Mary Lubner**.

On July 27 **Sheridan YMCA Taekwon-Do** will hold a Black Belt test.

Senatobia Taekwon-Do will host a USTF Basic Ho Sin Sool Seminar at Senatobia, Mississippi, on August 10. Master **Jeremy Bennett** is the Promoter.

And, never letting the moss grow, Master Bennett's **Senatobia Taekwon-Do** has scheduled a Black Belt test for November 2.

LETTER FROM THE EDITOR

O.K., I've been doing this newsletter thing for a lot of years now (36) and doing it for USTF for some time. And I appreciate all the kind commentary from our subscribers. But we need a hand, something simple to do but nevertheless vital: we need Stringers. I'd like every school owner to consider appointing (or becoming) a Flash Stringer. That Blue Belt working on her journalism degree, that eager young faculty member, that "willing to help" spouse who

already does your Facebook. It doesn't require specialized knowledge, constant attention, or superhuman photographic skills. Just a willingness to report a brief summary of your school's events, be they a gup test, a picnic, a tournament, a demo, a promotion, what-have-you. If you've got a photo or photos, so much the better. We'd furnish "how to" material, and do all the editing, composition, etc. You and your schools do such great work, why not share it with Flash subscribers? Why not add "Flash Stringer" to your or their Taekwon-Do Resume"? You join the distinguished company of our News Department: Distinguished Flash Stringers Grand Masters Renee' Sereff and Ricky Todd and Sr. Master Guy Williams and Flash Stringers Sr. Master David Mason, Mrs. Corinne Sroykum, Dr. Linda Allen, Mrs. Sharon Spungen, Mr. Scott Foster, and Ms. Erin McGovern. They will all, I assure you, attest that our generous salaries and benefits are beyond measure. And it can be fun! Imagine YOUR byline in print, and, more

importantly, your school, its teachers, its students, receiving the much-deserved reward of acknowledgement for good work done. Just e-mail me at fmvh1@mac.com

AROUND THE COUNTRY

Sr. Master **Paul White** hosted a Black Belt testing on February 8 at **New Life Taekwon-Do**, Arvada, Colorado.

On March 9 a Black Belt test was held at **Big Dog Taekwon-Do** in Grand Rapids, Michigan. Promoter, Regional Director **Marianne Armstrong**.

On April 20, the **Axe Taekwon-Do Invitational Tournament** was held.

A Black Belt testing was scheduled for April 27 for the **Casper YMCA Taekwon-Do**, Master **Roland Flynn**, Promoter.

The **A.A.M.A. Spring Classic Tournament** brought together four states and eight schools for competition in Sparring, Patterns, and Team Patterns on April 27 at Grafton, Wisconsin. The Tournament Director was **Jim Pals**, Sixth Dan, the Chief Referee Master **Rick Bauman**. The Promoter was Grand Master F.M. Van Hecke.

Columbia Academy of Taekwon-Do held a Black Belt testing on May 9 in Columbia, Missouri

Mountain View Taekwon-Do, under the able leadership of Senior Master **David Mason**, sponsored a Black Belt test on May 17. Testing were candidates for First, Second, Third, Fourth, and Sixth Dan.

On May 18, the **Pacific Northwest USTF Championships** was held in LaCenter, Washington. Promoter Mrs. **Lynette Mason**, Tournament Director Senior Master **Brandon**

12 schools joined **Maestas Taekwon-Do** at the **Maestas Team Challenge**, held in Arvada, Colorado on March 23. 85 competitors represented their schools in patterns, sparring, and individual breaking, helping their schools compete for the team prize. On the Team-Prize-Podium: Mr. **Dan Fitch** representing **Thorton Taekwon-Do** in third, Mrs. **Kerri McDill** representing the Wyoming schools in second, and Master **Scott Honas** representing **Maestas Taekwon-Do** in first place. More pics, next page.

Erin McGovern, F.S.



Stoppani, Chief Referee Senior Master David Mason.

Also on May 18, **Utah Chang Hun Taekwon-Do Alliance** hosted the **2024 UCHTA Annual Utah Cup Invitational Tournament** at Salt Lake City.

Maestas Taekwon-Do held a black belt testing on May 19th. We'll look forward to hearing about promotions in the next issue.



To all USTF,

It is with deepest sympathy we mourn the loss of Grand Master **Larry Winn**, April 8, 2024. One of the strongest supporters of the USTF, he made a difference in so many lives. Throughout the years of ill health he continued to make people smile. The legacy of Grand Master Winn lives on with his family and students. As we receive more details about the celebration of life, we will pass them on.

Grand Master Renee' Sereff



At left, Mr. **Joel Bettis** (left) and Mr. **Ryan Makelky** (right) fight for first and second place in the men's heavyweight division. at the March 23 **Maestaw Team Challenge**. Below, **Gabriel Bettis** (left) and **Sybil Gulsby** (Right) perform pattern Won-Hyo in the junior green belt division.



The Academy of Martial Arts, Grafton, Wisconsin, conducted a gup level test on May 1. Presiding were Master **Mike Van Pietersom**, Mrs. **Mary Lubner**, Sixth Dan, and Mr. **Eric Williams**, First Dan, and Grand Master F.M. Van Hecke. Assisting was Dr. **Karl Krogman**, First Dan. At the Corner were Mssrs. **Rosh Selvakumar**, **Joshua Rupert** and **Alex Rupert**.

Testing to Gup One Black Stripe were **Khoi Le**, **Khai Le**, and **Vin Le** and to Gup Three Red Stripe **Sashwath Suriyaraj**, **Trishan Ghosh**, **Pranay Balaji**, **Saina Modak**, **Saija Modak**, and **Saina Balaji**. Testing to Gup Five Blue Stripe were **Erin Williams**, **Kate Williams**, **Gwen Williams**, and **Ari Krogman**. Testing to Gup Seven Green Stripe were **Cora Vizanko**, **Pardhu Kallepu**, **Vikranth Kallepu**, and **Disha Talagapu**. **Liliana Alvarez** tested to Gup Eight Yellow Belt and **Grace Vizanko** to Gup Nine Yellow Stripe. Likely late tests will be **Josh Vizanko** and **Miles Krogman**, respectively for Gup Eight Yellow Belt and Gup Three Red Stripe. Below, Vinh Le's turning kick neatly snaps an adult-sized board held by Dr. Krogman. Photo credit: Hong Le.





On December 9th, students from four different schools in Utah came together for a fantastic black belt testing. Utah now has six new first dans: **Parker Valles** from **Dubbled Taekwon-Do**, **Sammy and Ben Drummond** from **Community of Grace Taekwon-**

Do, **Parker VanBeekum** and **Joseph Larson** from **Jeontong Taekwon-Do**, and **Leo Sroykum** from **Ohdoilkwan Taekwon-Do**. Congratulations to all! Photos, right, Parker Valles launches impressive twisting kick, Group pic above: back row from left to right Ben Drummond, Sammy Drummond, Parker Valles, Parker VanBeekum, Joseph Larson. Front row: Leo Sroykum.





On April 27th, 2024 Wyoming had its quarterly color and black belt testing in Rock Springs, Wyoming hosted by Master **Roland Flynn**. All head instructors were present including Mrs. **Gayna Kuhl** (left front). 27 color belts with 3 black belt candidates. Black

belt candidates Mr. **Aron Corey** to 2nd Dan- Ms. **Lisette Carty** and **Alex Carty** to 1st Dan. Color belt high test score winners from left to right were Ms. **Hanna Tran** (best Ho Sin Sol) Mr. **Jameson Burgess** (break) and Ms. **Genevieve Wilson** (pattern). It



was a great day for the USTF and Wyoming - Thanks to all instructors , candidates and students for all of your work and dedication.

— Submitted by
Grand Master Stan Martin



On March 16th the **Utah Chang Hun Taekwon-Do Alliance** held a Weapons Defense Seminar in Sandy, Utah. We were fortunate to have Master **Anthony Giese** instruct us. Students from schools across Utah and Wyoming came together to better understand how defend against different weapons. We learned to identify kill points and the importance of protecting those areas. We learned how to defend against many types of knife and staff attacks while moving efficiently. We even learned some techniques to use if the fight ends up on the ground! Thank you Master Giese! We look forward to taking more seminars from you in the future!



Corinne Sroykum, Stringer



On Saturday, April 20th, at Offutt Air Force Base in Bellevue, Nebraska, **Axe Taekwon-Do** hosted the **15th Annual Axe Taekwon-Do Invitational Tournament**. The USTF sanctioned tournament featured competitors from several states including Nebraska, Missouri, Colorado, Minnesota, Alaska, and Utah.

The Tournament Director was Grand Master **Dustin Stephenson**, and the Chief Referee was Master **April Bowling**. Tournament Promoter – Grand Master **Ricky Todd**. The announcer for the event was Mr. **Joe Toppi**. The medic was Mrs. **Stephine Bowling**. Opening the tournament, Ms. **Ashleigh Ragone**, 4th Dan, sang the National Anthem. Grand Master **Renee’ Sereff** welcomed the crowd and participants with opening comments. There were too many individual winners to list in the newsletter, but pictures have been posted on the Axe Taekwon-Do Facebook page and by Grand Master Sereff.

After the individual patterns and sparring competition, points were tabulated for an overall Grand Champion of the tournament. The Black Belt division winner was Ms. **Ashleigh Ragone**, 4th Dan from **Axe Taekwon-Do**. The Junior Black Belt division winner was Ms. **Ella Long**, 1st dan from **Harrisburg Taekwon-Do**. The Color Belt division winner was **Logan DeVries**, yellow belt green stripe from **Axe Taekwon-Do**.




Grand Master Ricky J. Todd, D.F.S.



Thank you Grand Master **Mike Winegar** and all Grand Masters that helped teach the **2024 USTF Technical Course** May 4th at the Apex Recreation Center in Colorado. **Maestas Taekwon-Do** hosted the event. The new format that was taught was successful and gave everyone the workout they came for! Grand Master Winegar taught the first Black Belt pattern for each rank and had time to answer many questions along with a brush up of our Taekwon-Do etiquette. A moment of silence was held in honor of Grand Master **Larry Winn**; we will miss him. Master **James Sroykum** was kind enough to photograph the event, Building A More Peaceful World, one photograph at a time! The states represented were Alaska, Colorado, Wyoming, Utah, Michigan, Wisconsin, Georgia, Nebraska, Illinois, Missouri, and Oregon. Celebrating the 50th Anniversary of the USTF made this day one for the ages! In the group photo, above, Grand Masters Griffin, Steadman, Martin, Winegar, Sereff, Weiss seated. Right, Fifth Dan Caitlyn Fitch picking up pointers on pattern So-San from course instructor G.M Mike Winegar.





July 20, 2024

Starts 10:30 am –3:30 pm

USTF Ground Tactics Seminar

**Sereff Taekwon Do will host
Master Anthony Giese,
Wyoming State Director to instruct this
course.**

**Cost: \$75.00 First time
\$50.00 Refresher**

*Please call 303-466-4963 to pre-register for
this course by July 6th. Checks to be made
out to STKD sent with signed liability form.*

*Wear your uniform and bring light snack for
early afternoon. If you are ill, please stay
home because lots of contact!*