



USTF Step Sparring Seminar

October 3, 2026

8am-3pm

Apex Rec. Center
13150 W. 72nd Ave
Arvada, CO

Host: Senior Master Pettijohn, VII
maestastkd@maestastkd.com

Senior Master Pettijohn, VIII, will lead the Step Sparring seminar.



His enthusiasm for Step Sparring makes this seminar not only highly educational, but also engaging and enjoyable.

Participants will gain a clearer understanding of the vital role Step Sparring plays in our overall Taekwon-Do development, while learning the finer technical details that improve precision, timing, and execution.

The skills and insights gained during this training will elevate your testing performance, demonstrations, and self-defense application.

- All ranks are welcome
- Wear your complete uniform
- All USTF Gup/Dan level Step Sparring will be covered
- This seminar can be used as 8 hours Continuing Education for 2026

Attendees must be at least 12 years old, or have their instructor's written permission and approval of Senior Master Pettijohn.

USTF Step Sparring Seminar - October 3, 2026

Registration

Name _____ Rank _____ Age _____ Sex _____
Address _____ City _____ State _____ Zip _____ Phone _____
Contact Information – Cell or email _____
Taekwon-Do School Name _____

Location: Apex Recreation Center Date: Saturday, October 3, 2026
13150 W. 72nd Ave. Time: 8am-3pm
Arvada, Colorado Check in: Doors open at 7:45am

Seminar Fee: Refresher	\$50	_____
Red/Black Belt	\$75	_____
4 th & 3 rd Gup Blue	\$60	_____
6 th & 5 th Gup Green	\$45	_____
8 th & 7 th Gup Yellow	\$30	_____
10 th & 9 th Gup White	\$15	_____

Pre-Registration is strongly encouraged

Make checks payable to Maestas TKD. Mailing Address: 8326 Taft Street, Arvada, CO 80005 To submit payment electronically; Venmo and PayPal to clarej312, Zelle to email maestastkd@maestastkd.com

Liability & Photograph Release

In consideration of your acceptance of my, and/or my child's participation in this event, I hereby, for myself, and for an on behalf of my child, indemnify, release forever discharge and agree to hold harmless North Jefferson Taekwon-Do, Inc (d.b.a. Maestas Taekwon-Do), Apex Park and Recreation District, Jefferson County Public Schools, United States Taekwon Do Federation, Inc. and the officers, employees and agents thereof, from any all liability, claims, or demands for personal injury, sickness, or death, as well as property damage and expenses of any nature whatsoever, including reasonable attorney's fees, which may be incurred by the undersigned and/or the child-participant as a result of participating in this event.

I clearly understand that the sport and art of Taekwon-Do involves bodily contact. I am aware of my, and my child's personal medical condition and hereby certify that my and/or child's participation is voluntary and that I, and/or my child, am mentally and physically fit to participate in said event.

I hereby consent to and authorize the taking of photographs or videotape in which I, and/or my child may appear. I hereby waive for myself, and for and on behalf of my child all rights or privacy in and to any said photographs or tapes, including without limitation, any and all claims for libel and/or invasion of privacy. I hereby grant for myself, and for and on behalf of my child to Maestas Taekwon-Do the irrevocable right and permission, in respect to the photographs or videotape that is has taken or has had taken of me to use, re-use, publish, re-publish, modify and display the same, in whole or part, individually or in conjunction with other photographs, and in conjunction with any other copyrighted matter, in any and all media now or hereafter known, for illustration, promotion, art, advertising and trade, or any other purpose whatsoever; and to use my name in connection therewith if it so chooses.

Signature of Participant _____ Date _____

Signature of Parent/Guardian if participant is under 18 years of age:

_____ Date _____

My health insurance is through _____ and is current