

LEWIS INSTITUTE/TAE PARK MID-SOUTH  
TKD ASSOCIATION

24TH ANNUAL NATIONAL & INTERNATIONAL SEMINAR, COLOR-  
BELT & BLACK-BELT TESTING

*APRIL 10TH & 11TH*

*MCCRACKEN COUNTY HIGH SCHOOL*

*PADUCAH, KENTUCKY U.S.A.*

**THIS YEAR'S FOCUS:**

TAE PARK TAE KWON DO  
WORLDWIDE, WORLDCLASS

***SPECIAL GUEST:***

**GRAND MASTER TAE ZEE PARK**

- ✧ *9th Degree Black-Belt*
- ✧ *12 Time National & World Tae Kwon Do Champion*
- ✧ *President And Founder*  
*Tae Park Tae Kwon Do of The United States of America*

***ALSO IN ATTENDANCE:***

**GRAND MASTER RICHARD WARREN**

- ❖ **9th Dan Black-Belt**
- ❖ **Vice-President Of Tae Park Tae Kwon Do and President of World Class Tae Kwon Do**

ALSO, IN ATTENDANCE THERE WILL BE GRAND MASTER LYNN BERNARD, JUNIOR GRAND MASTER ROBERT BARSS AND JUNIOR GRAND MASTER MICHAEL HUFF.

***NATIONAL SEMINAR DIRECTOR & HOST:***

**GRAND MASTER DENNIS LEWIS**

- ❖ **President of Lewis Institute Mid-South TKD Association**

ALONG WITH VERY DISTINGUISHED SPECIAL GUESTS THERE WILL ALSO BE A HOST OF SENIOR MASTERS AND MASTER INSTRUCTORS PRESENT AT THIS GREAT EVENT.

**Note:** This will be one of the few times that students can be taught by All Grand Masters at the same venue. The cost of the seminar package is \$75.00 per student which includes 5 authorized and approved Tae Park Tae Kwon Do Boards. The boards can be picked up at the seminar. There will also be a certificate of participation.

**Special Note:** We are going to once again use a modified system this year. Basic classes will consist of White Belt thru Green Belt and Advanced classes will consist of Blue, Red, and Black-Belts. This works best for us, and it just makes everything simple for the students and instructors.

There will also be some Seminar Specialty Singular Classes and some Rotating Classes that will be occurring at the same time. I am asking everyone TO PLEASE BE FLEXIBLE.

**Note:** All profits from The Lewis Institute Seminar, Grand Master Lewis and Grand Master Park Will Donate to World Class Tae Kwon Do Our Non-Profit Organization.

# Schedule of Events:

Friday April 10th, 2026

8:00 a.m. – 7:00 p.m. (11 hours)

- 8:00 a.m. – 8:45 a.m. At the door registration, board pickup and distribution. The boards can be picked-up from Master Betty Henderson at The McCracken County High School in Paducah, Kentucky.
- 9:00 a.m. – 9:10 a.m. Everyone Line Up (10 minutes)
- 9:10 a.m. – 9:30 a.m. Master Daniel Arguera will lead basic exercise (20 minutes)
- 9:30 a.m. – 10:00 a.m. Grand Master Richard Warren will lead basic patterns (Whole Group 30 mins.)  
*Note: As Grand Master Warren is leading Basic Patterns, All Other Masters will assist him by helping with the students that are lined up and participating in Basic Patterns.*
- 10:00 a.m. – unlimited Grand Master Richard Warren will start intense interview with Possible Master Instructors Testing Candidates.
- 10:00 a.m. – 11:00 a.m. Grand Master Lynn Bernard, Junior Grand Master Robert Barss & Junior Grand Master Mike Huff will lead Basic Kicking (Whole Group 1 hr.)  
*Note: While Grand Master Lynn Bernard, Junior Grand Masters Barss & Huff are leading Basic Kicking, all Other Masters will assist with everyone else that is participating with basic kicking.*
- 11:00 a.m. – Noon Senior Master Lemon Williams, Advanced Defensive Steps to Blue Belts and Above (1 hr.)
- 11:00 a. m. – Noon Master Terry King, Master Marcus King, Master Bruce Park Jr., Master Amanda Spicer and Master Yvette Simon – Basic Kicking Techniques Using the “Bob” (1 hr.)
- Noon – 1:00 p.m. Lunch (1 hr.)
- Note: On Friday April 10th during lunch, Dr. Rudy Triana will discuss various topics about health and continuing health, especially health as we get older. This will be for Master Instructors Only and it will take place in the Masters Room during lunch. This will be Part 1 of Part 2, and it will be about 30 minutes in length from 12:30 p. m. until 1:00 p. m. Part 2 will take place on Saturday April 11th in the Masters room during lunch.*

1:00 p.m. – 5:00 p.m. Masters, Senior Masters, Junior Grand Masters and Grand Masters Teaching.

*Note: On Friday April 10th each rotating group will have various time periods. Parents are welcome and can be included in each Group Session. We will have 2-3 minutes to change classes and please try to stay on schedule but please be understanding if a student must go to the bathroom or is sick etc.*

*Note: When a Lewis Institute staff member comes into your class and tells you that it is TIME TO ROTATE, please be courteous and get ready to rotate. Do not wave the staff member(s) off and just continue to keep talking. This throws the whole seminar off schedule.*

*WHEN IT IS TIME TO ROTATE THEN IT IS TIME TO ROTATE.*

1. Junior Grand Master Robert Barss, Senior Master Lemon Williams  
Advanced 2 on 1 Fighting (1 hr. 10 minutes)  
*Note: This class is for Blue-Belts and Above*
2. Master Daniel Arguera & Mr. Chris Bell  
Basic Innovative One-Step Sparring (40 minutes)
3. Senior Master Brian Anderson, Senior Master Troy Eckert and Senior Master Larry Feuerstein  
Advanced TKD Defense Against a Gun and Knife (1 hr. 10 minutes)
4. Senior Master William Tetro  
Basic Exercise One-Step Sparring Using Steps, Making Good Partners, and  
One-Step Self-Defense (40 minutes)
5. Senior Master Peter May, Master Dr. Rachel Harshbarger, and Master Connie Elam  
Advanced TKD Self-Defense in Street Clothes (1 hr. 10 minutes)
6. Senior Master Constance Ensing  
Basic Tae Kwon Do History and Basic Tae Park TKD History (40 minutes)
7. Master Valarie Lucas and Master Russell Williams  
Basic Forms Showing Each Self-Defense Move (40 minutes)
8. Master Terry Warmath & Master Bruce Park Jr.  
Basic One-Step Sparring and Quickly Changing into Exercise Free Sparring (40 minutes)

4:30 p.m. – 5:00p.m. Tae Kwon Do Manners – Senior Master Lemon Williams  
(Whole Group – 30 minutes)

6:00 p.m. – 7:00 p.m. Master Instructors Testing

*Note: This will be a closed Testing and will take place in the conference room at the hotel. Sa Bum Nim has asked that 6th Dans and above to be the judges. Master Daniel Arguera will call the test.*

7:30 p.m. – Midnight Masters Conference

This will consist of various topics and discussions with Sa Bum Nim. The conference will be conducted by Grand Master Warren. This conference will take place in the meeting room at The Hotel. Refreshments will be served.

*Note: This is for Master Instructors Only.*

*Please give Sa Bum Nim and Grand Master Warren your undivided attention and please NO SIDE BAR CONVERSATIONS.*

# Schedule of Events:

Saturday April 11th, 2026

8:00 a.m. – 7:30 p.m. (11 hrs. 30 minutes)

- 8:00 a.m. – 8:10 a.m. Everyone Line Up
- 8:10 a.m. – 8:30 a.m. Master Daniel Arguera will lead exercise (20 minutes)
- 8:30 a.m. – 9:00 a.m. Grand Master Richard Warren will lead basic patterns (30 minutes)  
*Note: While Grand Master Warren is leading Basic Patterns then All Masters will assist with the students.*
- 9:00 a.m. – unlimited Grand Master Warren will continue intense interview with possible Master Instructor Candidates.
- 9:00 a.m. – 10:00 a.m. Junior Grand Master Robert Barss and Junior Grand Master Huff will lead basic kicking (1 hr.)  
*Note: As Junior Grand Master Barss and Huff are leading basic kicking then ALL MASTERS will assist with the students during basic kicking.*
- 10:00 a.m. – Noon Grand Master Lynn Bernard will teach Advanced Kicking. (2 hrs.)  
*This class is for Blue Belts and above and it will be taught in a Special Room*
- 10:00 a.m. – Noon Master Terry King, Master Marcus King, Master Russell Williams, Master Yvette Simon, Master Karen Benchich, and Master Kathleen Thompson Teaching Basic Punching & Striking Techniques Using the “Bob” (2 hrs.)
- 10:00 a.m. – Noon Master Dr. Rachel Harshbarger  
Basic & Advanced Young Ladies Class About Respect, Self-Esteem and Self-Defense (1 hr.)  
*Note: This is a specialty class.*
- Noon– 1:00 p.m. Lunch (1 hr.)  
  
*Note: Dr. Rudy Triana will teach Part 2 of various topics concerning health, especially as we get older. This class is once again for Master Instructors Only and it will be taught during lunch in the Masters Room. It will be about 30 minutes in length from 12:30 p. m. until 1:00 p. m.*

1:00 p.m. – 3:15 p.m. Masters, Senior Masters, Junior Grand Masters, Grand Masters and Instructors Teaching.

1. Senior Master William Golombisky, Senior Master Troy Eckert, Senior Master Lemon Williams, Master Jessica Illiff and Master Sherri Benedict---Basic Target Practice Using Steps to Contact Focus Pads (1 hr.)
2. Junior Grand Master Mike Huff  
Advanced TKD Vital Spots (40 minutes)
3. Master Cornelia Montgomery  
Advanced Class on Communication & De-Escalation Training (40 mins.)
4. Master Larry Arthur  
Advanced Martial Arts and the Law of Self-Defense (40 mins.)
5. Master Patricia Ramos  
Basic TKD Drills (1 hr.)

3:00 p.m. – 3:30 p.m. Certificates (30 minutes)

4:30 p.m. – 6:30 p.m. Lewis Institute National Color-Belt & Black-Belt Testing (2 hrs.)  
*Note: I would like all Masters to judge.*

6:30 p.m. – 7:00 p.m. Gifts & Acknowledgements (30 minutes)

7:00 p.m. – Midnight Dinner & Party  
*Note: The Party will be held at The McCracken County High School Cafeteria*

WE ARE ASKING THAT EVERYONE GIVE A DONATION  
TO OFFSET SOME OF THE EXPENSE FOR THE FOOD

*Children who are 5 years old and under are free.*

*Absolutely No Alcohol & Tobacco Products Please (Cigars, Cigarettes, Chewing Tobacco, etc.)*

## **The seminar Package Is \$75.00 PER STUDENT**

***Note:** The seminar package will include 5 approved Tae Park TKD Boards. The boards can be received from Tae Park Products and can be picked up from Master Betty Henderson on Friday April 10th, 2025, from 8:00 a. m. until 8:45 a. m. at The McCracken County High School. Tae Park Products will donate \$1 from every board sale to WCTKD Inc., our non-profit organization to help individuals and students for possible travel And Academic Scholarship Support. Also, as a bonus, all proceeds from The Lewis Institute/ Tae Park Seminar will be donated to WCTKD BY GRAND MASTER DENNIS LEWIS AND GRAND MASTER TAE ZEE PARK.*

Please bring your students from around the country.

EVERYONE IS WELCOME AT THIS GREAT EVENT

Please mail all checks and seminar applications **by March 21st, 2026**, to:

**Master Betty Henderson**

**1645 Spruce**

**South Fulton, TN 38257**

**Phone: 731-697-6071**

**Note:** The seminar applications and medical release forms can be found on Grand Master Lewis' website: [www.midsouthtkd.com](http://www.midsouthtkd.com)

**Note:** Seminar applications will also be accepted AT THE DOOR AT THE MCCRAKEN COUNTY HIGH SCHOOL AT THE DAY OF THE EVENT, SO PLEASE EVERYONE COME AND ENJOY.

Thank you very much,

Grand Master Dennis Lewis  
International Seminar Director & Host