



In our 29 years in Verona we have promoted the following students:

498 - 1st Degree Black Belts
67 - 2nd Degree Black Belts
15 - 3rd Degree Black Belts
3 - 4th Degree Black Belts
1 - 5th Degree Black Belt
1 - 8th Degree Black Belt
585 Total Promotions

MARCH 14, 1992 (1)
Jeff Christensen - 8th

1) FEBRUARY 28, 1998 (4)
Marcia Richardson
Heidi Meyer-Spidell
Jack Richardson
Nick Richardson

2) JUNE 6, 1998 (5)
Nate Tiedt - 2nd
Travis Hefty - 2nd
Laura Roberts
Patti Richardson
Michael Winger

3) MARCH 6, 1999 (2)
Kirk DeCremer
Linda Winger

4) JUNE 19, 1999 (2)
Nicole Habermehl - 2nd
Jonathan Stamm

5) MARCH 18, 2000 (8)
Brandon Woods - 3rd
Shanna Beckwith - 3rd
Marty Falk - 2nd
Mark Quirk - 2nd
Deirdre Habermehl
Billy Stuessy
Matt Stenseth
Tyler McConville

6) JULY 15, 2000 (15)
Eddie Praksti - 4th
Greg Kesler - 3rd
Katie Hendrickson - 2nd
Alex Gust - 2nd
Jordan Poast
Amanda Spencer
Bob Johnson
Ted Waldbillig
Kirsten Stamm
Eric Knippel
Ashley Peterson
Casey Peterson
Alex Koedam
Ronja Zweifel
Nicole Janisch

7) OCTOBER 12, 2000 (13)
John Knippel
Kris DeCremer
AJ Stanford
Alex Stanford
Brittany Habermehl
Diane West
Tyler Kleven
Jay Johnson
Cheryl Gandolph
Dustin Hendrickson
Greg Dalhoff
Tasher Losenegger
Jan Daugherty

8) MAY 12, 2001 (9)
Chris Woods - 2nd
Angeline Bickner
Scott Winger
Max John
Jason John
Dylan Barrett
Joseph Fiess
Alyson Barrett
Erik Anderson

9) NOVEMBER 3, 2001 (14)
Rose Powers - 3rd
Pam Frazier - 3rd
Kristin Gherke - 3rd
Taylor Kostecki
Joseph Dalhoff
Sean Corrigan
Cathy John
Jack Johnson
Justine Hedrington
Chris Helwig
Zach Tidd
Jordan Thompson
Danny Elver
Matthew Meyers

10) JUNE 3, 2002 (6)
Brandon Salaway
Brandon Malick
Erin Bunnell
Robyn Bunnell
Anna Wiebusch
Hans Wiebusch

11) APRIL 5, 2003 (24)
Derek Toomey - 3rd
Jenny Engelke - 3rd
Eric Damon - 2nd
Tyler Damon - 2nd
Colton Collins
Tory Nestler
Carson Bainbridge
Stephen Gilbert
Ashley Luginbuhl
Bryce Blakley
Jason Tiedt
Keaton Grandier
Ethan Blakley
Corey Boebel
Parker Coleman
Adam Beckerleg
Logan Sweeney
Gus Haley
Joe Klopotic
Anna Klopotic
Aaron Palmer
Zach Palmer
Trevor Bass
Jake Erbe

12) OCTOBER 18, 2003 (20)
Karla Beckwith - 2nd
Jackson Hutchcroft - 2nd
Kristen LeaVesseur - 2nd
Janaye Hutchcroft - 2nd
Derek Blankschein
Alex Witz
Lee Haley
Jenna Gust
Roya Weiss-Weinberg
Kim Nestler
Alex Hitt
Jarrod Hitt
Meghan Kerrigan
Kara Kerrigan
Ryan Blair
Devin DuBeau
Jeni Nestler
Jeff Kubly
Kaylan Mullendore
Nichole Davis

13) MARCH 6, 2004 (18)
Josh Bollig - 2nd
Derek Miles - 2nd
Mary Jo Trapani
Katie Noyes
Pat Bainbridge
Tom Toomey
Emily Bass
Rachel Underwood
Steven Underwood
Elyse Pierce
Sommer Kuhn
Erika McCulloch
Christian Fish
Kylie Fish
Nick Fish
Amanda Snodgrass
Mark Blair
Casey Achenbach

14) SEPTEMBER 25, 2004 (12)
Dave Engelke - 3rd
Sara Monroe - 2nd
Eric Hauser - 2nd
Emi Janisch
Tim McCosh
Kolby McConville
Savannah Novy
Ben Watters
Aaron Meyer
Jared Durlauf
John Damon
Kaitlyn McCosh

15) MARCH 12, 2005 (21)
Katie Schmitz - 2nd
Jason Reilly - 2nd
Mike Assink - 2nd
Andrew Hill
Tyler Bloomfield
Jenny Kesler
Eli Weiss-Weinberg
Julian Pazynski
Roger Kubly
Kyle Vock
Ryan Brumm
Emily Brumm
Austin Ginter
Troy Granick
Amy Velloff
Aaron Durlauf
Sabrina Ginter
Miranda Kemper
Marcus Wisniewski
Riley Rung
Cassidy Rung

16) SEPTEMBER 17, 2005 (20)
Bill Florac - 5th
Jessica Florac - 3rd
Stewart Bass - 2nd
John Martin
Davis Christianson
Emily Christianson
Louie Blaser
Brandon Bennett
Matt Renk
Eric Lockhart
Devon Cook
Adrianna Awes
Mikaila Roth
Jordan Lentz
Mike Cashman
Ross Hermus
Hunter Hitzemann
Steven Pedretti
Emma Blankschein
Mallory Durlauf

17) FEBRUARY 25, 2006 (25)
Caitlyn Slawny - 3rd
Fern Reilly - 3rd
Mary Romolino - 2nd
Alec Batson - 2nd
Enzo Monroe - 2nd
Matt Jones - 2nd
Sally Monroe
Greg Hanson
Jake Prochaska
Matt Wiltbank
Nick Gelly
Danielle Brooks
Al Brooks
Scott Hook
Trevor Hook
Kevin Cashman
John Cashman
Evette Grgurich
Marina Awes
Connie Timmens
Guy DuBeau
Jordan DuBeau
Logan Loeffelholz
Logan McCormick
Dana Gelly

18) AUGUST 26, 2006 (10)
Michelle Kachel - 2nd
Maia Bailey - 2nd
Hayden Gerry - 2nd
Amanda Johnson
Michael Krantz
Jasmine Leidich
Heather Scanlon
Candice Fry
Sean O'Connor
Austin Schlueter

19) MARCH 3, 2007 (14)
Dillon O'Donnell - 2nd
Aylise Grossenbacher-McGlamery - 2nd
Spencer Polk - 2nd
Lindsey Welch - 2nd
Colin Pitman
Kyle Welch
Mike Brooks
Kendra Beckwith
Devon O'Malley
Mitchell Hageman
Nancy Hageman
Kirsten Jameson
Cole Blakley
David Jameson

20) AUGUST 25, 2007 (10)
Jacob Hale
Lee Witz
Meghan Ledin
Baylee Hale
Collin Ledin
Michael Daubs
Gavin Christianson
Hunter Bourne
Lauren O'Connor
Veronique Yeo

21) MARCH 15, 2008 (5)
Kelsey Mullins - 4th
Brennan Mullins
Tristian Luther
Bennett Yeo
Andrew Wenman

22) AUGUST 23, 2008 (3)
Bretton Jaggi - 2nd
Connor Sell - 2nd
Jordan Hutchcroft

23) FEBRUARY 7, 2009 (13)
Costas Tsiolis - 4th
Tony Kummer - 3rd
Harry Gillespie - 2nd
Emily Kaldenberg
Allison Farrell
Noah Helbach
Josh Helbach
Ryan Gruber
Naomi Wong
Nathan Helbach
Sydney Schaefer
Reagan Klawiter
James Kemper

24) AUGUST 29, 2009 (10)
Nolan Fink - 2nd
Nik Christoffel - 2nd
Europa Christoffel - 2nd
Asia Christoffel - 2nd
Jonas Pipp
Jacob Bowers
Chandler Bainbridge
Sara Williams
Ty Albrecht
Eric Albrecht

25) FEBRUARY 20, 2010 (2)
Brett Wagner
Paul Stiller

26) AUGUST 14, 2010 (4)
Natalie Myers - 2nd
Louisa Latimer
Kyle Hammer
Olivia Latimer

27) FEBRUARY 19, 2011 (8)
Danielle Slawny - 2nd
Ryan Gitzke - 2nd
Jordan Schaefer
Adam O'Donnell
Bailey Andre
Paige Zahler
Brady Wagner
Nicole Quakenbush

28) AUGUST 27, 2011 (6)
Ethan Brey - 2nd
Mikayla Brey - 2nd
Joe Scalissi
Dana Janssen
Mackinzie Collins
Richard LaFleur

29) FEBRUARY 25, 2012 (9)
Krisann Karls - 2nd
Alex Fritsch
Emma Furniss
Michael Yao
Amanda Yao
Andrew Zhai
Hayden Ingram
Sam Wood
Nick Marten

30) AUGUST 12, 2012 (10)
Alex Kois
John Wang
Richie Sawyer
Andrew Bolduc
Gabbie Sawyer
Jessica Wang
Colton Godfriaux
Liza Gillespie
Kyla Jerome
Kayla Johnson

31) APRIL 28, 2013 (15)
Graham Meyer - 2nd
Benjamin Mast - 2nd
Samuel Mast - 2nd
Lance Lafler
Jacob Connor
Mia Newman
Ana Kois
Gavin Holmes
Finley Deischer
Cruz Dexter
Nikolas Schmidt
Max LaFond
Maddie Marten
Alex Klimm
Shannon Stuart

32) NOVEMBER 10, 2013 (16)
Elizabeth Hanson - 3rd
Esther Kassel - 2nd
Logan Lafler
Jack Snodgrass
Kadin McDermott
Luke Eggen
Sugeeth Sathish
Cole McDermott
Austin Kaczmarzski
Cameron Mullins
Daniel Makovec
Austin Wedige
Joyce Lin
Sean Parry
Evan Grimme
Grace Parry

33) APRIL 27, 2014 (10)
Brendon Fewel
Graham Stier
Nick Groves
Evan Maier
Emilee Rebholz
Porter Sundin-Donahue
Luke Steele
Dayne VanderMause
Rob Mizelle
Ian Grossenbacher-McGlamery

34) NOVEMBER 10, 2014 (11)
Cecylia Richards - 2nd
Lauren Breunig - 2nd
Garrett Fletcher - 2nd
Bianca Barredo
George Robords
Meera Manoharan
Ryan Candella
Ena DeGuzman
Duncan Robords
Rachel Breunig
Alyssa Rosanes

35) APRIL 26, 2015 (11)
Maria Tsiolis - 3rd
Abby Walsh
Maccoy LaFond
Josh Torres
Sheryl Scalissi
Sophia Tsiolis
Olivia Mizelle
Natalia Schenck
Alexis Yaucher
Kyle Hoppe
Jori Walsh

36) NOVEMBER 15, 2015 (7)
Danielle Palas
Ryan Witz
Maddox Jacobson
Raymond Walsh
Amanda Lin
Maria Grosse
Gabby Linder

37) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

38) NOVEMBER 13, 2016 (13)
Keira Ylvisaker - 2nd
Rod Runnheim - 2nd
Chase Runnheim - 2nd
Brianna Runnheim - 2nd
Cayden Betts - 2nd
Chloe Smith
Kacy Smith
Will Leuer
Sam Haack
Caleb Volk
Jake Sanborn
Spencer Churchill
Ethan Johnson

39) APRIL 23, 2017 (4)
Zach Boomer
Caleb Hermanson
Jacob Justeson
Tyler McGown

40) NOVEMBER 12, 2017 (10)
Harvey Kassel - 2nd
Landon Fure
Will Johnson
John Olajos
Lucy Trueman
Avery Thomson
Evan Lederer
Braden Lafler
Jack Ryan
Darren Klingaman

41) APRIL 29, 2018 (9)
Alexis Torres - 2nd
Lizzy Mesenberg
Griffin Wiriyen
Elfin Wiriyen
Easton Mesenberg
Devin Borchert
Kris Lee
Bailey Hmielewski
Megan Huie

42) NOVEMBER 11, 2018 (6)
Zach Zembroski - 2nd
Isabelle Lanz
Marlee Reed
Divit Konduru
Dannika Debertin
Nowell Reed

43) APRIL 28, 2019 (8)
Alyssa Larson - 2nd
Bastian Dougherty
Faith Waefler
Joshua Hernandez
Justin Hutchcroft
Kiwa Pairama
Connor Lavin
Tenley Sathoff

44) NOVEMBER 17, 2019 (12)
Jaden Hockensmith - 2nd
Katie Hockensmith - 2nd
Matt Doyle - 2nd
Todd Wuethrich - 2nd
Carsten Tereba - 2nd
Prithvi Konduru
Lily Ferris
Zane Yeazel
Gwen Doyle
Anthony Seelen
Joe Seelen
Faatyr Moneer

45) JULY 9, 2020 (8)
Oliver Dolejs
Jack Migon
Macy Bellin
Julianna Olajos
Jack Johnson
Brady Jensen
Zach Lemke
Donovan Smith

46) APRIL 10, 2021 (13)
Jack Ross
Laine Ross
Haashim Osman
Cash Waisbrot
Evelyn Feng
Mike Nowacki
Parker Waisbrot
Reagan Harbach
Marcus Real
Lucas Nowacki
Piper Waisbrot
Cristian Real
Kaitlyn Mullin

47) DECEMBER 18, 2021 (3)
Aarin Gundlach
Ava Buenger
Sofia Real

48) JULY 29, 2022 (1)
Brooke Kovac

49) APRIL 22, 2023 (8)
Jacob Schoepke
Rishi Bellam
Isaac Gorrell
Jacob Matts
Naomi Weiss
Kellen Moser
Yonatan Weiss
Ava Rutzinski

50) NOVEMBER 4, 2023 (3)
Cadence Naugle
Charlie Sayre
Mallory Stormer

51) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

52) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

53) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

54) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

55) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

56) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

57) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

58) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

59) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

60) APRIL 24, 2016 (7)
Nick Carnes
Mike Lindquist
Shannon Watson
Simon Fregien
Giovanni Balice
Sawyer Watson
Karna Mross

All 498 Black Belts on this list started out as WHITE Belts!



The "50" Club (14)
Kelsey Mullins- 2nd -August 2011
Michael Praksti- 4th -March 2012
Graham Meyer- 1st -April 2013
Elizabeth Hanson- 2nd -April 2017
Tenley Sathoff- 1st -April 2019
Laine Ross- 1st -April 2021
Zach Zembroski- 2nd -Nov 2021
Rod Runnheim- 2nd -August 2022
Costas Tsiolis- 4th -August 2023
Yonatan Weiss- 1st -April 2023
Ava Rutzinski- 1st -April 2023
Matt Doyle- 2nd -Nov 2023

The "50" Club – Twice!
Kelsey Mullins- 4th -August 2022
Elizabeth Hanson-3rd -August 2022
Presentation / Energy / Music
Technique / Wow Factor