

2018 1st QUARTER WTSDF News Letter

Western Tang Soo Do Federation: Mission Statement

The Western Tang Soo Do Federation has been founded for the purpose of instilling discipline and respect in all its members who are willing to endure the sacrifices required to obtain the rank of Black Belt.

The training is designed to benefit the individual practitioner and also to build a team. This will help the members to develop camaraderie and learn the importance of working relationships with all of their associates, both in the Martial Arts and in other endeavors.

We will stand out in this world as leaders, setting an example to others of what can be accomplished physically, mentally and morally.

Federation members will learn, teach and demonstrate respect for others in all their associations. This respect influences family, business and other relationships, and promotes a healthier lifestyle for all those who are associated with the Western Tang Soo Do Federation.



Note from the President

I wanted to thank all who attended our recent Western Tang Soo Do Federation Spring gathering in Glenwood Springs and making it a fun success. The main topic of the day being able to focus one's self in different situations made for an interesting change from the kinds of topics we've had before, and all seemed to embrace the change. Mr. John Norton, our Tai Chi guest instructor, showed us how to focus our breathing so as to not waste energy, and we thank him for wanting to share his knowledge with us. The trick now is to take all this knowledge and learn to focus on each day and get the maximum out of living instead of just surviving so we can lead more fulfilling and happier lives. So, karate is not only block, kick and punch. [It is learning to live at peace with one's self and their surroundings.](#)

Mr. Mable

March 10, 2018 - Glenwood Springs Karate Seminar

The March seminar was amazing with the following events:

- Jill Anson (Brian Mable Karate) lead the group with **stretches and exercises**
- Mr. Chicoine – led the group with **free style one-step** examples
- **Qigong and Tai Chi** - special guest “John Norton” of 2 Rivers Tai Chi and Qigong provided an hour of energy movement through his teaching techniques
- (5) Black Belts provided separate stations to clarify accuracy and movement for **board breaking** and **pad work** for grounding, centering and driving to the target for power and effectiveness
- Mr. Chicoine provided examples and training for “**immovable self yet mobile**”

NOTE: “[What](#)” [do you practice every day](#) !

- *Do you practice anger every day? If you do you will be very good at it.*
- *Do you practice criticism of others every day? If you do you will be very good at it.*
- *Or do you practice helping others every day? If you do you will be very good at it.*
- *Or do you practice forgiveness every day? If you do you will be very good at it.*

Choose your own items to practice every day -- and be very good at them !

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(continued)



Message from **Brian Mable Karate Club** –

CONGRATULATIONS: To Blake Passey passing his 11th Gold Belt on January 30, 2018.

Mr. Erik Krauth -- Through-out the years that I have taken karate under Mr. Mable, I have been taught discipline, determination, perseverance, as well as the value of hard work. These are just some of the many qualities I have learned in karate that apply to, and help strengthen any areas of your life. For instance, I am currently involved in 4-H shooting sports and have been on the Shooting Team for 6 years. Each year I set a goal to improve from last year and become the best I can be. This past year, I accomplished my goal of being **First in State in .22 rifle and I am going to Nationals to compete for the State of Colorado**. This accomplishment took hours of practice and patience, requiring tenacity as well. My experience with karate aided in preparing me for my success at shooting, as I had to endure the same challenges in reaching my goal of becoming a black belt. I set goals to learn each new form or kick, and I practiced them until my technique was almost perfect. By practicing and focusing on my technique for karate I made excellent strong habits that helped me become the best I could be. I am also thankful for my instructor Mr. Mable for pushing me to be the best I could be. Mr. Mable's high expectations and keen eye for mistakes ensured that I would be prepared for every test I was given. He taught me that the worthwhile things in life are not just given, rather they are earned. These lessons have helped me throughout all my life goals.

Mary Krauth – When I first started karate I felt so uncoordinated. It was difficult to do combinations and techniques. I remember when the stepping forward punch and reverse punch seemed so uncomfortable and I felt like I was never going to get it. I practiced and practiced and then it just clicked. What felt so awkward became more natural. Then it was on to a new combination or new form with the same awkward feeling, until it became second nature. I have learned so much through karate, and gained confidence that I can still learn new things.



Message from **Las Vegas Karate Club** – by Mrs. Douglas

- March 9th **Mr. Dague** successfully passed his **8th Dan** Test



Message from **Brad Solomon Karate Club** –

Two 10 year old boys: These 2 boys, Riven and Malcom, are friends that started taking lessons from us. They were at their second class when Mr. Solomon was teaching about fighting combinations and he said, “We prepare today for the battle tomorrow”. After class Riven and Malcom came up to Mr. Solomon and said, “Um, Mr. Solomon, I don’t think we

will be able to make it to the big battle tomorrow. I don't think we know enough karate yet".
(ha, ha) We enjoy teaching these kids and love their excitement and determination!

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Message from **Bledsoe Karate Club** –



CONGRATULATIONS - Karate Test **March 1st**



3rd Red - Eugene Sheely
10th Purple - Emmitt Villezcas
11th Gold - Diego Ramos

- **Joshua Lee** – one of the 6 young adults proving Hero Status ** See attachment **

Coming Soon . . .

July 14th - Utah Seminar and Camp Out

WHERE: Beaver, Utah KOA Camp Ground
