

Western Tang Soo Do Federation Newsletter

"AUGUST" 2016

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

In his book "Karate – The Art of Empty Self" author Terrance Webster Doyle says that we should "pay close attention to form and move from there and not worry about achieving". What he is saying is that like a beginner who is excited to learn his/her first movements we should keep this attitude in all levels of training and not make the mistake of training just for the next test for example as opposed to training for the sake of training in order to become the master you want to be. Doyle says this is what is called "beginners mind" or a mind that is fresh and eager shown in all levels of training.

In today's "instant gratification" world many do only so much just to be rewarded quickly, and not showing enough patience in whatever they are learning. Don't make this mistake. Learn your karate well. Have the "beginners mind" and break down everything and learn how every technique should work, and with time and patience you will become the master you want to be.

Mr. Mable

Vacation Time: There will be no classes for **Brian Mable Karate** on --
August 21 through Sept 5 (Labor Day)



NOTE: Sometimes the most important thing in a whole day is the rest we take between two deep breaths, or the turning inwards in prayer for five short minutes.

Author unknown

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Message from Brian Mable Karate School



Congratulations to recent student tests performed by:

July 9th	Mr. Gordon Chicoine - 3 rd DAN	July 29th	Yancy Nicole	9 th Orange
			Shantz Nicole	9 th Orange
July 15th	Jill Anson - 8 th BLUE		Grace Anson	9 th Orange
	Dave Anson - 9 th Orange		Owen Jolles	10 th Purple

Erik Krauth (age 14) - Has been competing in shooting sports for several years now. He currently competed in 7 disciplines for the Senior Level in 4-H at the Garfield County Invitational. He qualified for State in **ALL** 7 disciplines. He will be going to the State Championship competition in Pueblo, CO on August 19, 20 and 21st.



Message from Las Vegas Karate Clubs

The **2016 WTSDF campout** went off without a hitch in the Rocky Mountains of Southern Utah this year.

*** **Mr. Chicoine** tested for and passed his **3rd Dan** on Friday afternoon. It was quite an accomplishment since it had been 18 years since his last test. That evening everyone set up camp, and enjoyed dinner and a campfire.

Saturday was a beautiful day, and we enjoyed seminars on the bo staff and the one-steps (by Mr. Clark) before getting into the Ninja Obstacle Course. Mr. Newton presented information on first aid and outdoor readiness. Kids and adults loved climbing the cargo net, throwing knives and hatchets, fighting for king of the log, and practicing with grappling hooks. After lunch, we enjoyed the canoeing on the reservoir for a couple of hours before our final seminar on board breaking that was presented by Mr. Klokman. One more evening of eating, campfires, and sleeping under the stars had everyone feeling good by the time we broke camp on Sunday.

This is one of our best annual events, and we hope to see everyone there next year.

** the finale was of course -- **Mr. Bledsoe's** amazing apple crisp baked in the fire pit in their dutch ovens for desert.

Mr. Klokman sends out a BIG thank you to **Kip Hillstead** for getting their misters in working order so that they can continue to work out in their outdoor dojo in spite of the intense heat this summer.

Information provided by: Mr. Clark and Mr. Klokman

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Message from Bledsoe Karate Club –

We inadvertently left out a student participating at the Utah Summer Games in Cedar City.

Josh Lee placed 3rd in weapons and 4th in Forms. Josh is the reason Bledsoe Karate Club looked into and followed through to participate in the Utah Games. He will also be testing for his 1st Dan in November 2016.

The **2016 WTSDF campout** was a great success. We began Saturday with sharing some heartfelt memories of Mr. Douglas by Mr. Klokman, Mr. Bledsoe, Mr. Mable, Mr. Clark, and Ms. Houser. It was said that Mr. Douglas would be proud of the work we do to keep his legacy going since his passing on May 8, 2006. He expected much of his students and he got much, usually more than the student realized he had within himself to give.

Information provided by: Mrs. Nelson

Brian Mable Karate --- REGULAR CLASS SCHEDULE

- **Monday & Wednesday – Beginner kids classes 4:00pm – 5:00pm**
- **Monday & Wednesday – Advanced & Intermediate Classes 6:30pm – 7:45pm**
- **Tuesday & Thursday Classes - Adult Beginner Classes 6:30pm – 7:30pm**

Friday (open night) -	For anyone who would like an extra workout night	<u>6:30pm to 7:30pm</u>
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***** Private Lessons are always available to any student for \$65.00 per Hour with Mr. Mable.**
(this is always a very valuable time to help each student excel to their next level of training)
