



News Letter for "December" 2015

Brian Mable Karate 945-2463

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

Happy Holidays to All

Now that we have gotten through Thanksgiving and the meaning of being thankful for so many things I have a simple thought for you, and that is to be thankful for all you've been blessed with all the time and not just celebrate on one particular day each year and carry your good thoughts with you all year long. Also, be giving and mindful of those whose circumstances may not be as good as yours especially this time of year. How each of us deals with being thankful may differ from person to person, but whatever you are thankful for keep those thoughts going and see what fruit they may bear for you and others. Have a wonderful holiday season and great New Year !

Mr. Mable



BLACK BELT OF THE YEAR 2015

**** Mr. Brian Mable was honored this year as the Black Belt of the Year recipient ****

Past years the recipients for this award were as follows:

2007 Mrs. Eden Bejarano

2008 Mr. Ken Newton

2009 Mrs. Tena Houser

2010 Miss Pamela Whittington

2011 Mr. David Clark

2012 Mr. Ted Klokman

2013 Mrs. Cynthia Nelson

2014 Mr. Monte Bledsoe

QUOTE:

* An Expert will train and perfect his skills until he always gets it right.
A Master will train and hone his skills until he never gets it wrong.

Information provided by Mr. Gordon Chicoine



News Letter for December 2015 (continued)



CONGRATULATIONS -- to our **Black Belts** in WTSDf – November 7th

★ Alex Henderson 3rd Dan

★ Erik Krauth 1st Dan



“Karate Class VACATION DAYS” == December 21 thru January 4th

Successful Surgery

The week of November 9th Mr. Chicoine had outpatient surgery to remove bone spurs from his C4, C5 and C6 vertebrae. All went well and it relieved pinched nerves in his neck, shoulder and arm very quickly. His recovery will be 6 to 8 weeks. Ms. Whittington mentioned to him that she bet we could all beat him in sparring right now. His response was “you guys “might” have a chance! ☺” How quickly he took away that spark of confidence from Ms. Whittington ☺

REGULAR CLASS SCHEDULE

Monday & Wednesday – Beginner kids classes 4:00pm – 5:00pm

Monday & Wednesday – Advanced & Intermediate Classes 6:30pm – 7:45pm

Tuesday Classes - Adult Beginner Classes 7pm – 8pm

Thursday Classes - Adult Beginner Classes 6pm – 7pm

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)