

News Letter for "December" 2015

Brian Mable Karate 945-2463

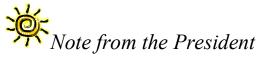
Western Tang Soo Do Federation: Mission Statement

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.



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 whos 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:

2007Mrs. Eden Bejarano2011Mr. David Clark2008Mr. Ken Newton2012Mr. Ted Klokman2009Mrs. Tena Houser2013Mrs. Cynthia Nelson2010Miss Pamela Whittington2014Mr. Monte Bledsoe



^{*} 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.



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 vertebre. 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

6:30pm to 7:30pm

*** 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)