

# Western Tang Soo Do Federation Newsletter

## “JULY” 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.*

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### *Note from the President*

#### The Gold Belt

Recently, I had a testing for one person and it was for her first color belt in my school, the Gold Belt. The student did well showing good technique and confidence for the level of ability she was trying to demonstrate. She passed her test, and she was very proud. This test made me think of my first test for the Gold Belt, and how proud I was when I passed. I was so excited and wanted to go right for the Black Belt, but I was only kidding myself. I knew this journey started with one step and would take time, patience and discipline.

In the school I tested with we had meanings for the various colors of belts, and for the yellow or gold belt it was the sun representing a new day or beginning. For the karate student this would relate to the beginning of ones training in the Art of Karate. As the colors progressed they became darker and representing the earth and oceans and their strength and solidity as in improved technique in the higher red and brown belt levels. The Black Belt represented all colors together acknowledging mastership of one's art form and the Gold Belt was the first step in this journey.

The Gold Belt was the pace setting belt for me. I knew if I could earn that belt I could earn others, but as I progressed in my training I felt there was more than just a block, kick and punch. I learned that karate was about the mastering of self and understanding the root of conflict and not necessarily how strong your technique was only inflating the ego. It was learning to win a fight without fighting, but backed up with knowledge if needed. This all started with the Gold Belt and my journey continues as does my student who passed her test. We are both proud of earning our Gold Belts.

*Mr. Mable*

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QUOTE: You gotta be original, because if you're like someone else, what do they need you for?  
Bernadette Peters (entertainer)

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## News Letter for “JULY” 2016 (continued)



### **Brian Mable Karate School (update)**

Congratulations to recent student tests performed by:

**2<sup>nd</sup> Red** - Aaron Justice (June 17<sup>th</sup>)  
**11<sup>th</sup> Gold** - Christy Hamrick (June 23<sup>rd</sup>)



### **Message from Las Vegas Karate Clubs**

Due to the extreme heat of temperatures the Vegas Tang Soo Do Club has had a few of their classes in a swimming pool.

Kip Hillstead has been working on the misting system at Mrs. Douglas' home and now has them working to help keep students cool while under pressure from the watchful eyes of their instructors.

**By Mrs. Douglas**



### **Message from Bledsoe Karate Club –**

Three (3) members of Bledsoe Karate Club participated in the Utah Summer Games on June 4<sup>th</sup> in Cedar City, UT. Bledsoe Karate Club is hoping to have more of their students participate in next year's Utah Summer Games. Congratulations to all who participated.

Joshua Lee - Mr. Mack Nelson - Mr. Bledsoe all participated in:

- |                         |                          |
|-------------------------|--------------------------|
| 1) Power board breaking | 4) Padded sword fighting |
| 2) Kata's               | 5) Flag sparring         |
| 3) Weapon's             | 6) Sparring              |

Results of the tournament were:

- 1<sup>st</sup> Place: Mr. Mack Nelson in Flag Sparring  
1<sup>st</sup> Place: Mr. Bledsoe in Sparring  
3<sup>rd</sup> Place: Mr. Bledsoe in Katas

Congratulations to recent student tests performed by:

<b>10<sup>th</sup> Purple</b> - Michele Sheely	<b>8<sup>th</sup> Blue</b> - Eugene Sheely
<b>9<sup>th</sup> Orange</b> - Lilyana Sheely	<b>4<sup>th</sup> Green</b> - Dallin Conk
Daniel Sheely	
David Sheely	
Jacob Sheely	

**By Mrs. Cindy Nelson**

News Letter for “JULY” 2016 (continued)

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**KARATE SEMINAR    Save the Date:    July 8, 9, 10**

**July 8<sup>th</sup>** -- Arrive at Robinson Reservoir - UTAH

**July 9<sup>th</sup>** -- 7:00am Breakfast / 8:00am Seminar begins / 5:00 Seminar ends & BB meeting begins

**July 10<sup>th</sup>** -- Approx. 8:00am breakfast (left overs) and assist with Camp breakdown & cleanup

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**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

<b>Friday (open night) -      For anyone who would like an extra workout night      <u>6:30pm to 7:30pm</u></b>
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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 )

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