



2019 October News Letter

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. We are committed to hand down the traditions and techniques of traditional Tang Soo Do karate.

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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WTSDF July 2019 Seminars and Family Campout

By: Mrs. Nelson



Bowing In — "Let The Games Begin"

It was perfect! A little rain. A little wind. Some sunshine and some clouds. It was great weather for our yearly WTSDF seminar and family campout.

The morning began with a 5K fun-run. Walk, crawl, run. Just get through it and wake up your body. For those who chose to be competitive: Jacob Villezcas came in first bounding ahead of Mr. Bledsoe. Maureen Hersch placed a strong third.

After breakfast each school presented a team demonstration. A variety of music, self-defense, weapons, and hyungs were exhibited.

Editor's Note:

This **News Letter** is a great forum to share information regarding: promotions, tournaments, school events, seminars, etc., or any special training or experiences you may have had and would like to share with other members of our WTSDF family.

We have a tremendous pool of knowledge, talent, and experience in the WTSDF and each of us has skills and information that could benefit everyone in the organization.

Let's use this forum to share what we have learned over the years and continue to grow together.

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Mr. Henderson presented search and recovery. One key point: Once you realize you are lost, hunker down and wait. Be sure to respond when you hear the search and rescue team calling for you. Second key point: In the case of broken limbs there are things you can do. Participants practiced how to stabilize broken limbs with what hikers may have on hand: backpacks, fleece jackets, t-shirts, boots, etc.

Next, in an area set off with caution tape, Mr. Klokman guided participants in throwing weapons: knives, hatchets, and stars.

As a Federation, one of our goals is passing down the Tang Soo Do martial arts style. With that in mind Mr. Bledsoe presented Train the Trainer. □ He covered characteristics of a strong teacher as well as a strong student. Learning requires both.



Practicing With Throwing Weapons

while keeping in mind how to apply FVSSM in their martial arts.

Detailed work on hyungs was guided by Mr. Mable. Participants were divided into three leveled groups and worked out specific details in forms appropriate to their developmental level.



Mr. Henderson demonstrates emergency first aid techniques

Mr. Clark presented a self-defense segment which led to practicing how to escape from various choke-holds and bear hugs.

Several black belts (Mr. Bledsoe, Mr. Clark, Ms. Houser, and Mr. Klokman) joined forces to present an application of the Power Equation: FVSSM. □ -- Force, Velocity, Snap, Speed, and Mass. Participants practiced hand strikes and knee strikes on small focus pads, all



Grandmaster Bledsoe demonstrating Hyungs

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Seminars and Family Campout — Cont. from page 1

A wide range of knowledge was covered during the full day. And let's not forget the great meals. The Brian Mable Karate School started us off with breakfast burritos. Hoagie sandwiches were provided by Las Vegas Karate. Bledsoe Karate Club prepared the evening meal of street tacos and strawberry shortcake with almost all ingredients coming from Bledsoe's Quail Hollow Farm.



**Master Klokman
demonstrates
the advanced Bo form**

Remember to mark your calendar for next year's summer seminar and family campout. It is always the second Saturday of July. Check with your instructor for more details. And speaking of seminars, also ask your instructor about the next WTSDF seminar coming up the second Saturday of November in Las Vegas, Nevada.



**Alex & Jacob Vascruse
demonstrate their skill
with escrima sticks**



**Master Clark leads
self-defense seminar**

November Convention

In a few short weeks – Saturday, November 9th - the WTSDF will be having its convention in Las Vegas, NV. The activities will be held at the Cambridge Recreation Center at 3930 Cambridge St. in Las Vegas from 8:00am until 5:00pm. - see agenda below. If you have any additional questions regarding the day's activities contact Master Jim Dague at jim@jimdagne.com. or call 702-595-4440.

Hotel reservations may be made at Treasure Island on the following link: <https://book.passkey.com/go/WTSDF19> A special rate of \$59 plus Tax Resort fee will be available.

In addition to the convention activities a Thursday evening workout will be available at the Las Vegas Karate Club at 2640 Natalie Ave. in Las Vegas.

There will be a WTSDF Board of Directors meeting Friday evening (Nov. 8th.) at 5:00pm at Mrs. Douglas' home (2640 Natalie Ave. in Las Vegas) followed by a dinner at the Olive Garden.

An after workout reception will be at Ms. Tena Houser's house at 1581 E. Desert Inn Rd. (the corner of Aztec and Desert Inn) from 6:00pm to 9:00pm following the convention.

It should prove, once again, to be a fantastic weekend.

See you there.



Western Tang Soo Do Federation 2019 November Seminar Las Vegas, NV

Schedule of Events



Saturday, November 9 – Cambridge Community Center 3930 Cambridge St, Las Vegas, NV 89119

8:30-9:00	Register and sign in**
9:0-9:30	Line up, bow in, and warm up
9:35-10:00 Room 1	Iado (Red Belts and Dans)-Grandmaster Rob Mancini*
9:35-10:20 Room 2	Forms-Under Belts-Grandmaster Monte Bledsoe
10:30-11:20 Room 1	Stop and Drop-Street techniques with Mr. Gordon Chicoine
10:30-11:20 Room 2	Beating a Bigger Opponent - Mrs. Kelly Quinlan and Master Eden Bejarano
11:30-11:50	Weapons Kata Demo
Lunch	
1:00-1:40 Room 1	Mr. Brad Solomon
1:00-1:40 Room 2	Kids Drills
1:40-2:30 Room 1	Black Belts-Scoring Combinations-Bring your favorite technique
1:40-2:30 Room 2	Under Belts-Swords-Grandmaster Rob Mancini*
2:40-3:50	Grappling-Grandmaster Rodger Quinlan
4:00-4:40	Sparring
4:40	Line up / Announcements / DDBBOTY / Bow out
6:00-9:00	Reception for participants and their families-Ms. Houser 1581 E Desert Inn Road, Las Vegas, NV 89169

Map will be provided for those who don't have a smart phone.

* If you have a sword or training sword, please bring it.

** If you are attending the seminar, please print out a copy of the waiver, fill it out and bring it with you to the seminar. Instructor please make copies for your students who will be attending. The seminar fee is \$40. Additional family members are \$35, with a maximum fee of \$100 per family.



Mrs. Cynthia Nelson

New Treasurer

Mrs. Nelson has happily accepted the position of Treasurer for the WTSDF, an office formerly held by Mr. Bledsoe (among his many other duties). She has recently retired from thirty-six years of public school teaching, and says she is enjoying having more time to do fun things. (Like keeping accounting records and balancing check books? Really?) She has also been appointed to the Board of Directors and said she is looking forward to her new roles.

Congratulations on your appointment to the Board and your new position as Treasure.



Mrs. Nelson—Third Dan Test

Editor's Note:

Thank You Ms. Whittington

A special thanks goes out to Ms. Pam Whittington who amount many other things has been editing the news letter for the past seven years. She has also been organizing the dinners and raffles for the spring convention in Glenwood Springs, has taught women's self-defense classes and a host of other activities. She has recently taken up, of all things, skydiving. (Better be practicing those break-falls . . . just in case.)

I will be trying to fill her shoes (in the news letter department, ***NOT*** the skydiving) so any information regarding: testing, tournaments, school events, seminars, etc., or any information you would like to share with our WTSDF family, please forward it to me and we'll get the word out.

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Ms. Pam Whittington

No, I don't have: Facebook, Instagram, Twitter, Snapchat, Linked in, WhatsApp, Pinterest, Viber, WeChat, or any of the other current social media fads. You're going to have to send emails, and write real words in grammatically correct sentences for me to understand. I'm an old school teacher and I expect intelligible communication. (Right, Mrs. Nelson?)

Congratulations Master Malehorn



Eliza Mae

Some of you may have noticed that Master Malehorn was absent from July's campout. It turns out that he had more pressing matters to attend to. On July 9th. he became a first-time grandfather to Eliza Mae, a 5 pound 14 ounce future black belt. Born to his daughter Shelby and her husband Preston Williams. (Rumor has it she was so excited about her future in Karate she began practicing her kicks even before her birthday.)



*Proud Grandma
& Grandpa*

Note the strong family resemblance between Grandpa and grand daughter. Fortunately for her, her hair line will be waxing while Grandpa's will, unfortunately, continue to wane.

Her Kiap can be heard throughout the house whenever a refill is needed or a deposit has been made. While sleep will be scarce for the next few months, smiles will be plentiful.

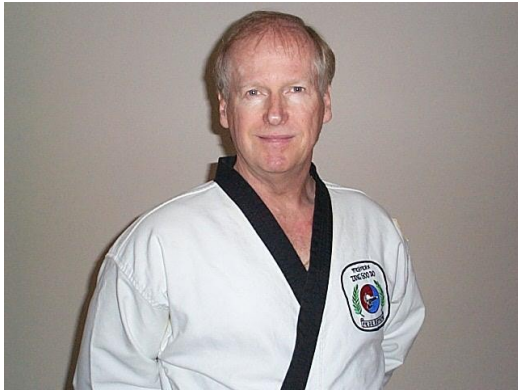
Congratulations from the WTSDF family to yours.



Mother & Daughter

Meet The Board

By: Mr. Kluge



In this section we will feature a member of the Board of Directors so you can better know the people who help give the organization direction, and keep it running smoothly. It seems fitting to start at the top, so our first introduction will be: **Grandmaster Brian Mable — President of the WTSDF.**

Mr. Mable began his martial arts training in the fall of 1968 studying Judo under Robert Smith, one of the best Judo practitioners in the country. He said he was honored and privileged to study under him. A couple of years later a friend invited him to watch him test for his Gold Belt in Karate and Mr. Mable was so impressed by the techniques he saw that he decided to change his focus and start studying Karate instead of Judo.

Grandmaster Brian Mable

He began his Karate training September 17, 1970 under the direction of Phil Schrieber with the Tonpkins Karate Association of Silver Springs, MD (founded by Dale Tonpkins). He earned his 1st. Degree Black Belt in Tang Soo Do August 27, 1975. (Editor's note: A story he related to me years ago was that as a special reward after successfully testing for his Black Belt, his Sensei, Mr. Schrieber, took his own black belt off and awarded it to him.)

He started teaching Karate through Colorado Mountain College in 1976 and in 1986 he opened his studio *Brian Mable Karate*, which he teaches at today.

In 1984 he saw an article in Black Belt Magazine about the United Fighting Arts Federation (UFAF), founded by Mr. Chuck Norris, and contacted them about becoming an affiliate. Mr. Dick Douglas (Secretary of the UFAF) traveled to Glenwood Springs, CO, inspected and approved of Mr. Mable's school, and in April of 1984 Mr. Mable joined the United Fighting Arts Federation under the direction of Mr. Dick Douglas. Things went fine for several years until Mr. Pat Johnson (Mr. Douglas' instructor) decided to separate from the UFAF in December of 1986. In January of 1987 Mr. Johnson reinstated the National Tang Soo Do Congress (NTC), and subsequently Mr. Mable became affiliated with the NTC. Then in 1998 Mr. Douglas separated from the NTC and started the Western Tang Soo Do Federation. With the unfortunate passing of Mr. Douglas in May of 2006 Mr. Mable was elected President of the WTSDF, and has served in that capacity since.

He said he initially began his study of martial arts as a means of self-defense, but as his training progressed he realized it was a great method of conditioning, both physically and mentally. "There is so much more to it than self-defense," he emphasized; in reality, "We learn so we don't have to fight." With time he realized that his real passion was more as a teacher, than a practitioner. "Teaching martial arts is very rewarding," he said. With time it not only became his life-style, it became his profession. Over the years he has taught hundreds of students and has graduated no less than 28 to the rank of 1st. Degree Black Belt or higher.



Grandmaster Mable's Second Dan Test—June 1986

Recalling the highlights of his career, he said number one would have to be when he earned his Black Belt and his instructor took off his own belt and tied it on him. Then there was the time he won Grand Champion at the 1986 Rocky Mountain Fall Karate Championships in Grand Junction, CO by taking 1st. in Weapons and 1st. in Hyungs. He recalled the time he sat behind Chuck Norris at the 1972 Eastern Regional Karate Championships, and without a doubt meeting and talking to Mr. Norris after the UFAF black belt testing in December of 1986 ranks right up there also.

When asked what words of wisdom he would like to pass on to others his main emphasis was, **"Have Patients!"** "I have seen so many students come and go," he said. They start out enthusiastic enough, but become discouraged because it seems to take so long. That Black Belt looks so far away. Other activities begin to take up their time, until their martial arts training becomes secondary in their priorities. "Everyone has obstacles to overcome," he said, but don't let those keep you from achieving your goals. "You need to enjoy the workout, put your heart and mind into it; **NEVER GIVE UP!"**

"Becoming a Black Belt is a process, not an event," I have often heard him say.

"The journey is the reward. . . enjoy it!"

Closing Comments

Happy 80th. Mrs. Douglas



On May 11th, family, friends and WTSDF members gathered at the Olive Garden to celebrate Mrs. Dottie Douglas' 80th. Birthday.

Her children, Rick and Dawn, got her to the restaurant without suspecting a thing. She was surprised, overjoyed, and obviously embarrassed to be the center of so much attention.

Most importantly, she successfully extinguished her candles, so her birthday wish will come true.

"Happy Birthday" to a truly inspirational leader and wonderful lady.

God bless you, and may there be many more.

Oh To Be Young



Gabi Bartnic demonstrates her incredible flexibility and balance.
Keep up the good work, you're an inspiration to us all.