



2020 February 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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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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WTSDF November 2019 Seminars

By: Master Clark & Mrs. Nelson



Bowing In — The beginning of a great day.

stretching and deep breathing to get ready for the day and ended with Master Dague working us through some drills to improve our reaction speeds.

From then on we had simultaneous workouts going in two large rooms for most of the day, so there was plenty to choose from.

Grandmaster Mancini taught Iado (Samurai Martial Art) techniques to the red and black belts while Grandmaster Bledsoe taught forms the under belts.

Mr. Chicoine taught street techniques. His main message was, "learn to use your instincts and awareness of your surroundings to survive the first second and a half, which then increases your survivability 80%." He then guided participants through ways to build one's personal defenses and techniques based on your natural instinctual reactions. The next step is to then train and change your instinctual moves to put you in a better position naturally and therefore



Mr. Chicoine teaching street fighting techniques

Before lunch, Mr. Norman and one of his students impressed us all with a weapons demonstration using scythes.

November in Las Vegas - a tradition that goes back as far as we can remember. Work-outs, seminars, old friends, young friends, and a little blood – we always have a good time. This past November, the WTSDF gathered with our friends from Grandmaster Natividad's group and Master Quinlan's crew. The warm-up session started with Ms. Houser leading the whole group through



Grandmaster Mancini teaches Iado techniques

become more effective in defending yourself and taking out your opponent.

Master Eden Bejarano, Mrs. Quinlan, and Master Roger Quinlan worked with the younger students teaching them to deal with larger opponents. By the end of this session all students had several new strategies to "foil a kidnapping." It was amazing to see them make themselves become dead weight or wrap themselves around an opponent's legs and prevent them from moving. They now know several new ways to keep themselves safe.



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November 2019 Seminars — Cont. from page 1



Mr. Solomon teaches jump kick techniques.

After lunch, Mr. Solomon put us all through some jump kicks before Master Quinlan taught us a few grappling techniques. After some epic sparring matches to wrap up the day's workouts, WTSDF President Grandmaster Mable and Executive Vice-President Grandmaster Bledsoe awarded Mr. Chicoine the Dick Douglas Black Belt of the Year Award. This award



Master Rodger Quinlan taught some grappling.

to honor the memory of our WTSDF founder, Grandmaster Dick Douglas, as well as the Black Belt who has most distinguished himself or herself through martial arts and community activities. Also Ms. Tena Houser was awarded her 5th Degree Black Belt after having passed her test on Friday.

As always, we retired to Ms. Houser's home to relax, catch up, and eat our fill. If you weren't there, don't miss our next day of seminars on March 14, 2020, in Glenwood Springs, Colorado.

You'll be glad you made it.



Aidan Miller and Armaan Dillon watch as John Catalano and Grandmaster Monte Bledsoe square off during the sparring session.



Master Tina Houser earns her 5th. Dan



Grandmasters Monte Bledsoe (l.) and Brian Mable (r.) present Mr. Chicoine the Dick Douglas Black Belt of the Year award.



Fifty six martial artists participated in the November 2019 Seminars in Las Vegas, NV

WTSDF Spring Seminar

By: Master Kluge

In a few short weeks – Saturday, March 14th - the WTSDF will be having its spring seminar in Glenwood Springs, CO. The activities will be held at the Sopris Elementary School in Glenwood Springs at 1150 Mt. Sopris Drive from 8:00am until 5:00pm. - see agenda below. If you have any additional questions regarding the day's activities contact Master Ken Newton at: cavekids@comcast.net or call: 970-618-6666.

Addition activities available Friday, March 13th.

Ski Day: For all you mogul mashers, Master Malehorn will be organizing a day of skiing at Sunlight Mountain Resort. For additional information contact him at:
dave.malehorn@gmail.com
or call: 970-379-2872

Caving: For those nefarious figures who need to go underground Master Newton will be guiding you through Glenwood Caverns Adventure Park at no cost. Reservation deadline: Feb. 19th. Contact him at:
cavekids@comcast.net
or call: 970-618-6666.

There will be a WTSDF Board of Directors meeting Friday evening at 5:00 at the Best Western Antlers motel in Glenwood Springs.

Post Seminar Dinner Saturday: Hosted at the Elks Lodge in Glenwood Spgs. starting at 6:00, Ms. Whittington has organized another fabulous dinner followed by a raffle (free ticket with dinner). To sign up contact her at: pamw@sopris.net



Western Tang Soo Do Federation Spring Seminar March 14th, 2020

Sopris Elementary School
1150 Mt. Sopris Drive, Glenwood Springs, CO



Schedule of Events

7:10am	Gym opens**
8:00am	Advanced test begins—Mr. Brad Solomon, Joanna Bartnik, Gabi Bartnik
	After advanced testing—Change into Dobak Uniform
	Basic Staff Form “H Pattern” - Instructor: Master Newton
	Tai Chi (Qi Gong and 10 form) - Instructor: Master Newton
10:45am	Break
11:00am	Black Belt Meeting—Dobak Uniform
12:00am	Lunch—on your own
1:00pm	Warm-up—Instructor: Jill Kelly-Anson
1:20pm	Step Sparring—Empty Hand — Instructor: Master Clark
1:55pm	Break
2:00pm	Step Sparring with Knife — Instructor: Master Klokman
2:35pm	Break
2:40pm	Step Sparring with Stick - Instructor: Mr. Chicoine
3:15pm	Break
3:20pm	Step Sparring with Staff - Instructor: Ms. Nelson
3:55pm	Break
4:00pm	Point Sparring (FUN!) - Instructors: All Black Belts
4:40pm	Break
4:45pm	Breathing Exercise - Instructor: Master Clark
5:00pm	Bow out

**** 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. Instructors 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.**

Solomon Karate Studio

By: Nicole Solomon

We have a 3rd degree red belt student and have a couple more testing at the end of the month for 3rd red. Our studio is continuing to grow! We have started an adult only class and they are all enjoying karate and are excited to test at the end of the month too!

We also have a little 5-year-old student Eli, who was playing a soccer game and a little kid pushed his friend over and started kicking him on the ground. Eli rushed over and told him to stop so the kid pushed Eli and tried to punch him. Eli immediately fell into his fight stance and did a side kick reverse punch to the boy! All this time his mother started running onto the field and took the boys to their Mom's to have a chat. The mother of the little boy who got kicked to the ground was so thankful to Eli and asked how he learned to do that? So, we have a new student :) We love teaching our little ninjas!



**Demonstrating their jump kicks:
Lauren Salter & Jett Solomon
Clark Duncan & Dallin Webb**

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Solomon Karate Studio — Cont. from page 3



Demonstrating one-steps:
Jorden Bryer & Skyler Jenzen,
Zack & Mason Schaefer



Demonstrating one –steps:
Taylor Duncan & Kyrie Hovey
Amber Overcast & Rio Ocho



Demonstrating Fighting Combinations:
Scotty Johnston, Gavin Antle, Jeffery So-
lano, Axel Carlson, Kyler Goddard, Vincent
Wells, Trevon Nelson, Caleb Luckeu, Walker
Gillespie, Jacob Roberts and Emily Solano

January 2020 Test Results

Gold Belts

Emily Solano
Vincent Wells
Trevon Nelson
Skyler Jenzen
Jorden Bryer
Jacob Roberts

Purple Belts

Zack Schaefer
Walker Gillespie
Mason Schaefer
Eric Jensen

Orange Belts

Taylor Duncan
Rio Ocho
Amber Overcast
Kyler Goddard
Axel Carlson

8th. Blue Belts

Gavin Antle
Scotty Johnston

6th. Green

Clark Duncan
Jeffery Solomon

4th. Green

Ryder Solomon
Dallin Webb

3rd. Red

Jett Solomon

Congratulations Erik

By: Master Kluge

Erik Krauth, one of our young Black Belts, has received a Service Academy nomination to attend the Air Force Academy in Colorado Springs, CO.

Erik received his 1st Dan from the WTSDf on November 7, 2015. In addition to being a martial artist he participated wrestling since his Freshman year in high school accumulating a record of 19 wins and 10 losses – he hopes to go to state. In 2018 he was one of only four kids from Colorado to be chosen to compete at the nationals in .22 rifle competition. Erik was team captain and they placed 4th in the nation. Erik also volunteered the past two summers at R.I.D.E. (Riding Institute for Disabled Equestrians), an equestrian center for disabled kids and veterans.

Erik is hoping to be accepted at the Air Force Academy in Colorado Springs or West Point. He has completed all his candidate requirements and has a nomination from Colorado Senator Gardner and Congressman Tipton. He is now waiting for an acceptance to one of these two institutions. He would like to become an Engineer and be on a Special Forces team or a Pilot

If not accepted at the Air Force Academy or West Point, he plans on attending the School of Mines, where he has already been accepted, and wants to study Mechanical and Aeronautical Engineering.

The best of luck from your WTSDf family. No matter where you go we're sure you will represent yourself, your family and the WTSDf honorably.



Garfield County students among 22 Service Academy nominees

Staff report

The Office of 3rd District Congressman Scott Tipton has announced 22 students from throughout the district who received a Service Academy nomination.

The individuals, including four from Glenwood Springs and one from New Castle (highlighted below), were selected based on meeting or exceeding the rigorous requirements of the respective academy and Congressman Tipton's office. They are:

U.S. MILITARY ACADEMY (ARMY)

Jacob Hemard – Palisade

Jacy Werner – Steamboat Springs
Canden Wilkinson – Steamboat Springs

AIR FORCE ACADEMY

Jeremiah Garcia – Pueblo
Annmarie Hackworthy – Steamboat Springs*
Jack Jones – Delta*
→ Erik Krauth – New Castle*
Riley Prichard – Colorado City
Benjamin Sceats – Glenwood Springs
Cole Simmons – Montrose*
Dayton Sofka – Olathe

U.S. NAVAL ACADEMY

Nicholas Burke – Grand Junction*
Maggie Friemel – Glenwood Springs
Noah Grady – Pueblo West*
Thomas O'Connor – Pueblo West
Timothy Perez – Pueblo*
Alana Schaak – Colorado City*
Davey Stanfield-Brown – Glenwood Springs*
Mackenzie Younker – Grand Junction

MERCHANT MARINE ACADEMY

Ian Barnes – Fruita*
Aidan Partch – Glenwood Springs*
Simon Varela – Austin

Dick Douglas Black Belt of the Year

By: Master Kluge



**Dick Douglas
Black Belt of the Year**

Congratulations to Mr. Gordon Chicoine for being chosen as the 2019 Dick Douglas Black Belt of the Year.

Originally selected and presented by Kwan Jang Nim Mr. Dick Douglas, the Dick Douglas Black Belt of the Year is now chosen by vote of the WTSDF Board of Directors. Nominees for consideration can be submitted by any Black Belt within the organization, and any Black Belt is eligible. The recipient is then selected by vote of the Board of Directors.

Over the years Mr. Chicoine has made multiple presentations on sparring and self-defense techniques he has learned from the various martial arts he has studied. He recently re-researched and shared an extensive history of Tang So Do going back to the year 109 AD, as well as the meanings of the names and history of our forms. He has been a valuable source of information for the organization and an example of the ideals Mr. Douglas stood for and instilled in his students.

Mr. Chicoine has had a varied and extensive career in the martial arts beginning in 1988 with the study of *Hapkido*. He said the variety of techniques and the intensity of the practice is what attracted him. He tested for his 1st Dan in *Hapkido* in Hawaii in 1993. The test lasted four and a half hours with forty minutes of sparring 1 to 3 opponents at a time, with opponents changing out every minute. In 1994 he joined Brian Mable Karate because he like the attention to detail and precision, earning his 1st Dan in *Tang Soo Do* in 1996 and his 2nd Dan in 1998. In 2003 he earned his 1st Dan in *Taiho Jutso* a Japanize art for law enforcement personnel. He earned his 3rd Dan in *Tang Soo Do* in 2016.

His work related to his study of martial arts is similarly varied. In his early years he worked as a bouncer in several establishments in Vail. He operated a general contracting company for twenty years. He served as a police officer for seven years for the Town of Eagle, retiring from the force in 2013 with the rank of Sargent. He also served as PPCT Instructor,



**Sparring with Grandmaster
Bledsoe**

defensive tactics instructor, knife edge instructor, and designated rifle marksman. He was a national competitor for action pistol, 3-gun, and high-power long range. Currently, he operates an ammunition manufacturing facility and has invented production packaging machinery with a US patent.

His suggestion for others studying martial arts is to realize that we will never achieve perfection, but we should always continue to strive for it; "It is not about perfection, it's about progress."

His favorite quote is: *A person becomes an expert by practicing until he never gets it wrong, a master will practice his craft until he always gets it right.*

He said martial arts has been an "all encompassing" part of his life. "I can't imagine who I would be without martial arts." It's taught him how to deal with the world, "It's a way of how to hold yourself." "It teaches us patience because discipline comes over time." "We should always strive to do more, refine and improve our technique."

It's up to each of us to teach ourselves. "I can say, 'Here's how to do it,' but you have to learn how to make it work for you."

He said receiving the Dick Douglas Black Belt of the Year award is a very humbling experience because. "It's not what I thought about myself, but more of thinking about the group that I am a part of, especially considering the caliber of people in this organization."

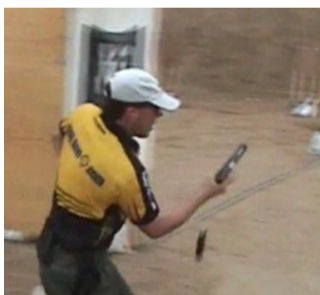
On behalf of the Board of Directors I'd like to say, thank you for all you have done for the WTSDF, you are an example and inspiration to us all, and more than deserving of the award.



**Workout with Bill (Supperfoot)
Wallace**



SWAT training



**Shooting the reloading
stage**



Meeting Mr. Chuck Norris

Meet The Board

By: Master Kluge



Grandmaster Monte Bledsoe with some family members: (l. to r.) Brad (son), Laura (wife), Cambree (granddaughter) & Becca (daughter)

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. In November's News Letter we introduced **Grandmaster Brian Mable — President of the WTSDF**, this time we will introduce **Grandmaster Monte Bledsoe - Vice President of the WTSDF**.

Mr. Bledsoe began his training in October of 1970 at the age of 9 under the instruction of Kwan Jang Nim Mr. Dick Douglas. His father and Mr. Douglas attended the same church so when his father started instruction under Mr. Douglas, he and his sisters naturally joined the class. That family theme would also prevail through the next generation. When he started dating his wife Laura, she too joined the class and earned her Black Belt, and their children Jim, Becca, Jared, Daniel and Brad continued the tradition, each in turn earning their Black Belts. As Mr. Bledsoe so aptly put it, "The family that kicks together, sticks together."

Instead of the team sports that so many youth get involved in, what Mr. Bledsoe liked most about karate was the individual, personal aspect of it. In addition to the training that he received in Mr. Douglas' studio, there were multiple seminars he attended through the parent organizations that Mr. Douglas was associated with during his career. Over the years he has attended seminars from such notable martial artists as: Chuck Norris, Pat Johnson, Bill Wallace, Howard Jackson, John Natividad, Oleg Taktarov, the Gracie brothers Chris and Cosamassa as well as Fumio Demura.

His suggestions for other martial artists are to learn to love the basics, they are the foundation upon which everything else is built, and stay consistent in your training, it's how progress is achieved. What seems impossible today, becomes possible tomorrow, becomes probable the next day, then becomes a new skill, and finally a favorite technique.

He said that because he started so young, martial arts has been woven through every aspect of his life. It has given him balance: spiritually, mentally, physically and emotionally. It's hard for him to imagine what life would be like without it. When asked if he had ever used his training he said, "every day." It gives you an awareness of the world around you, of people's body language, of things that others don't seem to notice.

When asked about the lessons his learned he said, "consistency is the key to being good at anything." We all learn differently, we have to individualize our training and our teaching to be successful.

One of his most memorable moments was sparring with Mr. Norris when he was about 13 years old. At that time Mr. Norris was flying out to Las Vegas about once a month to give Mr. Douglas lessons and he had the chance to spar with him, "Mr. Norris was very kind and encouraging" he said. Then there was the time after competing at a tournament when Mr. Douglas told him he was "very proud" of him, and that meant a lot. (Mr. Douglas was not one to give out faint praise.)

He recalled at one tournament his sparring opponent had "*Sasquatch*" written across the back of his uniform, and he kind of looked like him," Mr. Bledsoe said. "I was young and feeling kind of cocky at the time, but ended up getting three ribs broken in the fight." The weeks of recovery were humbling and gave him time to reflect on his training and what he needed to work on.

But, he said, probably the most memorable moment was when he partnered with his daughter Becca during her 3rd Degree Black Belt test, "That was very special."

When asked if he had any words of wisdom he said, "Enjoy the training," it's the foundation of the art, "Compete," it encourages you to constantly get better, and "Be humble," there's always room for improvement.



Grandmaster Bledsoe partnered with Grandmaster Mable for his Second Dan Test while under the United Fighting Arts Federation (Chuck Norris System)

Closing Comments

Someone's In Trouble



*Master Quinlan may not be aware of it yet, but he could be in big trouble;
Samantha May isn't one to let size intimidate her.*

All kidding aside, Master Rodger Quinlan (shown), Master Eden Bejarano and Mrs. Quinlan (watching) taught some of the younger students some very valuable lesson on how to deal with larger opponents. They learned strategies on how to foil an abduction or kidnapping by becoming "Dead Weight," or tying up an adversaries legs to keep from being carried off.

Awareness, thinking and taking advantage of your environment can make a big difference. There was a recent news report about a twelve year old girl who noticed someone following her in a car as she was walking home from school, so she made sure a parked car was always between her and the suspected offenders vehicle. When the suspect had to move because of interference with other traffic, she made good her escape.

There are over 20,000 child abductions in this country every year, so this seminar was timely and very well received. Thank you instructors sharing your expertise in helping to keep our young martial artist safe.

P.S.

We are happy to report that no Black Belts were killed or injured during the presentation of this seminar.