



2020 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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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 July Convention

By: Master Kluge & Mrs. Nelson

On June 23rd the WTSDF Board of Directors held a special meeting via Zoom to decide how to proceed with the July gathering. There were a few glitches getting the meeting underway as members unfamiliar with the Zoom format got up to speed with the technology. With a little coaching everyone got the visual and audio up and running and the meeting proceeded.

It was decided that due to the risk of infection from the coronavirus and the subsequent social distancing requirements the state had enforce, we would have to forgo our regular workouts following the Black Belt testing, and to also modify how the testing would occur.

Mr. Solomon tested for his 3rd Degree Black Belt with Grandmaster Bledsoe, Masters Houser, Searle and Mrs. Nelson present at the testing, and Grandmaster Mable with Masters Bejarano, Chicoine, Clark, Dague, Klokman, Kluge, Leibundgut, Malehorn, Newton and Olds filling out the testing board via Zoom. We are happy to report that Mr. Solomon successfully passed his test and is now a 3rd Degree Black Belt in the WTSDF. Congratulations!

Following the test Mr. Solomon's students were treated to some individual instruction from the Board member in attendance. Master Searle began the workout with stretching and encouraged everyone to improve their flexibility with a daily stretching routine. Then Grandmaster Bledsoe gave some instruction on how to use a universal kicking load during sparring so your opponent doesn't see which kick is coming. Mrs. Nelson continued with staff handling. The emphasis was on how to get more power when striking and how to deflect the power from a strike. Master Houser finished the afternoon with a session on practicing forms in a Tai Chi manner. By slowing way down you can check your balance, feel the path and completion of each technique and fix any errors that you find. It also gives you the opportunity to mentally picture how each motion is being executed against your imaginary opponent. "Slow and right, beats fast and wrong, every single time."

Though the customary workouts following the testing had to be altered from what normally occurs, those who were fortunate to be in attendance were able to benefit from some excellent instruction.

The social distancing requirements that we've all had to contend with over the past few months have made us change some of the ways we conduct our personal lives, as well as how we interact with others. Although it can be challenging at times, and occasionally disappointing, it has also spawned some truly remarkable events, like the 1st World Open Tang Soo Do Virtual Championships. (see June's News Letter.) In time things will get back to normal, but no matter the circumstances, we are only limited by our desire to succeed and our imagination to accomplish our goals.

Yearly WTSDF Black Belt Dues

It is that time of year again. As a black belt member of the Western Tang Soo Do Federation your black belt yearly dues are due by January 1st of each year. **The regular cost of dues is \$60** or \$30 if you are a full-time student. Dues on a mission or who are active military do not pay dues. A late fee of \$25 is added after January 31st.

If you are testing for your black belt in November your testing fee covers your dues for the year 2021. Some people like to pay their dues when they attend the November WTSDF workout. Just include a note that you are including dues **and** the workout fee. Make checks payable to WTSDF or pay cash. If you would like to mail in your dues, send a check or money order made out to WTSDF and mail it to **Cynthia Nelson, P.O. Box 944, Overton, NV 89040**. As treasurer she will send you an email verification that your dues have been paid.

If you have any questions regarding dues email Mrs. Nelson at mtn@mvdsl.com.

Sincerest Condolences For Your Loss

Your WTSDF family wishes to extend our sincerest condolences to Malada and Brian Lee who recently lost a beloved husband, a wonderful father and dear friend. Chris will be missed by all who have had the privilege of knowing him. May God bless you and comfort you in this time of need.



WTSDF November Testing & Seminar



The WTSDF Board of Directors held a meeting via Zoom September 25th to determine the agenda for November's convention in consideration of the COVID 19 restrictions and safety guidelines.

Because of the restrictions on gatherings and hotel accommodations in the Las Vegas area, it was decided that the Black Belt testings and WTSDF workout would be held at the Old Overton Gym (179 S. Anderson St.) in Overton, NV 89040 (See map - page 3.)

Advanced Black Belt testing will be held at Mr. Douglas' studio (2640 Natalie Ave., Las Vegas, NV) on Friday afternoon - November 13th.

There will be a WTSDF Board meeting at Grandmaster Bledsoe's residence (1395 S. Anderson St.) in Overton Friday evening at 5:00pm. (See map - page 3.) Board members unable to attend may join the meeting via Zoom.

<https://us02web.zoom.us/j/2513836771?pwd=cXc4Y1JDdnNwcXFjNUdBUUc5bVI3QT09>

There will be several students testing for their 1st Degree Black Belt on Saturday morning at 8:00 am. The testing can be viewed via Zoom (See link above.) for those unable to attend.

Following the testing there will be a general Black Belt meeting. Those unable to attend in person may attend via Zoom. (See link above.)

It was decided that the afternoon's activities and workout would be restricted to WTSDF members only. The activities for the workout will be based on the participants who are able to attend. Cost for the afternoon's activities will be a \$25 per person. Please bring a signed waiver with you.

Following the workout there will be a dinner party at Grandmaster Bledsoe's *Quail Hollow Farm* starting at 4:00 p.m. (See map - page 3 for directions.)

Hotel accommodations and dining facilities in the Overton area are shown on pages 3 & 4. Make your reservations early as there is another event in town the same weekend.

Continued on pages 3 & 4



WTSDF Testing and Workout

Saturday, November 14, 2020

**Old Overton Gym
179 South Anderson St, Overton, Nevada 89040**

Friday, November 13, 2020

5:00 p.m. Black Belt Board of Directors Meeting to be held at the Bledsoe Karate Studio followed by dinner at the Bledsoe Quail Hollow Farm. Both are held at 1395 S. Anderson. (See map page 3 for directions.)

Saturday, November 14, 2020

7:00 a.m. Old Overton Gym will be open

This allows testing candidates to arrive early, warm up, and to submit their testing paperwork and hard copies of their black belt essays.

8:00 a.m. Black Belt Test Begins

Testing board members and others unable to attend in person may watch the test through ZOOM. (See link above.)

General Black Belt meeting will be held following the Black Belt test. This meeting will also be available through ZOOM for those unable to attend in person.

Noon - 1 p.m. Lunch on your own (See map page 3 for places to eat.)

1:00 p.m. WTSDF workout (cost for workout is \$25 per participant)

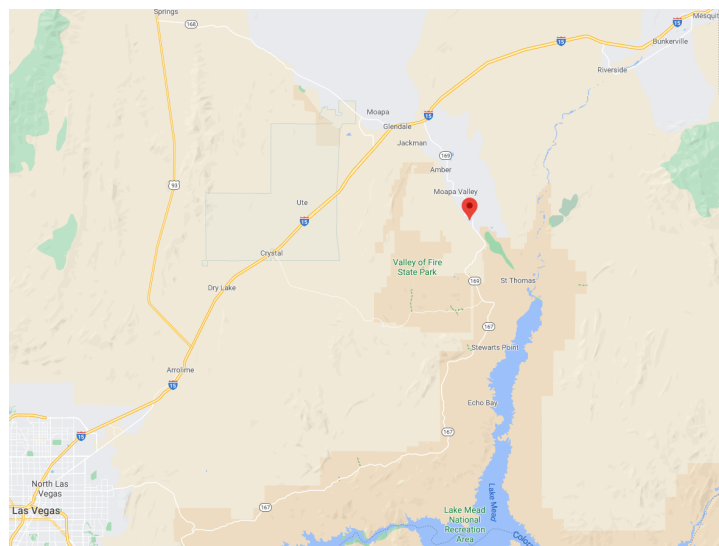
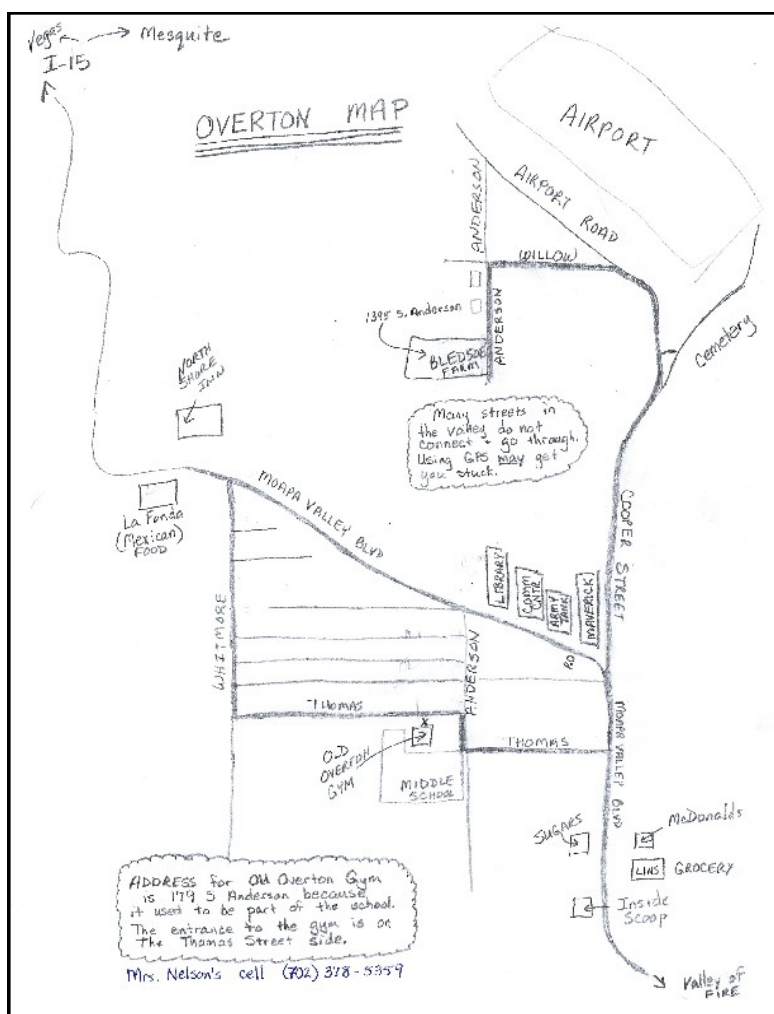
Bring signed waiver/registration form with you
Pay at the door

Prepare for this workout as you would for class. Bring your personal weapons and your fighting gear. Groups/activities will be determined based on the participants able to attend in person. There will be weapons available to use so if you are traveling far do not worry about trying to bring your staff unless you are very particular about the staff you use.

3:00 p.m. Workout ends

4:00 p.m. Dinner party at Bledsoe's Quail Hollow Farm (no cost)

This dinner party is for all the martial arts participants and their families. Bledsoe's farm is at 1395 S. Anderson. (See map page 3 for directions.)



Vicinity Map

Note:

1. The entrance for the **Old Overton Gym** is on Thomas St. even though the address is 179 S. Anderson because it used to be part of the adjacent Middle School.
2. Even though Mr. Bledsoe's farm and the **Old Overton Gym** share the same street name, Anderson is NOT a through street so you'll have to go around as shown on the map.

OVERTON HOTEL & DINING ACCOMMODATIONS

There is another event in town so the sooner you make your room reservations the better. There are no special rates as our group is not guaranteed to be large enough. However, do let them know you are coming in for a karate event and mention Cyndi Nelson as she has given them a heads up that reservations will be coming in.

North Shore Inn at Lake Mead --- (5 minutes away from the Old Overton Gym)

520 North Moapa Valley Blvd, Overton, NV 89040

(702) 397-6000

Thurs (\$99.99) Fri (\$109.99) Sat (\$109.99) Sun (\$89.99)

Double occupancy (Each additional person is \$10 per person per night)

About 43 rooms -- Most rooms are two queen beds

Website: <https://northshoreinnatlakemead.com/>

Glendale Motel --- (20-25 minutes away from the Old Overton Gym)

2300 E. Glendale Blvd, Moapa, NV 89025 (Off of the I-15)

(702) 864-2277

(They answer the phone with the name of the gas station.)

\$68 per night

Small motel, about 10 rooms total, built in the 60s?

Three rooms are double beds. The rest of the rooms are single beds.

Next to a gas station, convenience store, and a bar/restaurant. All part of the same establishment. No website available.

DINING

Inside Scoop - soup, salad, sandwiches, burgers, ice cream (Family Owned)

395 S Moapa Valley Blvd, Overton, NV 89040 (5 minutes from Old Gym)

(702) 397-2055 -- can call ahead to order

[Menu on Facebook](#)

Sugars Home Plate - Sports Bar and Family Restaurant (Smoke Free)

309 Moapa Valley Blvd, Overton, NV 89040 (5 minutes from Old Gym)

(702) 397-8084 -- can call ahead to order

[Website](#)

[Menu](#) (Click on the menu icon to turn to the next page of the menu.)

McDonalds

310 S Moapa Valley Blvd, Overton, NV 89040 (5 minutes from Old Gym)

(702) 397-6736

LaFonda (Mexican Food) (5 minutes from Old Gym/Across street from North Shore Inn)

461 N Moapa Valley Blvd, Overton, NV 89040

(702) 397-8400

Pirates Landing (Pizza) (15 minutes from Old Gym.)

3113 N Moapa Valley Blvd. Logandale, NV 89021

(702) 398-7511 -- can call ahead to order

[Facebook page](#) (Menu is in "Photos.")

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HOTEL ACCOMODATIONS in MESQUITE

There are some hotel options in Mesquite, Nevada. They would be 35-45 minutes away from the Old Overton Gym. Their prices appear to start at \$116/night.

Eureka Casino Resort -- 275 Mesa Blvd, Mesquite, NV 89027
(702) 346-4600 * \$140 per night

[website](#)

Best Western Mesquite Inn --- 390 N Sandhill Boulevard Mesquite, NV 89027
(702) 346-7444 * \$116 per night

[website](#)

Holiday Inn Express & Suites Mesquite --- 1030 W. Pioneer Blvd, Mesquite, NV 89027
(702) 346-2200 * \$122.27 per night

[Website](#)

Casablanca Resort, Casino, Golf and Spa -- 950 W Mesquite Blvd, Mesquite, NV 89027
(877) 438-2929 * \$???

[Website](#)

WTSDF Website

By: Master Dave Kluge

At no other time in history has information been so readily available and easily accessed. Electronic technologies, and the resultant internet, have put at our fingertips an almost instant wealth of information that previous generations could only dream of. Only through laborious research and huge expenditures of time could they hope to glean even a small fraction of what we can find in a matter of seconds. We'd be fools to not take advantage of this.

The WTSDF has, through its cumulative membership, over a thousand years of martial arts training and experience, and that is now being made available through its website. – westerntangsoodofederation.org

Mrs. Nelson and Mr. Henderson have been developing a website for the WTSDF that brings together all of those years of experience. Though still in its beginning stages the website has a lot of valuable information available for students and instructors alike.



Western Tang Soo Do Federation

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Categories of information on the website include:

“About” - which covers the organization's *Mission Statement, Founder Grandmaster Douglas, Board Members* and has a brief *History of Tang Soo Do*.

“News Letters” – is where previous news letters can be reviewed.

“Hyungs (Forms)” – where each of the WTSDF forms are shown including their *History, Origin, a Video* demonstration and a *PDF from the Forms Manual*. This category is very useful for learning or reviewing each of the WTSDF forms. (**Note:** As mentioned earlier, the website is in its beginning stages so beginning forms have been up loaded, but the more advanced forms are forthcoming.)

“Weapons” – covers the weapons forms used in the organization as well as training exercises and self-defense techniques for various weapons.

“Schools” – Each of the schools associated with the WTSDF is listed with information specific to that particular school.

“Instructor's Page” – This category is especially helpful for instructors covering topics like: *Safety, First Aid, Teaching Styles, Stretching, One and Three Step Techniques, Attacking Combinations, Sparring, Breaking Grappling* as well as *Korean Terms and Vocabulary*.

The site is still in its beginning stages, and more information is being constantly add, but even at its current state it's a very useful resource for improving your martial arts knowledge and skill.

“Thank you!” to all the Black Belts who have contributed articles and videos to the site, and most especially to Mrs. Nelson and Mr. Henderson for their organizational skills and technical expertise. We are all better off because of your efforts.

Meet The Board

By: Master Dave Kluge



Master Tena Houser (far left) with some of her "Karate Family."

In this section we 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 this News Letter we are introducing **Master Tena Houser - 5th. Dan.**

"I love being challenged, physically and mentally – I'm very competitive." In the 70's karate was the big thing and "if the guys were doing it, I could do it." That was the motivation that got Master Tena Houser started in her martial arts career.

She began studying **Shitoriu**, a very traditional Japanese martial art, in La Grand, Oregon (and later in Hermistain, OR) and worked her way up to brown belt. During that time she competed in tournaments all along the west coast from California up into British Columbia. The competition was fierce giving her many broken bones along the way, but her instructor would just tell her, "That's why it's called fighting."

After she had moved to Las Vegas to run her talent studio, she spent years looking for a martial arts school to continue studying in, but was disappointed in all the schools she saw. In the course of running her business she by chance hired Rick Douglas (then about 14 years old) to play the trumpet

for an advertizing spot. While driving him home she asked him what his parents did and he told her his dad sold real estate and taught karate. She asked to meet him, and after observing classes where he was teaching SWAT police officers she decided she'd finally found a school that she wanted to join.

She started taking classes with Mr. Douglas twice a week, taking Eden (Mrs. Bejarano, then a Red Belt) with her. She and Eden also joined Mr. Owens class a short time later, so she was now working out five times a week.

Her advice for beginning martial artists is. "Don't start unless you're willing to commit – physically and mentally." "It's not about a belt, it's ingrained into your soul – it's a lifestyle – a personal journey."

She said that her study of the martial arts has made her a lot stronger person. "It has helped me set goals." She said that when she faces a particularly difficult situation she thinks about standing in front of a testing board with thirteen or fourteen black belts watching her every move and then "the other stuff seems easy."

When asked if she has ever had to use her martial arts training she said, "No. I use preventative measures. I always try to be aware of my situation." "I'm hyper-sensitive of what's going on around me." That awareness and sensitivity is the result of her martial arts training, so in essence she is using her training to prevent conflict before it occurs.



Cutting firewood (5 cords every year) to get her through the winter helps keep her in shape.

The lessons she's learned from her study of the martial arts are: "Awareness – Consistency and Goal Setting." It's important to stay active, she always, "feels better for working out." "It's better to stay up on your training than to try to regain the skills you've lost."

Some of the highlights of her martial arts career were earning her 1st Dan in Colorado and then receiving her Black Belt from Mr. Douglas. She said testing always made her nervous, but her last test "felt comfortable and even fun because she was so well prepared, mentally and physically."

Her most memorable moments were doing the tournaments and fighting in the 70's and working out with Eden and Mr. Owens at the tennis court. She recalled the time Mr. Douglas asked her and Eden to demonstrate throwing techniques at his real estate booth. They spent the whole afternoon throwing each other on the asphalt.

Her words of wisdom are to realize that, "Happiness is a present attitude, not a future condition." You should do things that make you smile and remember that we are all human beings. "Find something that you love to do, get off your [butt] and do it." "Smile more." We need to, "Have an attitude of gratitude."

We are so lucky to be living here in the United States, we have the freedom and opportunity to do and become anything we want. "I got a golden ticket - we all got a golden ticket." "We should be truly grateful for what we have and the opportunities that are available to us."



Snowshoeing in to her home in the mountains.