



# 2022 June Newsletter

## 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 maintaining and handing down the traditions, philosophies, 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.

## *Feature Articles:*

**WTSDF March Seminar**  
Page 1

**Bledsoe Karate Club**  
Page 3

**July Campout Agenda**  
Page 4

**July Campsite Location**  
Page 5

**WTSDF July Campout  
Registration & Waiver**  
Page 6

**Vegas Tang Soo Do**  
Page 6

**Meet The Board  
Mrs. Dottie Douglas**  
Page 7

## *Editor's Note:*

This *Newsletter* 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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## Western Tang Soo Do Federation March 2022 Seminar Eagle Mountain, Utah

By: Master Kluge, Mrs. Nelson, Grandmaster Clark, Master Newton



Solomon Karate hosted the WTSDF March seminars at their studio in Eagle Mountain, UT.

The various classes/programs were divided into three levels (beginning, intermediate and advanced) and were taught by twelve different Black Belts. With so many events occurring at once, the organization and scheduling of the day's activities was no small task. But with the "can do" attitude of the organizers and instructors, the logistical "Gordian Knot" was solved and the day's activities, by all accounts, were a great success.

Rather than just giving a synopsis of the day's activities, we asked some of the instructors for their observations and perspectives of the classes they were involved with and how they approached instruction for the different experience levels of their students.



Here are some of their comments:

### **Mrs. Nelson – 3<sup>rd</sup> Dan**

#### **Teaching for Success and Training for Your Next Test - 3rd Red through Black Belt**

\*\*\*1. GM Bledsoe used his water bottle demo of you can't pour water into a closed container. How do we get students to be "open" to instruction? Make a connection with them. Use their name. Show interest in them. Look them in the eye. Have energy.

\*\*\*2. Break things down into very small pieces. Be specific with your words. If your words don't get the response you need then change your words. Develop memory techniques. Learn how a student learns: auditory (hearing), visual (seeing), kinesthetic (doing).

\*\*\*3. They asked questions: How to you deal with a student who is misbehaving? We brainstormed in class: Push-ups (GM Douglas style); pair up with a different partner and change partners often; change the pace of the class: slow it down or speed it up; check your own attitude as it may be you.

#### **Bully Wise for 6 yrs old to 11 yrs old**

As a whole this group truly felt bullying was an issue they were dealing with on a regular basis.

\*\*\*1. We covered deflecting bullying words with some kind of a compliment in return or making some joke. Example: Bully says: "Your shirt is so ugly" and you reply with, "Thanks for the compliment! Have a nice day!" The students had fun coming up with other comebacks that were fun and would deescalate a bullying situation.

Continued on page 2

# WTDSF March Seminar - cont. from page 1

\*\*\*2. When physical -- we covered the two steps back and hold up hands saying "Stop!" If they keep coming into your space then thrust a hard web-hand to chest and throat and take two more steps back.

\*\*\*Parents had asked if it was okay to be in this class to watch. I noticed that parents were paying close attention to all that we were teaching. They appeared to want this information just as much as the students. I feel we gave them some tools they could reinforce with their children at home.

## Street Smart for 12 years old and up

This group had kind of figured out how to deal with bullying. Their concerns were more of how to be aware on the street of what is happening.

\*\*\*1. We covered being aware of surroundings and not having your nose in your cell phone or electronic device. Be aware of those around you and pay attention to where you are. We covered how to avoid "The Knock Out Game."

\*\*\*2. How to escape if you are pinned on the ground.

\*\*\*3. CAP (this came from Mr. Solomon) C=confidence; A=attitude; P=Prepared

## Miscellaneous comments:

We had a lot of help from Solomon Karate parents with taking registrations; organizing names for the sparring tournament; helping students put on gear for sparring; setting up the pizza/potluck partying; and cleaning up afterwards.

Mr. Solomon remarked that the way the day was set up allowed his red belts to train as red belts all day.

Ms. Searle remarked it was nice to have classes grouped by belt level as it allowed her to easily modify each of her stretching and goal setting classes to match the level of her students.

## **Grandmaster Clark – 8<sup>th</sup> Dan**

The first class I taught was for the Red and Black Belts. National Tang Soo Congress Black Belt Form #1 was developed by Barbara Goldstone for the NTC. Anyone in WTDSF who got their Black Belt prior to 1998, when WTDSF broke off from the NTC, had to perform that form during testing. It's a fun and impressive form, and it's part of our heritage. I explained the history of the form and its connection to us. I then taught the form, getting 95% of the way through. Seeing the Red Belts practicing it together between classes later in the day suggests that they enjoy the new form.

Next I taught two classes on Combat Forms, first to the wee ones, and then to the teens/adults/intermediate ranks. The purpose of the class was to help them visualize what they're doing and who they're fighting while they do their forms to bring intensity, focus, and realism to their forms. We reviewed forms in each class on what we're targeting with our defenses and strikes (i.e. nerve clusters and solar plexus). In order to reinforce that a block is a strike, and that blocks are meant to incapacitate opponents, I had them all break boards with the first low defense of Geichu Hyung Il Bu or the first outside defense of Pyong An Sahm Dan. This exercise seemed to help students bring power and intensity to moves that some students were just putting out there without meaning, power, or intent. I really enjoyed watching the progress of many of the students. I would also like to give a bow of respect to whoever teaches the little kids every week. That was by far the most exhausting hour of the day for me.

Finally, I taught a two hour seminar on self-defense for Red and Black Belts. I first talked about situational awareness. When we drive, we're not anxious and paranoid, but we are aware of our surroundings and anticipate potential danger because driving can be dangerous. Therefore, we check mirrors, watch for people who may cut us off, keep our eyes on the road, and don't take anything that will inhibit our judgment or reflexes. Similarly, when moving around in our everyday life, we can be aware of what's going on around us and anticipate potentially dangerous situations and plan our responses if we keep our eyes off our phones, stay sober, and be aware of who and what is around us when we're out in public. We all made the decision that we would not be a victim. Instead of the two or three techniques that I would normally teach to a group of lay people, we covered about twenty techniques so that everyone would learn that there are techniques for just about every situation and take it upon themselves to practice what they remember, review the techniques we learned through the video of the seminar, and work with their instructors to learn and develop more techniques. Mr. Arthur Villesquez helped teach the course and specifically taught some of the Jiu Jitsu techniques that we learned at our November 2021 seminars in Overton. We also covered the use of psychology in an attack. We learned to become the aggressor, be an opponent instead of a victim, end a threat rather than get in a fight, utilize the element of surprise, and to cheat - there are no rules in a self-defense situation.

Finally, I was able to referee the Red Belt sparring. I was impressed by all of them. No one backed down, even when facing much larger opponents. Everyone was a good sport, even when it was hard. The competition was fierce and the techniques were good.

Throughout the course of the day, I probably worked with everyone who wasn't teaching a different class at the time. I had a great time, met some great students, and would like to thank everyone for participating with enthusiasm.



Continued on page 3

# WTSDJ March Seminar - cont. from page 2

## Master Newton – 5<sup>th</sup> Dan

First off, the preparations for the day seemed very well thought out. I perceived an emphasis on a consistent message from all the instructors related to the various topics of instruction. I had an opportunity to view most all the sessions throughout the day and I observed students very interested and involved with the instruction. The material seemed to be presented properly for all the different groups.

I was able to provide some basic information about the tournament for the red and black belts at the beginning of G.M. Clark's session (Thank you sir), which helped greatly to start the tournament on time. I was occupied all afternoon so I only was able to prepare for the tournament and orchestrate the participants into the correct rooms and get referees and judges assigned to rings. I do appreciate all the help from many parents and students that worked on getting the participants geared up with equipment. This was a difficult task, so big thanks. I can only speak for the ring / room I was at for the preliminary fights. I was Judging the Orange / Purple belts with Master Klokman as Referee and G.M. Bledsoe was with the White / Yellow belts with Master Olds Judging. The fights went good with some tutorials needed, but most had an idea about point sparring. Even with all the chaos at times, I saw good sportsmanship, comradely and a general enjoyment of the fighting / competition. We were even



able to keep a reasonable time line for the preliminaries. The finals got set up quickly with participants ready to go. In hindsight, I should have taken the time to announce the finals with a build up for the event. It was good to have the finals in one room for the spectators. The fights went well and the award presentation by Mr. Solomon was very well received. I think for a 2 hour tournament with about 60 participants (some were seeded but did not fight) went very well. I did not end up with the bracket sheets for the tournament. Mr. Solomon may have them from the awards presentation.

It was a great day.

Master Newton



## Bledsoe Karate Club

By: Mrs. Cynthia Nelson

Bledsoe Karate had a gup testing May 31st at the Old Overton Gym. We had 3 students testing and 2 participating as a practice test. Emma Kampa and Wyatt Allred advanced and were awarded their 9th degree Orange belts. Congratulations! We also are proud of Emma and Wyatt for presenting the demonstration of Giecho Bo Hyung which is not required for them yet, but they have progressed well in this staff form.



L to R: Chaya Bejarano, Mr. Benny Bejarano, Ms. Katie Barlow, Mr. Arthur Villezcas, Ms. Howard, Mrs. Nelson, Mrs. Bejarano, Mr. Joshua Lee, Mr. Alex Villezcas, Jacob Villezcas, Emmitt Villezcas

We also had an amazing testing board of 11 people.

When our red belts are not on the current testing cycle we have them sit on the board as we believe it helps make them better martial artists and prepares them for their black belt test when they have to carefully watch and score others.

The process of identifying ways to improve in others carries over to identifying their own possible mistakes and weaknesses. It is a great learning experience for the red belts. Thank you to all the people who helped with the test, and thank you to those who traveled from Las Vegas. The time and expertise you give is greatly appreciated!

We would also like to extend our congratulations to Mr. Alex Villezcas who graduated from Moapa Valley High School this May. We wish him the best of luck on his continued journey and we will miss his instruction help in our Bledsoe Karate classes. CONGRATULATIONS, MR. ALEX VILLEZCAS!

A shout out to Mr. Joshua Lee who is home from college for the summer and is teaching karate classes in our heat. He is a great instructor and we are so thankful for his time and efforts. The karate students will have a great time and learn much this summer!

Alexavier "Alex" Villezcas is the son of Arthur and Cortnie Villezcas.

He is a black belt in Tang Soo Do Karate. He loves video games, playing guitar, and robotics.

After high school Alex plans on serving a mission for the Church of Jesus Christ of Latter Day Saints.



Alex Villezcas

After that he is hoping to attend trade school.

Alex said that his parents are his biggest influence. "No one has influenced my decisions, shaped who I am, or helped me decide who I want to be more than my family," he said.

Alex's favorite high school memory is competing in robotics tournaments with his friends.

Alex shares his favorite quote from Sonic the Hedgehog: "Every world has its end. That's why we gotta live life to the fullest in the time we have. At least that's what I figure."

Reprinted from the Moapa Valley Progress

# July 2022 Campout Agenda

By: Mr. Solomon



## WTSDF Family Camping Event

July 8th -10th 2022

Western Tang Soo Do Federation



### Location:

Soldiers Creek Group Campsite (Site PV1). This is near the location from 2021 but about 20 minutes past the campsite from last year.

### Saturday Events

7:00 am	5k FUN Run <b>(all can participate)</b>	
8:30 am	Breakfast <b>(all can participate)</b>	
9:15 am	Warm up - "Kick Bop"	Bre Redford
9:45 am	Stretch	
10:00 am	How to come off the line	Mr. Chicoine
11:00 am	Muay Thai Lesson	Zack Schaefer / Mr. Solomon
12:00 pm	Lunch <b>(all can participate)</b>	
	<i>General Blackbelt meeting during Lunch hour - only Black Belts</i>	
1:00 pm	Bo (staff) clinic	
	1-Bo Basics and Bo Drill for beginners	TBD
	2-Advanced Bo Form for Advanced students	TBD
1:45 pm	Escrima stick clinic	
	1-Beginners (Young students <10yrs)	
	2-Advanced (11 yrs +)	Mr. Clark / Mr. Malehorn
2:30 pm	Balance Drills/Padded weapons Spar	Mr. Solomon
3:15 pm	Tomahawk/knife/shuriken/Archery	Jett Solomon / Ryder Solomon
4:00 pm	Orienteering obstacle course	Mr. Bledsoe
5:30 pm	Dinner <b>(all can participate)</b>	

Cost: \$ 50.00 per participating persons (access to camping, food and clinics)  
\$ 30.00 per non participating persons (access to camping and food and some events)  
\$ 150.00 Maximum cost for Families

### Additional Information:

1. There are three water sources at the camp.
2. There are a few standard power outlets at the pavilion.
3. There are restrooms with running water.
4. There is cell service at the campground.
5. *Should **not bring** flip flops or footwear that exposes the feet.*
6. Saturday's 3 food meals are provided for the entire family. Please provide your own food for Friday and Sunday for family members as needed.
7. Some areas of the lake are muddy. Some areas do allow for clean access. Swim at your own risk with parents permission and supervision.
8. Seminar participants' uniform is camo pants and a T-shirt.
9. No ATVs or Firearm shooting.
10. There will be snacks out during the Saturday events for everyone.
11. There will be areas with outdoor games set up such as Corn Hole, Horse shoes etc.
12. There will be some activities for younger children as well including scavenger hunt.
13. Fishing in the lake is available but a fishing license is required. Please obtain it on the drive up or the week before camping at any Utah sporting goods store or online.
14. There is a boat dock about 2 minutes from the group camp site.

Continued on page 5

# July 2022 Campout Agenda - cont. from page 4

## Suggested items to bring:

- ☐ Sparring headgear
- ☐ Bo (staff)
- ☐ Escrima Sticks
- ☐ Good workout shoes for outdoors
- ☐ Bug spray
- ☐ Swimming suit / towel
- ☐ Jacket for night time
- ☐ Fishing gear (will need license to fish)

ANY QUESTIONS please contact Mr. Solomon – [snapkick.brad@gmail.com](mailto:snapkick.brad@gmail.com) 435-592-4370



## Soldier Creek Campsite Location July 8th -10th 2022

Western Tang Soo Do Federation

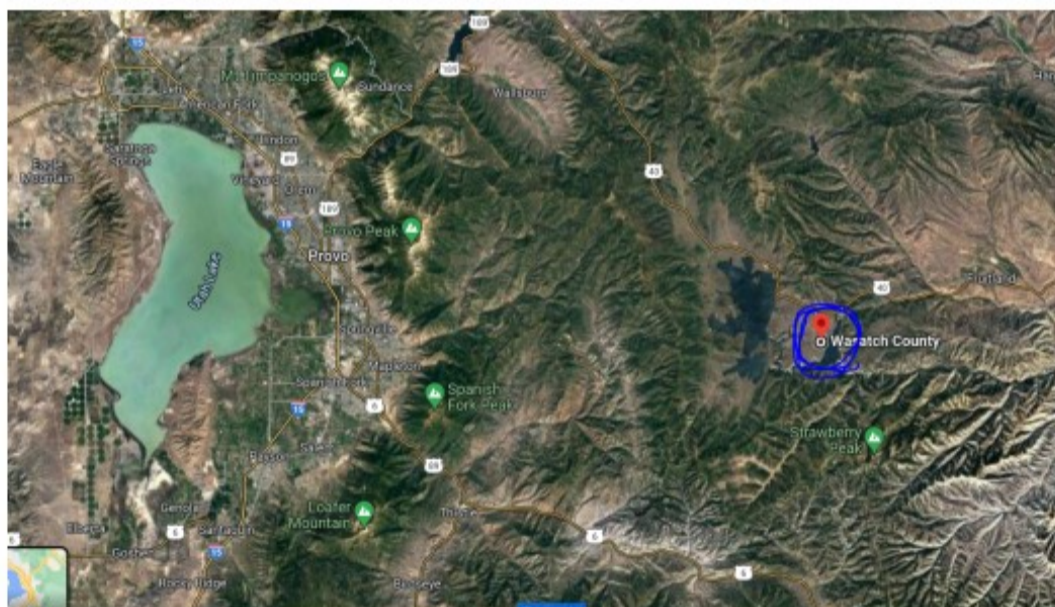


### Location:

Soldier Creek Group Campsite (Site PV1). This is near the location from 2021 but about 20 minutes past the campsite from last year. This is the GPS location of the campsite:

**40.153766, -111.049610**

Use google maps to get directions. It's about 1 hour and 40 minutes from Eagle Mountain.



# WTSDF JULY CAMP REGISTRATION WAIVER AND RELEASE OF LIABILITY

I understand that Tang Soo Do is a potentially dangerous activity, and that I should not participate unless I am medically able and properly trained. I voluntarily assume all risks associated with participating in the WTSDF meeting, workouts, and demonstrations to be held from time to time, along with activities including, but not limited to, falls, physical contact with other participants, and other risks associated with the physical activity required to perform Tang Soo Do.

I further understand that this is considered a public event and I have no expectation of privacy. Individuals will likely be taking photographs and video footage throughout the event, including representatives of WTSDF, and will likely post these to social media outlets. Photos and videos of myself and/or my children may be published on the internet, and I will have little or no control over how those images are eventually used.

Having read this waiver and knowing these facts, I do, for myself and anyone entitled to act on my behalf, waive and release Solomon Karate LLC, its members and owners, and members of the WTSDF from all claims or liabilities of any kind arising out of my participation or attendance in any martial arts events.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: (     ) \_\_\_\_\_ email : \_\_\_\_\_

Rank: \_\_\_\_\_ Instructor's Name: \_\_\_\_\_

**Signature** of Participant or Parent/Guardian (if under 18): \_\_\_\_\_

Date: \_\_\_\_\_

List any additional family members who will be attending:

Name \_\_\_\_\_ age \_\_\_\_\_ Rank if student \_\_\_\_\_

Name \_\_\_\_\_ age \_\_\_\_\_ Rank if student \_\_\_\_\_

Name \_\_\_\_\_ age \_\_\_\_\_ Rank if student \_\_\_\_\_

Name \_\_\_\_\_ age \_\_\_\_\_ Rank if student \_\_\_\_\_

**Print this waiver, fill it out, sign it, and bring it and payment with you to the Campout. Payments can also be sent via VENMO @Brad-Solomon-2. Checks may be written out to Solomon Karate LLC. Nicole Solomon will be collecting the payments and registration.**

Cost: \$ 50.00 per participating persons (access to camping, food and clinics)

\$ 30.00 per non participating persons (access to camping and food and some events)

\$ 150.00 Maximum cost for Families

## *Vegas Tang Soo Do*

By: Master Klokman

The Vegas Tang Soo Do studio had an under-belt test on June 9, 2022. The testing board included: Grandmaster Clark, Master Bejarano, Master Klokman and Mr. (Benicio) Bejarano. Four candidates tested for ranks ranging from 9<sup>th</sup> Orange belt to 3<sup>rd</sup> Red belt. At the conclusion of the testing the following students were promoted to their next rank: Job Krugley – 3<sup>rd</sup> Red, Azael Bejarano – 4<sup>th</sup> Green, Brandi Bradshaw – 6<sup>th</sup> Green and Eva Bejarano – 9<sup>th</sup> Orange.

Congratulations to all the candidates for a job well done. You are an excellent example of what can be accomplished with focus and determination. Keep up the good work.

# Meet The Board

By: Master Dave Kluge

*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 Newsletter we are introducing **Mrs. Dorothy (Dottie) Douglas - 3rd. Dan.***

Affectionately known to our WTSDF family as Mrs. D; Mrs. Dorothy (Dottie) Douglas has served on the Board of Directors and as Executive Secretary of the WTSDF since it was founded in 1998.

Of all the black belts in the WTSDF, she has a unique perspective, having been married to our founder, Grandmaster Dick Douglas, since 1965. When they met, Mr. Douglas owned a service station across the street from the Sahara where she worked as a dancer.



*Dancing at the Sahara Hotel  
in the early 1960's*

At the time Mr. Douglas was looking for a karate instructor to further his martial arts training. While investigating multiple martial arts studios in southern California, he met Chuck Norris and decided Mr. Norris was the one he wanted to take instruction from. Once a month he would fly Mr. Norris out to Las Vegas for personal instruction.

With encouragement (insistence) from her husband, Mrs. Douglas began her training in 1973. Her husband Dick Douglas was her instructor under Mr. Chuck Norris; who, had by then, founded the National Tang Soo Do Congress. Being a professional dancer since early childhood, the athleticism and discipline required for karate came naturally for her. Learning and mastering forms was like new dance routines; flexibility, balance and stamina were all part of her daily life. She tested and earned her 1<sup>st</sup> Dan from Mr. Norris Feb. 14, 1976. After excelling in all of the test requirements and breaking two boards with a flying side kick, Mr. Norris remarked, "How can you fail someone that good?"



*Wedding - June 31, 1965*

Dance has been so much a part of her life. She started taking dance lessons at the age of five and studied several different types of dance through high school. After graduating from high school in California she started dancing professionally. Her dance career has taken her all over the country: Cincinnati, California, Kentucky, Boston, Montreal, Reno, Los Angeles and Las Vegas. Along the way she worked with such notable celebrities as George Burns and Jimmy Durante (where she rubbed his famous nose as part of the act). The dance company even talked her into



*Jimmy Durante - 1958*

competing in the 1959 Miss Nevada pageant while she was in Reno. She said she really didn't want to win it, so she didn't. In 1965 she and the dance company were flown from Las Vegas to Los Angeles to be on the Ed Sullivan Show, where she got paid a whopping \$155 for her efforts.

Since her marriage to Mr. Douglas, karate has been an integral part of her life. As she put it, "I have a karate family." Both her sons, Rick and David, and her step-daughter Dawn have earned their Black Belts in Tang Soo Do, as well as some of her grandchildren; and the Vegas Tang Soo Do Studio has operated out of her back yard since 1966. That family has grown over the years to include 18 Grandchildren and 10 Great-grandchildren.



*1st Dan - February 14, 1976*



*The Douglas Family Black Belts - 1982  
David, Dick, Dottie & Rick*

*Continued on page 8*

## Meet The Board - cont. from page 7



*Ready for the show.*

She said, that whether under the original National Tang Soo Do Congress started by Mr. Chuck Norris; the United Fighting Arts Federation also created by Mr. Norris; the reorganized National Tang Soo Do Congress under Mr. Pat Johnson; or the Western Tang Soo Do Federation founded by Grandmaster Dick Douglas; the traditional art of Tang Soo Do hasn't really changed much. Some of the forms are different, but the basic motions, the discipline, the traditions and the respect for the art and each other is still paramount in what is being taught.

She said, "Dick wanted everyone to be involved in karate." She believes it can help everyone in their personal lives; physically, mentally and spiritually. It gives us a sense of belonging, respect for each other, and teaches us to be dedicated and committed to accomplishing our goals in life.

To other Black Belts in the organization she encourages us to: "Stay willing to contribute your

talents and time." You have a lot to offer, "Trust yourself." We have a lot of good people coming up, "Help the younger generation, they are our future."



*Dick Douglas Black Belt of the Year - 2017*

She said a lot has changed in the past few years because of COVID. Some of the schools have lost a lot of students, while others are doing quite well. Mr. Solomon's school is really growing. Mrs. Bejarano has a small but very dedicated group and Bledsoe Karate is doing well, but the demographics have changed. The largest and fastest growing school in the WTSDF is Mr. Solomon's which is located in Eagle Mountain, UT; over 400 miles from her home in Las Vegas.

She said, "I really enjoy the friendships I've had over the years, but because of the changes in the schools, it's getting harder for me to travel and make the events. Still, I'm glad to be part of this karate family."



*"My pride and joy." - Rick & David*

Yes Mrs. D. you do indeed "have a karate family." You have been a leading force in the WTSDF's success since its inception, and we are all proud to be part of that "family." Thank you for all you have done over the years, you have been more of a blessing than you realize.



*The Douglas family - 1983  
Dottie, David, Rick & Dick*



*Mrs. D. & Grandmaster John Natividad  
at her 80th. "Surprise Birthday Party"*