



2023 February 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.

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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

2022 November Seminars

Las Vegas, NV

By: Master Dave Kluge

Photography by: Grandmaster Dave Clark



The WTSDF November Seminars were hosted by Bledsoe Karate and held at the Cambridge Community Center in Las Vegas, NV.

Weekend activities began Friday afternoon with an advanced black belt test before Grandmaster Brian Mable and Grandmaster Monte Bledsoe. Master Ken Newton tested for, and was awarded, his 6th Degree Black Belt. Congratulations for a job well done, and for all you do to promote and make the organization run smoothly. You are an integral, and appreciated, asset to the WTSDF and well deserving of your rank.

The Board of Directors meet Friday evening at Mrs. Douglas' residence in Las Vegas. General housekeeping items were addressed, the state of the individual schools was reported, up grading the design of the Black Belt Certificate was discussed, there was a report on progress made to the website and plans were discussed for the March seminars.

Black Belt Testing

Saturday's activities began with four candidates testing for Black Belt ranks. Mr. Jett Solomon, Mr. Dallin Webb and Mr. Jacob Villezcas tested for their 1st Degree Black Belts, and Miss Elizabeth Edwards tested for her 2nd Degree Black Belt. All did well, and were awarded their respective ranks by the testing board.



Jacob Villezcas preparing to execute a jump kick.



Dallin Webb jump kicking.



Jacob Villezcas executing a jump kicking



Jett Solomon jump kicking.



Elizabeth Edwards executing a jump kicking

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WTSDJ November Seminars - cont. from page 1



Dallin Webb and Jett Solomon Sparring.



Dallin Webb Breaking



Dallin Webb and Jett Solomon Sparring.



Jett Solomon Breaking



Elizabeth Edwards Breaking



Jacob Villezcas Breaking



Elizabeth Edwards & Jacob Villezcas Sparring



Dallin Webb & Elizabeth Edwards Sparring



Jacob Villezcas & Dallin Webb Sparring



(l to r) Master Ken Newton 6th Dan, Mr. Jacob Villezcas 1st Dan, Grandmaster Brian Mable 9th Dan, Mr. Jett Solomon 1st Dan, Miss Elizabeth Edwards 2nd Dan & Mr. Dallin Webb 1st Dan

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Grandmaster Rob Mancini - Sword

Grandmaster Mancini taught an amazing seminar on sword techniques. While we practiced with the katana, he emphasized that the techniques are applicable with other weapons and open hands as well. He taught importance of detail and small movements in technique, movements to open up the next strike, using and opponent's weapon against them, and disarming techniques.



Grandmaster Mancini demonstrates open hand techniques to use against a sword.



Footwork and controlling the weapon.



Turning the weapon against your attacker.



Grandmaster Murvosh & Grandmaster Dague practicing sword techniques.



Mr. Dallin Webb and Zach Schaefer practicing open hand techniques vs. sword.



Nicole Solomon working with Rosie Hammond during the sword seminar.

Mr. Eddie Mapula - Sparring

Grandmaster Eddie Mapula worked with us on striking techniques, particularly boxing drills and their application. More importantly, he spent time discussing how we can use our workouts and approach to martial arts as a template for other areas in our lives. Commitment, perseverance, and attitude are going to shape our workouts and our lives.



Mr. Solomon demonstrating the striking techniques Grandmaster Mapula is teaching



Mr. Estrada counter-punching Mr. Miller

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WTSDJ November Seminars - cont. from page 3



Mr. Estrada demonstrates countering techniques against Mr. Miller during their seminar from Grandmaster Quinlan's studio.



Move and counter, next comes the takedown.



Master Bejarano squares off against Mr. Henderson during the sparring matches.



Mr. Dhillon demonstrating effective fighting techniques with Mr. Miller.



Grandmaster Murvosh, Grandmaster Mopula and Mrs. Whittington



All the WTSDJ and visiting Black Belts after a great day of workouts.



All of the seminar attendees at the end of a great day.



Western Tang Soo Do Federation

March Seminars

Saturday - March 11, 2023

Solomon Karate Studio
4038N. Ira Hodges Scenic Pkwy.
Eagle Mountain, UT 84005



Morning Agenda

Registration opens as 8:00 a.m.

Morning Sessions	Beginning: White - 8th Blue	Intermediate: 7th Blue - 4th Green	Advanced: 3rd Red - Black Belt	Room for Session
9:00 A.M.	BOW - IN Grand Master Mable	BOW - IN Grand Master Mable	BOW - IN Grand Master Mable	Room #1 Students only
9:05 9:20 A.M.	<u>Warm up - Stretch</u> Master Leibundgut	<u>Warm up - Stretch</u> Master Leibundgut	<u>Warm up - Stretch</u> Master Leibundgut	Room #1 Students only
9:25 10:10 A.M.	Hyungs <u>Not Just Shapes</u> G.M. Mable G.M. Bledsoe Ms. Nelson	Hyungs <u>Not Just Shapes</u> G.M. Mable G.M. Bledsoe Ms. Nelson	Hyungs <u>Not Just Shapes</u> G.M. Mable G.M. Bledsoe Ms. Nelson	Room #1 Students only Unless room allows for spectators All rooms if needed
10:15 11:20 A.M.	Hyungs Master Malehorn Ms. Edwards	Hyungs Master Leibundgut Master Olds	Hyungs G.M. Clark Master Klokman	Room # 1 Beginning Room # 2 Intermediate Room # 3 Advanced
11:30 11:55 A.M.	Hyungs <u>Student Demonstration</u> Master Newton Mr. Solomon	Hyungs <u>Student Demonstration</u> Master Newton Mr. Solomon	Hyungs <u>Student Demonstration</u> Master Newton Mr. Solomon	Room #1 All levels
12 noon LUNCH	General Black Belt Meeting (lunch provided)	General Black Belt Meeting (lunch provided)	General Black Belt Meeting (lunch provided)	Commons Area Ms. Edwards

Your Instructors

Teaching Hyungs (Forms)- Not Just Shapes	G. M. Brian Mable, 9th Dan, Glenwood Spg. Colorado G.M. Monte Bledsoe, 9th Dan, Overton, Nevada Mrs. Cyndi Nelson, 3rd Dan, Overton, Nevada
Teaching -Hyungs, Ground Defense, Step Sparring	G.M. David Clark, 8th Dan, Las Vegas, Nevada
Teaching - Get up off the Ground, Hyungs	Master Ken Newton, 6th Dan, Palisade, Colorado
Teaching - Warm-Up / Stretch, Hyungs	Master John Leibundgut, 5th Dan, Seattle, WA
Teaching - Hungs, Step Sparring	Master Robert Olds, 5th Dan, Reno, Nevada
Teaching - Hyungs, Break Falls, Step Sparring	Master Dave Malehorn, 5th Dan Glenwood Springs, Colorado
Teaching - Hyungs, Break Falls, Step Sparring	Master Ted Klokman, 5th Dan, Las Vegas, Nevada
Teaching - History of Tang Soo Do Step Sparring, Ground Defense	Mr. Gordon Chicoine, 3rd Dan Glenwood Springs, Colorado
Teaching - Hyungs, Step Sparring, Ground Defense	Mr. Brad Solomon, 3rd Dan, Eagle Mountain, Utah
Teaching - Hyungs, Get up off the Ground	Ms. Lis Edwards, 1st Dan, Orem, Utah

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March Seminars - cont. from page 5

Afternoon Agenda

Afternoon Sessions	Beginner/Intermediate 3 yrs old - 11 yrs old	Beginner/Intermediate 12 yrs old and up	Advanced All ages	Room for Sessions
1:00 P.M.	<u>BOW IN</u> G. M. Mable	<u>BOW IN</u> G. M. Mable	<u>BOW IN</u> G.M. Mable	ROOM #1 Break to rooms
1:10 - 1:50 P.M.	<u>Break Falls</u> Master Malehorn Master Klokman	<u>Get up off the Ground</u> Master Newton Ms. Edwards	<u>Ground Defense</u> G.M. Clark Mr. Solomon Mr. Chicoine	Room #1 Beginning Room #2 Intermediate Room #3 Advanced
1:55 - 2:35 P.M.	<u>Get up off the Ground</u> Master Newton Ms. Edwards	<u>Ground Defense</u> G.M. Clark Mr. Solomon Mr. Chicoine	<u>Break Falls</u> Master Malehorn Master Klokman	Instructors change rooms
2:40 - 3:20 P.M.	<u>Ground Defense</u> G.M. Clark Mr. Solomon Mr. Chicoine	<u>Break Falls</u> Master Malehorn Master Klokman	<u>Get up off the Ground</u> Master Newton Ms. Edwards	Instructors change rooms
3:25 - 4:05 P.M.	<u>Step Sparring</u> Master Olds Mr. Solomon	<u>Step Sparring</u> Master Malehorn Master Klokman	<u>Step Sparring</u> G.M. Clark Mr. Chicoine	Instructors change rooms
4:20 - 4:55 P.M.	<u>History of Tang Soo Do</u> Mr. Chicoine	<u>History of Tang Soo Do</u> Mr. Chicoine	<u>History of Tang Soo Do</u> Mr. Chicoine	Room #1 All levels
4:55 - 5:00 P.M.	<u>BOW - OUT</u> Grand Master Mable	<u>DINNER</u> Ms. Edwards	<u>RAFFLE</u> Master Klokman	Commons Area

Solomon Karate Will Be Hosting A Black Belt Workout Friday - March 10, 2023

**Solomon Karate Studio
4038N. Ira Hodges Scenic Pkwy.
Eagle Mountain, UT 84005**

WTSDF Advanced Forms Clinic

Friday, March 10th from 1:00 to 4:00

Solomon Karate Studio (4038N. Ira Hodges Scenic Parkway, Eagle Mountain, UT) will be hosting an advanced forms clinic open to all Black Belts 2nd Dan or higher. Attire will be our standard WTSDF uniform. WTSDF Board of Directors meeting will follow the forms clinic.

WTSDF Board of Directors Meeting

Friday, March 10th at 5:00 p.m. (Pacific Time)

The Board of Directors will meet at the **Solomon Karate Studio** following the *Advance Forms Clinic*. Attire will be: Blazer, Gray Pants or Skirt, Tie, Black Shoes.

Board of Directors Dinner will be at the **Solomon Karate Studio** following the meeting.

B.O.D. members will be able to attend the meeting via ZOOM. (ZOOM contact info. will be forthcoming.)

Note: Proper attire is required at all meetings and seminars, whether in person, or via Zoom.

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Solomon Karate Studio Directions and Accommodations

Address:

4038 N, Ira Hodges Scenic Pkwy, Eagle Mountain, UT 84005

This address will work in most map apps on phones.

You can also search for Solomon Karate Eagle Mountain and find the location and route that way. Building is named "Gotta Dance"



Directions from Las Vegas NV:

Roughly a 6 Hour Drive

1. Follow I-15 Northbound
2. Take exit 278 West (Turn left off the exit)
3. Continue straight for roughly 12 miles (about 25 minutes). Passes through Lehi, and Saratoga Springs. Road will convert to SR 73. Continue on SR 73
4. Left turn on Eagle Mountain Boulevard. Will be a large "Eagle Mountain" monument and sign on the left.
5. After about 4 miles and a few stop lights, you will hit your first stop sign. The Studio is a half mile further up the road on the right hand side next to the Chevron Gas station.

Directions from Glenwood Springs CO:

Two methods are nearly the same time. Fastest is towards Spanish Fork Canyon 5 hr 45 min. 2nd is through Provo Canyon 6 hr 10 min. Either way ends up Northbound on I-15

Listing directions though Spanish Fork.

1. Follow I-70 West
2. Take exit 157 to merge onto US 191 North
3. Follow signs for I-15 North
4. Follow steps 2 through 5 on the Directions from Las Vegas above.

Directions from SLC Airport

1. Get a rental car
2. Follow signs for I-15 South bound
3. Exit 278 West (turn right)
4. Follow steps 3 through 5 on the Las Vegas Directions above.

Recommended Accommodations:

There is going to be a 20 to 25 Minute Drive from any hotel to the studio so plan accordingly. Mr. Solomon has one guest room and a lot of couches as well and anyone is welcome to stay at his home. His home is 3 minutes from the Studio.

[Best Western Timpanogos Inn](#) (25 min)

[Tru by Hilton Lehi](#) (24 min)

[SpringHill Suites by Marriott Lehi at Thanksgiving Point](#) (27 min)

All of these are near Thanksgiving Point which has many places to eat as well. You can stay at any hotel near Thanksgiving Point and it will be a nice stay. There is a cluster of hotels there and different brands.

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SOLOMON KARATE 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 Solomon Karate 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 during this event I have no expectation of privacy. Individuals will likely be taking photographs and video footage throughout the event, including representatives of Solomon Karate and 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 the Solomon Karate, its members and leaders, and the Solomon Karate Studio 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 _____ (2nd immediate family \$35)

Name _____ age _____ Rank _____ (3rd immediate family \$25)

Name _____ age _____ Rank _____

Name _____ age _____ Rank _____

Seminar fee: \$40 per participant. (It doesn't cost anything to come in and watch the day's activities.)

Family Discount: Family cost is a maximum of \$100 for the whole immediate family participating in the seminar. (Cash or checks payable to WTSDF or VENMO@Cynthia-Nelson-114)

Print this waiver, fill it out, sign it, and bring it and payment with you to the seminar.

Solomon Karate Studio

By: Nicole Solomon

Solomon Karate had some great news as this last November we had three of our students testing for their Black Belts, and all three passed! We'd love to recognize and congratulate Miss Elizabeth Edwards (2nd Degree Black), Mr. Jett Solomon (1st Degree Black), and Mr. Dallin Webb (1st Degree Black). We are so proud of them and their hard work and dedication!



**Grandmaster Brian Mable,
Mr. Jett Solomon, Mr. Solomon**

We are looking forward to our next belt advancement test at the end of Jan., our upcoming Women's Self Defense night in February, and of course our WTSDF Seminar in March. Our studio continues to grow and we love serving our community and working with our amazing students!



Mr. Solomon, Mr. Jett Solomon, Mrs. Solomon



**Mr. Solomon, Miss Edwards,
Mrs. Solomon**



Mr. Dallin Webb and Mr. Solomon



Congratulations Testers!

Master Newton, Mr. Valiscus (Mr. Bledsoe's student), Grandmaster Mable, Mr. Solomon, Miss Edwards, Mr. Webb



A Proud Father!

Tang Soo Do - Korean Terminology

By: Master Dave Kluge

Korean terminology is part of the structure and discipline of traditional martial arts classes. The following terms have been reprinted from *AmKor Karate Institutes'* website. A more complete list of Tang Soo Do terminology can be found on page 191 of *Traditional Korean Karate Basics* by KJN Frederick Scott. See previous Newsletters for additional terminology.

Gi Cho	Basic
Hyung	From
Dae Ryun	Fighting
Ill Soo Sik Dae Ryun	One-Step Fighting
Ho Sin Sool	Self-Defense
Neh Gung	Internal control and power in exercise
Shim Gung	Mental control and power in exercise
Go Mup Sum Ni Da	Thank you
Mahk Kee	Block
Kong Kyuk	Attack
Ha Dan	Low
Choong Dan	Middle

Sang Dan	High
Soo Gi	Hand Techniques
Cha Gi	Kicking Techniques
Shi Sun	Eye focus
Choong Shim	Balance
O Rin Jok	Right Side
Wen Jok	Left Side
Ahp	Front
Yup	Side
Dwi	Back
Tuel Oh	Opposite

2022 Dick Douglas Black Belt of the Year

By: Master Dave Kluge

Originally selected and presented by Kwan Jang Nim Mr. Dick Douglas, the **Dick Douglas Black Belt of the Year** award 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.

Congratulations to **Master Robert Olds - 5th Dan** for being chosen as the **2022 Dick Douglas Black Belt of the Year**.

WTSDF - Were you surprised that you were chosen Black Belt of the Year?

Yes. It's really a great honor, considering there are so many exceptional people in our organization, and so many who are deserving of it.

WTSDF - What training have you had?

My older brother Chuck was a professional boxer and "volunteered" me to be his sparring partner. Later when I attended the University of Nevada, I fought on UNR's boxing team. I also had several amateur fights along the way. Chuck introduced me to Grandmaster Dick Douglas in 1979 which started my study of Tang Soo Do.

I moved several times over the years and worked out with various schools along the way. In Napa, CA (finding no Tang Soo Do schools) I worked out with a Tae Kwon Do studio under Master Soo Lee. In 1991 I moved to Tahoe City, CA and worked out with a school associated with the World Tang Soo Do Association and, though I didn't test for it, I was awarded a 2nd Degree Black Belt.

But despite all the moves I've made and the different schools I worked out with over the years, I feel like I've only really "studied" Tang Soo Do, and Mr. Douglas was the primary influence in my martial arts career.

WTSDF - How has the study of martial arts affected your life?

It's really a part of everything I do. From getting my journeyman's license in steel working, to being on the ski patrol, to obtaining my Optician's license; it's taught me how to set goals, focus on what has to be done, and discipline myself to achieve what I set out to do.



2022 Dick Douglas Black Belt of the Year
(l to r) Grandmaster Monte Bledsoe, Master Bob Olds, Kwan Jang Nim Brian Mable & Grandmaster Jim Dague



Master Olds with Grandmaster Dick Douglas at the July campout in Sidney Valley, UT 2003.

WTSDF - What lessons have you learned from your study of martial arts?

I tested in front of Mr. Norris for my first degree black belt. When it came time to do forms he would call the form he wanted to see, and then you were expected to demonstrate it. I was used to doing my forms in order, so it really surprised me when he would randomly select a form. It really made me think. Mr. Douglas always said, "You have to be ready for anything," and that lesson was really brought home to me during that test.

WTSDF - What suggestions do you have for other martial artists?

Find a school that teaches traditional martial arts and then stick with it. Mr. Douglas searched a long time, and visited a lot of schools before he found Mr. Norris' studio in L.A. Then he flew him out to Las Vegas every month to give him private lessons.

Avoid schools where you sign a contract and then after so much time, or so much money, you get your black belt. You don't buy a black belt, you earn it, through hard work and dedication.

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Black Belt of the Year - cont. from page 10

The studio doesn't have to be fancy. Mr. Douglas taught in his back yard. Mr. Natividad, out of his garage.

You want a school that focuses on basics, discipline and respect; not on winning trophies, or making money.

I got my 1st degree black belt from the United Fighting Arts Federation under Grandmaster Chuck Norris in 1983, and my 2nd from the National Tang Soo Do Congress under Grandmaster Pat Johnson. The rest were from the Western Tang Soo Do Federation under Grandmaster Dick Douglas. But no matter what the organization was; the basics, the discipline and the respect for the art and each other were always the same; that's what's important.

WTSDF - What have you been doing lately?

I looked for a school to work out with, but there aren't any Tang Soo Do schools left in my area. There are some Tae Kwan Do

schools and some

that do mixed martial arts, but no one's teaching the traditional karate I'm interested in. Mr. Mancini had one of his students move up here from Las Vegas and asked me to see if I could find a karate school for him, but since I couldn't find anything that I would go to, I really couldn't recommend any. So, I agreed to teach him myself.

WTSDF

Master Olds has been practicing Tang Soo Do for over four decades and has given multiple presentations at our triannual seminars. He has served on the Board of Directors since the inception of the Western Tang Soo Do Federation.

Despite being miles from the centers of our usual WTSDF activities (he lives in Reno, NV) has taken the time and expense to remained an active and valuable asset to our organization, and is well deserving of this year's **Dick Douglas Black Belt of the Year** award.



Master Olds, as he put it, "Breaking rocks in the hot sun."
(But not on a chain gang.)



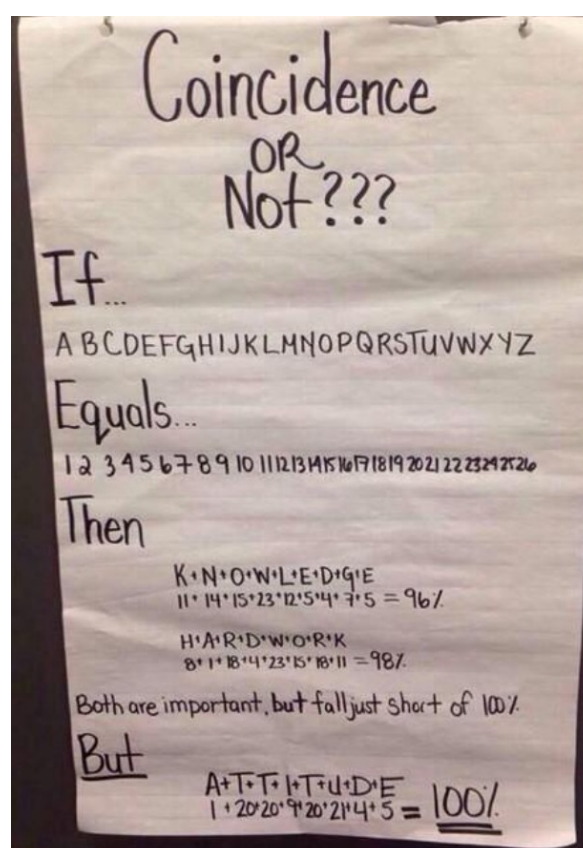
Patrolling at Homewood Mountain Resort
Lake Tahoe, Nevada

Attitude



**"The problem is not the problem.
The problem is your attitude about the problem.
Do you understand?"**

Captain Jack Sparrow



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 **Master Eden Bejarano - 7th. Dan.**

WTSDF – What got you interested in martial arts?

When I was six years old I saw the first *Karate Kid* movie, and I told my mom I just had to do that. She knew Mr. Douglas from church and convinced him to let me join his classes.

WTSDF – What kept you going?

I just love doing it. The workouts are both challenging and fun. The encouragement and support I got from my instructors was a real help. Mr. Douglas, Ms. Houser, Mr. Owens, Mr. Clark were really an inspiration and all helped me so much.

WTSDF – What martial arts training have you had?

My training has all been in *Tang Soo Do*. I have trained in other studios besides Mr. Douglas': Mr. Owens, Mr. Clark, Mr. Natividad have all helped me a lot, but the only martial art I have really studied is *Tang Soo Do*. My kids have studied *Tang Soo Do*, and Benicio has earned his black belt in it. Our family has taken boxing training and is currently training in JiuJitsu along with Tang Soo Do.



Mr. Owens and Eden 1988



National Tang Soo Do Congress
Convention in Las Vegas 1997

WTSDF – What suggestions do you have for other martial artists in their training?

What helped me doing forms was to be really mindful of what I was doing when I practiced. Use your brain to self-check each motion. I focus on what each part of my body is doing from head to toe: coil, extension, recoil, balance; every part of your body plays a role in each motion you make. Train your mind to check your body; as you strengthen your mind, your body will respond to your thoughts.

WTSDF – How has the study of martial arts affected your life?

By nature I am a really shy person. It helped me to become more confident. I learned some really valuable teaching skills, and I'm much more confident speaking in public.

WTSDF – Have you ever used any of the training you have received? How?

I have never had to defend myself physically, but I use the mental training all the time.

WTSDF – What lessons have you learned from your study of the martial arts?

Mr. Douglas taught me a lot. He was very big on goal setting and disciplining yourself to achieve the goals you set. He emphasized the importance of

having a consistent workout routine, and helped me to learn to stick with things even when I didn't feel like I was making progress. Until I tested for my 3rd Degree Black Belt, I was always nervous about testing, but the tests taught me to stay focused and remain calm under pressure.

WTSDF – What are some of the highlights of your martial arts career?

When I got my 1st Degree Black Belt – It wasn't so much passing the test, but the nod of approval I got from Mr. Douglas that was really special.

When I tested for my 3rd Degree, it was the first time I wasn't nervous. I was excited to demonstrate what I had learned and what I could do. It was a kind of maturing of all the years I had put into the study of the art. That felt really good.



Mrs. Bejarano's 3rd Degree Black Belt test 1998

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When I was inducted into the Black Belt Hall of Fame in 2009, along with Mr. Clark and Mr. Dague.

When my son Benicio got his 1st Degree Black Belt.



*Master Bejarano, Grandmaster Clark & Grandmaster Dague
at their induction into the Masters Hall of Fame 2009*



My son Benicio's 1st Degree Black Belt

WTSDf – What are some of the more memorable moments of your martial arts career?

Not necessarily the big events. I remember working out in Mr. Douglas' back yard in a severe rain storm (a rare occurrence in Vegas) in several inches of water, sweeping the water off the deck and continuing the workout, despite the water. Working out at Mr. Owens' studio with the dogs barking and raising a ruckus on the other side of the fence. Going to Mr. Natividad's fight night and getting kicked really hard by Sally Natividad, I wasn't expecting that. Fighting wasn't easy for me, but it forced me to accept the challenge and the contact.

WTSDf – Do you have any advice and/or words of wisdom you would like to share?

It's something I tell my kids. Whenever you want to not do something because it's scary, boring, intimidating or tiring, ask yourself: What else would you be doing that would make you a better person?



Appointment to the Board of Directors 2003

WTSDf – What other interests do you have besides karate (sports, music, hobbies, work, etc.)?

Family activities mostly; we enjoy all different kinds of sports and outdoor activities like hiking, going to the beach, etc. I really enjoy my job helping "students with autism." Also, I'm very involved in church activities.



Fight night at Mr. Natividad's garage

To me, karate has a lot of benefits: physically, mentally and emotionally, it helps give your life balance. I am truly grateful for all the great friendships and memories I have had along the way.