

# WORLD TANG SOO DO ASSOCIATION REGION 20 NEWSLETTER

#### **2017 REGIONAL TOURNAMENT**

The 2017 Region 20 Tournament was held on October 28, 2017 at the Salvation Army Citadel in San Diego. Grandmaster Strong officiated the event, presenting Master Osai Robinson the rank of Sah Dan Master and Ms. Barbara Bellini the rank of Sah Dan.

Masters from four other regions attended, and many brought students who also competed. Master Jeffrey Wheeler and Ms. Tiffani Jones attended from Region 5 – Double Dragon Tang Soo Do, and Master Giselle Sharpe came from Region 5 – Karate Masters Family Martial Arts Academy. Master Becky Rupp from Dragon Heart Tang Soo Do in Region 1 attended along with Master Melodie Lopez – Lopez Family Martial Arts, Ms. Melanie Gorden – Dragon Fire Tang Soo Do, and Ms. Kristina Ohlson – Paresh Martial Arts. Region 2 also brought a large contingent from Arizona and Utah: Master Chris Pacini – Pacini Martial Arts, Mr. Alan Shaw – Peaceful Warrior Martial Arts, Ms. Brooke Sexton – Arrowhead Tang Soo Do, Mr. Thomas Woodworth – Red Rock Martial Arts, & Mr. Lucas Aderhold – Pacini Martial Arts.

A full list of participants and tournament results appears on pages 4-5. See our website & Facebook for photos!

#### Barbara Bellini

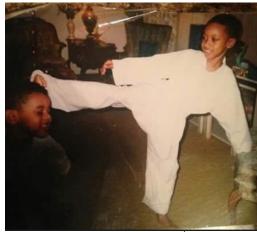
This past weekend at Region 20 Tournament, I was honored to receive my Sah Dan 4<sup>th</sup> degree Black Belt promotion along with Osai Robinson, who received his Master rank, from Grandmaster Bill Strong. Promotion in front of the Masters and members of the World Tang Soo Do Association; people who understand the effort this promotion entails, was very emotional.

While I was happy to receive the new belt and rank, it was still a bit sad to remove my original Black Belt for the last time. I've had that belt since 2001. I'll let you do the math as to how long I've worn it. We've been many places together and met so many friends!

My old Black Belt almost ties itself, frayed on the edges from wear, 3 small pieces of tape holding (cont. p. 2)

#### **Master Osai Robinson**

On October 28, 2017, Master Osai Robinson was officially promoted to the rank of Sah Dan Master, a goal he has worked towards since beginning his Tang Soo Do training at the age of 11. Master Robinson's instructor, Master Jeffrey Wheeler of Double Dragon TSD in Burton, Michigan submitted this article about Master Robinson.



Master Robinson demonstrates his 10<sup>th</sup> gup round kick.

Osai calls me Dad, and I am proud to consider him my son, even though he was not born to me. I must say that I am extremely proud of him as I am my own children.

Osai came into my life as I was taking Martial Arts classes with my son Quion (a Cho Dan) and his twin sister Quiana (currently a Sam Dan) at a small school run by Michael Wilson in Flint, Michigan in 1999. Osai and his Aunt Terina (now a Sam Dan at Double Dragon) would peek with great interest into the windows of our small school as classes were in session. It would be days before they would gain the courage to finally step through the door. A short time later, Osai entered my life.

The qualities you see in Osai today as a young man were present in him when he was a boy. He has always been loyal, caring, passionate, driven, focused and mature.

Our Martial Arts journey together has taken many wonderful twists and turns through the years. While we were fellow students at W.I.S.K. International School of Karate, I had the pleasure of watching him grow and mature as a Gup student. As he continued to train, his dedication earned him the rank of Cho Dan under Mr. Wilson. Osai was a fierce competitor (cont. on page 2)

#### Master Osai Robinson (cont. from front page)

and hated to lose, but he was also gracious at all times. Even when things didn't go his way, Osai was always pleasant and respectful.

In 2004, I left my old instructor to open my own studio (Double Dragon Tang Soo Do). This was a bittersweet transition for me. I was excited about the adventure that awaited me and my family, but I was saddened that I would be leaving Osai behind, or so I thought.

Shortly after opening Double Dragon, I was approached by Mr. Wilson who advised me he would be leaving the state. He asked me to take those students who wanted to continue training. Osai was part of that package, and we found ourselves together again, this time as Instructor and student. This was when our Father/Son bond was forever established.

Osai has always been a person who understands the value of mentorship and opportunity. When he was in High School, I got him enrolled in a program at UM Flint. While there, he was hired to mentor incoming Freshmen. He did for others what had been done for him. Osai took that opportunity to earn a scholarship and graduated with a Masters Degree in Civil Engineering.

This experience gave him another opportunity. He traveled to the U.K., where he trained with Master Khan and the other great Masters of Region 11. I received many reports of what an outstanding young man he was. I would like to take credit, but I can't. Osai has always been an exemplary young man. He gets it! He understands the village concept. He understands the need to take what's been given to him (good or bad) and build on it for the better. Osai understands the importance of gleaning from those who extend themselves to him. He understands that to move forward in life, you must not only take what's given to you, but give back. Osai understands!

While in college, Osai rarely missed a day at Double Dragon, often staying hours after training to do his assignments. He accomplished this while being an active member of his Fraternity and being involved in other college activities.

When Osai graduated from the University of Michigan, our lives took another turn as his new degree and skills took him to the San Diego area where he now lives with his High School sweetheart and wife, Shakera. To top it off, they have a new son who bears his name, Osai Jr. I've had the honor and privilege of watching a shy boy

#### Master Osai Robinson, cont.

grow into a confident man. Yes, this journey of ours has had many wonderful twists and turns. I was blessed to be the Minister who married him and Shakera. Osai honored me by naming his school West Coast Dragons, a tribute to Double Dragon here in Michigan.

The relationship we share is unique. I have been privileged to be his training partner, confidante, financial and business planner, counselor, mentor, father figure, instructor. As he describes me in a chapter of my book, Where is Adam, Understanding a Father's Role, also his "Corner Piece."

Truth be told, Osai is as much a blessing in my life as I ever was in his. He has allowed me to take him through to E Dan and Sam Dan, and now I am blessed to have the unique opportunity to support him as he receives one of the rarest accomplishments in anyone's Martial Arts journey: being promoted to the rank of Master.

The World Tang Soo Do Association has many great and talented individuals all over the world. I am proud to say that I have contributed in some small way by bringing forth a young man who will continue the wonderful legacy that our founder KCN Jae Chul Shin created. Tang Soo!

Master Jeffrey Wheeler #33737 Owner & Chief Instructor, Double Dragon Tang Soo Do Burton Michigan

#### Barbara Bellini (cont. from front page)

on for dear life, but the core of the belt is still holding together and will last for years. If a belt can resemble your life, then my original Black Belt certainly resembles mine. The new Black Belt is stiff and says it belongs to me, so I must trust that it does.

Many people know from their first class that they have a passion for Tang Soo Do. That was not me. I remember telling my husband, "Ok, I'll try it, but I'm not interested in that karate stuff." I've learned that sometimes you should just try, and then try some more. Somewhere along the journey, as it turns out, I did get interested in that "karate stuff."

I encourage everyone, "No retreat in Battle." That is the battle to train on the days you want to stay home, to be honorable when you are disappointed you didn't get a medal, to stand at attention when no one is watching, to do your homework/chores/laundry when you just don't want to do it. TRAIN HARD – stay humble.

Ms. Barbara Bellini #032682

#### **REGION 20 Scholarship**

Region 20 awards a scholarship to a deserving Region 20 student who is in college or entering college. This year's scholarship was presented at the Regional Tournament and was awarded to two students, Laura Barrera & Andrew Dennehy.

Laura Barrera is an E Dan who tested for Sam Dan at the Dan test held October 26. She trains at M.A.S. Tang Soo Do under the direction of Master Miguel Soto. Laura has a GPA of 3.8 and is involved in numerous extracurricular activities in addition to Tang Soo Do. She intends to major in Psychology and pursue a career in Speech Pathology or Occupational Therapy. She is interested in studies of brain development and education absorption in the elementary school population. The scholarship committee believes Laura will be an asset to any endeavor she chooses to pursue.

Andrew Dennehy is a 6<sup>th</sup> Gup who trains at West Coast Dragons under Master Osai Robinson. Andrew's GPA is 3.92. He is enrolled in Mira Costa College concurrently with his High School Studies. He plans on a double major of Applied Mathematics and Physics. His goal is to work for the NSA as a cryptographer while working towards a Masters and PhD in Applied Mathematics.

The Regional Tournament featured a silent auction which raised \$2000 for the Region 20 Scholarship. This will enable Region 20 to encourage and assist students in their educational pursuits. Thank you to everyone who contributed to the scholarship raffle, and congratulations to this year's recipients!



We welcome your contributions. Please send events, articles & ideas to region20news@gmail.com.



# WTSDA & the Benefits of a World-Wide Standard Curriculum

Since elementary school, I trained in different martial arts on and off. Admittedly, more off than on because life happens. My dad served in the military, then I served in the military, and in my civilian career, I moved around trying to figure out what I would want to be when I grew up (still a work in progress). Depending on which martial arts were available near to where I happened to live at the time, I joined whatever studio was available and trained in different arts, never having much continuity in my training. Even the different styles of the same art followed a different curriculum, used different forms, and taught similar techniques differently. Needless to say, I started over with a brand new white belt several times. I trained in Judo, Shotokan Karate, Goju-Ryu Karate, Brazilian Jiu-Jitsu, Muay Thai, Boxing, and Krav Maga in four different countries and at an uncounted number of studios, turning into somewhat of a martial artist of all trades but master of none.

A couple of years ago, I joined Pacini Marital Arts Academy in Gilbert, AZ, a member of the World Tang Soo Do Association (WTSDA). Never having heard of Tang Soo Do before, I was intrigued when I learned that the WTSDA adheres to a curriculum that is standardized world-wide on all six continents where there are WTSDA members. (cont. on page 6)

# **REGION 20 TOURNAMENT**

### San Diego, CA October 28, 2017

Students from 7 Region 20 schools and 5 schools from other regions competed in the tournament. Results are below by school. Congratulations to all the participants! Tang Soo!

ALLIED GARDENS	Rank	Hyung	Sparring	Weapons
Logan Beltz	SamDan	1 <sup>st</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
James Wakefield	E Dan	*	*	*
Sophia Wakefield	E Dan	3 <sup>rd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>
Edward Wakefield	ChoDan	*	*	*
Sara Standlee	ChoDan	$1^{st}$	1 <sup>st</sup>	2 <sup>nd</sup>
Kevin Standlee	ChoDan	*	*	*
Clint Tennant	ChoDan	1 <sup>st</sup>	3 <sup>rd</sup>	*
Jo Ann Warden	ChoDan	*	3 <sup>rd</sup>	*
Jenna Beltz	CDB	1 <sup>st</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>
Joshua Fowler	1 <sup>st</sup> Gup	2 <sup>nd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>
Sorana Beltz	2 <sup>nd</sup> Gup	3 <sup>rd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>
Henry Van Dyne	4 <sup>th</sup> Gup	*	*	
Garrett Hatcher	6 <sup>th</sup> Gup	*	3 <sup>rd</sup>	
Emma Beltz	6 <sup>th</sup> Gup	*	*	
Landen Platt	7 <sup>th</sup> Gup	*	*	
Wade Stevenson	LD	W	W	

M.A.S.	Rank	Hyung	Sparring	Weapons
Paul Noriega	SamDan	$2^{nd}$	2 <sup>nd</sup>	2 <sup>nd</sup>
Laura Barrera	E Dan	3 <sup>rd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>
Diego Barrera	E Dan	*	3 <sup>rd</sup>	*
Bernard Shultz	E Dan	*	3 <sup>rd</sup>	3 <sup>rd</sup>
Joshua Koo	E Dan	3 <sup>rd</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
David Liam Noriega	E Dan	$\Rightarrow$	$\star$	3 <sup>rd</sup>
Barbara Noriega	ChoDan	3 <sup>rd</sup>	$\star$	3 <sup>rd</sup>
Colin Vassall	ChoDan	3 <sup>rd</sup>	$\star$	*
J. Declan Noriega	ChoDan	$\star$	*	*
Jesse Wood	ChoDan	1 <sup>st</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
Jody Reyes	4 <sup>th</sup> Gup	*	*	
Clemente Lopez	5 <sup>th</sup> Gup	$\star$	*	
Santiago Soto	5 <sup>th</sup> Gup	2 <sup>nd</sup>	3 <sup>rd</sup>	
Zachary Koo	7 <sup>th</sup> Gup	*	*	
Andrea Gomez	8 <sup>th</sup> Gup	1 <sup>st</sup>	2 <sup>nd</sup>	
Sarah Mohsenian	LD	W	W	
Kellan Shultz	LD	W	W	
Mehek Ansari	LD	W	W	
Aubrielle Morgan	LD	W	W	
Kelly Stallings	LD	W	W	
Jessica Stallings	LD	W	W	
Dan Rappley	TT	W	W	
Samuel Aubin	TT	W	W	

TSDKI	Rank	Н	S	W
Jack Webb	E Dan	*	3 <sup>rd</sup>	*
Efrain Perez	E Dan	2 <sup>nd</sup>	1 <sup>st</sup>	*
Angelo Dercole	E Dan	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Aidan Perez	E Dan	2 <sup>nd</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
Maya Horiuchi	E Dan	1 <sup>st</sup>	*	3 <sup>rd</sup>
Joshua Madolid	ChoDan	3 <sup>rd</sup>	$2^{nd}$	3 <sup>rd</sup>
Gianina Dercole	ChoDan	$3^{rd}$	$2^{nd}$	3 <sup>rd</sup>
Giordano Dercole	ChoDan	2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Mairead Perez	ChoDan	*	3 <sup>rd</sup>	3 <sup>rd</sup>
Auston Horiuchi	CDB	1 <sup>st</sup>	3 <sup>rd</sup>	1 <sup>st</sup>
Adrian Medrano	3 <sup>rd</sup> Gup	3 <sup>rd</sup>	1 <sup>st</sup>	3 <sup>rd</sup>
Nathan Rubio	3 <sup>rd</sup> Gup	2 <sup>nd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>
Jesus Millian	4 <sup>th</sup> Gup	3 <sup>rd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>
Ted Sanchez	5 <sup>th</sup> Gup	1 <sup>st</sup>	1 <sup>st</sup>	
Max Harris	5 <sup>th</sup> Gup	3 <sup>rd</sup>	3 <sup>rd</sup>	
Pete De La Torre	5 <sup>th</sup> Gup	*	3 <sup>rd</sup>	
Alexis De La Torre	5 <sup>th</sup> Gup	3 <sup>rd</sup>	1 <sup>st</sup>	
Nathaniel Francisco	6 <sup>th</sup> Gup	1 <sup>st</sup>	3 <sup>rd</sup>	
Stephanie Medina	6 <sup>th</sup> Gup	3 <sup>rd</sup>	3 <sup>rd</sup>	
Tyler Reardon	7 <sup>th</sup> Gup	1 <sup>st</sup>	2 <sup>nd</sup>	
Enrique Contreras	7 <sup>th</sup> Gup	2 <sup>nd</sup>	2 <sup>nd</sup>	
Aidin Miramontes	8 <sup>th</sup> Gup	1 <sup>st</sup>	2 <sup>nd</sup>	
Benjamin Peraza	9 <sup>th</sup> Gup	*	*	
Deanna Peraza	9 <sup>th</sup> Gup	3 <sup>rd</sup>	1 <sup>st</sup>	
Tamara Sanchez	LD	W	W	
Andres Miramontes Casco	LD	W	W	
Jasmine Cruz	LD	W	W	
Henry Austin	LD	W	W	
Noah Reardon	LD	W	W	
Elijah Wilkinson-Fresco	LD	W	W	
Maya Iglesias	LD	W	W	
Hazel Isaak	LD	W	W	
Ricardo Chavez	TT	W	W	
Adele Ramirez	TT	W	W	

MOUNTAIN LION	Rank	Н	S	W
Max Boedder	4 <sup>th</sup> Gup	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
Tyler Rosenau	4 <sup>th</sup> Gup	$\Rightarrow$	*	*
Tom Taggart	4 <sup>th</sup> Gup	2 <sup>nd</sup>	$\Rightarrow$	2 <sup>nd</sup>
Joshua Leed	7 <sup>th</sup> Gup	*	*	

## **REGION 20 TOURNAMENT**

San Diego, CA October 28, 2017

WEST COAST DRAGONS	Rank	Н	S	W
Aida Dennehy	E Dan	3 <sup>rd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Adrian Cervantes	ChoDan	3 <sup>rd</sup>	*	*
Alex Dennehy	3 <sup>rd</sup> Gup	1 <sup>st</sup>	*	*
Bob Nance	3 <sup>rd</sup> Gup	*	3 <sup>rd</sup>	3 <sup>rd</sup>
Julia Petrilli	4 <sup>th</sup> Gup	3 <sup>rd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Marissa Bista	4 <sup>th</sup> Gup	2 <sup>nd</sup>	3 <sup>rd</sup>	$1^{st}$
Mayari Riyo-Hoaglund	4 <sup>th</sup> Gup	3 <sup>rd</sup>	1 <sup>st</sup>	3 <sup>rd</sup>
Alex Aitchison	5 <sup>th</sup> Gup	2 <sup>nd</sup>	2 <sup>nd</sup>	
Amy Allemann	5 <sup>th</sup> Gup	*	2 <sup>nd</sup>	
Calab Hehl	5 <sup>th</sup> Gup	3 <sup>rd</sup>	1 <sup>st</sup>	
Drew Nance	5 <sup>th</sup> Gup	3 <sup>rd</sup>	3 <sup>rd</sup>	
Raj Chatkara	5 <sup>th</sup> Gup	3 <sup>rd</sup>	*	
Rise Riyo	5 <sup>th</sup> Gup	1 <sup>st</sup>	*	
Stephanie Althouse	5 <sup>th</sup> Gup	3 <sup>rd</sup>	1 <sup>st</sup>	
Annalena Dellin	7 <sup>th</sup> Gup	2 <sup>nd</sup>	3 <sup>rd</sup>	
Bharat Chatkara	7 <sup>th</sup> Gup	*	*	
Diana Vahedi	8 <sup>th</sup> Gup	*	*	
Zayden Allemann	8 <sup>th</sup> Gup	*	3 <sup>rd</sup>	
Kairi Miller	9 <sup>th</sup> Gup	$\star$	*	
Tyrik Hardley	9 <sup>th</sup> Gup	1 <sup>st</sup>	3 <sup>rd</sup>	

OTHER SCHOOLS	Rank	Н	S	W
Thomas Woodworth	SamDan	2 <sup>nd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
Alan Shaw	SamDan	3 <sup>rd</sup>	1 <sup>st</sup>	$1^{st}$
Lucas Aderhold	SamDan	3 <sup>rd</sup>	1 <sup>st</sup>	3 <sup>rd</sup>
Kristina Ohlson	SamDan	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
Jesus Mendez	SamDan	1 <sup>st</sup>	*	2 <sup>nd</sup>
Deeje Cooley	5 <sup>th</sup> Gup	1 <sup>st</sup>	1 <sup>st</sup>	*

COASTAL CANYON	Rank	Н	S	W
Robert Johnson	SamDan	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
Samantha Averitt	E Dan	2 <sup>nd</sup>	$1^{st}$	2 <sup>nd</sup>
Tamara Andrijanic	ChoDan	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>
Nela Tomca-Andrijanic	ChoDan	2 <sup>nd</sup>	3 <sup>rd</sup>	$3^{rd}$
Christina Wooden	ChoDan	$3^{rd}$	2 <sup>nd</sup>	*
Chandra Udata	ChoDan	$3^{rd}$	*	3rd
Sid Udata	ChoDan	$3^{rd}$	3 <sup>rd</sup>	3 <sup>rd</sup>
Daniela Sherwin	ChoDan	1 <sup>st</sup>	$1^{st}$	1 <sup>st</sup>
Tom Sherwin	ChoDan	*	3 <sup>rd</sup>	*
Pratik Rungta	CDB	*	$1^{st}$	2 <sup>nd</sup>
Rohan Gutlapalli	CDB	3 <sup>rd</sup>	2 <sup>nd</sup>	*
Advait Bhagvat	1 <sup>st</sup> Gup	*	*	2 <sup>nd</sup>
Meghana Gutlapalli	1 <sup>st</sup> Gup	1 <sup>st</sup>	3 <sup>rd</sup>	1 <sup>st</sup>
Chinmayi Bhagvat	1 <sup>st</sup> Gup	3 <sup>rd</sup>	*	3 <sup>rd</sup>
Louisa Gibson	1 <sup>st</sup> Gup	$3^{rd}$	2 <sup>nd</sup>	2 <sup>nd</sup>
Praveen Yaramada	3 <sup>rd</sup> Gup	*	3 <sup>rd</sup>	3 <sup>rd</sup>
Sahithy Yaramada	3 <sup>rd</sup> Gup	2 <sup>nd</sup>	1 <sup>st</sup>	3 <sup>rd</sup>
Teja Yaramada	3 <sup>rd</sup> Gup	3 <sup>rd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Nolan Chang	4 <sup>th</sup> Gup	*	*	
Renee Chang	5 <sup>th</sup> Gup	*	*	
Chelsea Roffey	5 <sup>th</sup> Gup	2 <sup>nd</sup>	3 <sup>rd</sup>	
Reese Jurman	5 <sup>th</sup> Gup	3 <sup>rd</sup>	3 <sup>rd</sup>	
Carly Cooper	7 <sup>th</sup> Gup	*	*	
Cullen Gibson	8 <sup>th</sup> Gup	3 <sup>rd</sup>	*	
Connor Svendsen	TT	W	W	
Annika Chang	LD	W	W	
Cooper Jurman	LD	W	W	

CALTECH TSD	Rank	Н	S	W
Jingjing Jiang	9 <sup>th</sup> Gup	2 <sup>nd</sup>	3 <sup>rd</sup>	

#### **CREATIVITY COMPETITION RESULTS**

Coastal Canyon First Place
M.A.S. TSD Second Place
West Coast Dragons Co-Third
Allied Gardens Co-Third

#### **REGION 20 CUP WINNERS**

Men's Cup: Logan Beltz, AGTSD
Women's Cup: Daniela Sherwin, CCTSD
Junior Men's Cup: Angelo Dercole, TSDKI
Junior Women's Cup: Sara Standlee, AGTSD
Senior Men's Cup: Paul Noriega, MASTSD
Senior Women's Cup: Aida Dennehy, WCDTSD



#### World-Wide Standard (cont. from page 3)

Falling in love with Tang Soo Do, I saw how appreciative of the standardized curriculum new students were who had moved to Arizona and had studied Tang Soo Do at a different WTSDA studio before.

Then it happened: I relocated again. After some wandering in the wilderness, I ended up in Orange County, CA. I now live close enough to Huntington Beach, the home of Mountain Lion Tang Soo Do. When I first visited the school, not only did I receive a typical, warm WTSDA welcome, I was able to get right back into the training. Admittedly, there were quite a few details that I had forgotten ,but they came back quickly because they were the same techniques, the same forms, and the same training curriculum that I had trained in before. Of course, there are some subtle differences, as there are even between different studios in the same city. They sometimes even provided a convenient excuse when I made a mistake: "this is not how I was taught at my old school ..." Of course, my new instructors knew that this was just a variation of "the dog ate my homework," but they graciously accepted the excuse and patiently provided continued feedback.

Having moved around quite a bit and having trained in different martial arts, I can now attest to the tremendous benefit of studying an art with a standardized curriculum. This time, I did not have to go back to a white belt. I was able to pick up where I had left off before my move. I love Southern California, and I have no plans of relocating again any time soon. However, should it happen, I know that I will look for a place near a WTSDA studio. Tang Soo!

Max Boedder, Mountain Lion Tang Soo Do Huntington Beach, CA

#### **Region 2 Tournament**

The WTSDA 2017 Region 2 Championship Tournament took place on October 7 in Gilbert Arizona. Region 2 is comprised of studios from Arizona, Colorado, Utah, Nevada and New Mexico. Over 250 members gathered at the clean and modern "Lifetime Fitness Center" facility, to test their abilities and meet with friends both new and old.



In between rounds of weapons, empty-hand forms and dae ryun competitions, some may have observed Master Pacini and Master Soto engaging in an impromptu and light-hearted sparring session, which was both entertaining and educational as well.

The event also included team demonstrations. These talented teams put together some very imaginative displays using music, props, costumes and Tang Soo Do skills to tell their stories. Teams were judged on both creativity and technique.

Thanks to Grand Master Strong for attending and speaking, and special thanks to all the organizers, volunteers, masters, judges, instructors, competitors and guests for making this tournament such a success.

Tom Taggart, Mountain Lion Tang Soo Do Huntington Beach, CA

#### **FALL 2017 DAN PROMOTIONS**

Congratulations to all those promoted at the 2017 Region 20 Championship!

#### **TSDKI**

Aidan Perez, E Dan Gianina Dercole, Cho Dan Maya Horiuchi, E Dan

#### **WEST COAST DRAGONS**

Aida Dennehy, E Dan

#### **ALLIED GARDENS**

Edward Wakefield, Cho Dan Jo Ann Warden, Cho Dan Kevin Standlee, Cho Dan

#### **COASTAL CANYON**

Chandra Udata, Cho Dan
Nela Tomca-Andrijanic, Cho Dan

#### M.A.S.

Colin Vassall, Cho Dan Declan Noriega, Cho Dan Jesse Wood, Cho Dan Paul Noriega, Sam Dan



#### When Patience Is a Virtue

One minute I was training with my partner, then suddenly I was on the ground writhing in pain. It wasn't my first injury in Tang Soo Do. Five months before, I had torn the ligament in my thumb and needed surgery. My doctor had recently cleared me for training, and I was happy to be back in class among my colleagues and excited to work towards my orange belt.

I was getting back into shape, learning a new hyung and improving my kicks. Then one night, I partnered with a friend for one steps. That's when it happened. She kicked me on the side of my leg, and I went down. Even though I was in pain and could barely feel my leg, I was able to walk 15 minutes later. The next day, I could walk almost normally but was in excruciating pain.

The doctor diagnosed a complex tear of the lateral calf muscle. He told me I narrowly escaped surgery. I spent the summer taking Advil, soaking in Epsom salt baths and icing my leg three to four times a day. I had to see the doctor every two weeks. At my final visit, he prescribed physical therapy. During this time, I kept training and learned how to recognize the physical limitations of my body and work through them.

Physical therapy was difficult at first. My therapist was thorough and knowledgeable. He too was even surprised that I didn't need surgery. I looked forward to PT, even though it was challenging. The healing was slow and painful, and I felt every time I took two steps forward, my leg would flare up, and I'd take a hundred steps back. My instructor, Mr. Osai, and my classmates were incredibly supportive of me. Sometimes I pushed myself too hard because I wanted to be a "normal" student, and I didn't want Mr. Osai to think that I wasn't putting in all-out effort. He knew I was trying my best. Sometimes he had to remind me to be careful. I almost gave up and quit Tang Soo Do.

I've made a lot of progress. Though the pain is gone, I continue PT to loosen and strengthen my leg muscles. I am patient and rest when necessary. I would not have made it through this situation without the patience, support and encouragement of my instructor and classmates at West Coast Dragons. The body and mind can only take so much, but during the most difficult and vulnerable times, patience must be a virtue.

Diana Vahedi, West Coast Dragons Tang Soo Do Carlsbad, CA

#### **HDL Program News**

Master Giselle Sharpe, Director of the Hwarang Dan League, attended the Region 20 Tournament. As part of her visit, she arranged an HDL demonstration. Under the direction of newly-appointed Assistant Director, Master Osai Robinson, five members of the Dragon Demo Team performed a set from their repertoire. The performers include Dragon Demo Team members from Region 20: Tamara Andrijanic, Alex Dennehy, David Noriega, Declan Noriega & Sid Udata.



The Hwarang Dan League was created to develop and showcase the talent in the youth of the WTSDA and create a team of leaders to share their passion of our art in today's world. The Dragon Demo Team, a select group of students chosen from the ranks of HDL participants, represents the WTSDA at sanctioned events. HDL accepts applications from WTSDA students 10-17 years old from 8<sup>th</sup> Gup up. Speak to your instructor if you are (or know) a teenager who might be interested in joining this amazing program!

#### **NEWSLETTER STAFF**

With so many wonderful events taking place in and around our region, we want to include as much as we can in the newsletter. The next issue will go out in the Spring. If you have something to share or an idea for a topic, please email region 20 news@gmail.com.

A very special thank you to all who made this issue possible: Master Jeffrey Wheeler, writer; Barbara Bellini, writer; Max Boedder, writer; Tom Taggart, writer; Diana Valhedi, writer/proofreader; Aida Dennehy, Editor; and the KoDanJa of Region 20. It takes a village. Thank you for everything you do!

#### **UPCOMING EVENTS**

#### **REGION 20 Black Belt Classes**

Regional Black Belt Classes are held at 1pm the First Saturday of the month except for holidays. **NOV 4: UCSD; DEC: 8 TBA** 

#### REGION 2 TAC Clinic: Jan 27, 2018

StarWorld – Goodyear, AZ
For more information, visit Region 20 at
Region2wtsda.com/events/

For more information, including upcoming events and photos, please visit wtsda-region20.org and follow WTSDA Region 20 on Facebook!



#### **REGION 20 STUDIOS**

#### **Allied Gardens TSD**

6690 Mission Gorge Rd. Suite J San Diego CA 92120 619-286-5241 kennyd020523@aol.com

#### CalTech TSD

Brown Gym, Caltech
Pasadena CA
626-798-1170
rjhii@sbcglobal.net
williamg@alumni.caltech.edu

#### **Coastal Canyon TSD**

Ocean Air Recreation Center 4770 Fairport Way San Diego CA 92130 858-356-9535 coastal.canyon.tsd@gmail.com

#### M.A.S. TSD

619-857-4150 m.a.s.tsd@gmail.com University of California San Diego RIMAC Arena 9730 Hopkins Dr. San Diego CA 92093

Mission Bay Montessori Academy 2460 Soderblorn Ave. San Diego CA 92122

#### **Mountain Lion TSD**

Huntington Beach CA 92648 714-875-5417 mzmountainlion@yahoo.com

#### **TSD Karate Institute**

2260 Main Street #9 Chula Vista CA 91911 619-429-9122 MastrLarry@aol.com

#### **West Coast Dragons TSD**

2730 Bressi Ranch Way Carlsbad CA 92009 760-453-9038 wcdtsd@gmail.com