



THE 2008 WORLD CHAMPIONSHIP

The 2008 World Championship will be held on Friday, July 11 and Saturday, July 12, 2008, in Orlando, Florida at the Orange County Convention Center. We look forward to seeing all of our Tang Soo Do brothers and sisters there! Concrete information is outlined in the following paragraphs. Information will be updated as necessary over the next year.

THE HEADQUARTERS HOTEL

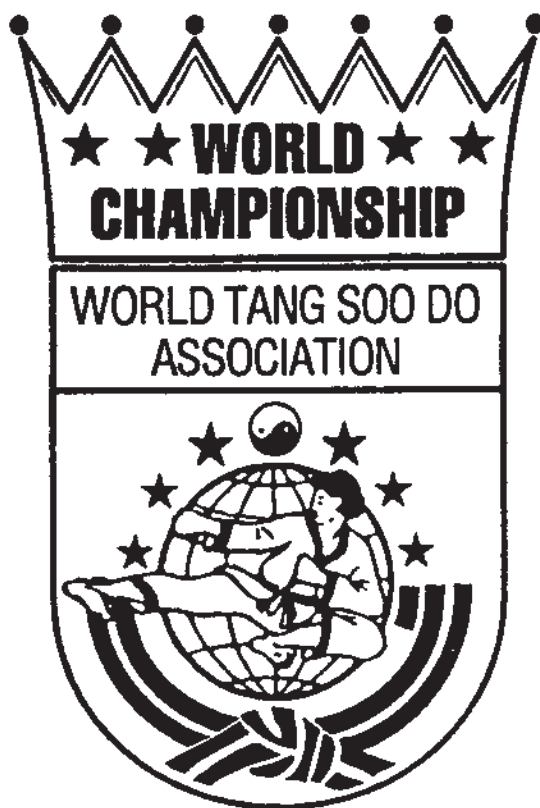
The Headquarters Hotel will be the Wyndham Orlando Resort, 8001 International Drive, Orlando, FL , 32819, 407-351-2420 or 800-421-8001. The rate is \$99 for single, double, quad; suites are available at an additional fee.

WTSDA HALL OF FAME

The deadline for nominations for these awards has passed. The Board of Directors will vote on each category and the winners will be announced in the next Newsletter and printed in the 2008 Championship Program Book. Congratulations to all who were nominated.

REGIONAL FAMILY OF THE YEAR

Each region should elect their Family of the Year for our 2008 event. Each regional banner will displayed on the floor of the World Championship competition event.



Please check with your regional director for deadlines for your region.

POSTER CONTEST

The deadline for entries for the poster contest has passed. The championship committee will vote on the entries and the winner will be announced in the next Newsletter and copies of the finalized poster

will be mailed to each studio in late January.

CHAMPIONSHIP PARTY

At this time, we are asking for suggestions for a championship party. Would you like to have a pizza party at the hotel? Would you like to have our group visit a theme park? Any and all suggestions are welcome. Please contact us via e mail at WTSDA@aol.com with any location you would like us to consider.

HOTEL/TRAVEL PLANS

All studios/clubs should be making arrangements for hotel and travel. Remember that last minute arrangements are more costly than those done well in advance. Anyone traveling from a country outside the United States should consider that security in the United States is at an all-time high and that visa applications take a great deal longer to process than anytime in the past. You should begin planning for this NOW.

APPLICATIONS

Applications will be mailed to all studios beginning in January. It will also be available online at wtsda.com. please be sure to adhere to all deadlines to ensure your participation.

WELCOME NEW CLUBS AND STUDIOS

Studios

Corona's Tang Soo Do	Jorge Angel Corona	Tijuana, Mexico
Tang Soo Do Hinwil	Christian Priess	Laupon, Switzerland
Pacini Martial Arts	Chris Pacini	Gilbert, AZ
Tucker's Tang Soo Do	Aaron Tucker	Elberta, AL
Top Kick Karate	Adam White	West Chester, PA
Davy College Tang Soo Do	Jose Vizcarra Cardenas	Arequipa, Peru

Clubs

Knights of Tang Soo Do	Adam Theros	St. John, IN
Anani Tang Soo Do	Jeanette Anani	Bethlehem, PA
Moz Tang Soo Do Xai Xai	Alex Goule	Maputo, Mozambique
Mox Tang Soo Do Inhambane	Cidon Tembe	Maputo, Mozambique
Zini Tang Soo Do	Alex Goule	Maputo, Mozambique

WORLD TANG SOO DO ASSOCIATION

Newsletter

The Official Newsletter of the World Tang Soo Do Association

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www.worldtangsoodo.com



Read interesting news from around the association, visit the kidszone for fun activities, submit your photos for the photo contest and win a \$25.00 gift certificate, read about the studio of the month and master of the month.

It's all on the association web page.

The web committee has been working diligently to keep the page updated and consistently improving. Visit the page today. We are always looking for new and creative ideas to make our page the best of its kind on the web, so send your suggestions to us at WTSDA@aol.com.

Also, be sure to have your studio page approved to be linked to the association page. It is very interesting to read and learn about the many studios we have. Approval is easy, simply follow the direction, on the page and your studio will soon be linked to the association page.

If you have any comments or ideas, we would love to hear from you. If you would like to volunteer to assist in any of the areas on the site, or you have news or anything you would like to have reproduced on our site, contact us.

Ken Peterman, Sah Dan
Web Committee Chairman
bmaa_wtsda@yahoo.com

TANG SOO DO JOURNEY TO THE CENTER OF THE EARTH

Descending into the dark, damp depths of the earth isn't exactly how most people begin a tournament weekend, but the morning of Friday, October 12th would begin exactly this way for a small group of us from Region 2. Those who would participate had gathered a day early to spend some quality time with some special guests. Months before, Master Johnny Williamson of Sierra Vista, Arizona, had planned a special outing and Ki Gong Clinic for select master instructors, studio owners, Ki Kong club members and of course Kwan Chang Nim and his wife.

Despite the extreme distances many of us would have to travel across our region to gather, I eagerly awoke to meet up at Master Williamson's studio to travel by van to Kartchner Caverns state park in Arizona. Grandmaster Shin, his loving wife and Master Britt from New Jersey were our regional guests for the morning. From our own region, Master Roberts, Master John Bennett and his wife Master Carla Bennett, and of course Master Williamson, our host, were all in attendance.

Once at the Caverns we were treated to an incredible story of discovery and secrecy as the history of the Kartchner caverns was related to us by the park tour guide. The caverns were first found in 1974 by two amateur spelunkers, who fearing vandalism and unintended damage to the site, kept it secret for 14 years while they worked to secure government intervention to protect the discovery. This delicate formation is "a wet living cave into which water still percolates from the surface above and calcium carbonate features are still growing."

Being underground was an uncomfortable reminder of the recent accidents at the Crandall canyon mine in my own state of Utah. During the month of August the mine made headlines when six miners were killed in a cave in and ten days later 3 rescue workers were killed in a subsequent collapse. Still, deep underground the tunnels and caverns were a fascinating glimpse into geological processes that take thousands of years. Kwan Chang Nim was quick to point out how timeless nature and the cycles of life were. Master Roberts had a good time

For more information on
Kartchner Caverns
State Park
visit
www.explorethecaverns.com/cave

teasing Master Britt with questions about seismic activity, volcanic anomalies and falling rocks that Master Britt was less than happy to hear him ask about! After our tour, we returned to the surface to participate in a Ki Gong exercise led by Grandmaster Shin. After focusing our energies we were treated as Kwan Chang Nim related stories and personal experiences about life, learning, health and personal growth. He also shared some of his most recent manuscript notes with us and used them as a springboard for discussion. After 22 years of following this man and his vision, I never tire of hearing him speak and like so many times before, there in the secluded desert park, I marveled at how much insight he has to offer all of us, and it was staggering to think of how much his singular efforts have blessed so many individuals worldwide, directly or indirectly.

With as much as I, and the others in attendance, would have liked the moment to linger, we did have Dan testing to conduct that evening and a championship to officiate at the very next day. All three events marked the passage of another great Region Two weekend and as always, it was an opportunity to mingle with the associations finest. I had several students make the journey with me to mark their first association function, and I had a cho dan bo successfully test to become a member of the Dan ranks. It was another good weekend in the annals of my Tang Soo Do training and on my incredibly endless drive home I could only dwell on the feelings of gratitude I have to belong to such a great martial arts family.



Select master instructors, studio owners & Ki Gong members from Region 2 visiting the Kartchner Caverns state park in Arizona. The trip was planned to visit the state park & participate in a Ki Gong Clinic.

*Submitted by
Steven Wallenda, Sam Dan
Vernal Tang Soo
Vernal, Utah*

Annual John Celli Clinic

On September 23, 2007, Master Vance Britt of Star Karate, New Jersey hosted the John Celli Clinic for Cho Dans and Cho Dan Bos. The clinic, which has run for the past ten years, honors a former Tang Soo Do practitioner, John Celli, a CIA operative who was killed in the line of duty. Master Britt, together with Star Karate and NJ Eagle Star, honored the memory of John Celli by participating in the clinic.

Each year, the clinic focuses on a different aspect of Tang Soo Do and Master Britt decided upon the sword as his focus this year. Upon arrival, members of Star Karate were organized

and ready to register each participant, offering an appropriate size bamboo sword, and pointing everyone in the direction of the training field.

Master Britt started with the basics. He taught us how to hold the sword, and how to block, and attack with it. Participants then partnered up and combined blocks and strikes to create choreographed fights. He then taught us how to disarm ones opponent. Master Britt concluded the clinic with sword forms.

The clinic was very well organized, starting at 10:00 a.m. and ending at 2:00 p.m. as scheduled. A pleasant time of fellowship and a picnic basket

lunch, provided by Master Britt's personal chef, concluded the day's events.

The clinic was an enjoyable experience for me. After all was said and done, Master Britt allowed participants to keep their bamboo sword. Each time I pick up the sword, I will remember John Celli, a man whom I have never met, but still has an impact in our association. Tang Soo!

*Submitted by
Matthew Schwab, Cho Dan Bo
NJ Eagle Star Korean Karate
Bordentown, NJ*

CAMPEONATO NEH GUNG 2007

Por cuarto año consecutivo en Costa Rica, este sábado 13 de octubre en el Gimnasio de la Escuela Bilingüe Sony, se celebró el Campeonato Neh Gung, de Rutinas y combates por parejas organizado por la Escuela de Tang Soo Do de Cartago.

El campeonato consiste en una competición creativa en parejas, en la que ambas personas del equipo crean una forma, (o rutina) y la presentan de manera coordinada, cada equipo debe tener un nombre, y así será conocido durante el evento.

La junta directiva de la escuela Neh Gung, padres y estudiantes, hicieron un gran esfuerzo para llevar a cabo este evento oficial de la agenda de la Asociación Deportiva Tang Soo Do, y comenzando con una oración, inició la jornada desde temprano.

A pesar de que no eran demasiados equipos inscritos, el campeonato se llevó a cabo con buen ritmo.

Este año se incluyó la innovación de la categoría Campeón de Campeones: Una categoría final conformada por los primeros lugares de cada categoría anterior, quienes escogieron una de sus dos rutinas (mano vacía o armas) para competir.

Los ganadores de dicho reconocimiento fueron el BSNB Esteban Biamonte y Onik Morrison, su equipo se llamó Gaia Do.

La escuela de Cartago se siente orgullosa, al haber logrado que el campeonato lleve ya cuatro años de ser realizado, y que esté oficialmente calendarizado en la agenda de la Asociación Deportiva Tang Soo Do.

La primera vez que se realizó este evento, los líderes de la escuela de

Continued on page 5



REGION 9 SPRING DAN TEST

Region 9's Spring Dan test was held at Valentin Karate on March 11, 2006. Mister Mike Shukaitis tested for Sam Dan and Thomas Crabbe, Victoria Sweeney, Danielle DaRosa, Eric L. Ralston, Tyler Harris, Kiana LeBeau, Matthew Saucier, John Belts, Matthew Stuckman, Maribel Rivera, Melissa Rodriguez, Brenda D'Agostino, Mary Mauriello, Jarrett Bassett, Dalton Bassett tested for Cho Dan. The day started with the written test, for the first time dan members testing for E Dan and Sam Dan were given a different written test than the Cho Dan Bos. The test was adapted from the dan manual study questions in the Journal Volume II, and we were pleased that Mr. Shukaitis scored very well. The Cho Dan Bos did well on their written test based on the gup manual study questions in Volume II, three people scoring 99% and another scoring 97%. Then it was time for the physical test. Mr. Porco Jr. set the tone of the test with a vigorous warm-up and the candidates

maintained their high spirit throughout the test.

The Shim Sa Kwan Nim consisted of Masters Robert Beaudoin, Jeff Haney, Efrain Valentin, Mike Porco, Rachael Valentin, and Kevin Tolderlund. Master Haney would like to express his sincere thanks to the coordinators; Mr. John Costa, Mr. Michael Porco Jr., Ms. Madelyn Valentin, Ms. Jennifer Couture-Macri, Mr. Robert Meegan, Mr. Dan Farrelly, Mr. Hou Chen, Mr. John Roumanis, Mr. Dominic Rollo, Mr. Benjamin Haas, Mr. Jason Blazejewski, and Ms. Lauren Russo.

Region 9 welcomes our newest Cho Dans and Sam Dan. Tang Soo!

Following the dan test Master Beaudoin conducted our second instructor's training session. Master Haney, Masters Efrain & Rachael Valentin, Master Mike Porco, Mr. John Costa, Mr. Mike Porco Jr., Ms. Jennifer Couture-Macri, Mr. Bob Meegan, Mr. Dan Farrelly, Mr. Hou Chen, Mr. John Roumanis, Mr. Ben Haas, Ms. Lauren

Russo, Ms. Karin Roumanis, and Ms. Kim Dauplaise attended the session. First we started with open hand hyungs: Sip Soo, then Jin Do and finally Kong Sang Koon. We then moved onto the new Sam Dan sword form Jung Koop Jang Gum Hyung. Master Beaudoin addressed multiple fine points about each form expanding everyone's knowledge of the forms and "synchronizing" our execution. It is important to be sure all our instructors are "on the same page" when teaching lower rank their forms to avoid confusion on the part of our students. This training was instrumental in helping to attain this goal. It was then time to say our goodbyes and head home after a productive and instructional day.

Master Haney would like to thank Master Valentin for graciously making his DoJang available all day and hosting these events.

*Submitted by
John Roumanis V.M.D., Sam Dan
Waterbury, CT*

CAMPEONATO NEH GUNG 2007 (con't)

Cartago no se imaginaban siquiera un campeonato como el vivido este sábado 13 de octubre, en un lugar cómodo y adecuado completamente, con una categoría de cinturones negros, y sobretodo con un nivel bastante más alto en las rutinas de los competidores que en otros campeonatos, esto llenó mucho de satisfacción a los organizadores.

A mitad del campeonato la

CATEGORÍA EXHIBICIÓN mantuvo la atención del público, con Master Biamonte y BSBN Rosa presentando una forma de cuarto dan, BSBN José David Gómez presentando su rutina de mano vacía, y Kevin Quesada Lobo (de seis años, cinturón amarillo) presentando las dos rutinas que creó, junto a KSN Braulio Barquero (quien reemplazaba a su pareja, que no pudo competir).

Gracias por un excelente cuarto campeonato Neh Gung, y desde ya esperamos con ansiedad el siguiente, para poder ver el fruto de cinco años de aprendizaje en organización.

Muchas gracias Escuela Neh Gung!



2007 WTSDA China Delegates

Grandmaster Jae C. Shin

Mrs. Moon Suk Shin

Master William Strong

Master John Gallagher

Master Mark Allen

Ms. Cathy Hopkins

Master Jim Mars

Neil Bandel

Dave Cuddy

Lisa Keys-Mathews

Linda Russo

Wilson Smith Jr.

Ricky Young

Richard Suijker

Alberto Giardini,

Allesandro Giardini

Mary Mars

Ellen Paine

Wilson Smith III,

Todd Finney

Frank Giardini

Aaron Kaye

John Robertson

Greg Walker



Past, Present & Future

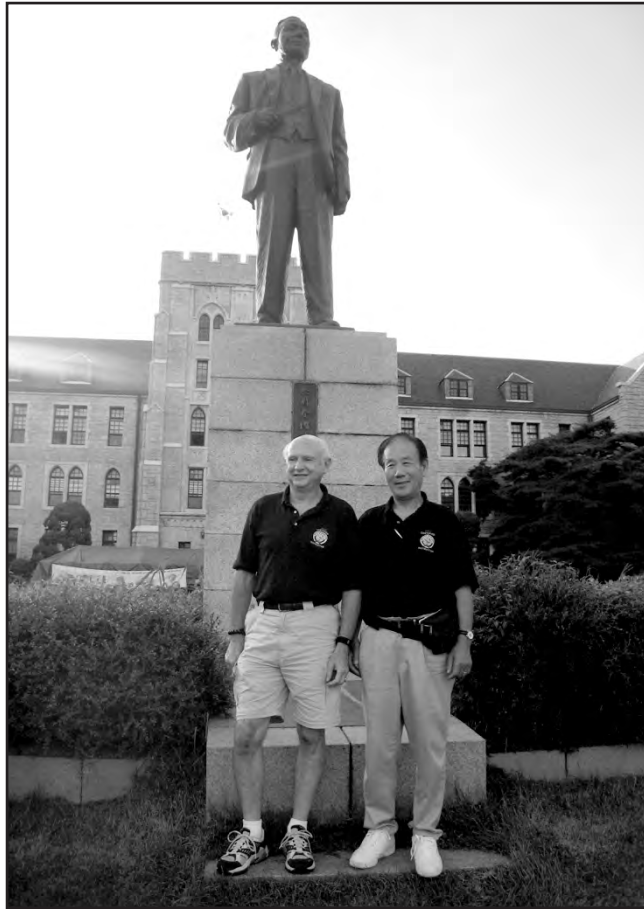
I knew, being a member of the 2007 WTSDA China Delegation, that I would be taking a journey into the past: the past of China, the Past of Tang Soo Do and the past of world civilization. What I didn't know is that I was also stepping into a hustling and bustling community with modernization in full swing and a society aimed sharply at the future.

Along with Grandmaster Shin and Mrs. Shin, I traveled with 21 other members of the World Tang Soo Do Association for almost 3 weeks throughout China and Korea. Beijing, the capital of China and our first stop, exemplified Past, Present and Future all at once. A brand new modern airport rivaled anything I would see back home. During the bus trip to our hotel there was massive construction of skyscrapers as far as the eye could see (in one photograph alone I counted at least 12 massive cranes on top of buildings). This was sharply contrasted with the traditional entrance gate over the street where our hotel sat and the local market operates. China is a country wrestling with the need to modernize and the desire to not lose its traditions.

Beijing was the clearest example of this. Stops at the Great Wall, Forbidden City, Summer Palace, Temple of Heaven and the Ming tombs were full of the hustle and bustle of tourists from all over the world, surrounded by modern China infrastructure and the constant building and rebuilding of the city. Xi'an, our second stop, and home to the Terra Cotta Warriors, is an even more ancient city and origin of the Tang Dynasty. Although the frenetic pace of development seen in Beijing is not as obvious here, old and new are still sharply contrasted.

The next section of our journey brought us through more rural parts of China, to the Chen Family village where Chen style Tai Chi remains very traditional and very powerful in technique. Likewise, the community of Deng Feng, and the beautiful mountains surrounding the Shaolin Temple brought us further back in time and yet the modern world has reached these doors as well.

Suddenly, we found ourselves in Shanghai, the largest and one of the most modern cities in China. Every square inch was built up with skyscrapers and businesses. The city was preparing to host the Women's World Cup Soccer tournament and soccer fields were being prepared everywhere. The most famous tourist spot, The Bund, on the Huangpu River, was



Grandmaster Shin & Master Strong at Korea University

lined with the tallest building and the most neon I have ever seen. It was a very impressive sight at night on the river cruise.

We then said goodbye to China and journeyed to Seoul, Korea. Seoul is a very modern and large city with a rich history. The "Blue House," the equivalent of the US White House has been the seat of Korean power since ancient times. We visited replicas of ancient villages, the Gyeongbokgung Palace, and more modern sights such as the DMZ (Demilitarized Zone), and the Seoul Tower atop Namsan Mountain in Central Seoul. A once in a lifetime experience was accompanying Grandmaster Shin back to Korea University. On a beautiful sunny day we stood outside and listened to stories about Grandmaster's past in Korea, in college, his early training in the Martial Arts, the description of where his first classes were held and even where he thought they had his class records. What an experience.

It was a trip of a lifetime and the 24 delegation members became close friends who were sad to part. We will, however, take the memories with us forever. As Master Gallagher said on the last day "Places make a trip, people make a Journey"

*Submitted by
Linda Russo, Sam Dan
River Valley Tang Soo Do Academy
Aliquippa, PA*



Region 21 Fall Clinic & Black Belt Test

TWTSDA Region 21, Georgia and Florida, held our 2007 Fall Black Belt test and clinic on November 9 & 10, respectively, in Vero Beach, Florida. Master William Strong from North Alabama Tang Soo Do attended the test and shared his years of experience with the clinic attendees. Master Brian Califf and his studio, Treasure Coast Tang Soo Do, hosted the test and clinic.

On Friday afternoon, Master Strong conducted a pre-test training session for all dan members. Master Strong demonstrated the proper performance of several hyungs and the meaning of the various techniques performed in the forms. Master Strong is chairman of the Technical Advisory Committee, and certainly in a position to teach the correct look of hyung and basics.

Twenty-two students tested for Cho Dan, E Dan and Sam Dan on Friday night. One candidate flew in from California and another drove from Illinois. The written test consumed an hour, and then the testing students performed basic techniques, forms, one-steps, self-defense, sparring and breaking over the course of nearly 4 hours. The test concluded with the traditional questioning of the candidates by the examiners, and a closing address by Master Strong, who reminded us all that Tang Soo Do is a worldwide community. Master Strong recalled trips that he has made to Tang Soo Do clubs in non-English speaking countries, where only Tang Soo Do is the common language.

The following day, Saturday, more than 100 Tang Soo Do students participated in the all-day clinic. There were four separate

sessions for Tiny Tigers. Teen and adult students of all ranks rotated among four other training blocks. Master Strong taught ho sin sul and one-steps with additions, Master Califf taught ground fighting, Mr. Lionel Larievère of Middleburg Martial Arts taught sparring and take-downs, and Mr. Jim Romanek, now living in Region 5, taught traditional Kendo. As if that weren't enough, Master Strong then led anyone still standing in advanced sword forms and techniques.

There was a memorable closing ceremony, with Master Strong wishing us all a Happy 25th Birthday for the World Tang Soo Do Association. All present immediately retired to the dining area for a wonderful birthday cake.

Thanks to all of the senior black belt students from every school in the region, who gave generously of their time and effort. Thanks to all the volunteers who made everything work and to all those family and friends who came to watch and cheer on the candidates. Thanks to all the students, who supported the Region 21 Scholarship Fund by attending the clinic. Thanks to all of the studio owners, who enthusiastically participated, as trainer or trainee. Thanks to Master Brian Califf for organizing and hosting the events. Most of all, thanks to Master William Strong for traveling to Florida and sharing his expertise with us all.

*Submitted by
John Campbell
Vero Beach, FL*



Who Are You Really? - Rate Yourself

The Instructor patch is a privilege and not a right. It must be earned through constant, never ending improvement. What type of an Instructor are you?

Are you a 33% (below average), 66% (average student) or a 99% (Excellent Student)? Maintaining a "Good Thing" isn't always easy. However, the best students are at 99% and strive for 100%. Here's how it looks.

Most Instructors start here and never become good instructors-The 33% Phase of a WTSDA Student: At 33% you can still keep your commitment to include Tang Soo Do activity in your life. However, it's a constant struggle to keep you motivated. You seem to blame others if you don't see immediate rewards, get your way or if it becomes too hard of a commitment. You talk about possibly quitting. When you do something positive for the school it's with a hidden agenda in mind.

If you make it to the next level you are good but tempted by other things. The 66% Phase: The Intermediate Instructor appreciates that regular physical Tang Soo Do activity has become a part of who you are. You have kept the commitment to include Tang Soo Do activity in your everyday life. The benefits of athletic skill and good health are important to you. The steps you've taken to become a good instructor have been major and now you are physically and mentally skilled in Tang Soo Do as an instructor. You are to be recognized. You need to be reminded of the difference between good and great and the difference between them.

Here is where the great instructors are, The 99% Phase: You Are A Strong WTSDA Instructor! The best 99% WTSDA Instructor understands they are part of something bigger than themselves. They actively help the School, their Region and the WTSDA association. They eagerly look forward to wearing their higher rank by assisting, teaching and helping others by running a program on a dedicated level. They are reliable about attending classes and will not let outside distractions get in the way. If this is you - you are probably not only a great teacher of Tang Soo Do, you are Program Director of some sorts helping with sustaining growth of your school, your Region and the WTSDA association. You can

help those who want to join a WTSDA school but more importantly, you know how to help those overcome the temptation of quitting. You don't forget where you came from and can look back to when you first started to become physically active as a Tang Soo Do Student. Do you remember some of your early struggles? You made the decision to overcome the barriers and succeeded in

**Minor slips
will happen. The
greatest threat
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or believing
it won't happen
to you.
It will happen
and you
have to
plan for it.**

finding ways to increase your commitment, energy level and physical skills. One of the most important steps in maintaining current success is anticipating minor slips.

It may be difficult for you to imagine a time when you will not want to continue regular physical Tang Soo Do activity. Repeat this next sentence three times (out loud and with feeling). "Minor slips will happen." The greatest threat for relapse is overconfidence or believing it won't happen to you. It will happen and you have to plan for it. List two situations where you may be tempted to stop your regular activity, if only for a few days (e.g., vacation, a bout of flu, playing another sport, demands of work and family). It's important to plan how you will handle these

interruptions in your daily routine. If you know they will happen, you can plan around them. What can you do to reschedule your Tang Soo Do physical activity during one of the situations you listed? You have special friends and co-students who have been encouraging you. Often as your activity level increases and becomes routine, this support stops. Because you're doing so well and Tang Soo Do now is part of who you are, your friends may not believe you need the extra encouragement. Re-examine what you need from them and ask them to help you again. They can be the first ones to see old behaviors coming back. Ask them for continued feedback.

*Submitted by
Master Johnny Williamson
Sierra Vista, AZ*

HAVE AN IDEA?

Do you have an idea
for the newsletter?

Is there something you would like
to see included that we currently
do not print?

This is a publication
for the members
and we want to make sure
we are providing everyone
with the information they want.

We welcome any comments or
suggestions you may have.

Please send your suggestions to:

mike.black@cmag.com

or via postal mail:

Mike Black

Attention WTSDA Newsletter

208 New Street

Millersville, PA 17551

Multiple Sclerosis and Tang Soo Do: A Personal Journey

I was diagnosed with Multiple Sclerosis (MS) about a year before I began studying Tang Soo Do. I am an accountant by profession and my life was pretty sedentary before my martial arts training. My daughter expressed interest in learning martial arts after seeing a demonstration at her school by Sah Bum Nim Melodie Lopez, so we began our training at Lopez Tang Soo Do in Vacaville, California.

I decided when I began training that I would write my Cho Dan essay on how Tang Soo Do training has helped me deal with the challenges of MS.

Multiple Sclerosis is a degenerative inflammatory disease of the central nervous system involving the brain, optic nerve and spinal cord. According to Dr. David Richman, Professor of Neurology, UC Davis, they have not yet determined what are the genetic predispositions or triggers of multiple sclerosis. There is also no cure and the effects are unpredictable.

The earliest symptom I experienced was optic neuritis affecting the optic nerves resulting in a significant, but not total, loss of vision in my left eye. I then began experiencing tingling in my legs and balance problems. Once diagnosed, I started treatments to prevent the spread of MS and that seems to be working. Since a cure has not been developed for MS as with other neurological diseases, the best I can expect from medical science is to prevent the spread of the disease.

I was 51 years old when I started Tang Soo Do and quickly realized that practicing martial arts was much easier when I was in my twenties. Age, combined with many years working at a desk job, had resulted in my losing much of the flexibility I once had. I encourage young people who are starting martial arts to stay with it, as it will fend off the effects of getting older.

MS is very unpredictable. It affects different people in many different ways. I am very fortunate in that the effects I have experienced, i.e., visual loss, balance problems, tingling feelings, and heat sensitivity, are not debilitating. Along with the benefits I

have received from studying Tang Soo Do, I have learned that I must pace myself and listen to my body so that I continue to build strength and flexibility without exacerbating the disease.

My physical condition has improved significantly since I began the study of Tang Soo Do in November 2004. Comparing my past and current medical records, I can see measured improvements. My weight has gone down about 10%. While that's not a significant change, I have exchanged lighter weight fat for heavier muscle. My pulse rate has declined about 15%, and my blood pressure has dropped 10% and 15% for the systolic and diastolic rates, respectively. Most interestingly, my height has increased seven-eighths of an inch! I attribute this "growth" to the benefits from

*To be most successful,
we Tang Soo Do practitioners with MS
have to closely adhere
to Attitude Requirement #8*

"Do not be overly ambitious."

stretching. As we age, we tend to get shorter because of spinal compression. I believe the stretching I have done since starting Tang Soo Do has reversed the back compression I experienced from working many years at a desk job.

The benefits from Tang Soo Do I have experienced in combating MS relate mostly to improved balance and reduced tingling in the extremities. Balance problems are most noticeable when performing the more advanced hyungs: Bassai, Naihanchi Cho Dan and Sip Soo. Although balance problems still exist, training in Tang Soo Do has helped me to compensate.

The symptoms of MS that I experienced when practicing Tang Soo Do are the same I would experience with any other strenuous form of exercise. Over heating results in flu-like symptoms later in the day causing severe chills. Blurred vision and tingling in the extremities are generally temporary symptoms that

pass within a half-hour of strong physical activity, which is common among MS patients. The challenge for MS patients involved in any exercise program is to obtain the benefits without exacerbating the disease.

Many patients, me included, are sensitive to heat and over heating during exercise. This has been particularly noticeable in the endurance training I have been doing in preparation for the Cho Dan test. Swimming is recognized as an excellent form of aerobic exercise for people with MS because the water keeps a person cool during exercise. I started swimming to increase my endurance and then added running to build the endurance needed to complete the 4 to 5 hour Cho Dan test. In May 2007, however, I found that I was pushing myself too hard too quickly. The blurred vision worsened and the tingling feelings got stronger in both legs and lasted for days. I decided that I was being overly ambitious and cut back on the running but kept up on the swimming. As a result, the tingling feelings have subsided.

The National Multiple Sclerosis Society recommends MS patients listen to their body and apply the "2-minute" rule when feeling too sluggish. Committing to moderate exercise for just two minutes may generate the energy needed to continue. If fatigue persists, the MS Society recommends stopping and resting for up to 15 minutes. The goal is to not bring on a relapse but to build a reserve of strength to help the person rebuild after a relapse occurs.

In conclusion, Tang Soo Do offers many benefits to those of us with Multiple Sclerosis. Although I know little about it, I believe that Ki Gong would also help MS patients combat their disease. To be most successful, we Tang Soo Do practitioners with MS have to closely adhere to Attitude Requirement #8 – "Do not be overly ambitious."

*Submitted by
John W. Gregg
Cho Dan Essay
Vacaville, CA*

JOIN OUR \$1,000 DONOR'S CLUB!

In January of 2005, the WTSDF Construction Committee began selling 1000 pillars. So far we have 114 pillars sold and 886 left to sell. Market trends for purchasing and building new properties has risen astronomically over the past few years and our original budget for construction, which was set in 1993, does not match the reality of actual costs in 2007. In order

to accelerate our fund raising, we established the \$1,000 Donors Club. Anyone who wishes to join this effort should contact Headquarters or their local Building Fund Chair Person for the pledge form. Those who wish to purchase a pillar may pay in installments. If anyone has already donated a significant amount less than \$1,000 and would like that

money applied towards a pillar, contact Headquarters with your donor #'s and dates and it can be applied to the pledge form. Keep in mind that the pillars are for individual contributions, not regional or studio contributions. We appreciate all of those who have joined in our efforts to date and will commemorate them with pillars in the new building.



Make the goal of a permanent monument to Tang Soo Do a reality – one brick at a time. With just a donation of \$40.00 you can make a lasting contribution to building the new WTSDA Headquarters. All donors receive a Brick certificate. Please make checks payable to WTSDA Foundation.

DONATIONS			
TYPE	TOTAL	TYPE	TOTAL
Over \$1,000		\$100 - THREE BRICKS	
\$1,000 - \$1000 DONOR'S CLUB		\$ 70 - TWO BRICKS	
\$ 500 - ORDER OF THE MASTER		\$ 40 - ONE BRICK	
\$ 250 - ORDER OF THE INSTRUCTOR			
		GRAND TOTAL	

ITEM	Quantity	Price	Total
Building Fund T-Shirt (\$20.00 each) Adult S ___ Adult XL ___ Youth M ___ Adult M ___ Adult XXL ___ Youth L ___ Adult L ___			
Support Buttons (\$5.00 each)			
Subtotal			
Shipping			
Total			

Name _____

Address _____

City/State/Zip _____

Assoc. ID # _____ Phone # _____

Studio's Name _____

Instructor's Name _____

WORLD TANG SOO DO ASSOC.
709 OREGON AVENUE
PHILADELPHIA, PA 19148
215-468-2121 FAX 215-336-2121

2007 October Cycle Dan Testing Results

5th Dan

20865 Nathan Gordon Philadelphia, PA
 21143 Victor Jara Chile
 21538 Hugo Frattini Argentina

4th Dan Master

22584 Konstantinos Galiotis Greece
 22712 Athanasios Saridakis Greece
 22863 Emmanoul Mesados Greece
 23709 Christian Alvarez Argentina
 24593 Philip A. J. Wiskin Great Britain
 25019 Rodrigo Frattini Argentina

4th Dan Instructor

25572 John Bratchie Great Britain
 29246 Babak Javid Holland
 31248 Christian Preiss Switzerland

3rd Dan - May 2007

28711 Michael DePew Keokuk, IA

3rd Dan

27062 Arielle Sekula Canadensis, PA
 28065 Joseph Paul Scota Taylors, SC
 29721 Juan Ivan Miranda Puerto Rico
 30606 Richard Auer Germany
 30688 Adam Theros St. John, IN
 31643 Clemens Nabbefeld Germany
 31765 Brett K. Gorden Fortuna, CA
 32160 Victor Vea Pena Mexico
 32183 Ramon Gilardo Perea Mexico
 32534 Nhan Phan Philadelphia, PA
 32551 Nicole A. Arteca State College, PA
 32582 John L. Godwin Jr. Bear, DE
 32727 Eddie Montgomery Roseburg, OR
 33006 Jose Rivera Rivera Puerto Rico
 33135 Alicia Ott Wilmington, DE
 33517 Greg S. Hess Lancaster, PA
 33572 Cereana Roberts Redmond, WA
 33576 Theresa Stancliff Felton, DE
 34028 Dave Mukherjee Cedar Park, TX
 34065 Linda D. Mones de Oca E. Stroudsburg, PA

34128 Judith Isabella Wilmington, DE
 34279 Michael Gasser Santa Rosa, CA
 34286 Connor Ashenbrucker Garberville, CA
 34329 Annaliza Mills New Castle, DE
 34503 James Fauver Seychelles
 34507 Jennifer E. Baker Boalsburg, PA
 34529 Helen White W. Chester, PA
 34577 Richard Hahn Wilmington, DE
 34745 Rachel K. Jones Langhorne, PA

2nd Dan

24030 Jacqueline Boyer Newark, DE
 29068 Josh J. Painter Malvern, PA
 30667 Andrew Mikita Roseburg, OR
 R32515 Daniel Ackers Scotrun, PA
 32605 Helmut Rudolph Germany
 33082 Carol E. Jury Austin, TX
 33630 Mario Petelin Germany
 34178 Jorge Armando Meza Mexico
 34505 Patrick Cedras Seychelles
 34602 Sherry L. Petrosky Hamilton, NJ
 34633 Ret Lauterbach Germany
 35103 James F. Menard New Milford, CT
 35186 Rene Gonzalez Godoy Mexico
 35197 Rocky E. DeLyon Kula, HI
 35261 Marco Antonio Corodva Mexico
 35544 Benjamin Field Lancaster, PA
 35641 Evan Andrew McElveen Germany
 35692 Rebekah G. Spears Greenville, SC
 36001 Max T. DeLyon Kula, HI
 36069 Susan Dicklitch Lancaster, PA
 36112 Ian D. Kearney Glen Mills, PA
 36250 Mark O. Bradley Roseburg, OR
 36254 Natalia Marquez Santa Rosa, CA
 36279 Jordan A. Lee Great Britain
 36281 Sarah J. Angel-Smith Great Britain
 36505 Jean-Paul Philo Seychelles
 36507 Emily J. Rodgers State College, PA
 36543 Lisa LaBrasca DuBois, PA

36554 David Perschy Columbia, NJ
 R36616 Bert Stradley Townsend, DE
 36618 Robert Cole Jamison Hockessin, DE
 36626 Jason R. Jopko Hamilton, NJ
 R36650 Alex J. Torres-Ruiz Meriden, CT
 36717 Catherine C. Carter Great Britain
 36722 Charlotte L.A. Tomlin Great Britain
 36727 Jacqueline L. Pratt Great Britain
 36728 Daniel C. Hale Great Britain
 36734 Sarah Chapman Great Britain
 36735 Ben G. Ventenilla Great Britain
 36771 Daniel J. Sanito Aiken, SC
 37006 Randy N. Safa Cheshire, CT
 37008 George T. Berardi Waterbury, CT
 37010 Lizbeth M. Torres Meriden, CT
 37016 Noel A. Ruiz Arecibo, PR
 37017 Victor R. Rivera Orocovis, PR
 37018 Victor C. Rivera Orocovis, PR
 37019 Jeriel Hernandez Orocovis, PR
 37022 Lisa Figurelle Lancaster, PA
 37029 Jacob V. Mott Ambridge, PA
 R37048 Joseph W. Conte Glen Mills, PA
 37113 Ricardo L. Rodriguez Trenton, NJ
 37118 Christopher Ilon Altoona, PA
 37129 Aaron P. Kaye State College, PA
 37130 John C. White State College, PA
 37149 Rosanna Tassone Townsend, DE
 R37177 Douglas Ambrose Vaucluse, SC
 37247 Corey Hing W. Chicago, IL
 37249 Mark P. Holtman Columbus, OH
 37250 Lindsay Sereika Columbus, OH
 37261 Kent A. Thomas Sierra Vista, AZ
 37271 Derek Billings Tahoe City, CA
 37506 Jossy L. Mussa Mozambique
 37507 Lorio Teles Mozambique
 37508 Cidon M. Tembz Mozambique
 37509 Julian Spazzati Mozambique
 37510 Steven E. Ludman Holtwood, PA

2007 October Cycle Dan Testing Results

37516	Karen Jopko	Hamilton, NJ	37644	Anil Salem	Newark, DE	39521	Kirsten M. Woodford	Ridgway, PA
37523	Robert A. Greco	Cranberry Twsp., PA	37649	Yuri Marie	Seychelles	39522	Joseph Horning	Ridgway, PA
37524	Marie L. Greco	Cranberry Twsp., PA	37658	Adam Hallet	Ansonia, CT	39523	David Perez	Philadelphia, PA
37525	Michael Holcomb	Baden, PA	37703	Jackie F. Forrester	Boilings Springs, SC	39524	Jacob D. Francisco	Bensalem, PA
37527	Dave Ilko	Ambridge, PA	37704	Devin S. Kimmerly	Aiken, SC	39525	Nabeela I. Al-Refai	Bensalem, PA
37535	Carla J. Rodgers	State College, PA	37713	Zachary C. Rovner	Taylor, SC	39526	Drew S. Mayberry	Bensalem, PA
37538	Collwyn Wissinger	Clearfield, PA	37715	Stefany M. Clark	Greer, SC	39527	Chelsea Karabin	Meshippen, PA
R37539	Rachel Thompson	Clearfield, PA	37762	Danny P. Ancheta	Wailuku, HI	39528	Jeffrey L. Craig	Fisher, PA
37540	Taylor B. Myers	W. Decatur, PA	37764	Joseph Palmore	Kula, HI	39529	Marcus Booth	Philadelphia, PA
37541	Jordan T. Royer	Clearfield, PA	37765	Nancy Greenwell	Kula, HI	39530	Jordan Booth	Philadelphia, PA
37542	Matthew Detrick	Clairon, PA	37775	Kristopher Hoyt	San Diego, CA	39531	Erin M. McAllister	Coastesville, PA
37547	Justin Smith	Ridgway, PA	37801	Lisa M. ogden	Hurricane, UT	39532	Kyle L. Turkington	Newton, NJ
37564	Christina Toth	Gouldsboro, PA	37819	Jorge Angel Corona	Mexico	39533	Scott Turkington	Newton, NJ
37565	Cynthia Toth	Gouldsboro, PA	37820	Jorge Pizon Munos	Mexico	39534	James Gould III	Thorofare, NJ
37566	Richard M. Hughes, Jr.	Gouldsboro, PA	37821	Jesus Corona Mendoza	Mexico	39535	Rebecca Rose Crowther	Mantua, NJ
37570	Jaysen Satterwhite	Audubon, pA	38526	Kari Brannan	Imperial, PA	39536	Shannon Jordan	Thorofare, NJ
37571	Jacob S. DeBoer	Fort Plain, NY		1st Dan		39537	Lauren Cox	Phoenixville, PA
37572	Luke J. DeBoer	Fort Plain, NY	39500	Nevil George	Mozambique	R39538	Stephen Williams	Norristown, PA
37573	Cain Bowman	Little Falls, NY	39501	Anisio C. Ismail	Mozambique	39539	Paul S. Sidhu	Mont Claire, PA
37577	Darius White	Philadelphia, PA	39502	Aiman Ismail	Mozambique	39540	Rich Wolfrom	Mont Claire, PA
37584	Jonathan D. Stauffer	Littiz, PA	39503	Ismail Ismail	Mozambique	39541	Yasmien Rifi	Collegeville, PA
R37600	James J. Boyle IV	Media, PA	39504	Michael Lee	Mozambique	39542	Sean M. Petrick	DuBois, PA
R37601	Patrick K. Haynes	Media, PA	39505	Coenie Potgieter	S. Africa	R39543	David J. Pancoast	Narbeth, PA
37602	Jennifer L. Fichter	Glen Mills, PA	39506	Marnes Potgieter	S. Africa	39544	Alex Kenney	Bala Cynwyd, PA
37603	Timothy Weathers	Media, PA	39507	Martin Ceoras	Seychelles	39545	Sean M. Wade	Merion Station, PA
37605	Robert D. Anthony	W. Chester, PA	39508	Mervin Servina	Seychelles	39546	Ryan Zaffino	Madison Twp., PA
37608	Joseph G. Bell	Newport, DE	39509	Kent R. Landis	Lancaster, PA	39547	Matthew Zero	Moscow, PA
37610	Michelle Russell	Wilmington, DE	39510	Max G. Besona	Snow Shoe, PA	39548	Kimberly Gregorowicz	Jessup, PA
R37616	Alyssa Ainsworth	Wilmington, DE	39511	Alexander B. Smith	Reedsville, PA	39549	Robert J. Davis	Old Forge, PA
37617	Christanna M. Brown	Elkton, MD	R39512	W. August Heizenroth	Malvern, PA	39550	Zachary T. Davis	Moscow, PA
R37618	Donald K. Brown	Elkton, MD	39513	Todd J. Wolov	Chester, PA	39551	Carmine N. Gatto	Carbondale, PA
37621	James D. Mousley	Avondale, PA	39514	James D. Ousey	Malvern, PA	39552	Kristin Kremer	Cresco, PA
37623	Devin A. Lloyd	New Castle, DE	39515	Madeline J. Hunt	Phoenixville, PA	R39553	Peggy Kremer	Cresco, PA
37626	Hannah R. Kempton	Newark, DE	39516	W. Wendell Frank	Harmony, PA	39554	Michael Diver	Stroudsburg, PA
37628	Andrew M. King	Middletown, DE	39517	Anthony E. Maderas	Bethlehem, PA	39555	Connor Diver	Stroudsburg, PA
37636	Zachary Q. Majerus	Middletown, DE	39518	Benjamin McCartney	Lititz, PA	39556	Kristyn Kiddy	Ambridge, PA
37639	Pratik S. Saripalli	Wilmington, DE	39519	John Potratz	Honesdale, PA	39557	Brad Fratangelo	Oakdale, PA
37643	Heather A. Marsh	Middletown, DE	39520	Shaun T. Chiesa	Kersey, PA	39558	Vince Johnson	Oakdale, PA

2007 October Cycle Dan Testing Results

39559	Javier Ojeda	Imperial, PA	39598	Moritz Schelp	Hockessin, DE	39636	Rebecca J. Tardugno	Travelers Rest, SC
39560	Luke Kiefer	Freedom, PA	39599	Michael Ferretti	Avondale, PA	39637	Joshua M. Torres	Taylors, SC
39561	Brendan Keegans	Erial, NJ	39600	Daniel J. Zador	Newark, DE	39638	James Alan Belcher	Greer, SC
R39562	Tom Dingler	Laurel Springs, NJ	39601	Ponnl S. Vel	Hockessin, DE	39639	Jillian D. Pruitt	Simpsonville, SC
39563	Kevin Murphy	Sicklerville, NJ	R39602	Marcus A. Gula	Newark, DE	39640	David A. MacMiller	Fuguay-Varnia, NC
39564	Michael Shimmel II	Philipsburg, PA	R39603	Brandon M. Walker	Landenberg, PA	39641	Carol Poston	Conway, SC
39565	Andrew C. Wisor	Clearfield, PA	39604	Gregory M. Manley	Landenberg, PA	39642	Cindy T. King	Charlotte, NC
39566	Kathryn Lockwood	Philadelphia, PA	39605	Darren C. Isenhardt	Colora, MD	39643	Marco Kaczkowski	Germany
39567	Justin Chandler	Philadelphia, PA	39606	Dana Crannage	Dover, DE	39644	Domenique Daniel Schulte	Germany
39569	Michael Grier	Wilmington, DE	R39607	Carlos M. Ruiz	Newark, DE	39645	Amy Schmitz	Germany
39570	Marcus MacNeal	Glen Mills, PA	39608	Breanna L. Reed	Magnolia, DE	39646	Thomas Spindler	Germany
39571	Lauren Laulis	Garnet Valley, PA	39609	Michael A. Boulden	Landenberg, PA	39647	Markus Rank	Germany
R39572	Timothy Smith	Chadds Ford, PA	39610	James Waltman	Newark, DE	39648	Roland Rank	Germany
39573	Brett Hudson	Glen Mills, PA	39611	Liam Kriner	Newark, DE	39649	Verena Bongers	Germany
39574	Diane F. Laulis	Garnet Valley, PA	39612	Connor McNamara	W. Grove, PA	39650	Hans-Peter Bongers	Germany
39575	Gerald F. Wesner	Glen Mills, PA	39613	Jordan P. Ross	Hockessin, DE	39651	Klaus Trieglaff	Germany
39576	Robert Ditrolio	Glen Mills, PA	39614	Perry G. Walker	Lindenberg, PA	39652	Ulf Esser	Germany
39577	Jeffrey Klinger	Glen Mills, PA	39615	Joshua A. Marks	Bear, DE	39653	Phillip Drake McElveen	Germany
39578	Luke D. Angley	Aston, PA	39616	Jillian G. Wilson	Pendel, PA	39654	Julia M. Ramberg	Chisholm, MN
R39579	Joseph Capuano	Aston, PA	39617	Jesse Gomez	Dover, DE	R39655	Rick Roach	Nauvos, IL
39580	Jake Smith	Chadds Ford, PA	39618	Eugenio Brito	Wilmington, DE	39656	Rick L. Jochum	Dubuque, IA
39581	Timothy Ziedman	Glen Mills, PA	39619	Brynae C. Goodley	Chesapeake City, MD	39657	Sarah B. Dvidson	Lino Kakes, MN
R39582	Emeric Zeidman	Glen Mills, PA	39620	Joanna K. Weir	Middletown, DE	39658	Elizabeth A. grothe	Scandia, MN
39583	Patrick McNamara	Media, PA	39621	Robbie holt	Newark, DE	39659	Katherine A. Grothe	Scandia, MN
39584	Emma Ostrowski	W. Chester, PA	39622	Christine M. Fromal	Elkton, MD	39660	Michael T. Grothe	Scandia, MN
R39585	Vivek M. Shenoy	Glen Mills, PA	39623	Michael T. Kriner	Newark, DE	39661	Bailey A. Heater	Fairbanks, AK
39586	Jared J. Dovidio	Thornton, PA	39624	Timothy A. Downs	Newark, DE	39662	Jacqueline M. Myers	Fairbanks, AK
39587	Matthew Lazowick	Glen Mills, PA	39625	Liliana Vargas Acuna	Costa Rica	39663	Tiffany Chen	Fairbanks, AK
39588	Alex J. Horne	W. Chester, PA	39626	Gilbran Marquez Torres	Mexico	39664	Katrina Matz	Cheshire, CT
39589	Benjamin Litwack	W. Chester, PA	39627	Maura Yesenia Sorial Bernal	Mexico	39665	Michael A. Valentino	Cheshire, CT
39590	Ian J. Ortals	Boothwyn, PA	39628	German Fructoso Sorial Bernal	Mexico	39666	Anthony T. Bracco	Wolcott, CT
39591	Akshay Umashankai	Garnet Valley, PA	39629	Angel Lozano Rivera	Mexico	39667	Tyler M. Rodriguez	Seymour, CT
39592	Liam King	Mercerville, NJ	39630	Manuel Coronado Venegas	Mexico	39668	Robert G. Rodriguez	Seymour, CT
39593	Jonathan Dunkle	Newark, DE	39631	Tegan E. Noonan	Greer, SC	39669	Alexander Zygmunt	Shelton, CT
39594	Ryan Patterson	Newark, DE	39632	Kevin M. Wiseman	Simpsonville, SC	39670	Alexa R. Hinds	Shelton, CT
R39595	Susan Lu	Hockessin, DE	39633	Carl M. Strickland	Greenville, SC	39671	Rebecca R. Cote	Meriden, CT
R39596	Brenden Darji	Middletown, DE	39634	Matthew D. Hodge	Greer, SC	39672	Michael W. Stanton	Meriden, CT
39597	Ian M. Cruz	Bear, DE	39635	John B. Eberly	Travelers Rest, SC	39673	Pamela Levenduski	Meriden, CT

2007 October Cycle Dan Testing Results

39674	Olivia M. Cuccaro	Meriden, CT	39712	Mackenzi F. Bennion	Hurricane, UT	39750	Jeffrey Hardison	Florence, AL
39675	Megan A. Lorenzo	Meriden, CT	39713	Daniel J. Cloud	Tropic, UT	39751	John Dale	Huntsville, AL
39676	Cindy Beardsley	Wollingford, CT	39714	David G. Olsen	Lucerne Valley, CA	39752	alex Campbell	Huntsville, AL
39677	Troy R. Beardsley	Wollingford, CT	39715	Weien Wang	Noperville, IL	39753	Jenette Vandiver	Huntsville, AL
39678	Jacob M. Beardsley	Wollingford, CT	R39716	Kurt Riesenbuckler	Elmhurst, IL	39754	Austin Kincaid	Huntsville, AL
39679	Kyan Valentin	Meriden, CT	39717	Sue Helsdon	Villa Park, IL	39755	Jason McClure	Huntsville, AL
39680	Julie A. Saucier	Southington, CT	39718	Margaret Canfield	Livonia, MI	39756	Jules Lealy	Huntsville, AL
39681	Kimberly A. Rodriguez	Plantsville, CT	39719	Michael Canfield	Livonia, MI	39757	Hannah Mullins	Huntsville, AL
39682	Mark P. Mauriello	Plantsville, CT	39720	Eugenio H. Durand	Dayton, OH	39758	Josiah Mullins	Huntsville, AL
39683	Alyssa T. D'Agostino	Plantsville, CT	39721	Nancy C. Noll	Gaberville, CA	39759	Kevin Mullins	Huntsville, AL
39684	Scott A. Perretta	Southington, CT	39722	Bruce Kuhn	Fedral Way, WA	39760	Michael Davis	Huntsville, AL
39685	Brittney L. D'Agostino	Plantsville, CT	39723	Paxton Malek	Kula, HI	39761	Wendel Keenum	Huntsville, AL
39686	Clare Dzilenski	Plantsville, CT	39724	Amanda C. Lui	Bellevue, WA	39762	Lauren Pursley	Poplarville, MS
39687	Cody Morrissey	Southington, CT	39725	Juanya D. Williams	Bothell, WA	39763	Jacob Magee	Poplarville, MS
39688	Aaron P. Perrott	Plantsville, CT	39726	Karthik Ravindran	Bellevue, WA	39764	Joshua Hurwitz	Ft. Piece, FL
39689	Jessica M. Dabkoski	Southington, CT	39727	Misha N. Gregg	Vacaville, CA	39765	Christina Bantz	Ft. Piece, FL
39690	Robin J. Ford	Great Britain	39728	John W. Gregg	Vacaville, CA	39766	Nicole Bantz	Ft. Piece, FL
39691	Margaret L. Lowry	Great Britain	39729	Kyle C. Fierro	Santa Rosa, CA	39767	Justin schildwachter	Ft. Piece, FL
39692	Jonathon J. Atkinson	Great Britain	39730	Michele M. Ross	Santa Rosa, CA	39768	Ric Schildwachter	Ft. Piece, FL
39693	Rifhat Shahid	Great Britain	39731	Neil Pecorilla	Roseburg, OR	39769	Carly Mills	Ft. Piece, FL
39694	Garry Evans	Great Britain	39732	Ian Evnns	Roseburg, OR	39770	Debbie DeLange	Ft. Piece, FL
39695	Paul Marshall	Great Britain	39733	Ruben Colon	Orocovis, PR	39771	Emma Romanek	Ft. Piece, FL
39696	Carol J. Wyatt	Great Britain	39734	Kevin Ortiz	Orocovis, PR	39772	John Campbell	Ft. Piece, FL
39697	Nicola D. McIntyre	Great Britain	39735	Glamil Rivas	Orocovis, PR	39773	Jada Gordon	Gainesville, GA
39698	Shahbaz Majid	Great Britain	39736	Wignie Torres	Orocovis, PR	39774	Jordan Farmer	Middleburg, FL
39699	Brandon L. Young	Plano, TX	39737	Antonio Roman	Arecibo, PR	39775	Jennifer Obert	Middleburg, FL
39700	Teryn Smith	Cypress, TX	39738	Alex Velez Cruz	Arecibo, PR	39776	Jacob Barras	Middleburg, FL
39701	Kaitlyn Hissong	Spring, TX	39739	Armando Vega	Arecibo, PR	39777	Aurora Ayres	Middleburg, FL
39702	Alexandra Speer	Spring, TX	39740	Jose Cruz Gonzalez	Arecibo, PR	39778	Jarrett Manzi	Middleburg, FL
39703	Kyera A. Spencer	Houston, TX	39741	Kyle Hawkins	Florence, AL	39779	Edwin Grant	Columbus, OH
39704	Lara Greenleigh	Odgen, UT	39742	John Alexander	Florence, AL			
39705	Corina Coleman	Layton, UT	39743	Ethan Colbert	Florence, AL			
39706	Aric Goltart	Spark, NV	39744	Colby Cox	Florence, AL			
39707	Robert C. Hall	Vernal, UT	39745	Raymond Lee	Florence, AL			
39708	Jake Zalewski	Peoria, AZ	39746	Dylan Patel	Florence, AL			
39709	Travis Barnhart	Glendale, AZ	39747	Levi Bevis	Florence, AL			
39710	Kelsy Simmons	LaVerkin, UT	39748	Heather Roberts	Florence, AL			
39711	Tierra N. Shearer	Cedar City, UT	39749	Sheila Carter	Florence, AL			

WTSDA Sanctioned Events

The events listed below have been officially sanctioned by the World Tang Soo Do Association. This means that all rules and regulations of the Association will be followed during the course of the event. Any event which is not listed herein may not be an officially sanctioned event, and, as such, may differ in the content and rules from an officially sanctioned event.

Should you have any questions regarding sanctioning, please contact Headquarters at 215-468-2121 or by email at WTSDA@aol.com. Should you have any questions regarding a particular event, please contact the Regional Director for that region.

Region #1, Master John Auer, jjauer@msn.com

May 23 Regional Dan Test
May 24 Regional Championship

Region #2, Master Carla Bennett, NVMasters@sbcglobal.net

Region #3, Master David Schmitt, atki@mchsi.com

Region #4, Master Allen Sharpe, masterallensharpe@msn.com

Region #5, Master Chris Anderson, Acca57@aol.com

May 2-4 Regional Championship

Region #6, Master Vaughn Henry, VHenry@ifdc.org

Sep 26 - 27 Regional Championship

Region #7, Master Jim Mars, JandMMars@aol.com

Nov 24 - 25 Regional Championship

Region #8, Grandmaster Jae C. Shin, wtsda@aol.com, Master Rick Harsch, coordinator, rharsche@hcmortgage.com

Jan 19 Eastern Zone Championship
Jan 26 Western Zone Leadership Class
Jan 27 Regional Instructor Class
Feb 1 Eastern Zone Leadership Class
Feb 16 Western Leadership Class
Feb 23 Western Zone Championship
Feb 24 Regional Instructor Class
Mar 7 Eastern Leadership Class
Mar 15 Western Leadership Class
Mar 30 Regional Instructor Class
Apr 4 Eastern Leadership Class
Apr 5 Western Gup Clinic
Apr 12 Regional Dan Test
Apr 26 Western Leadership Class
May 2 Eastern Leadership Class
May 17 Western Leadership Class
May 30 - June 1 Youth Black Belt Clinic - Camp Green Lane
June 6 - 7 Youth Black Belt Clinic - Camp Saginaw
June 13 - 15 Adult Black Belt Clinic - Elizabethtown

June 28 Western Leadership Class
Aug 1 Eastern Leadership Class
Aug 30 Western Leadership Class
Sept 5 Eastern Leadership Class
Sept 13 Regional Dan Test
Sept 27 Western Leadership Class
Oct 3 Eastern Leadership Class
Oct 10 - 13 Regional Championship
Oct 25 Western Leadership Class
Nov 22 Combined East/West Leadership Class & Dinner
Nov 23 Regional Instructor Class & Dinner

Region #9, Master Jeff Haney, jeffhaney@adelphia.net

January 12 Instructor Class
March 8 Regional Dan Test & Instructor Class
April 4 Regional Clinic
April 5 Regional Championship
June 6-8 Regional Dan Clinic
Aug 1-3 Warrior's Path
Sept 13 Regional Dan Test & Instructor Class
Sept 27 Regional Gup Clinic & Dan Belt Presentation
Nov 17 Instructor Class

Region #11, Master Mujahid Khan, MKhanGBTSD@aol.com

Region #12, Master Larry D'Ercole, MastrLarry@aol.com

Region #14, Master Alex Goule, moztangsoodo@tv cabo.co.mz

Region #15, Master Larry Wick, tangsoodo@mosquitonet.com

Region #18, Master Wilfredo Burgos, fredy71@prtc.net

Region #19, Master Roy Uttech, Uttech@alaska.net

Region #20, Master Patrick Marsch, MstrMarsch@aol.com

Region #21, Master Brian Califf, BrianCaliff@comcast.net April 18 - 20 Regional Championship & Dan Test

WESTERN USA KI GONG CLINIC

JANUARY 11 - 13, 2008

MONTEREY, CA, USA

EUROPEAN KI GONG CLINIC

FEBRUARY 22 - 24, 2008

DELFT, NETHERLANDS

USA MASTERS CLINIC

MARCH 27 - 30, 2008

FLORENCE, AL, USA

WORLD CHAMPIONSHIP

JULY 11 & 12, 2008

ORANGE COUNTY CONVENTION CENTER • ORLANDO, FLORIDA

EASTERN USA KI GONG CLINIC

SEPTEMBER 19 - 21, 2008

VALLEY FORGE, PA, USA

EUROPEAN MASTERS/LEADERSHIP CLINIC, KI GONG CLINIC & CHAMPIONSHIP

NOVEMBER 8 - 16, 2008 • GREECE