



# NEWS LETTER

## FROM THE DIRECTOR



## IN THIS ISSUE

- Meet the Director ..... 1
- A New Chapter ..... 2
- WTSD50 Recruiting ..... 3
- Why I Came Back ..... 5
- Resuming the Path ..... 5
- 30 Years Away ..... 6
- Yoga and TSD ..... 8
- Virtual Dan Camp ..... 9
- Spring Dan Testing ..... 10
- Important Dates ..... 11
- Instagram Announcement ..... 11
- Staff and Contributors ..... 11

## MEET OUR NEW DIRECTOR

For many years I have had the opportunity to train with you and support WTSDA activities in a less public manner. I enjoy learning from you and sweating with you as we train, sharing insights and reflections with you as we work together on committees and projects, and growing through our love of Tang Soo Do. A few of you have had glimpses beyond the reserved or crazed aspects you may see at events; here is a little bit more about me.

I was introduced to Tang Soo Do in 1991 through two semesters of a self-defense for women course at the University of Scranton. I began training in the World Tang Soo Do Association in 1997 at Pocono Tang Soo Do and Kuehner's Martial Arts Institute. I received my first Dan in 2000 under Master Randall Kuehner and taught classes there until forming Rising Phoenix Tang Soo Do with the support of other Dan members when Master Kuehner moved to Region 7 in 2003. I received my Sah Dan Masters rank in 2015.

I enjoy interacting with students, instructors, and leadership alike. Training, instructing, and serving are passions and I am grateful for the opportunities to interact with generous and talented seniors, peers, and students who have fueled my passion and growth. In addition to typical duties of a Dan member at testing, tournaments, and clinics, I have served as Region 8 Instructors Class Secretary, on the Region 8 Scholarship Committee, on the Region 8 event team, in a number of security roles for regional and world events, and as a member of the WTSD50 Strategic Planning Committee. I am proud to have connected a talented student with Grandmaster Shin to develop the vision for the meditation garden at World Headquarters before we even knew where HQ would be.

I have had a varied career outside martial arts within science, IT, project management, and education. Currently, in addition to leading Rising Phoenix Tang Soo Do, I have a practice offering myofascial release therapy as a licensed massage therapist.

I look forward to the opportunities to support our Region 8 family and build on the strong heritage and abundant creativity within our Association!

Please stop by to say hello when we are together at events!

Master Martha Heise  
Director, Region 8

## A NEW CHAPTER

It was good fortune that led me to Tang Soo Do. A recommendation from a friend to check out Kwon's Karate in 1978, and here we are 42 years later! Over these many years I have been offered so many opportunities to expand my understanding of the art and of the WTSDA, made life-long friends, and received many honors. None as humbling as being selected as Region 8 Director by KCN Shin.

There are many words I could use to describe these past 8 years, but the one feeling I would like to convey is "Appreciation." I am appreciative of your dedication, support, and commitment to the WTSDA. You have made me so proud of our accomplishments, largely due to your leadership as instructors and your students' love of Tang Soo Do.

I am being "relieved" by a very capable, strong and dedicated friend, Master Martha Heise—who will do an excellent job as Director and I have no doubt that you will support her as you have supported me.

Now, my new job as Operational Vice President is to assist the President of the WTSDA, KCN Strong, in all things administrative. As a worldwide organization, the to-do list is LARGE. Again, I am in a new learning phase but confident that our Association will move forward in a positive manner and achieve even greater heights, and I am excited to play a larger role within our leadership team.

Stay strong R8!

Tang Soo!

Respectfully,  
Master Frank Fattori  
OVP - WTSDA



On behalf of the students and instructors of Region 8, the newsletter staff would like to offer our thanks and appreciation to Master Frank Fattori as he embarks on his new role in the WTSDA. Your support and encouragement have been invaluable. We'd also like to welcome Master Martha Heise into her new role as Regional Director. You have big shoes to fill, but we know you are more than up to the task.

Tang Soo!

# WTSD50 IS RECRUITING TEAM MEMBERS

Bill Strong, Grandmaster; Wayne Rosenkrans, Sah Dan Master, WTSD50

The Strategic Planning Team within the WTSDA (WTSD50) is looking for members of the organization to help carry the organization forward in accordance with its broader Mission, Vision, and Strategy.

The **Mission** of the World Tang Soo Do Association is to deliver professional instruction in the traditional martial art of Tang Soo Do to a diverse, global population for the purpose of developing self-defense skills, promoting good health, and inspiring a better personal outlook.

The World Tang Soo Do Association **Vision** is to be the world leader in providing the benefits of training in the traditional martial art of Tang Soo Do.

We are recruiting for participation in two broad areas: 1) Teams to work on advancing the set of priorities developed by the WTSD50 team (Adaptive Strategy Teams), and 2) Teams to continually watch the environment within which we operate to inform the others of impactful events (Driver Shadow Teams).

The specific areas we are recruiting people for include:

## Adaptive Strategy Teams:

**Guiding Principles** - Support the application of the WTSD Mission and Vision in our work

**Branding** - Communicate our values and what differentiates us from others

**Marketing** - Promote our services and products while building relationships with our customers

**Center of Excellence** - Provide leadership, standards, and policies in particular areas to support our decisions and activities

**Information Management and Technology** - Use processes and systems that support the flow of information within and beyond the organization

**Professional Development** - Enable the professional growth of employees, studio owners, and instructors

**External Partnering** - Build and maintain relationships with our community, vendors, governments, and others

**Risk Management** - Enable the WTSDA and our members to identify and manage risk including compliance with laws, regulations, standards, and ethics appropriate to our organization

## Driver Shadow Teams:

**Resource Availability** - Monitor events that may indicate the degree to which financial resources affect the enrollment and continued participation in Martial Disciplines

**Global Social Politics** - Monitor events that may indicate the degree to which the global and local political landscapes affect Martial Arts organizations' global ability to operate

**Information Flow, Knowledge, and Technological Influence** - Monitor events that may indicate 1) the degree to which technology and infrastructure for information flows are available and interpersonal communication skills are applied that promote connectivity to and knowledge sharing among the membership of a global martial arts community, and 2) the degree to which advances in technology and science influence the ability of Martial Disciplines to flourish



(Continued on page 4)

**WTSD50 RECRUITING** (Continued from page 3)

**Culture and Demographics** - Monitor events that may indicate the degree to which demographic shifts in the global community affect the attraction of students of various ages and backgrounds to training in a traditional martial art

**Black Swans** - Monitor for unpredictable events that are beyond what is normally expected of a situation and have potentially severe consequences. The intent of this driver is not to attempt to predict black swan events, but to build robustness around these events.

The successful candidates will work in small interdisciplinary groups helping to guide the organization into a successful future. Individuals from all aspects of the WTSDA—Masters, Black Belts, Gup students, and family members—who have expertise and interest in the work are welcome.

For more detailed information on each team, including the type of experience and specific skills needed, please see [bit.ly/1nf04Mbr](http://bit.ly/1nf04Mbr). For more background on the WTSD50 effort, please see [bit.ly/FAQ4WTSD50](http://bit.ly/FAQ4WTSD50).

Anyone looking for more information or wishing to be part of these teams should email the team at [planning@wtstda.com](mailto:planning@wtstda.com).



# RETURNING TO TANG SOO DO

## Why I Came Back

Aaron Barnett, Cho Dan, Lititz Martial Arts

If I were to respond to the question, “What made me come back to Tang Soo Do?” the simple answer would be that I've always wanted to come back but I was just never in the right place for it. I've always felt that my time training at Lititz Martial Arts attributed to the values that I've carried with me throughout my life. Although there are plenty of reasons as to why I wanted to come back, the main reason for my decision is because I feel that I owe it to this studio, the Association, and this Art for being there for me when I needed to be shown a path. I just want to help be part of that same path the way my instructors and fellow students were for me.



During my time training as a kid (I started at age 11 in 2003 and continued until 2010), along with learning how to do proper push-ups, I was shown that through hard work and dedication you can make a difference in your own life and even be a positive image for those around you if you choose to be. I was given challenges at a young age, like many of us were, in and out of the studio. By being able to overcome the challenges in the studio I was able to take on the rest with my head up and with a deeper understanding that sometimes life just gets difficult. Luckily for me, I ended up having the best support anyone could ask for at a time when I needed it most. By support of course I'm talking about my instructors that cared enough to be there every week to make sure they were giving their students everything they had to give.



I know this place has had tons of blood, sweat, and tears go through its floors, but I'll never forget how it made me feel more prepared to deal with the reality that obstacles don't just go away in life and there's only one way to handle (or break) an obstacle—that is by going through it and never cutting yourself short. I know it's because of my training back then that I'm still going to the same studio today. So, even though there was a 10-year period of absence, the feeling of coming home was so strong that I knew I made the right choice and I've never been more ready to bring this part of my life back.

## Resuming the Path to Black Belt

Steve Lutz, Cho Dan Bo, Lititz Martial Arts

I began my Tang Soo Do journey at the age of 37 in late 2002 at Lititz World Tang Soo Do under Chief Instructor Mr. (now Master) Tom Kifolo. I started my training to help me establish some discipline with my need for exercise. I was also attracted to the WTSDA because of the traditional emphasis of Tang Soo Do which was well-modelled at Lititz by Master Kifolo and the other instructors. The “whole person” concept of mind/body/spirit was attractive to me as spiritual things have always been fundamental to my daily life. I attended class faithfully and trained hard to learn and progress through the ranks. I was proud and honored to achieve and receive my Cho Dan Bo certificate in December of 2005. One of my favorite WTSDA memories was attending my first Region 8 Dan camp. I fondly remember the entire group in a large field together doing Bassai repeatedly, led by Kwan Chang Nim Shin on the drum.



*(Continued on page 6)*

**RETURNING TO TSD** *(Continued from page 5)*

I am happily married and the father of three amazing children—who are now adults! When I started training, my wife and my then small kids would attend my Gup tests at Lititz. They were always very supportive of me and my training, which meant a lot to me. As the years progressed my kids became more involved in sports, dance, and church activities. It was very important to me to be there for them and support them and to try and be a good father. As a result of the change in our family schedules I had to be honest and admit I was no longer able to commit the time required to train for my Cho Dan or help teach at the studio. It was a very hard decision, but I knew it was the right one at the time and I stopped my training later in 2006. I was always hoping to be able to return someday as Black Belt was always a goal of mine. As the years passed though I began to feel that my Tang Soo Do days were maybe gone forever.

Fast forward to 2020. I am now 55 and during our annual family vacation in Maine I was reflecting and updating my life goals and “bucket list” which I seem to do every year. As I was reflecting lakeside on the dock, I was “led” to put “Black Belt” on my bucket list. I later Googled the old Lititz studio website to see what was there. I was very pleased to see it was still going. I told my family about this and they all said, “Go for it, Dad!” So I emailed the studio, now Lititz Martial Arts, through the website. At the time I did not recognize any of the instructors, but saw it was still WTSDA which made me curious, and hopeful. I basically said, “Can I try a class? And I trained MANY years ago”, but I had no idea how I would be received. I knew I would have MUCH to re-learn and work on to obtain my goal of Black Belt. To my delight, Mr. Brennan Ganteaume, chief instructor, responded promptly. We then spoke a couple times by phone. He was very encouraging about having me come back to resume my training. He also trained at Lititz many years ago and recognized me! So it turned out that the Lititz studio was now led by Sam Dan & Chief Instructor Mr. Brennan Ganteaume—who was a Gup student and training in the youth class back in my early Tang Soo Do days. Needless to say, I was very pleased and encouraged to see that he had kept up with Tang Soo Do and was doing well.



So, I have been back now for just over a month and am very grateful for the opportunity to train again. Mr. Ganteaume has done an excellent job of maintaining the standards which we had both first learned from Master Kifolo all those years ago. I have received a very warm welcome and am happy to meet many new faces. I had the added joy of joining two classmates who also recently returned to training at Lititz after some years away—so it is very helpful that we are all fighting to get back together! Despite my creaky bones and muscles, I am back and thrilled to realize that I actually never did leave the path to Black Belt. I know I have a TON of work to do, but I am excited and grateful to have been given the gift of being able to walk down this path once again. Tang Soo!

### **30 Years Away. Why Come Back?**

Kelly Sechrist, Cho Dan, Lititz Martial Arts

“It happens in threes,” is an old wives' tale—a superstition. In the case of Lititz Martial Arts, it is a reality. In 2020, during a COVID-19 pandemic, Lititz Martial Arts experienced the return of 3 former students who had stopped training for 10 to 30 years. The former students gravitated back to the Lititz dojang, after all the years, each for different reasons. What made them come back after all this time? I am one of those returning students and here is my reason.

I stopped my training after I received my 1st Degree Black Belt when I was only 10 years old, in 1992, almost 30 years ago. I started training at Lititz World Tang Soo Do (now Lititz Martial Arts) in 1986 when I was 4.5 years old. I spent a lot of time at the dojang as a youth, as we had a 2-hour class every Monday, Wednesday, and Friday evening as well as every Saturday morning. Therefore, a lot of my childhood memories involve martial arts because the dojang was like a second home. Little did I know as a kid that the Association was also very young in 1986. As an adult, it is incredible to see that I was part of some very new things in the 1980s such as World Championships and the introduction of hyung. As

*(Continued on page 7)*

**RETURNING TO TSD** *(Continued from page 6)*

a kid, I thought these things were already established and I took them for granted. Little did I understand that just as I was growing up, so was the Association.



Flash forward—now I am 38, soon to be 39. Why come back after all this time?

There have always been little “signs” that would randomly pop up in my life about Lititz Martial Arts. I heard through possibly a newspaper or through the early 2000s’ social media platform MySpace that the dojang had a new owner—a childhood friend of mine. I remember thinking, “Oh wow” and then moved on with my life. Another “sign” was the passing of Grandmaster Shin. I have no idea how I even heard about the sad news. I do remember crying. That may have been the moment that I felt a pull towards Tang Soo Do. I don’t know why, but I think I felt like I let Grandmaster Shin down.

I feel like I “gave up” after receiving my Black Belt. As a kid, I thought I completed my martial arts journey. I got my Black Belt—done. Again, I was 10, and didn’t know what I was letting go. As an adult, I had the regret of not continuing. So, when Owner/Chief Instructor, Brennan Ganteaume, approached me about coming back, it was yet another “sign”—and this one I would not let flutter away.

As an adult, I realize there is a lot about the philosophies and traditions that I took for granted as a youth. But the “Tang Soo Do ways” helped to shape my focus, work ethic, and confidence as a kid—without me knowing at the time—but I see it now as an adult and mother. I feel my adult life lacks those fundamentals, so I went back to the source of where I got the traits from the start—Lititz Martial Arts.

I will admit that I did not check out the dojang until about a year after we moved back to my hometown of Lititz, PA. When we moved to Lititz, I thought that was all we needed. It is a nice small town, truly built around community. But after several months, I felt there was still something missing from having that “home” feeling. I knew Lititz Martial Arts was still providing training through all these years/decades, and our family went to observe a class.

It was just as I remembered! Nothing had changed—aside from aesthetics and that is for the better!

I quickly enrolled my two oldest daughters in May of 2019 and my youngest daughter in July 2020. I knew they would get quality training and develop their focus, confidence and “one more time” attitude. I started to retrain off and on since May 2020, due to COVID-19, but have really immersed myself since the beginning of August 2020. It became more and more clear that I needed to be either “in or out” with martial arts. I needed to focus on making the decision.

If I do martial arts, I keep moving forward in something. If I do not do martial arts, I become stagnant yet again. The answer was clear—keep training with all-out effort.

Side-note: the muscle memory is crazy good. Blocks, forms, and one-steps were all mostly still right there. Now it is more just being able to execute them due to not being in shape—all the more reason to keep moving forward.

Lititz Martial Arts has been supportive to the transition it takes to pick up training again after nearly 30 years. They are realistic with goal setting—but keep pushing me forward to create a stronger me. I do not think I would be as inclined to restart training if Lititz Martial Arts was not around. They are like a beacon to me—a beacon to find home.



## COMBINING YOGA WITH TANG SOO DO

Angus Rogers, Sam Dan, Heads of the Valleys Tang Soo Do

Hello, my name is Angus Rogers and I am a Sam Dan in the WTSDA. I run a full-time studio in a small town in South Wales called Brynmawr (which means “Big Hill” in Welsh). We have been there for almost 4 years now, have 130 members, and are growing all the time.



I am honored to write a short piece for the Region 8 newsletter. I want to talk about my training methods and how they have helped me in the hope that they might help you also. I started training in a time where the goal was to be proud of all the injuries you could get and being sore, battered, and bruised was considered the correct way to train. I was constantly sore, and I would often pull muscles and wake up at night with cramps because I had so many knots in my hamstrings and calves.



I realized that I couldn't continue this way. So, when training for my third Dan Grading, I started to do the Insanity Fitness videos and P90X. In P90X there was an hour and a half of yoga which stupidly I thought would be boring, but after 20 minutes I was exhausted, and I couldn't continue after 35 minutes. The instructor in the video said that he could do more now at 40 years old than he could when he was in his prime—not because of weights or cardio but because of yoga. My goal then was to be able to complete this hour-and-a-half routine. It took me a while, but I got there and ever since then I have done yoga every day when possible.



Since starting yoga, I have had fewer injuries, my technique has never been better, and I feel fantastic all day every day. And what has fascinated me most is the similarities between the philosophy of yoga and that of martial arts. We have a front stance and yoga has a warrior pose. We have push-ups and yoga has Vinyasa. Everything I do in yoga I can relate directly to how it's helping my martial arts practice. Joe Rogan said that “Yoga is martial arts against yourself” and that's how I've always seen Tang Soo Do. I've never had animosity towards anyone; I have always seen my own limitations as the challenge.

In conclusion, if I were going to recommend a single extra physical activity for any martial artist regardless of rank or age, I would recommend yoga. It is the perfect Um/Yang to the hard work you do in the dojang. You don't have to go to a yoga class. I just do free yoga videos on YouTube. The channel I follow is called Yoga with Tim, but there are loads of good ones out there and there is tons of free content out there for all levels. Thank you for your time and I hope this has opened your eyes.



## VIRTUAL DAN CAMP

### 2020 Region 8 Virtual Adult Dan Clinic: Learning the Art of Tang “Zoom” Do

Chris Conolly, Sam Dan, Black Belt Academy

This has been a year of many “firsts” for our world, our country, and our Association. On Saturday, June 27, 2020, the Blue and Black Belts of Region 8 had the unique opportunity to participate in our first ever Virtual Adult Dan Clinic held through the Zoom application. Although we weren’t able to participate in some of the “traditional” elements of our Black Belt clinics—hours of conditioning and training outdoors, performing Bassai to the beat of the drum until we lose count, being able to catch up with friends from other studios, etc.—we were able to develop our techniques in combination with our technology skills with the guidance of some amazing instructors who graciously shared their time, knowledge, and passion for Tang Soo Do. With this said, I created the following poem that I hope helps to sum up our first Virtual Adult Dan Clinic experience:



It was the first Virtual Region 8 Adult Dan Clinic  
 And all through the Zoom  
 There were about 128 Blue and Black Belts  
 That filled up the virtual room.

Although the possibility of having a Dan clinic this year, we did not know  
 On Saturday, June 27th, we did a virtual version, which I like to call “Tang Zoom Do”.  
 There were lots of familiar faces in our large crew,  
 But we had some new Blue and Black Belts that joined us, too.

When it came to technology, some of us felt like a Gup,  
 Constantly checking our mics and cameras with our internet connections breaking up!  
 Even with small technical issues we still found a way,  
 And it turned out to be such an awesome day.

Master Adam White and Sah Bum Nim Ben Haas helped us spice up our one-steps,  
 While Mr. Dave Werner’s conditioning and Mr. Brennan Ganteaume’s drills had us doing plenty of reps!  
 Mr. Paul Maguire taught us how to generate more power by channeling our “ki”,  
 And it’s pretty incredible that we were able to do all of this virtually!

*(Continued on page 10)*

## DAN CLINIC *(Continued from page 9)*

Finally, Master Angel Celona's cardio kickboxing was awesome, you can bet.

And left many of us slipping in a pile of our own sweat!

Though we wished we could train with each other face-to-face,  
There was nothing but smiles throughout the entire place.

A huge thanks to Master Fattori and all of the folks on our Region 8 leadership teams,

We know that setting up something like this is way more difficult than it seems.

Let's hope that we can all train in-person with each other soon,

But until then, stay safe, stay healthy, and to all: "Tang Zoom!"



## 2020 SPRING DAN TESTING

Brandon Downs, Sam Dan, Legacy Martial Arts

As you all know, 2020 has drastically changed the way we as an Association go about our regional and world gatherings. While numerous events had to be cancelled this year, Region 8 was still able to safely conduct its postponed Spring Dan Test. Even through all the challenges and modifications of our normal test protocol, the candidates were still able to perform phenomenally.

I had the pleasure to be one of the two conductors assigned to help facilitate testing at the Oxford Karate Institute location. Our test included candidates from multiple schools from the Greater Philadelphia area along with a few appearances from our Delaware schools. Those testing arrived early to check in and prepared themselves to begin their physical test. Once on the mat and warmed up, this cycle's candidates fell right into the new groove and did a fantastic job. The morning and afternoon groups were led through a series of marching drills, jump kicks, hyung, one-steps, rolling, and conditioning drills. It felt strange not seeing the candidates spar or break boards, but we made up for it with an additional set of challenging combination marching drills.

Testing during these uncertain times can be stressful, but the spring cycle's candidates proved they were up for the challenge. This group did a great job staying spread out and together while they performed every hyung in their repertoire. Performing the jump kicking section in the air—without a physical target—appeared to be an uncomfortable and awkward feeling for some. Despite this, those testing quickly adapted and dialed in their kicks. Perhaps the biggest challenge of this test appeared to be maintaining and regulating steady breathing through the masks during the entirety of the test. This was especially noticeable during long periods of drills and throughout the final conditioning. Nevertheless, the candidates made it through in one piece. As a whole, I was incredibly impressed by the spring candidates' determination and persistence in their performances and I am looking forward to seeing the performances of the upcoming cycle's candidates.



### Tips for Future Pandemic Dan Test Candidates

- Wear a mask that fits comfortably.
- Pack an extra mask or two to in case there's a problem.
- Hydrate in the days leading up to the test.
- Focus on your breathing!

## IMPORTANT 2020 DATES

March 26 to 27	Masters' Clinic - CANCELLED	Florence, Alabama
May 16	Spring Championship - CANCELLED	Oxford Area High School
June 5 to 7	First Youth Black Belt Camp - CANCELLED	Camp Saginaw
June 12 to 14	Second Youth Black Belt Camp - CANCELLED	Camp Saginaw
June 27	Virtual Adult Black Belt Camp	Online via Zoom
July 17 to 18	World Championship - CANCELLED	Greensboro, North Carolina
July 25	Rescheduled Spring Dan Test	Various Locations
July 30	Fall Scholarship Applications Due	
August 30	Leadership/Instructors Class - CANCELLED	Manheim Township High School
October 9 to 11	Fall Classic - CANCELLED	Kalahari Resort
October 17	Rescheduled Fall Dan Test	Various Locations
November 22	Leadership/Instructors Class - CANCELLED	Manheim Township High School

Please check with your instructor for more information as tentative dates draw closer.



## REGION 8 IS ON INSTAGRAM

Want to see what the rest of Region 8 is up to between events? Follow the official Region 8 Instagram page @region8wtsdainsta. If you want to submit your pictures or videos to the page, you can either send a direct message on Instagram or email your pictures/videos to region8instagram@gmail.com.

### WTSDA Region 8 Official Newsletter

**Regional Director – Master Martha Heise**

**Editors – Jenn Luneau and Rick Mentley**

**Layout – Benjamin Haas**

*Contributors to Fall 2020 Issue:*

Master Martha Heise, Master Frank Fattori, Grandmaster William Strong,  
Master Wayne Rosenkrans, Mr. Aaron Barnett, Mr. Steve Lutz, Ms. Kelly Sechrist,  
Mr. Angus Rogers, Mr. Chris Conolly, Mr. Brandon Downs

**Website:** <http://wtsdaregion8.com> **Facebook:** <https://www.facebook.com/wtsdaregion8/>