

# TANG SOO TIMES

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PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

## CALENDAR OF EVENTS

Sunday	April 26	Black Belt Test (Phoenixville YMCA)
Fri.-Monday	May 22-25	Memorial Day Weekend-Dojang Closed
Fri.-Sunday	June 5-7	Youth Black Belt Clinic
Fri.-Sunday	June 12-14	Adult BB Clinic - Dojang Closed

## Master's Corner Achieves

*(Master Raver Aug. 2000)*

Inspiration is a two edged sword. Certainly as teachers, we should inspire our students to become the best that they can - to grow in the martial arts - both physically and mentally. A student must understand the purpose of techniques and how to apply them in a real life situation. They must also learn that in building the skills to defend themselves, they can become bullies and that restraint must always be practiced. Restraint has always been the hallmark of a warrior in history. Samurai, the elite warriors in feudal Japan, were allowed to kill a disrespectful commoner for any reason. This was granted by the Emperor and was called ***kirisute gomen*** and is literally translated as "killing and going away." This was very infrequently practiced because the Samurai also practiced restraint.

I originally said that inspiration is a two edged sword. It is also paramount on the student's part to inspire the teacher to become the best that they can be. A student by continually practicing learned techniques to perfect them, to constantly strive to better themselves, and to apply warrior thinking in their daily lives makes a teacher feel that the hours spent are not wasted. The eager look in students' eyes tell the instructor that what he is saying is not falling on deaf ears but rather is slowly sinking in and being applied - whether in techniques or in mental applications. *(cont)*

I've heard people say, "What are you teaching at Pal Che? I don't see my child as more respectful, disciplined, etc." Well, you must remember that we only have your child for 3-4 hours out of the 168 hours in a week. What we do is require them to use these values in the dojang and hope that repetition and the slow awakening of the warrior spirit will cause these virtues to be carried over into their secular life. For the most part, we are trying to re-enforce the values they are learning at home. By seeing them applied in situations outside the home, hopefully they will realize that other people expect the same application of courtesy, etiquette, politeness, and fine manners that their parents do. The change in their thinking may take a long time and sometimes, especially during the teenage years when hormones are raging, they forget in the darkness what they learned in the light.

### Student Birthdays

<u>March</u>		<u>April</u>	
Michael Shade	3 <sup>rd</sup>	Ellie Francis	10 <sup>th</sup>
Mike Richmond	6 <sup>th</sup>	Ian Duffy	18 <sup>th</sup>
Conner McCullough	9 <sup>th</sup>	Nick D'Amato	26 <sup>th</sup>
Jermaine Thomas	12 <sup>th</sup>	Chris Imbrogno	30 <sup>th</sup>
Tyler Wagner	17 <sup>th</sup>		
Ed Framer	22 <sup>nd</sup>		

### New Students

We would like to welcome the following new student to our Dojang and to the worldwide family of Tang Soo Do:

Cheryl Gangaware	Nicole Gangaware	Gregory Logan
Matea Gray-Segers	Lance Mason	Jermaine Thomas
Joseph Carter	Joey Chambers	Michael Mengini

Train often and train hard. You are on the steep portion of the classic learning curve and every class should reveal something new and exciting to you. If you ever have any questions, do not hesitate to ask a senior stud

## Special Feature Article

### **When the Teacher is Ready the Student Will Appear By Allie Alberigo**

There is an age old saying, "When the student is ready the teacher will appear!" This is a unique way of thinking from the student's perspective. In our modern society, when you join a Martial Arts school the teachers are on the mat running classes. Of course they are visible, they appear to you every day, the minute you walk through the door. In situations such as this the reality is that lessons are flying by at the speed of light and very often they go unnoticed or they are invisible. The students who start off at White Belt and end up at Black Belt have only achieved 1/10th of their journeys, due to the fact that in most Martial Arts there are 10 levels to Black Belt: 1<sup>st</sup> Degree through 10<sup>th</sup> degree.

In the heading of this article I wrote "When the *teacher* is ready the *student* will appear." In the opening line I wrote the saying at is it was originally meant to read from the student's perspective. Quite often a student sees the easy lessons: block down, turn to the left, fix your hand, etc. The life lessons go unnoticed: they are often invisible until later on in life, when the proverbial light goes on in your head and you see how the Martial Arts lesson fits into your everyday life. What is it about this that makes it so special? Simply put, in a Martial Arts school you are learning lessons that will change your life forever. You may not know it now, you may not see it for years, but it is absolutely true. Taking the time to really listen is a key factor to learning. When I say really listen, I want to clarify. Just because your ears are working doesn't mean you are *listening*. For example: a parent may tell a child not to touch the hot stove, but even though the child says "OK," as most kids will respond, the child still touches the stove, because he or she didn't really truly hear.

Martial Arts teachers are always striving to help our students grow, and we are always excited about the prospect of students joining us on our quest to teach Martial Arts and pass on the knowledge. We trust that you will consistently listen to your instructors and take the little lessons and make them your own.

Take your experiences and log them in a personal journal. Call it the "Book of Knowledge." Look at it as though you are looking in the mirror and you are the lesson. Write down your struggles, your aches and pains, your injuries, your successes, your failures, and learn from each of them. Then take the time to pass the lessons on to others. Teach and you will become the best Martial Artist ever. So the next time you hear a lesson, remember when the teacher is ready the student will appear, and when the student is ready the teacher will appear.

#### THOUGHT FOR THE MONTH

**IF YOU FOCUS ON PEOPLE'S SHORTCOMINGS AND FORGET ABOUT THEIR STRENGTHS, THEN IT WILL BE HARD TO FIND WORTHY PEOPLE IN ALL THE WORLD.**

# The Tigers Den

Welcome to The Tigers Den, the mind boggling, brain teasing section of the newsletter. If you score: 9 or 10, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

## Martial Arts Match Game

How it works: Match each word or phrase about bullying and bully prevention with the appropriate definition or explanation below. Get the bonus answer correct and add +1 to your score. Good luck!

- A. Bully                      B. Mediation                      C. Victim                      D. Self-Respect  
E. Buddy System                      F. Verbal Boundaries                      G. Eye Contact                      H. Cyber-Bullying  
I. Inform                      J. Confidence

1. Picking on someone online, via e-mail, text messages, chat rooms, web sites, etc.

Answer \_\_\_\_\_

2. Belief in oneself; self-assurance;

Answer \_\_\_\_\_

3. In self-defense, telling someone what you want them to do.

Example: "Back away, you're too close."

Answer \_\_\_\_\_

4. The act of looking directly into someone's eyes.

Answer \_\_\_\_\_

5. A person who tries to intimidate or pick on smaller, weaker people.

Answer \_\_\_\_\_

6. Practice of two or more people teaming up together for mutual assistance or safety.

Answer \_\_\_\_\_

7. The quality of having dignity towards one's self.

Answer \_\_\_\_\_

8. A person who is harmed in some way by another.

Answer \_\_\_\_\_

9. To give knowledge of a matter to someone else.

Example: Mike will inform a trusted adult if he is bullied.

Answer \_\_\_\_\_

Bonus: The attempt to settle a dispute through a neutral party.

Answer \_\_\_\_\_