

# Pal Che Tang Soo Do Times



## Pal Che Tang Soo Do

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Certified Member Studio Number 330  
World Tang Soo Do Association  
Since 1990



**Issue No. 223**

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### Quick Notes

#### **Schedule**

Effective on Wednesday, April 3<sup>rd</sup>, 2012, the Advanced Tiny Tigers and Little Dragons Class on Wednesdays from 6:00PP to 6:30PM will be restricted to Tiny Tigers who are Tiger Brown Belts and up. Tiger Green Belts will still have three class days on Mondays, Tuesdays, and Thursdays.

#### **Summer Classes**

In previous years, we have held Morning Classes on one or two days each week during the Summer months as another option. This is a great alternative during the months when students are out of school for the Summer. A survey will be sent out to see if there is enough interest to have Morning Classes again. If you are interested, please indicate the preferred days of the week in the survey.

#### **Breaking Seminar**

On Thursday, April 4<sup>th</sup>, in lieu of the regular Youth and Adult Class, we will have a special class on Breaking (Kyuck Pa). The class will be free to attend, but students will be charged \$2.00 per board that they successfully break. All Youth and Adult students are highly encouraged to attend.

#### **Stick Seminar**

Impact Martial Arts will be hosting a Stick Seminar on Saturday, April 27<sup>th</sup>, 2013 in Perryville, Maryland. There will be two sessions: Beginners at 12:30PM and Advanced at 1:30PM. The cost is \$10.00 per person. This is a great opportunity to learn how to use the Sticks as weapons.

#### **Martial Arts Picnic**

Impact Martial Arts will be holding its Annual Picnic on Saturday, May 4<sup>th</sup>, 2013 at Elk Neck State Park in Northeast, Maryland. This is a great event that includes martial arts training in the morning, barbecue lunch, and war and capture games in the afternoon. It is a lot of fun, and I highly recommend it. Applications are available in the Lobby. You will not want to miss it.

## **Fundraising**

Our Studio Fundraiser has begun. Fundraising Packets have been distributed to all students. Please help by selling items from the Everyday Treasures Catalog. Tell them about our studio, and ask your family, friends, neighbors, and coworkers to support our school. (No door-to-door sales!) There are many great, inexpensive items that can be used as presents Birthdays, Anniversaries, Graduations, Mother's Day, or Father's Day. Orders are due on Wednesday, April 24<sup>th</sup>, 2013. There are prizes for the top three sellers: \$50.00 Gift Certificate for Karate Merchandise; a Belt Rank Display Rack; and a Karate Value Pack.

## **Kick-A-Thon**

Our Studio will be holding a Kick-A-Thon & Break-A-Thon on Thursday, June 13<sup>th</sup>, 2013. Each student obtains pledges that can be either a certain amount per kick within 1 minute or a flat rate amount regardless of the number of kicks performed. We will donate half of the money to the World Tang Soo Do Foundation's Scholarship Fund, for high school and college students, and the other half to St. Baldrick's, Foundation, an organization that raises money for children with cancer. This is for all students, and we will need parent volunteers to assist in running this event.

## **Merchandise Order**

Believe it or not, Summer is fast approaching. Tiny Tigers and Little Dragons students will be permitted to wear T-Shirts with the Pal Che Tang Soo Do White Tiger in Water Logo on them during the Summer months from Memorial Day to Labor Day. We will have a Merchandise Sale for Apparel, Sparring Gear, Weapons, and other items. Order forms are available in the Lobby.

## **Referrals**

As you know, karate is a great activity; it builds focus, character, confidence, and self-defense skills as well as improving physical fitness through exercise. Talk to someone you know about trying a class. There is no greater compliment to thank your instructors for their hard work than referring others students to our school. We appreciate your help in growing our school.

## **Report Cards**

As Instructors, we strive to help every student succeed in every way they can, both inside and outside of the Studio (Dojang). Hearing about the successes of our students in school is a very rewarding experience. If your child has done very well in school and has achieved all A's and B's (or equivalent) on their report card, they are eligible for recognition through the World Tang Soo Do Association by means of the Grandmaster's Scholastic Achievement Award. We encourage all parents of these students to bring in a copy of the student's report card so that it can be submitted to the World Headquarters for review. These awards are announced and presented at the end of classes, and are a good way to reward these students for their efforts.

## **Newsletter Articles**

The Pal Che Tang Soo Do Times is always looking for articles written by students. While it would be great if they focused on your Tang Soo Do training, they can be about any topic that you think is appropriate and would benefit others. Consider writing an article for an upcoming issue. As a reminder each month there is an activity in the Kids Section of the Newsletter. All students who complete and submit the activity are eligible for a prize. Be sure to not miss out on this!

## Calendar of Events

Thursday, April 4 <sup>th</sup> , 2013	<b>Special Class:</b> Breaking Seminar from 7:15PM to 8:30PM
Saturday, April 13 <sup>th</sup> , 2013	Black Belt (Dan) Test from 8:30AM to 5:00PM at Twin Valley Middle School, Elverson, PA
Friday, April 19 <sup>th</sup> , 2013	<b>No Classes.</b> Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Tuesday, April 23 <sup>rd</sup> , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Saturday, April 27 <sup>th</sup> , 2013	<b>Special Class:</b> Stick Seminar, Beginner Class from 12:30PM to 1:30PM, Advanced Class from 1:30PM to 3:00PM, Impact Martial Arts, Perryville, MD
Saturday, May 4 <sup>th</sup> , 2013	Impact Martial Arts Picnic, from 9:30AM to 3:00PM, Elk Neck State Park, Northeast, MD
Thursday, May 13 <sup>th</sup> , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Friday – Sunday, May 17 <sup>th</sup> – 19 <sup>th</sup> , 2013	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Thursday, May 23 <sup>rd</sup> , 2013	<b>No Classes.</b> Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday – Sunday, May 31 <sup>st</sup> – June 2 <sup>nd</sup> , 2013	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 7 <sup>th</sup> – 9 <sup>th</sup> , 2013	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Thursday, June 16 <sup>th</sup> , 2013	<b>No Classes.</b> Kick-A-Thon & Break-A-Thon @ 7:00PM
Friday, June 21 <sup>st</sup> , 2013	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, September 28 <sup>th</sup> , 2013	Black Belt (Dan) Test from 8:30AM to 5:00PM, Freedom Valley YMCA, Phoenixville, PA
Friday – Saturday October 25 <sup>th</sup> – 26 <sup>th</sup> , 2013	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA

## **New Students**

Zane Hendler

## **March Birthdays**

Ashon Foster – 9<sup>th</sup>

Khiloe McArthur – 22<sup>nd</sup>

(These March Birthdays were mistakenly listed as February Birthdays in the last issue even though they were properly listed in the March issue of the Newsletter. They are being reprinted here as a correction.)

## **April Birthdays**

Zachary Smithson – 2<sup>nd</sup>

Joseph Centrone – 15<sup>th</sup>

Nicholas D'Amato 26<sup>th</sup>

Gabriel Vallejo – 26<sup>th</sup>

## **Recent Promotions**

Gregory Logan – Red Belt with Stripe (Il Gup)

Jordon Havens – Red Belt (E Gup)

Mikayla Davish – Green Belt (Yuk Gup)

Deborah Vallejo – Green Belt (Yuk Gup)

Dylan Muldowney – Orange Belt with Stripe (Chil Gup)

Daniel Joyner – Orange Belt (Pahl Gup)

Amirah Clark – Orange Belt (Pahl Gup)

Thomas Roberts – White Belt with Stripe (Ku Gup)

Rebecca Roberts – White Belt with Stripe (Ku Gup)

Gabriel Vallejo – Dragon Yellow Belt

Andrew Fischer – Dragon Yellow Belt

Nahdir Long – Tiger Red Belt

Anais Piquion – Tiger Brown Belt

Jacob Havens – Tiger Orange Belt

Devon DiTrollo – Tiger Orange Belt

## **Instructor's Angle**

**By: Mr. Nicholas W. D'Amato**

When a student tests for Black Belt, they must write a thesis. Here at Pal Che, we have long had a tradition of requiring advanced Color Belt (Gup) students to write short essays in preparation for their 1,000 word thesis for First Degree Black Belt (Cho Dan). As an Instructor, I get the fortunate job of assigning various thesis topics to students from Brown Belt to Blue Belt. One of my favorite topics to assign is “Why do the 5 Codes and 7 Tenets of Tang Soo Do not mention techniques or the execution of techniques?” I am always curious to see what students will write

when they realize this fact. I think that it is an often much overlooked part in the Studying Tang Soo Do, especially among young or beginner students.

Have you ever really thought about it? There is nothing in there that talks about Blocking, Punching, or Kicking. There is nothing about of Forms (Hyung) or One Steps (Il Soo Sik) either. There is a small mention of Fighting (Dae Ryun) in the last code, but it is quickly followed up with the phrase “choose with sense and honor” with the emphasis on the words “sense” and “honor”. Other words that we see in the 5 Codes and 7 Tenets are “loyalty,” “obedience,” “humility,” and “respect”. There is an important reason for this. As martial artists, we strive for more than just mediocre. We are on a quest to learn more than just these countless physical moves that we practice in class. We train to achieve our best and to become the best persons that we can be. If you read your manual, you will see that one of the three Purposes of Training is to become a Better Person. It states: “We strive to be of better character through endurance and hard work.”

Lately in the Youth and Adult classes, I have been somewhat disappointed that people are blatantly not adhering to these principles that we follow. It is quite disrespectful. We should be practicing them every night that we are in class and even outside of the Studio (Dojang) when we are at home, work, or school. Things that I have seen include: students talking in the middle of class; students not practicing what they are told to do and fooling around instead; students rolling their eyes when commands are given by the Instructors; students not standing still in their stances and swinging their arms and legs around, students being lazy target holders to their partners. This must change. All of us should be living up to what we claim to believe. Gichin Funakoshi, the “Founder of Modern Karate” said that “Karate begins and ends with respect.” This includes respect for yourself, your classmates, your family, your instructor, your studio, and your organization, and your art.

You must respect yourself if you want others to respect you. This includes doing the right thing even when it is difficult, avoiding bad situations, and not misbehaving even when you are tempted to do so or think you can get away with it. When you are practicing something in class, and you are struggling to get it right, don’t curse or get frustrated; just refocus and recommit to perfecting the drill or technique. If you are really good at something, don’t brag about it and just continue to work and encourage others to do the same. Make sure that you have the proper attitude. (Remember Code #4: “Never Retreat in Battle” and Tenets #3 and #6: “Perseverance,” and “Humility”.)

You must show respect to your Classmates if you wish for them to respect you in return. Respect is not demanded; it is earned. Despite your rank, you must treat everyone with respect even if you do not like the other person. You should bow, say hello, and be courteous before, during, and after class. If you are doing partner drills, hold the target still, count loudly, and encourage and assist your partner. Do not boss them around; be polite. Kindly challenge your partner to work hard and motivate them to achieve their best. (Remember Code 3: “Honor Friendship”.)

You must show respect to your Family. Do not talk back to your Parents, Spouses, and Grandparents. Thank them for bringing you to class and for supporting you in your training. Show them that you appreciate that they attending your classes and tests as spectators. Don’t

argue when they tell you to get ready. Say “OK”, and move quickly. When your parent or spouse asks for your help, make yourself available to them to return the favor. (Remember Code #2: “Obedience to Parents” and Tenet #4: “Respect and Obedience”.)

You must show respect to your Instructor. When you are given a command, don’t complain or roll your eyes. Say “Yes, sir!” or Yes, ma’am!” and begin. Do not talk in class. If you have a question or a problem, raise your hand and you will be acknowledged. If you need to talk about something other than training, wait until after class is over to ask it. Train hard and give everything your all. If asked a question or a term, raise your hand and make your best effort to answer it. If one day you become an Instructor, you would want the same respect and effort given while you are teaching. (Remember Tenet #5: Self Control.)

You must show respect to your Studio. Pal Che Tang Soo Do is another “home” where you spend a lot of your time, and you should treat it as such. When you enter the Training Rooms, make sure you bow or salute the flags. If something is dirty, offer to clean it. Keep the equipment and targets organized and put away in the proper places. If you brought or bought a water bottle, put it in the recycling bin or take it home with you when you leave. Don’t leave your trash for others to clean up. If you have a good idea to improve something at your Studio (Dojang), mention it and be a leader by implementing it. Offer to help with the teaching of classes if you are available. It is not only required for promotion, but it is good experience as you will actually discover new things from teaching others. (Remember Tenet #1: “Integrity”.)

You must show respect to your Organization. The World Tang Soo Do Association is a worldwide and highly recognized Organization. The Masters and Grandmasters have spent countless years studying, researching, and improving our Martial Art System. Volunteer to assist with tests or tournaments; your help is necessary to make things run smoothly. Go to tournaments and clinics and meet new people. Find out how other students and instructors do things and see what you can learn from them, both in your personal life and in your training. (Remember Tenet #7: “Indomitable Spirit”.)

You must show respect to your Art. Tang Soo Do has a long History. It’s over 2,000 years old. Make sure that when you learn something that you are attentive and learn it in its entirety. Wear your Uniform (Dobohk) and Belt (Dee) with pride and make sure they are clean. Don’t be sloppy and present yourself in the best way possible. Learn the History and Terminology so you can explain it to others and spread the knowledge of Tang Soo Do. (Remember Code #1: “Loyalty to Country” and Tenet #2: “Concentration”.)

Next time you are in class, remember all of these things. Make an effort to use them as a guide to become a Better Person. If you haven’t been taking these Codes and Tenets seriously so far in your training, try to make the effort to change that. It may not be easy, but it will certainly be worthwhile. Regardless of what belt you wear — whether it’s White, Black or somewhere in between — you should set the example for the other students. If they see you fooling around and being disrespectful, then they will think that is acceptable to do, which of course, it is not. Similarly, if they see you acting properly, stepping up, and helping out, they will know that’s what is expected of them. Always remember: “Karate begins and ends with respect.”

## **Master's Corner**

**By: Master Ronald G. Raver**

**This article was originally published in December 2001. Students and parents often ask: “How long does it take to get to Black Belt?”, “Why are there such long time requirements between tests?”, or “When will I learn some new moves?”. This article perfectly explains why we spend all of this time practicing each and every technique over and over, again and again.**

I've been a Certified Instructor in the World Tang Soo Do Association for 15 years. I've seen a lot of students come and go. I've seen students with great athletic talent drop out after a year; I'm sure it's because they got bored doing the same “stuff” over and over. I've seen students with little or no athletic aptitude drop out after a year or two; I'm sure they lost interest because they couldn't “get” some advanced techniques. We have several advanced students at Pal Che who are losing interest in Tang Soo Do. When they started they had real intensity to learn karate and become a Black Belt. That, of course, was before they realized that walking the path towards Black Belt is a long and arduous one. When we show them a new technique they think, “I'm going to get this right if it takes the next ten minutes!” The problem is that even the simplest technique of karate cannot be achieved in a single class. To make a great vintage wine takes years; from the grape pruning, the growing cycle, picking, crushing, aging, and maturing. No great wine can be made without these efforts, no matter how much spirit is put into any one or more processes. The Way to Black Belt has its own distinctive geography. At times the path is steep, sometimes flat, sometimes wide, and sometimes narrow. This may alter your way of thinking so that you now say, “I know I'm not going to get it right tonight, so why should I expend any real effort!” You must train with a total effort every time. You have to try hard but you must accept that time is an important ingredient, and try as you will, effort and determination will not replace time. Your thinking should be, “I'll get this technique right, maybe not tonight, but some time before I die!”

## **Feature Article**

**By: Gregory Logan**

**This selection was part of Greg's Thesis for his Test for Red Belt with Stripe (Il Gup). The topic was: “It is better to spend few hours of intensive, vigorous” practice than to while away many hours in mediocre activity.”**

It is better to spend a few hours of intensive, vigorous practice because the pace is faster and the body should continue to move during training in order to get a good workout. This harder, faster training pays off in the end, which you can usually tell because of your sore muscles, meaning you had.

Mediocre activity throughout the day never gets the heart rate up and will never get your muscles burning. This kind of activity will not get you in good shape and it is unlikely that it will accomplish much.

I think that a lot of people choose the mediocre activity because it is easier. I always choose the more intense, vigorous practice because I feel more accomplished. When training in the Dojang, I

try to make all my moves intense and with strength because I feel like that is how they are supposed to be done.

## **Submitted Article**

**By: Jordon Havens**

**This selection is Jordon's Thesis for his Test for Red Belt (E Gup). The topic was: "There are no mistakes or failures, only lessons."**

The reason that there are no mistakes or failures and there are only lessons is because we can learn from everything. Some are learned the hard way, and some are learned the easy way. If you think you are going to fail, you should still try it anyway. If you make a mistake, you can always try again and learn how to not make a mistake next time. Don't give up on yourself!

## **Thoughts for the Months**

"It's a funny thing about life: If you refuse to accept anything but the very best, you will very often get it." — William Somerset Maugham, a British playwright, novelist and short story writer.

"Karate begins and ends with respect." — Gichin Funakoshi, Founder of Modern Day Karate and author of Karate-Do: My Way of Life



## Kids' Section

Match the following terms with the correct answers:

- |                             |                    |
|-----------------------------|--------------------|
| ___ 1. Block                | A. Tollyo          |
| ___ 2. Kick                 | B. Ahneso Phakuro  |
| ___ 3. Attack               | C. Ahp             |
| ___ 4. Low                  | D. Kwang Chang Nim |
| ___ 5. High                 | E. Choon Bee       |
| ___ 6. Middle               | F. E Dan           |
| ___ 7. Inside-Outside       | G. Shi Jak         |
| ___ 8. Outside-Inside       | H. Kong Kyuck      |
| ___ 9. Front                | I. E Kyuck Yet     |
| ___ 10. Back                | J. Mahk Ki         |
| ___ 11. Spinning/Turning    | K. Chung Ji        |
| ___ 12. Side                | L. Cha Ryut        |
| ___ 13. Jumping             | M. Sang Dan        |
| ___ 14. Stepping/Thrusting  | N. Dwi Ro Tora     |
| ___ 15. Instructor          | O. Shio            |
| ___ 16. Grandmaster         | P. Cha Ki          |
| ___ 17. Attention           | Q. Kukgi Ba Rae    |
| ___ 18. Ready               | R. Dwi             |
| ___ 19. Return              | S. Ahn Jo          |
| ___ 20. Rest/Relax          | T. Ha Dan          |
| ___ 21. Bow                 | U. Ba Ro           |
| ___ 22. Begin               | V. Sah Bum Nim     |
| ___ 23. Stop                | W. Yup             |
| ___ 24. Turn Around/To Rear | X. Choong Dan      |
| ___ 25. Salute the Flags    | Y. Mirro           |
| ___ 26. Sit                 | Z. Phakeso Ahnuro  |

Try Writing "Tang Soo Do" in Korean (on the left) and Chinese (on the right):

Korean

당

수

도

Chinese

唐

手

道