

TANG SOO TIMES

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PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Aug 11 to 13 - World Championships. Anaheim, CA.
Aug 21 - Gup Test at Dojang. No adult class.
Sep 2 thru 4 - Dojang closed. Labor Day weekend.
Sep 9 - Regional Black Belt testing. Dojang closed.
Oct 13 to 15 - Region 8 Championships. No classes.

MONDAY NIGHT ADULT CLASS SCHEDULE

Aug 7 - Regular adult class.
Aug 14 - Regular adult class.
Aug 21 - Gup test at Dojang. No adult class.
Aug 28 - Black Belt class.
Sep 4 - No classes. Labor Day.
Sep 11 - Regular adult class.

MASTER'S CORNER

As most of the senior students in the school know, I'm not a big fan of tournaments. For the most part, tournaments seem to bring out the worst in people as they strive to "win" a trophy or medal. The martial arts, Tang Soo Do in particular, were not developed for fun or sport but rather as a means of survival. Recently, Tae Kwon Do has been accepted as an Olympic sport. Although it is nice to see the sparring skills of these participants, sport Tae Kwon Do does not include all the other aspects of the martial arts. However, at the most recent Olympic trials two young ladies from the same dojang met in the finals for one Olympic berth. The winner would go to Australia and represent the USA, whereas the loser would go home. You must understand that these two girls were the best of friends and had trained together for over 10 years. Also, both had set going to the Olympics as their longtime personal goal. The odds on favorite (Kay Poe) had been injured in the semi-finals by dislocating her patella (kneecap). Somehow, through all this pain she managed to win but could barely stand at the end of the match. It was obvious that she would not be able to continue during the finals and would lose. As they approached the mat, the uninjured girl (Esther Kim) bowed out of the competition, thereby allowing the Kay to win and go to the Olympics. Both of these young ladies understand the true meaning of the martial arts: both are winners, in life as well as in the dojang. One moment of making a sacrifice like Esther did is something that will live with her long after the moment. This young lady was

the true champion. As an aside, Juan Antonio Samaranch, President of the International Olympic Committee personally called to invite Esther and her father to attend the Sidney Olympics as guests of the IOC.

NEW STUDENT

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

DEAN JACOBS

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 student.

FEATURE ARTICLE

This month's article is an excerpt from Karen Anderson's Cho Dan thesis. Her title for the thesis is, "The Road Less Traveled."

I've changed since I started training in Tang Soo Do. Not in a profound, magical way but in a more subtle way. It was so subtle that I hardly noticed the difference yet I can not remember the person I was before I started training. I think that Tang Soo Do complimented the way I already lived my life and gave me an outlet to practice my philosophy. It also validated my beliefs as I saw the "way" in action. Many people think of martial artists as violent killing machines waiting for an opportunity to show off their skill on an unsuspecting attacker. Martial arts training has the opposite effect on those of us who follow the "way." By learning lethal techniques we become so aware of how delicate and fragile life is. We learn to respect weapons. We learn that preying on the weak is the ultimate act of cowardice and killing is rarely justified. So, why do we train in techniques that teach us to kill or maim? My answer to that question is: Martial arts teach us the true value of life. It teaches everything we need to know about life by showing us the "way." Money and success do not matter in the grand scheme of things. Neither does doing a perfect technique. What really matters is the constant struggle, day in and day out, in the dojang and in life.

Lately, I've been getting discouraged with my training and I often wonder why my Sah Bum Nim even wants me to test for cho dan. Just the other day I received a letter from a friend whose life dream was to become a writer. He became discouraged when his repeated attempts to get his work published were unsuccessful. A talented writer, he stopped writing for several years. The letter read: "Remember when I said there is absolutely nothing in life that gives me any sense of achievement or accomplishment, no fulfillment? Writing is the only thing that ever did. It's a calling, just like anything else. I betrayed myself by being too serious about it and stopping. I

became too concerned with its perfection, instead of enjoying it, I was too focused on getting published." When I read the letter more carefully I realized that I could replace the word "writing" with "martial arts training". That is when I realized I need to focus more on the art aspect of the martial arts. Training is not about rank. It's not about comparing yourself to others. Being a warrior does not depend on how high you can kick or how fast you can punch. The martial arts are as much heart and soul as it is muscle and sweat. Just like my friend and his writing, I need to pursue my training because I love it and it is an essential part of my life and that's all.

Training in Tang Soo Do has taught me a lot of things about my self I never knew. Bruce Lee once said: "Talent creates opportunities but sometimes intense desire creates it's own opportunities and talents as well." I may not have "talent" in the physical aspects of Tang Soo Do but I've discovered other talents I never knew I had. I've discovered that I like to teach, especially children. Teaching children and even adult beginners has made me a better martial artist. By breaking down each technique to make it easier for a beginner to understand, I am able to see what I need to do to perfect the technique myself. When I see a white belt struggling with a technique I also notice how far I actually have come since I was a beginner. I also noticed a difference in myself when it comes to my career. I have the confidence to talk to people in a professional situation and make important contacts that have helped me further my career and my education. Public speaking in a professional situation is nothing compared to doing a hyung by yourself in front of your Sah Bum Nim who's discerning eye is picking apart and critiquing every move!

THOUGHT FOR THE MONTH

THE MARTIAL WAY IS A DISCIPLINE DEVOTED TO THE PERFECTION OF CHARACTER.