

TANG SOO TIMES

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PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

- Aug 13 - Gup test at dojang. No adult class.
- Aug 18 - 5th Annual John Celli Gup Clinic.
- Sep 1 - No classes. Labor Day weekend.
- Sep 3 - No classes. Labor Day.
- Sep 8 - No classes. Region 8 Black Belt test.
- Sep 8 - Demonstration.
- Sep 10 - Gup test at dojang. No adult class.

MONDAY NIGHT ADULT CLASS SCHEDULE

- Aug 6 - Regular adult class.
- Aug 13 - Gup test at dojang. No adult class.
- Aug 20 - Emphasis on sparring.
- Aug 27 - Black Belt class. Red belts and higher.
- Sep 3 - No class. Labor Day.
- Sep 10 - Gup test at dojang. No adult class.

MASTER'S CORNER

The hottest days of the year are upon us. It sometimes becomes so stifling in the dojang that we can hardly breathe. Sweat pours into our eyes, our dobohk becomes so soaked in our own sweat that it weighs us down and sticks to us. Why do we continue to train - sure we could put on a light-weight "T" shirt and do Tang Soo Do - but there is something to gain by going through all this discomfort. In our current lives we seldom get to test ourselves and see just exactly how we are made. Someday, when you least expect it, the time you spent in all this discomfort may be needed to get you through a rough situation. This character development is something you can't see, feel, or touch: but nonetheless it will be there when needed. Quoting Lao-tzu,

"We join spokes together in a wheel,
but it is the center hole that makes the wagon move.

We shape clay into a pot,
but it is the emptiness inside that holds whatever we want.

We hammer wood for a house,
but it is the inner space that makes it livable.

We work with being,
but non-being is what we use.

NEW STUDENTS

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

RICH BECK

KIM D'ANGELO

KAREN WARD

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

Due to vacations and other goings on, I haven't had the time to sit down and write a new article for the newsletter so I'm going to reprint one from August 1992. As you can tell, this time of the year is difficult to find the time or the topics to write about.

I sat at my computer looking at the screen for quite a while pondering just exactly what I should write about for this edition of the Newsletter and was drawing a blank. I read some old newsletters from other dojang to try and get ideas but nothing would come to me.

Recently, I received a letter from my friend Morgan Becker in Florida and he said that he was inspired by my 'back to basics' classes for the advanced ranks and that he tried it in a class consisting of his senior students. He said they loved it!

Almost at the same time, my wife wondered out loud to me what was the purpose of keeping the doors closed in this heat and punishing the students. What purpose did it serve?

You've read Kwan Chang Nim's article in the WTSDA Newsletter wherein he outlines training in Korea in both hot and cold weather and how they were treated by their instructors. Tang Soo Do strives to develop the mind, body, AND spirit. If you attend a class that pushes you to the extremes of your endurance, where physically you are spent, and on top of that, the temperature is 110 degrees, there are two choices that you have. You can quit! Who would blame you - the instructors must be crazy to do that to you in this heat. OR, you can attempt to block out the discomfort, forget about the sweat in your eyes, ignore the burning in your lungs, and push yourself on to the threshold of your limits. That very decision is the beginning of forging of self-discipline, perseverance, and indomitable spirit. Traits that Tang Soo Do strives to develop.

What good does this do!!?? In life, not the dojang, but on the street, in the work place, in the schoolroom, in the playground, and on the sporting field - the ability to put pain, discomfort, or any external influence out of your mind so that you can focus on your assigned task is what good it does. Sports in general do not teach what Tang Soo Do strives to develop. In sports, there are teams competing or in some cases individuals competing for their team (wrestling, for example). That is the difference. Sports are competitions between individuals or teams where there is always a winner and a loser. Tang Soo Do is different. Not tournament Tang Soo Do - but rather the Tang Soo

Do that exists daily in the dojang. Those hours spent with your Sah Bum Nim practicing hyung, il soo sik, and jae yu dae ryun. Those countless hours spent stretching stiff and aching muscles. In that Tang Soo Do, there is no loser because there is no competition between people or teams. Your only competitor is yourself. Your spirit must be brought to co-exist in harmony with your mind and body. That very ability of your spirit to come to the forefront and be on an equal footing is what good it does.

Sometime when they don't realize what you are doing, watch a ranked black belt or master and see the peace that exists within their eyes and in their everyday actions. That internal peace is the good that having the mind/body/spirit co-exist in harmony. Pushing your body and mind to their very limits so that the spirit has a chance to develop is the good that it does. To the beginning student this may seem difficult to understand and believe, but it happens. I can see the difference in students who are now red belts and cho dan bo from when they were white/orange belts. If these people would honestly look at themselves they too could see the difference in themselves.

To train in Tang Soo Do for you and you alone - to push yourself beyond limits that at one time you thought were impossible for you to achieve is what good it does. 'Back to basics' is not something new, something that I thought up, but rather a way of understanding what several millennia of practitioners have endured. Treat yourself - walk with Kwan Chang Nim, other masters, black belts, and thousands of others. Walk to the beat of a different drummer. Only we can understand, "WHAT GOOD IT DOES."

THOUGHT FOR THE MONTH

THE DOJANG IS A PLACE WHERE COURAGE IS FOSTERED AND SUPERIOR HUMAN NATURE IS BRED THROUGH THE ECSTASY OF SWEATING IN HARD WORK. IT IS A PLACE WHERE THE HUMAN SPIRIT IS POLISHED.