

TANG SOO TIMES

ISSUE NO.204

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AUGUST 2008

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Fri.	August 22	White Tiger Demo Night and \$1000.00 Drawling
Sat.	AUGUST 23	School Closed
Sat.- Mon.	AUG. 30 /SEPT.2	School Closed (Labor Day Weekend)

AUGUST Birthdays

Angel Celona	6 th	Bernie Ladem	20 th
Ashley Moll	7 th	Kaitlin Fagan	22 nd
Maria Blessington	11 th	Raj Vadigepalli	25 th

NOTES

The members of our White Tiger Demo Team are currently selling raffle tickets for a \$1000.00 prize in an effort to raise money for props and costumes for the Region 8 Tournament in October. The Drawling will be an elimination style drawling where losing tickets will be pulled throughout the night until 5 tickets remain. At that point, the real fun begins! Tickets are \$10.00 and can be purchased from any Demo Team Member or in the office.

NEW STUDENT

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

ANDREW GIEBEL

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.

THOUGHT FOR THE MONTH

"PERSEVERANCE IS SIMPLY CHARACTER IN ACTION"

Feature Article

The Value of Giri By Kyoshi Allie Alberigo

Giri, a Japanese word that basically means dedication to one's master, parents and family at any cost, was a concept that was fully ingrained in the culture of the Japanese people. In the days of the Samurai and the Ninja, the concept of Giri was understood by warriors and was used to live and die by.

No matter how successful people become, how rich, how famous, how proficient at Martial Arts, they should always remember their roots. If you could look at your life through a time machine and see the direction you will go based on lessons you will learn you would not believe what you are seeing. Or if you could see how your life will be changed based on the decisions you make due to the influence of your parents and teachers, you would be amazed. These consequences, realized and unrecognized, are the reason for Giri. A great example is shown in the movie The Butterfly Effect, starring Ashton Kutcher. This movie showed how one simple change could alter your entire existence: "The flapping wings of a butterfly could start a tornado a thousand miles away."

Students are always indebted to their teachers, a debt they can never repay. Even in hard times, life-lessons are being taught. Even when you are mad at your parents or teachers, you are learning lessons. Giri is hard to understand and live by, and loyalty is a dying concept. Never fall into the trap of forgetting where you came from and who helped you to achieve your successes. It is very easy to forget, but it is difficult to remember.

It takes a great deal of strength to remember why you became who you are. Many people today live in a "WIFM" society: "What's in it for me?" It is essential for you to remember that what is in it for you is the lesson, the development of your spirit and life. This is another reason for Giri: undying dedication to your teacher, to your family, and even to those who hurt you. Sometimes our worst enemies can teach us the most profound lessons.

BLACK BELT HEALTH

What You Drink By Jennifer G. Galea MS RD

You've heard the adage "You are what you eat." Equally true is "You are what you drink:" maybe even more so.

Whenever I evaluate a nutrition practice, I try to consider what the human body is "expecting" from us. In other words, how would the body expect us to behave without pressures from our industrialized society? When considering beverage selection, this approach is particularly appropriate.

Back in caveman times, you drank water when you were thirsty. You ate when you were hungry. Your food might provide a bit of liquid, but you certainly wouldn't waste most of a food by merely drinking the juice squeezed from it. Water was the only "beverage" consumed, and that intake was spurred by thirst. Hunger spurred eating. If the human body had felt full after just drinking, then you wouldn't have eaten enough to survive (having been "filled up" by water alone). Therefore, the mechanism to make you feel "not hungry" and the mechanism to make you "not thirsty" evolved separately.

Today, this translates into your body not feeling sated (full) based on beverage consumption. Your body is "programmed" to recognize only food as "filling you up." That means that any caloric beverages you consume are outside the "radar" of your internal mechanisms for balancing your calorie consumption. This is why beverages can be very dangerous to your overall healthful diet.

Think about what we drink instead of plain water. Sports drinks have a place in specific circumstances, but how many other choices do not? Your body would much prefer (and be better able to incorporate into its plan) a piece of fruit over the calorie-dense juice. Milk has its place, but without the saturated fat it may contain. Then consider milk shakes and frappes and smoothies, not to mention the cream (which is really fat, not milk) and sugar that you add to your coffee, and your body gets totally confused. And the absolute worst are soft drinks, which are super-concentrated empty sugar calories. You have empty calories sneaking in from all angles, and your body will never know when it's had enough!

So give your body a helping hand in its fight to balance its needs: drink water. Limit other beverages, and at the very least know that you need to consciously balance the liquid calories unseen by your body's fullness/satiety scale with the food you consume.

KID'S KORNER

Welcome to Kids Korner, the mind boggling, brain teasing section of Kids' Zone. If you score: 9, 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 **Martial Arts weapon** with the appropriate definition below. **Get the Bonus correct and add +2 to your score. Good luck!**

A. Bo B. Nunchaku C. Dao D. Tonfa E. Kama
F. Bokken G. Sai H. Arnis Sticks I. Shuriken
J. Three-Sectional Staff

1. Chinese flail weapon that uses metal rings or rope to connect three staffs.
Answer _____

2. Long staff usually made of hard wood.
Answer _____

3. Traditional farm tool, used for reaping crops, much like a sickle.
Answer _____

4. Rattan sticks used in Filipino Martial Arts.
Answer _____

5. Two hard-wood sticks joined by a chain/cord used to defend front attacks.
Answer _____

6. Single-edge Chinese sword used primarily for chopping and slashing.
Answer _____

7. Looks like a police baton, but has a handle and a shaft lies along the arm.
Answer _____

8. Japanese wooden training sword.
Answer _____

9. Two long steel pointed projections that are attached to the handle.
Answer _____

Bonus Traditional Japanese star-shaped weapon sharpened for throwing, slashing and stabbing.

Answer _____