

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



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Quick Notes

Summer Morning Classes

Morning Classes are being held on Tuesdays and Thursdays from 11:00AM to 11:45AM. The last class will be on Thursday, August 29th. All evening classes remain at the same times.

Summer T-Shirt Policy

After Labor Day students in the Tiny Tigers and Little Dragons Programs must return to wearing their full regular Uniforms (Dobohk). As of Tuesday, September 3rd, no T-Shirts will be permitted.

Region 8 Championship

The Region 8 Championship will be held on Friday-Saturday, October 25th-26th, 2013 at The Galleria at Split Rock Lodge Resort in the Poconos. The address is 100 Moseywood Road, Lake Harmony, PA 18624. Early Registration ends on September 15th with Tiny Tigers and Little Dragons at \$35.00 and Youth and Adult Students at \$60.00. The Final Registration Deadline is October 4th with Tiny Tigers and Little Dragons at \$45.00 and Youth and Adult Students are \$70.00. Be sure to register early to pay the cheaper rate. Students may register online at the following link: https://events.membersolutions.com/event_detail.asp?content_id=41691

Enrolling New Adult Students

Calling new adult students!!! If you are an adult or parent and are interested in beginning to train in a martial art, ask an instructor. We are looking to expand the Adult Program. Students in this class will learn traditional martial arts, street awareness, and how to establish and maintain a healthy lifestyle. Benefits include a sense of fulfillment, integration of mind, body and spirit, and keeping alive a 2,000 year old tradition. Get in the best shape of your life by working out with a purpose. Learn how to control your mind, body, and emotions. Learn effective and powerful self-defense skills that will protect yourself, your family, and your friends. Our program is the total package of combining strength, endurance, and flexibility, while at the same time burning calories and gaining confidence.

Dojang Tournament

Pal Che Tang Soo Do will be holding a small in-house Tournament this Fall in late September or early October. This is the first of its kind. Proposed by Cameron Harper, it will give students an opportunity to work towards a goal and gain experience with competing. It will allow all students to participate without needing to travel to a far away competition, and it will provide extra practice to those students who will be competing this Fall and next Spring.

Outdoor Classes

If you read the Student Manuals and GrandMaster Shin's books, you know that the ultimate goal of Tang Soo Do is "to become one with nature". In ancient times, martial artists trained outside in all types of weather: hot cold, sun, rain, and snow. In order to preserve part of this heritage we will have outdoor classes at Glenolden Park once per month this Summer. This will be a great change of pace to train somewhere other than in the actual Studio (Dojang). All family and friends are welcome to come and watch. Students and parents may want to bring sun block, bug spray, water bottles, and folding chairs. Remaining classes will be on the following dates: Tuesday, August 27th; Thursday, September 12th.

Community Day

Glenolden Borough will be holding its Annual Community Day this Fall on Saturday, October 5th from 12:00PM to 4:00PM at Glenolden Park. For the past two years, Pal Che Tang Soo Do has performed a demonstration at this event, and we will be doing so again this year. We will be organizing a Demo Team to perform at this event, and practices will be in September.

Tuition

Effective in October, there will be an increase in the Tuition rates. As time goes on, the price of things go up; that is an unfortunate part of life. Here at Pal Che Tang Soo Do, we do our best to keep rates as low as possible for as long as possible, but sometimes changes must be made. With the increasing cost of rent, utilities, maintenance, and supplies, it is time for the rates to go up. As you may know, we have tried very hard this year to recruit new students and hold fundraisers which helped prevent the rates from going up, but now that is no longer an option. The new rates will be as follows: \$80.00 per month for Tiny Tigers, \$95.00 per month for Little Dragons, and \$110.00 per month for Youth and Adults. Each student will receive a letter detailing the changes that will be taking place. Family discounts will remain the same.

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.

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. Reminder: each month there is an activity in the Kids Section of the Newsletter. All students who complete and submit the activity will receive a cool prize.

Calendar of Events

Tuesday, August 27 th , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Wednesday, August 28 th , 2013	Instructor Class & Meeting, from 7:30PM to 8:30PM
Monday, September 2 nd , 2013	Studio (Dojang) Closed. Labor Day.
Tuesday, September 10 th , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Thursday, September 12 th , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, September 14 th , 2013	Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Friday, September 20 th , 2013	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, September 28 th , 2013	Black Belt (Dan) Test from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Thursday, October 3 rd , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Saturday, October 5 th , 2013	Glenolden Borough Community Day, from 12:00PM to 4:00PM, Glenolden Park
Thursday, October 17 th , 2013	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Black Belt (Dan) Promotion Ceremony @ 7:00PM Youth & Adult Students @ 7:15PM
Saturday, October 19 th , 2013	Leadership Class, Time TBA, Impact Martial Arts, Perryville, MD
Friday & Saturday October 25 th & 26 th , 2013	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA
Wednesday, November 20 th , 2013	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday & Friday, November 28 th & 29 th , 2013	Studio (Dojang) Closed. Thanksgiving Holiday Weekend.
Tuesday, Wednesday, & Thursday,	Studio (Dojang) Closed. Christmas Holiday.

December 24th, 25th, & 26th, 2013

Tuesday, December 31st, 2013 & **Studio (Dojang) Closed.** New Year's Holiday.
Wednesday, January 1st, 2014

New Students

Brockton DeProspero
Emily Woods
Johnny Taliaferro
Bradley Mitchell

August Birthdays

Brian Conklin – 6th
Yasmine Cabrera – 7th
Deshawn Nicholson – 8th
Damien Wallace – 24th

Recent Promotions

Deborah Vallejo – Green Belt with Stripe (Oh Gup)
Xander Lyons – Orange Belt with Stripe (Chil Gup)
Gabriel Vallejo – Dragon Orange Belt
Zachary Smithson – Dragon Orange Belt
Damien Wallace – Dragon Yellow Belt
Rudra Bansal – Tiger Brown Belt
Zane Hendler – Tiger Orange Belt
Jordan Lee – Tiger Orange Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

This has been an exciting Summer. In June we held our Kick/Break-A-Thon, and we raised over \$656.00 for charity. In July, we had two classes on a Saturday where Master Raver, my first teacher and the founder of Pal Che Tang Soo Do, visited and taught the current students of the school. In August, we had 9 people attend the Region 8 Color Belt (Gup) Clinic in Perryville, Maryland. Despite the heat, all of the rain, absences, and vacations, training continues to go on in the Studio (Dojang). I don't know about you, but that is what I love about this place. While things may change inside and outside of the Studio (Dojang), Tang Soo Do traditions continue as they always have. The Yells (Kihaps) still sound, the floor mats always get covered in sweat, and students practice Forms (Hyung) and One Steps (Il Soo Sik) until they are exhausted. The training goes on. People may come and people may go, but Tang Soo Do remains.

When I speak with other longtime practitioners, I often hear them tell stories about the people who do not train and live “regular” lives, but they don’t understand what we actually do. I can remember my teacher, Master Centrone saying: “They don’t get us!” There is something special and unique about training in Tang Soo Do. I believe that anyone who is not training in the martial arts is missing out big time. Some people just don’t get it. They think karate is silly or it’s all about fighting people and winning tournaments, but that could not be further from the truth. A Martial Art isn’t just an activity or a hobby; it is a way of life. It’s a path that one follows for an entire lifetime. Think about the people who train here in class with you. Some of them have been training for a few weeks; others have been training for years. I am often asked: “How many years does it take to reach Black Belt?” A better question would be: “How long does it take for someone to perfect their techniques and become a better person in the process?”

I see it, and I am sure that you do, too. Look around and think of the people who are gone because things were too challenging for them. Be proud to be one of the few who didn’t give up.

As I look back over the events this Summer, I am proud to see that the students of Pal Che are generally taking their training seriously. Participating in a Kick/Break-A-Thon is part of giving back to the community. A true martial artist doesn’t train for riches and glory, whether that is trophies or belts. The true martial artist trains to improve oneself and those in the surrounding community. Then when I announced that Master Raver was coming to teach a Special Class as well as the Leadership Class, the attendance surpassed my expectations. Students who had never trained under Master Raver knew how important it was to be here for those classes. Pal Che has a long tradition. It is part of who we are, and training hard is what we do. Listening to the stories that Master Raver told were especially enlightening. If you don’t know your history, then you don’t really know why your training here is important. Most recently, we had a group of students attend the Region 8 Color Belt (Gup) Clinic. The students who attended worked really hard and showed a great spirit. As an Instructor, I was proud that these students went with a proper attitude and returned home without being able to stop talking about all of the stuff that they learned.

The students of Pal Che are representing the Studio (Dojang) very well. Train on!!!

Master’s Corner

By: Master Ronald G. Raver

This article was originally written and published in March 2001. It describes why there is so much time between tests and how karate is viewed differently by students of various ranks.

Karate is a paradox! To the fledgling student, karate is exciting. At each and every class the student learns something new: a new kick, a new block, a new stance, a new form. It’s everything they thought it was except for all the hard work – stretching, pushups, crunches, and aerobic conditioning. The movies very seldom capture the behind the scenes hard work and countless hours spent perfecting the Kicks (Cha Ki), Blocks (Mahk Ki), Stances (Ja Seh), and Forms (Hyung). Nonetheless, to the fledgling student the mere fact that they are walking in the footsteps of Bruce Lee and Chuck Norris is all that matters. They brag to their friends they are

‘taking karate.’ They think they are cool!

Karate is a paradox! To the senior student, karate is boring. At each and every class the senior student practices the same things over and over that they learned as a Green Belt, Orange Belt, and even as a White Belt. A First Degree Black Belt (Cho Dan) has to wait a minimum of two years training to just be eligible to test for Second Degree Black Belt (E Dan). In that time period a student has to learn only two Forms (Hyung): Horseback Warrior Form 2 (Naihanchi E Dan Hyung) and Staff Form 3 (Bong Hyung Sam Bu). It takes about three months or so to learn these forms which have only 30 moves and 28 moves, respectively, but the wait time for testing is still 2 full years.

As Grandmaster (Kwan Chang Nim) Shin wrote in the Black Belt (Dan) Manual “In order to master Tang Soo Do, mere technical knowledge is not enough. A person must delve deeply into the innermost spirit of it. He must attain the state of mind known as Empty Mind (Moo Shim). What exactly is the Empty Mind? It doesn’t mean that we walk around with an empty mind and have no thoughts. It means that if we ever need to use the physical skills we learn in class, we cannot think. Whatever the action we take to defend ourselves, it must be an automatic response to the threat. If we have to think, it is too late.

Feature Article

By: Mr. Jon C. Blessington

This article was submitted by Mr. Jon Blessington. It is entitled “Awake!”

Leaving the bed is the most dangerous activity a person can do. No matter what is said, any problem can be avoided if we choose not to leave the safety of our bed. From that moment, we are the only ones accountable for what may occur.

The dangers that beckon are infinite, diabolical, and sometimes insidious. What propels a person to step outside the safe confines of the bed? The very dangers we should fear. Without taking that risk, we will never find reward; without taking that leap, we will never attain victory.

It is prudent and wise to know fear and appreciate hazardous situations. This knowledge is vital to survive. However, we require courage to journey forth and face what comes next. From time to time, we will be knocked on our backs. This will happen. We will wind up in various predicaments when we are least prepared. It is near impossible to be ready for chaos. If it was not random, it would not be chaos.

All we can do is prepare ourselves. We prepare through our training and accepting whatever comes our way. Once we consent out plights, the following important task is to better our situation. Although we must accept our situation, we must never accept defeat. We must strive to overcome the obstacle that bars us from our goals. Remember one crucial truth: we chose to get out of bed.

While it is near impossible to prepare for the trials that we must face at unexpected moments of

most inopportune times (this is why it is called the UNEXPECTED), our training does offer significant resources. If we appreciate the perils we face can be as benign as a stubbed toe, to the pressure of being laid-off from work, or to the extreme nightmare of being attacked by bears, or bees...or the flying bears with bees in their mouths so that when they bite they also sting (at the same time!), we can still appreciate what we learn in our training can give us that edge, which can deliver us from dire straits. Sometimes that edge is the difference between victory and defeat, the other times the edge is the only thing standing between life and death.

Some may question the reasons or the benefits of our training and how it could truly protect or even benefit us. Not many will ever be in a street fight let alone find themselves in a life or death struggle. The purpose of our martial arts training is to become better. The goal of each day is to know that we improved ourselves in some way. It could be as simple as knowing to tie a shoe knot or to leave an appropriate tip at a restaurant. Every day is therefore a chance to strengthen our spirits.

Our training is one more step to temper our power. Every time we stand instead of falling, every time we fight instead of cowering, every time we decide not to yield to who we were but become who we could be, do we gain that edge. That is the moment we decide to become better. This is still all because we chose to get out of bed.

Most martial artists train diligently for years just to hone their skills and abilities. This is done to perfect not only their techniques but themselves as well. When these people are asked whether they ever used their years of training in the real world, their response is the unanimous, "I use my training every day."

Very few of these warriors have ever broken the jaw of an attacker or subdued a mugger approaching them with a weapon. They are not required to do this. They understand that they train for so much more in life. These stalwarts train to live. For when tragedy strikes like a cobra in the night, they have the power and courage to face whatever labors that dare to befall them. One of the reasons these fighters rarely find themselves in serious trouble is that they know how to avoid trouble when it is possible and how to treat a problem situation like it is an opportunity for greatness. Troubles that can be avoided would include attackers and angry thugs. Our training makes us more aware of those looking for blood. The troubles we cannot foresee include a broken window or a broken water heater. We can use these moments to practice our meditation and calling to action.

When we get a flat tire, a bill is months past due, or we stress about work, think of the character we continue to develop in our training. Through this focus, we can use this tool to get us through the darkness and deliver us into the light.

We must never forget that the most dangerous activity we can ever do is to get out of bed. All things that follow are a result of this activity: good and bad. We must respect this for what it is: a decision that we made. The horrors that wait can destroy us, but we also have the prospect of becoming better. Then one day we can become GREAT.

Student Submissions

I asked all of the students who attended the Region 8 Color Belt (Gup) Clinic last week to write a short statement on their experience. Here are their stories.

“It was excellent training.” — Jon Blessington, Third Degree Black Belt (Sam Dan)

“It was really awesome and fun. I learned a lot of stuff like Advanced One Steps with Master Kevin Robinson and Knife Self Defense with Ms. Nicole Peterman. It was really cool. It was nice to have the opportunity to train with other Black Belts (Dan) from around Region 8.” — Jillian DiLucido, Second Degree Black Belt (E Dan)

“Upon arrival to the 2013 Gup Clinic we felt that there was camaraderie among the Tang Soo Do family. Everyone was helping out with the setup of the gym which was to be our Dojang for the day. We brought materials and prepared the layout of the Training Room (Dojang). One of most important part was to hang the flags and portraits of our leaders Grandmaster Jae Chul Shin and Grandmaster Robert E. Beaudoin. We started on time everyone lined up and prepared to learn something new. We bowed in and split into sessions. Some of us had a Forms (Hyung) session with Master Frank Fattori. I remember Master Fattori’s words that in the past there used to be someone guiding us in our classes, and now and we are guiding ourselves in our training. From Mr. Jon Blessington’s Boxing routine we learned how to engage the whole body in the cardio workout and improve our reaction time. We learned new Break Falls (Nak Bup) with Ms. Angel Celona and practiced a few Judo throws. We enjoyed a very useful Knife (Dan Gum) fighting session with Mrs. Nicole Peterman. It was very clever to use washable colored markers to visualize knife slashes and cuts on our Uniforms (Dobohk). Overall, everyone looked fulfilled and happy in the end. We went back to our homes.” — Pavel Bashkirtsev, First Degree Black Belt (Cho Dan)

“I really enjoyed the Color (Gup) Clinic. I liked doing the World Form Number 1 (Sae Kyung Hyung Il Bu) with the drum. The sessions that I attended were: Ground Fighting (Jiu-Jitsu), Boxing, Breaking (Kyuck Pa), and Staff (Bong). My favorite session was Breaking (Kyuck Pa). I enjoyed learning about how to hold the board correctly for someone else to break. I also learned where to break the board with different holds. I broke 4 boards: 1 board with Hammer Fist (Kwon Do), 2 boards with Hammer Fist (Kown Do), and 1 board with a Jump Spinning Back Kick (Deah Dwi Tollyo Cha Ki). I enjoyed working with Master Robinson on the Staff Forms (Bong Hyung). I don’t usually get to train with a master of his rank, and I learned a lot from him. I will definitely be at the next clinic!” — Gregory Logan, Red Belt with Stripe (Il Gup)

“I did Self Defense (Ho Sin Sul) with Master Robinson, and I learned many new techniques. I was able to practice Nunchaku and realized that it is very good exercise for your shoulders and we did some really cool tricks just for fun. When I did Breaking — which I always enjoy — I broke with a Jump Spinning 180 Back Kick (Deah Dwi Tollyo Cha Ki), a two-board Hammer Fist (Kwon Do) and Spinning Back Kick. Although I knew a lot of it, it was very informative. Lastly, I practiced the Staff with Master Robinson and learned part of my new form: Bong Hyung E Bu. Breaking down the Form Applications was really interesting. I did accidentally get punched in the face 5 times during One Steps (Ill So Sik) and someone else got me with a Knee Kick (Moo Roope Cha

Ki), but it was all part of some really awesome training.” — Christine Havens, Red Belt (E Gup)

“I liked it because I got to learn Bong One Steps and Ground Fighting. It was my first time doing the Forms with the drum. During Breaking (Kyuck Pa), I broke a 2 board Hammer Fist (Kwon Do) and a 1 board Elbow (Pahl Koop). I like how we lined up in sections by the colors of our belts.” — Brian Finley, Brown Belt (Sah Gup)

“The Color Belt (Gup) Clinic was a fun day. They had a variety of different things to train in like Nunchaku, Staff (Bong), Ground Fighting; Flexible Weapons, and more. There were a lot of people from different Studios (Dojang). The sessions that I took were: Nunchaku, Ground Fighting, Sticks, and Judo Break Falls. Most of the ones that I took are things that we don’t usually do in class. Next time, I hope more people from our Studio (Dojang) will go.” — Yasmine Cabrera, Brown Belt (Sah Gup)

“I was really excited for the Color Belt (Gup) Clinic. I met lots of Black Belts (Dan) and Masters (Ko Dan Ja), and I learned a bunch of different techniques and fighting tactics. I made lots of new friends, and I am looking forward to going back next year. I know that this will help me achieve my goals.” — Cameron Harper, White Belt with Stripe (Ku Gup)

Thoughts for the Month

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” — Thomas Jefferson, an American Founding Father, the principal author of the Declaration of Independence, and the third President of the United States.

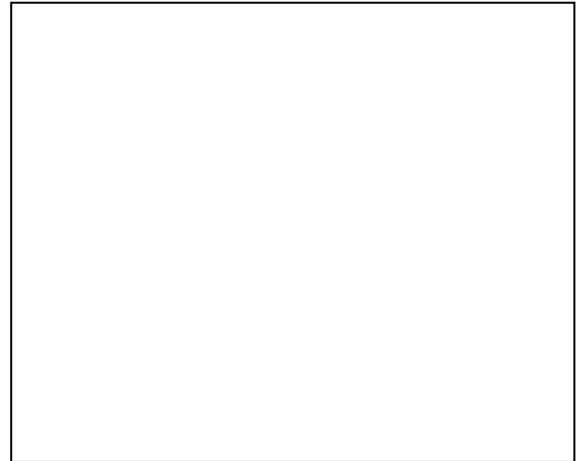
“A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing.” — George Bernard Shaw, an Irish playwright and a co-founder of the London School of Economics

“I am grateful for all of my problems. After each one was overcome, I became stronger and more able to meet those that were still to come. I grew in all my difficulties.” — James Cash Penney, an American businessman and entrepreneur who, in 1902, founded the J. C. Penney stores.

Kids' Section

Drawing

Can you draw the World Tang Soo Do Association emblem in the box?



Matching

Can you match the descriptions with each part of the logo?

___ Six Stars

___ Um, Yang

___ Flying Side Kick

___ Red Circle

___ Globe

___ Bottom Belt

___ Practitioner

___ Color Combination

A. Represents the six inhabited continents and shows that Tang Soo Do is now worldwide.

B. The Red and Blue Half-Circle Symbol represents universal concept of opposing but complimentary forces. It is also the central symbol of the Korean flag where Tang Soo Do originated.

C. Represents the special and unique Character of Tang Soo Do and the whole person Concept.

D. Unity and Brotherhood / Sisterhood.

E. Means our organization covers the World.

F. The Master's Belt represents the ultimate goal of all Tang Soo Do students.

G. Mastering the Art of Tang Soo Do.

H. Red, Blue, Black

Photos

Pal Che Tang Soo Do & Impact Martial Arts Joint Leadership Class – Saturday, July 20th, 2013



2013 Region 8 Color Belt (Gup) Clinic – Saturday, August 10th, 2013

