

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

Region 8 Winter Tournament

Region 8 will be holding its annual Winter Tournament on Saturday, February 21st, 2015 at 9:00AM, at Twin Valley Middle School at 770 Clymer Hill Road, in Elverson, PA. It is open to Students from all Programs, and everyone is encouraged to compete. This is a local tournament so it would be great if Pal Che had a large turnout. All competitors must Register Online at this link: https://events.membersolutions.com/event_detail.asp?content_id=52132. The Early Deadline is **Thursday, January 15th, 2015** with Tiny Tigers and Little Dragons costing \$25.00 and Youth and Adults costing \$40.00. The Final Deadline is **Sunday, February 1st, 2015** with Tiny Tigers and Little Dragons costing \$40.00, and Youth and Adults costing \$55.00. Volunteers are needed to make this event successful. Black Belts and Instructors are expected to sign up here: https://events.membersolutions.com/event_detail.asp?content_id=52141.

Schedule Changes

There is now an Early Evening Class on Wednesdays from 5:00PM to 5:45PM open to Advanced Little Dragons, Youth Students, and Adult Students. There will also be a Saturday Morning Class that will be held once per month at 9:30AM that will run as an Open Floor Format.

Report Cards

As Instructors, we strive to help every student become everything they are capable of becoming, both inside and outside the Dojang. Hearing about the success 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 Headquarters. These awards are given out and announced at the end of classes, and are a good way to reward these students for their efforts.

Tuition Policy

This is a reminder that 30 days notice is required to freeze or cancel any account. Since most customers are on monthly billing, this means that if there is a payment due within the next 30 days following the date of notice of the stop, one final payment is required. Students who are taking a leave must provide notice so that their account with Member Solutions can be frozen.

New Study Guide Policy

Starting in January 2015 students will be required to submit filled-in versions of their Study Guides in order to be eligible for testing. All students will receive new copies of their Study Guides in the coming weeks. Students must submit all Study Guides up to their Current Rank in order to be eligible to test. Students who already have old versions of the Study Guides filled out will be permitted to use them. Just as class hours, rank time, and physical pre-screenings are evaluated, completed Study Guides will now be required as part of a new written pre-screening.

Holiday Party & Annual Banquet

On Saturday, January 10th, 2015, we will be holding our Holiday Party and Annual Banquet. At the beginning of each new year, we gather together in the Studio (Dojang) as one Pal Che Family for dinner, awards, conversation, and a demonstration to remember all the hard work from the previous year. We hold this yearly event in January after all of the Holidays are over so that it does not interfere with any of the other plans that everyone has, and it gives us one last time to celebrate as we return to the normal routine of the regular year. This event will cost \$1.00 per person. We ask that each family help provide for this potluck dinner. We will need your help in making dinner entrees, supplying snacks and drinks, and providing paper and plastic products. There will be two sign-up sheets on the bulletin board in the lobby. The first is to let us know how many people in your family will be attending. The second will be a list of items to bring, and we ask that it equal the number of people in your family who will be attending. All students and their families are highly encouraged to attend. The Studio will be decorated, there will be games for the kids, a demonstration by students, and it will be a lot of fun. Awards will be given out in various categories: Attendance, Spirit Award, Most Improved, Rising Star, Family of the Year, and Students of the Year. This is truly an event that you will not want to miss so sign up today!!!

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. Students, Parents, and Instructors should seriously consider writing an article for an upcoming issue.

Leadership Classes

Master George Celona, Ms. Angel Celona, and Mr. Nick D'Amato have spent a great deal of time planning the upcoming Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Classes, and we have some awesome things on the schedule for 2015. We have a lot of new topics that we want to explore in the next few months, and we have more Guest Instructors scheduled to teach. Those who have already been invited as members of the Program should make every effort to attend these classes whenever possible especially since it's free-of-charge and because they have so much to offer. Remember, you can only benefit if you participate. Mark your calendars with the dates!

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 martial arts. Potential students are always welcome to come for a Free Trial Class. If you know some people who are interested, take a business card or brochure and share it with them. A referral program with prizes and incentives will be implemented later this year to thank students for helping to recruit more members to our Studio (Dojang). There is no greater compliment to thank your instructors for their hard work than referring other students to our school. We appreciate your help in growing our school.

Calendar of Events

Wednesday – Sunday, December 24 th – 28 th , 2014	Studio (Dojang) Closed. Christmas Holiday Weekend.
Wednesday – Sunday, December 31st, 2014 – January 4 th , 2015	Studio (Dojang) Closed. New Year Holiday Weekend.
Monday, January 5 th , 2015	Regularly Scheduled Classes Resume.
Saturday, January 10 th , 2015	2014 Holiday Party & Awards Banquet, from 6:00PM to 10:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday – Sunday January 15 th – 18 th , 2015	WTSDA 2014 Business Seminar, Hilton Garden Inn - Orange Park, Jacksonville, FL
Friday, January 23 rd , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:30PM
Saturday, January 24 th , 2015	Judging Certification Clinic, from 11:00AM to 3:00PM @ Brandywine Martial Arts II, Honey Brook, PA
Sunday, January 25 th , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Saturday, January 31 st , 2015	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Saturday, February 21 st , 2015	Region 8 Winter Tournament from 9:00AM to 4:00PM @ Twin Valley Middle School, Elverson, PA

Saturday, February 28 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 9:30AM Youth & Adult Students @ 10:15AM Black Belt Candidates @ 11:30AM
Thursday, March 19 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday – Sunday, March 19 th – 22 nd , 2015	USA Master’s Clinic, University of North Alabama, Florence, Alabama
Sunday, March 29 th , 2015	Region 8 Instructor’s Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Wednesday, April 1 st , 2015	Breaking (Kyuck Pa) Class
Saturday, April 25 th , 2015	Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to 4:00PM @ Twin Valley Middle School, Elverson, PA
Wednesday, April 29 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday – Sunday, May 29 th – 31 st , 2015	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 5 th – June 7 th , 2015	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 12 th – 14 th , 2015	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA

New Students

Michele Glover

Recent Promotions

Xander Lyons – Brown Belt (Sah Gup)
Leihui Tong – Green Belt (Yuk Gup)
Damien Wallace – Orange Belt with Stripe (Chil Gup)
Aidan Glover – Dragon Green Belt
Akari Shinozaki – Dragon Green Belt
Ja’Nya Clayton – Dragon Yellow Belt

December Birthdays

Brockton DeProspero – 5th
Alison Steinmetz – 14th
Deborah Vallejo – 14th
Leihui Tong – 15th
Brian Finley – 22nd

Master's Corner

By: Master Frank Fattori

Below is a Special Message from our Regional Director, Master Frank Fattori, 5th Degree Black Belt (Oh Dan) of The Oxford Karate Institute in Oxford, PA. Master Fattori is the World Tang Soo Do Association's Director of Region 8, which encompasses Eastern Pennsylvania, Southern New York, New Jersey, Delaware, Maryland, Northern Virginia, and the District of Columbia. You have surely seen him at some of our Regional Events.

Dear Region 8 Family,

Getting ready to wrap up another year in Region 8, it is not unlike wrapping a gift for someone truly special. We are blessed to have shared many moments together in 2014. Each time we are together I understand more fully how fortunate we are. Many good times training, competing, laughing, and crying, seeing each other grow and become stronger, more dedicated than ever, with a positive outlook for what the future holds.

It is my sincere wish that you and your family have a wonderful Christmas and Holiday Season. Thank you for all you have done: your hard work, planning, and participation at our events.

Here's to looking forward to seeing you in 2015. Tang Soo!

Sincerely,
Master Frank Fattori
Region 8 Director - WTSDA

Feature Article

By: Anne-Marie Jaeschke

This article is entitled “Capture your Calm: 8 Small Steps to Stress Less”, and it was written by Anna-Marie Jaeschke, a West Virginia University doctoral student in sport and exercise psychology.

The holidays are coming. Feeling under pressure? For most of us, dodging our responsibilities is not an option, but we can make a conscious decision to manage our stress. Quick, simple actions can have valuable benefits. Aim to incorporate at least one of these into your day, every day. Try out the options to find what works for you.

1. Spend Time Outdoors – Combine exercise with time outdoors and what do you get? “Green Exercise.” Practice yoga or jog around and reap double rewards and potentially double stress reductions.
2. Massage the Stress Away – Back rubs and shoulder massages are always big hits. If you have access to a massage, try it out or as a friend or partner.
3. Practice Mindful Relaxation – Mindful meditation involves only one thing: being in the moment. Take time to breathe, and you can do this almost anywhere. Breathe in relaxation and breathe out tension.
4. Random Acts of Kindness – Did you know that random acts of kindness can not only make someone else’s day, but can make you happy, too? Try it, and see if it works for you.
5. If-Then Planning – When you schedule a task, treating it as an important part of your day, you’re more likely to accomplish your goal. Simply insert a time and action on your to-do list.
6. Write It Down – You’ve probably heard that writing can help relieve stress. The specific approach matters.
7. Put On Some Beats – Music you love or that makes you get moving provides immediate stress relief. Don’t hold back from singing along.
8. Fun And Games – Not getting enough play time? Games alone with friend can offer a break from stress or a task while keeping your mind sharp. Laughter helps ease the angst, too.

Thoughts for the Month

“All human beings should try to learn before they die, what they are running from, and to, and why.” — James Thurber, an American cartoonist, author, journalist, playwright, and celebrated humorist, best known for his cartoons and short stories, published mainly in The New Yorker magazine.

“Success in life comes when you simply refuse to give up, with goals so strong that obstacles, failure, and loss only act as motivation.” — Unknown.

“The success you are enjoying today is the result of the price you have paid in the past.” — Brian Tracy, an American Professional Speaker, Author, Success Expert, CEO of Brian Tracy International.

“At any given moment you have the power to say this is not how the story is going to end.” — Christine Mason Miller, an American writer, artist, and author of the 2008 book of essays: Ordinary Sparkling Moments: Reflections on Success and Contentment.

Workout Challenge

WE CHALLENGE YOU!

30-DAY SQUAT CHALLENGE

Day 1: 50	Day 16: Rest
Day 2: 55	Day 17: 150
Day 3: 60	Day 18: 155
Day 4: Rest	Day 19: 160
Day 5: 70	Day 20: Rest
Day 6: 75	Day 21: 180
Day 7: 80	Day 22: 185
Day 8: Rest	Day 23: 190
Day 9: 100	Day 24: Rest
Day 10: 105	Day 25: 220
Day 11: 110	Day 26: 225
Day 12: Rest	Day 27: 230
Day 13: 130	Day 28: Rest
Day 14: 135	Day 29: 240
Day 15: 140	Day 30: 250



BEGINNER PUSH-UP CHALLENGE

Day 1: 5	Day 16: 20
Day 2: 5	Day 17: 20
Day 3: 6	Day 18: 20
Day 4: 6	Day 19: 25
Day 5: 7	Day 20: 25
Day 6: 7	Day 21: 30
Day 7: 10	Day 22: Rest
Day 8: 10	Day 23: 30
Day 9: 10	Day 24: 35
Day 10: 15	Day 25: 35
Day 11: 15	Day 26: 40
Day 12: 15	Day 27: 40
Day 13: Rest	Day 28: 45
Day 14: 18	Day 29: 45
Day 15: 18	Day 30: 50



30-DAY PLANK CHALLENGE

Day 1: 20 sec	Day 16: 2 min
Day 2: 20 sec	Day 17: 2 min
Day 3: 30 sec	Day 18: 2.5 min
Day 4: 30 sec	Day 19: Rest
Day 5: 40 sec	Day 20: 2.5 min
Day 6: Rest	Day 21: 2.5 min
Day 7: 45 sec	Day 22: 3 min
Day 8: 45 sec	Day 23: 3 min
Day 9: 1 min	Day 24: 3.5 min
Day 10: 1 min	Day 25: 3.5 min
Day 11: 1 min	Day 26: Rest
Day 12: 1.5 min	Day 27: 4 min
Day 13: Rest	Day 28: 4 min
Day 14: 1.5 min	Day 29: 4.5 min
Day 15: 1.5 min	Day 30: 5 min



30-DAY CRUNCH CHALLENGE

Day 1: 25	Day 16: Rest
Day 2: 30	Day 17: 100
Day 3: 35	Day 18: 105
Day 4: Rest	Day 19: 110
Day 5: 40	Day 20: Rest
Day 6: 45	Day 21: 115
Day 7: 50	Day 22: 120
Day 8: Rest	Day 23: 125
Day 9: 60	Day 24: Rest
Day 10: 65	Day 25: 130
Day 11: 70	Day 26: 135
Day 12: Rest	Day 27: 140
Day 13: 80	Day 28: Rest
Day 14: 90	Day 29: 145
Day 15: 95	Day 30: 150



Photos

Color Belt Test (Gup Shim Sa) – Wednesday, November 26th, 2014



Leadership Classes – Saturday, November 8th, 2014 & Saturday, December 6th, 2014

