

# T A N G S O O T I M E S

---

ISSUE NO. 90

522-9120

FEBRUARY 1999

---

P A L C H E T A N G S O O D O

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

---

## CALENDAR OF EVENTS

- Feb 8 - Gup test at Dojang. No adult class.
- Feb 15 - Black Belt pretest at Dojang. No adult class.
- Feb 20 - Central Pennsylvania clinic.
- Mar 6 - Red Rose tournament in Lancaster. No classes.
- Mar 22 - Gup test at Dojang. No adult class.

## MONDAY NIGHT CLASS SCHEDULE

- Feb 1 - Regular adult class (Emphasis on Sparring).
- Feb 8 - Gup test at Dojang. No adult class.
- Feb 15 - Black Belt pretest. No adult class.
- Feb 22 - Regular adult class (Emphasis on breaking).
- Mar 1 - Tournament preparation class.

## MASTER'S CORNER

Over the past several weeks I have been greatly uplifted by the attitudes I've seen expressed (in writing, words, and deeds) by several of the higher ranking gup students. Whatever we are doing seems to be sinking in. Attitudes that once were totally self absorbed now seem to be spreading - helping lower ranking students with basic techniques, coming to the children's class to help out, etc. In our Dan Manual, Grandmaster Shin specifically states, "If you can move others ahead, keeping your ego is hiding, contributing your own excellence towards the enhancement of others, then you will be on the right path of reaching the ultimate goal of the martial arts."

At Pal Che we have several gup students who are beginning to demonstrate this desired trait.

We have begun in-depth study of the required WTSDA self-defense techniques. This is something that we had not paid much attention to in the past because I thought we, in effect, covered these standards in our application of Ho Sin Sul as we taught our everyday classes.

However, for future Dan testing, knowledge of these in some classified order is necessary and therefore we will incorporate these into our curricula. There are 30 standard self-defense techniques and they will be taught (and required) the same as one steps: White to Orange 1 thru 5, Orange to Green 1 thru 10, Green to Brown 1 thru 15, Brown to Red 1 thru 20, Red to Blue 1 thru 25, and Blue to Black 1 thru 30.

## **NEW STUDENTS**

We would like to welcome the following new students to our dojang and to the world-wide family of Tang Soo Do:

NICK KOHLER      BRITTANY NEISS      ANDY EMMERSON  
COLLEEN AUBRY

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.

We also welcome ERIC CHAPMAN, a transfer from another WTSDA dojang. ERIC is a 2nd gup red belt.

## **SUBMITTED ARTICLE**

Every so often a student submits something for inclusion in the Newsletter. Cho Dan Bo candidate Dave Voorhees submitted the following article. Let's just call it, "Empty Your Cup."

A new student was training in class one night and listened to the lesson being taught on the importance of repetition in training. "This is stupid," he said to himself, "I hate doing one-steps over and over!" He then folded his arms and tuned out the rest of the lesson. He vowed never to return. Afterward, a friend came up and said that he was being close minded, but he replied harshly, "I don't see why doing a one-step 60 times is going to help me, I want to do what I see on TV!" He never gave the class another chance. It's often difficult to hear someone telling us something "for our own good." No one likes to hear negative comments either, whether the comments are true or not. It takes a dedicated person to seek criticism and suggestions for improvement. Our art teaches us that we should be humble and always try to improve ourselves. This is a key part to being a black belt.

I'm reminded of something my master told me while doing a technique over and over, "The next move should be better than the last but not as good as the following one." Keeping an open mind is not always easy and to seek suggestions for improvement is twice as hard, but the true spirit of Tang Soo Do is not the kicking and punching like on TV. The true art is self-control, perseverance, and self-discipline. Not showing off in front of your friends or telling everyone how great you are. People don't care how great you are, it's what's in your heart that counts. If your motives are pure and you have an open mind, nothing is ever out of reach and you can conquer any obstacle. The true mastery of something does not strike like a bolt of lightning, it comes through your sweat, your tears, and all the nights of pushing yourself until it hurts. I realized this after a few months of training.

It is also interesting how some people can find the answers they

are seeking in the dojang while others seem unaffected. Partially, it has to do with the attitude that we come in with. If we are open to new things and are willing to give the art a chance to disclose itself, we will find the answers we seek. But, if we come in skeptically, and we scorn change, then we block the art's effectiveness. For when we refuse to do a technique over and over, and we come up with some excuse as to why we can't do it, we learn nothing. When we come with an open mind and are willing to learn, the knowledge we desire will be granted.

### **FEATURE ARTICLE**

This article first appeared in Issue 9 dated June 1991 of our dojang newsletter and subsequently was chosen to be included in the Fall 1991 WTSDA Newsletter. It is simply entitled, "The Path." I thought it was now appropriate to rerun it since we currently have at least one student of every gup rank in the dojang.

The 'Path' to obtaining a Black Belt may best be compared to climbing a mountain. To a new white belt, he looks at the mountain from afar and says to himself, "It doesn't look that steep or difficult. I'll get to the top in no time." However, as he begins his training and gets closer to the foot of the mountain, he begins to see that it is indeed much more of a difficult task than he first thought.

The orange belts are in the undergrowth of forests that lie at the foot of the mountain. They know the mountain is there, but because of the dense forests they cannot see it. It is all they can do to stay on the trail. They can, however, hear their Sahbumnim somewhere ahead of them saying, "This is the way, come this way. The path is over here."

Green belts have broken through the undergrowth. The mountain is not steep and they make rapid progress towards the summit. "How could anything be this easy? Sahbumnim has said this mountain is difficult - boy was he mistaken. I'm gonna break all speed records in getting to the top of this mountain. My Sahbumnim will be so proud of me."

The brown belt has passed the easy part of the climb. Now the path is very steep. He must be strong and powerful to continue the climb. Your Sahbumnim is pushing and pulling you without really touching you. "How does he do it?"

The red belt must be quick and agile. He walks a narrow, dangerous path that does not seem to be making any progress towards the summit. Luckily, all the climbing done to this point has caused all muscle groups to work in unison. This path has pitfalls such as ego and lack of humility that can cause one to falter in the quest. Your teacher is nimbly moving in front of you - indicating the path.

The blue belt has now almost reached the summit. The air is rarified, and he must clear his mind and prepare for that final assault. How bad do you want to reach the summit? You can turn back now,

those last few steps are extremely dangerous. Who would know? The pinnacle is only a short distance away. Your Sahbumnim can only nod his head and point to the goal. You must do it yourself.

You've reached the summit. You stand there; proud and erect. You take your Sahbumnim's hand. He smiles at you and you notice a glistening in his eye. He welcomes you to the brotherhood as he bows to you. The legacy has been passed. You look down and see the path you've followed. You see the other students at various levels along the mountain. They look up at you and decide to try harder. You're yelling encouragement to them, giving directions and help. But you can't touch to help them, they must do it themselves as people have done for two millennia.

You look around to enjoy the view. Then you see it!!! Another mountain!!! Only this one is more rugged, more difficult!!! This is the mountain of E Dan, which only one Cho Dan in five will be able to climb. Then it strikes you like a ridge hand to the temple, There will ALWAYS be a higher mountain!!!

#### THOUGHT FOR THE MONTH

ONE DAY ALICE CAME TO A FORK IN THE ROAD AND SAW A CHESHIRE CAT IN A TREE. "WHICH ROAD DO I TAKE?" SHE ASKED. HIS RESPONSE WAS A QUESTION. "WHERE DO YOU WANT TO GO?" "I DON'T KNOW," ALICE REPLIED. "THEN," SAID THE CAT, "IT DOESN'T MATTER."

## 1999 UPCOMING EVENTS

- Feb 8 - Gup test at Dojang. No adult class.  
Feb 15 - Black Belt pretest at Dojang. No adult class.
- Mar 6 - Red Rose Championships. No class.  
Mar 22 - Gup test at Dojang. No adult class.
- Apr 12 - Gup test at Dojang. No adult class.  
Apr 17 - Central Penn Championships.  
Apr 24 - Black Belt test. No class.
- May 10 - Gup test at Dojang. No adult class.  
May 14-16 - European Championships. Scotland
- Jun 18-20 - Region 8 Youth Dan Clinic.  
Jun 25-27 - Region 8 Adult Dan Clinic. No class.  
Jun 28 - Gup test at Dojang. No adult class.
- Jul 12 - Black Belt pretest at Dojang. No adult class.  
Jul 19 - Gup test at Dojang. No adult class.  
Jul 31 thru Aug 14 - China/Korea trip.
- Aug 16 - Gup test at Dojang. No adult class.
- Sep 4 - Labor Day weekend. No class.  
Sep 6 - Labor Day. No classes.  
Sep 18 - Black Belt test. No class.
- Oct 4 - Gup test at Dojang. No adult class.  
Oct 22-23 - Region 8 Championships. No class.  
Oct 25 - Gup test at Dojang. No adult class.
- Nov 22 - Gup test at Dojang. No adult class.  
Nov 25 - Thanksgiving. No classes.  
Nov 27 - Thanksgiving weekend. No class.
- Dec 25 - Christmas. No class.