

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 22nd, 2014 at 9:00AM, at Twin Valley Middle School, 770 Clymer Road, Elverson, PA 19520. We have 11 students registered for this event. Good Luck to all competitors! Be sure to send some good energy to your fellow classmates and encourage them to do their very best!

Cleaning, Painting, & Renovations Day

On Saturday, March 15th, 2014 at 9:30AM, we are going to have a day where we clean, paint, and renovate things around the Studio (Dojang). We are asking all Youth and Adult Students who are available to come and assist us during the morning. Parents are also welcome to help. There will be pizza and drinks at lunchtime for all those come to help out. There are numerous projects that need to be completed.

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. If you know some people who are interested, take a business card or brochure and share it with them. 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. Students, Parents, and Instructors should seriously 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.

Instructors Classes

Beginning in March, we will be holding monthly Instructors Classes for those Students who are Certified Instructors or in the Instructor Trainee Program. Now that Certifications are being finalized, the goal of this class is to give the Instructors of Pal Che Tang Soo Do advanced training and teaching strategies. Lesson Plans have been created and will soon be available to act as a guide when teaching. It will be ran as an open format so that all Instructors and Assistant Instructors can present new ideas, ask questions, and make suggestions, while reviewing and improving the curriculum for all of the Tang Soo Do Programs that we offer. We will also have meetings to keep up-to-date about current events. These classes will be held once per month on a Wednesday or a Friday.

Leadership Classes

Mr. George Celona, Ms. Angel Celona, Mr. Jon Blessington, 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. We have a lot of new topics that we want to explore in the next few months including various Weapons (Moo Ki) as well as Jiu-Jitsu. We also have some Guest Instructors coming and a potential trip to another school in the Summer. 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. As the Leadership Program continues to grow this year, (we are expecting **MANY** new students to be invited in 2014 alone), students who do not attend on a regular basis will be replaced by students who can come more often. Mark your calendars with the following dates in the Calendar of Events section below!

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.

Tang Soo Do Duel

Pal Che Tang Soo Do will be holding a small In-House Tournament on Thursday, March 13th. This is the first of its kind. Proposed by student Cameron Harper, this "Tang Soo Do Duel" 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 plan to compete in upcoming tournaments. There will be prizes for the winners of each event. Events will include: Forms, Weapons, Sparring, Self-Defense, Breaking, and Fighting. It will be open to student of all ages and from all Programs.

Calendar of Events

Friday, February 21 st , 2014	Tournament Preparation Class, from 7:30PM to 8:30PM
Saturday, February 22 nd , 2014	Region 8 Winter Tournament 9:00AM – 5:00PM, Twin Valley Middle School, Elverson, PA
Saturday, March 1 st , 2014	Leadership Class, Time TBA @ Impact Martial Arts, Perryville, MD
Thursday, March 6 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Thursday, March 13 th , 2014	Tang Soo Do Duel, 6:30PM – 8:30PM
Saturday, March 15 th , 2014	Studio (Dojang) Cleaning, Painting, & Renovations Day @ 9:00AM
Friday, March 21 st , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, March 26 th , 2014	Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, March 29 th , 2014	Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, April 3 rd , 2014	Breaking (Kyuck Pa) Class Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, April 12 th , 2014	Black Belt (Dan) Test from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Monday, April 14 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Wednesday, April 23 rd , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, April 30 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, April 26 th , 2014	Tentative Leadership Class, Time TBA @ Impact Martial Arts, Perryville, MD
Friday – Sunday,	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green

May 16 th – 18 th , 2014	Lane, Green Lane, PA
Saturday, May 17 th , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, May 22 nd , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday, May 30 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Friday – Sunday, May 30 th – June 1 st , 2014	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 6 th – 8 th , 2014	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Friday, June 20 th , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, June 25 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, June 28 th , 2014	Tentative Leadership Class, Time TBA, Location TBA
Friday – Sunday July 18 th – 20 th , 2014	World Championship, Greensboro Coliseum Complex, Greensboro, NC; World Headquarters Meditation Garden Unveiling, Burlington, NC
Saturday, August 2 nd , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA

New Students

Amina Kadri

Adam Kadri

Cynthia Rivera

Eric White

Justin McCollum

We would also welcome back a two returning students: one in the Tiny Tigers Program: Zane Hendler; and the other in the Adult Program: Anthony DiLucido, who will be training with us on his breaks from college.

February Birthdays

Cynthia Rivera – 13th

Christine Havens – 19th

We also extend belated birthday wishes to the following new students who celebrated their birthdays last month in January:

Adam Kadri – 10th

Amina Kadri – 13th

Eric White – 29th

Recent Promotions

Gregory Logan – Blue Belt (Cho Dan Bo)

Jordon Havens – Red Belt with Stripe (Il Gup)

Bradley Mitchell – Dragon Orange Belt

Cameron Patterson – Dragon Yellow Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

Usually when I try to write an article for the Newsletter, I try to encapsulate a lesson of some sort so that students can learn more about the true meaning of Tang Soo Do. This month, I want to do something different and share from whom I get my inspiration to continue training and teaching.

I was recently reading a post that was written by a student which for some reason was really moving, and it got me thinking about where I get my inspiration to continue on and improve things. Tang Soo Do is a huge part of my life, and it is great to see others who also enthusiastic.

As an Instructor, I know for certain that I get a lot of my inspiration from my students. When I see a student, like Debbie or Damien, who trains four nights a week, it inspires me to train more, a commitment to myself that I intend to keep. There are students, who are always eager to learn more new things like Dylan and Brian, which reminds me to not just practice what I already know but to never stopping learning new ways to do things. There are students who always put forth their best effort, like Christine and Cameron, even when they are tired and out-of-breath. This challenges me to step it up even when I am exhausted. The energy that I see in the Tiny Tigers like David and Jacob, even though teaching that class can be hectic, displays to me that Tang Soo Do can be exciting and fun at any age. Watching students like Jill and Greg who I have taught since they started as kids turn into teenagers and progress through the ranks is awesome.

As a Student, I get my inspiration from my teachers and classmates. I remember the many times when my instructors would push me. I can hear Master Raver telling me the monkey was on my back during Forms and if I made a mistake, everyone else in class would have to do push-ups. I miss that kind of old-school training and it helps me in keeping traditions alive at Pal Che.

Watching my good friend, George, get promoted to Fourth Degree Black Belt (Sah Dan) was so

inspiring as it tells me that one day I might get there, too. Getting to speak to GrandMaster Shin in his office shortly before his passing was such a special moment for me. The fact that the leader of this worldwide organization took the time to meet with a low-ranking student and mention that he knew things about me was really cool. My classmates in the Instructors Class and the other Studio Owners of Region 8 are set a great example by training with all their effort, are super friendly, and always willing to lend a hand.

I was recently updating the Brochure for our school, and under the “Meet the Instructors” section, it lists the names of all those who currently teach at our Studio (Dojang) and the number of years experience that they have in Tang Soo Do. When added all together, it totals over 60 years of training. That’s a lot of years. It was pretty inspiring to see all that time added up together. Who inspires you? What things inspire you to train in Tang Soo Do?

Master’s Corner

By: Master Nathan Gordon

This article was written in October 2005 by Master Nate Gordon of Black Belt Academy in Bensalem, PA, who has been the annual Master of Ceremonies at most of the Tournaments in Region 8 for many years. Here is a short article that he wrote for competitors, and with a tournament this month, it seems appropriate.

I am sure all competitors will experience some nervousness or fear. This is perfectly natural, even for the most seasoned competitor. It is not the feeling of fear that separates the hero from the coward. Both experience it, yet each perceives it in a different way. The coward perceives only fear and freezes or runs; perhaps this is the practitioner who is afraid to compete. The hero experiencing the same psychophysiological arousal perceives it as energy, and uses it to perform at his or her best.

When you compete, you do not compete against others. You compete against yourself. Winning the medal or trophy is not what it is about. Knowing you tried your best is! As you compete you will find that sometimes you are the best, but you do not win. Other times you will win, and yet know you were not the best. That is the truth about competition, and if you consistently compete, then these two extremes will even themselves out for you.

You compete not only as yourself, but rather, you compete as a representative of your schools and your instructors. No matter what, show respect and be as good a loser as you can be a winner. Do your best! That is all one can ask!

Feature Article

By: Mr. Daniel Goleman

The following article is an excerpt from the book Focus: The Hidden Driver of Excellence by author Daniel Goleman, who writes about psychology and science topics. The often cited 10,000-hour rule, which states that you must spend 10,000 hours practicing a

task to attain mastery, is only half true. It explains why martial art practitioners must always work to improve themselves, continue to make progress, and achieve a deeper understanding, despite how complacent, comfortable, routine things may become. That is the only way to true mastery.

“The '10,000-hour rule” — that this level of practice holds the secret to great success in any field — has become sacrosanct gospel, echoed on websites and recited as litany in high-performance workshops. The problem: it's only half true.

If you are a duffer at golf, say, and make the same mistakes every time you try a certain swing or putt, 10,000 hours of practicing that error will not improve your game. You'll still be a duffer, albeit an older one. No less an expert than Anders Ericsson, the Florida State University psychologist whose research on expertise spawned the 10,000-hour rule of thumb, told me, “You don't get benefits from mechanical repetition, but by adjusting your execution over and over to get closer to your goal.”

Apart from sports like basketball or football that favor physical traits such as height and body size, says Ericsson, almost anyone can achieve the highest levels of performance with smart practice. Ericsson argues that the secret of winning is “deliberate practice,” where an expert coach takes you through well-designed training over months or years, and you give it your full concentration.

Hours and hours of practice are necessary for great performance, but not sufficient. How experts in any domain pay attention while practicing makes a crucial difference. For instance, in his much-cited study of violinists — the one that showed the top tier had practiced more than 10,000 hours — Ericsson found the experts did so with full concentration on improving a particular aspect of their performance that a master teacher identified.

Smart practice always includes a feedback loop that lets you recognize errors and correct them -- which is why dancers use mirrors. Ideally that feedback comes from someone with an expert eye and so every world-class sports champion has a coach. If you practice without such feedback, you don't get to the top ranks. The feedback and concentration matter — not just the hours.

Daydreaming defeats practice; those of us who browse television while working out will never reach the top ranks. Paying full attention seems to boost the mind's processing speed, strengthen synaptic connections, and expand or create neural networks for what we are practicing. As you master how to execute the new routine, repeated practice transfers control of that skill from the top-down system for intentional focus to bottom-up circuits that eventually make its execution effortless. At that point you don't need to think about it, and you can do the routine well enough on automatic."

This is where amateurs and experts part ways. Amateurs are content at some point to let their efforts become bottom-up operations. After about fifty hours of training — whether in skiing or driving — people get to that “good-enough” performance level, where they can go through the motions more or less effortlessly. They no longer feel the need for concentrated practice, but are content to coast on what they've already learned. No matter how much more they practice in this bottom-up mode, their improvement will be negligible.

The experts, in contrast, keep paying attention top-down, intentionally counteracting the brain's urge to automatize routines. They concentrate actively on those moves they have yet to perfect, on correcting what's not working in their game, and on refining their mental models of how to play the game, or focusing on the particulars of feedback from a seasoned coach. Those at the top never stop learning; if at any point they start coasting and stop such smart practice, too much of their game becomes bottom-up and their skills plateau.

Thoughts for the Month

“Your dream is a reality that is waiting for you to materialize. Today is a new day! Don't let your history interfere with your destiny! Learn from your past so that it can empower your present and propel you to greatness.” — Steve Maraboli, author, motivational speaker, and behavioral scientist.

“What we do comes out of who we believe we are.” — Rob Bell, — Robert Holmes “Rob” Bell, Jr., an American author and Christian pastor, who founded the Mars Hill Bible Church in Grandville, Michigan, wrote “The New York Times” bestsellers Love Wins and Velvet Elvis, and narrated a series of spiritual short films called NOOMA.

“Persons of high self-esteem are not driven to make themselves superior to others; they do not seek to prove their value by measuring themselves against a comparative standard. Their joy is being who they are, not in being better than someone else.” — Nathaniel Branden, an American psychotherapist and writer known for his work in the psychology of self-esteem.

“In our daily lives, we must see that it is not happiness that makes us grateful, but the gratefulness that makes us happy.” — Albert Clarke

“I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.’” — Muhammad Ali, an American former professional boxer, generally considered among the greatest heavyweights in the sport's history.

“Go as far as you can see, and when you get there you'll see further.” — Hilary Hinton “Zig” Ziglar, an American author, salesman, and motivational speaker.

Kids Section

Learn the 5 Codes of Tang Soo Do in Korean:

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|----|---|--------------------|
| 1. | Loyalty to Country | Nara E Chung Sung |
| 2. | Obedience to Parents and Elders | Boo Moo E Hyo Do |
| 3. | Honor Friendship | Boung Woo Yoo Shin |
| 4. | No Retreat in Battle | Imm Jun Moo Toi |
| 5. | In Fighting Choose With Sense and Honor | Sal Sang Yoo Taek |