

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 Results

Congratulations to the students of Pal Che Tang Soo Do who competed in the 2015 WTSDA Region 8 Winter Championship on Saturday, February 21st, 2015!

Here are the results:

Anthony DiLucido: 3rd Place in Forms, 3rd Place in Weapons, & 3rd Place in Sparring;

Jillian DiLucido: 3rd Place in Sparring;

Ashon Foster: 2nd Place in Sparring, 3rd Place in Forms;

David Rivera and Aidan Glover also performed excellently in their Little Dragons Divisions.

The Masters' Demonstration was really exciting to watch, and the staff worked tirelessly to ensure that everything ran smoothly. Everyone did an awesome job! You should be really proud of your achievements!!!

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.

Child & Parent Class

On Wednesday, March 11th, 2015, we will hold Child and Parent Class. These classes are an opportunity for the young students to have their parents join them in class for one night and show support for them in their training. It will help parents understand how to correctly perform our Tang Soo Do techniques so that they can help their children at home. It will also be fun and a great workout. Students must have a parent or guardian attend the class with them. Classes will be held at the regular Wednesday night times: Early Class from 5:00PM to 5:45PM; Advanced Tiny Tigers and All Little Dragons from 6:00PM to 6:30PM and Youth and Adults from 6:30PM to 7:30PM.

Breaking Seminar

On Wednesday, April 1st, instead of the regular classes, we will have some special classes on Breaking (Kyuck Pa). The class will be free to attend, but students will be charged **\$3.00 per board** that they successfully break. All students are highly encouraged to attend. The schedule for this night will be as follows: Tiny Tigers and Little Dragons from 5:30PM to 6:30PM; Youth and Adults from 6:30PM to 8:00PM.

New Study Guide & Curriculum Guide Policy

Starting next month students will be required to submit completed worksheet 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 put on the testing list. Students who already have old versions of the Study Guides filled out will be permitted to use them for now. 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. Students will also be receiving new Curriculum Guides so that students and parents will know exactly what techniques are required for each belt level. Students should use these worksheets as checklists to ensure that they know all necessary techniques. A packet explaining more information about this will be distributed shortly to all students.

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

Thursday, March 5 th , 2015	Boy Scout Troop Night, from 6:30PM to 7:30PM
Friday – Saturday, March 6 th – 7 th , 2015	Region 9 Championship, from 5:00PM to 10:00PM and from 8:00AM to 5:00PM, XL Center, Harford, CT
Saturday, March 7 th , 2015	Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD; Guest Instructor: Master Scott C. Homsheck of River Valley Tang Soo Do in Ambridge, PA; Special Seminars in the Afternoon: Advanced One Steps from 2:00PM to 3:00PM and Flexibles Weapons from 3:15PM to 4:45PM
Wednesday, March 11 th , 2015	Parent-Child Class Night in all regularly scheduled classes
Sunday, March 15 th , 2015	Girl Scout Troop Night, from 6:00PM to 7:30PM
Wednesday, March 26 th , 2015	No Classes. 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) Seminar: Tiny Tigers & Little Dragons, from 5:30PM to 6:30PM Youth & Adults, from 6:30PM to 8:00PM
Saturday, April 11 th , 2015	Region 22 Championship, from 9:00AM to 5:00PM, @ Community College of Beaver County, Monaca, PA

Friday – Sunday,
April 17th – 19th, 2015

Region 5 Championship, from 5:00PM to 10:00PM and
from 8:00AM to 5:00PM, Southwestern Classical
Academy, Flint, Michigan

Saturday, April 25th, 2015

Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to
4:00PM @ Twin Valley Middle School, Elverson, PA

Thursday, April 30th, 2015

No Classes. Tentative Color Belt Test (Gup Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM

Friday, May 22nd, 2015

No Classes. Tentative Color Belt Test (Gup Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM

Friday – Sunday,
May 29th – 31st, 2015

Region 8 Youth Black Belt (Dan) Camp 1, Camp Green
Lane, Green Lane, PA

Friday – Sunday,
June 5th – June 7th, 2015

Region 8 Youth Black Belt (Dan) Camp 2, Camp Green
Lane, Green Lane, PA

Friday – Sunday,
June 12th – 14th, 2015

Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown
College, Elizabethtown, PA

Friday – Sunday,
June 19th – 21st, 2015

Region 22 Adult Black Belt (Dan) Clinic, University of
Pittsburgh-Johnstown, Johnstown, PA

New Students

Khaleem Nelson

Tuncay Ilbak

We would also like to welcome back Mikayla Davish, Stephen Davish, and Michele Glover, all of whom have returned this month after some time away.

Recent Promotions

Ashon Foster – Green Belt with Stripe (Oh Gup)
Gabriel Vallejo – Orange Belt (Pal Gup)
Alonzo Jackson – Dragon Red Belt
Bradley Mitchell – Dragon Red Belt
Akari Shinozaki – Dragon Brown Belt

Alison Steinmetz – Dragon Orange Belt
Christopher Monroe – Dragon Orange Belt
Kamryn Baptiste – Tiger Orange Belt
Xela Jackson – Tiger Orange Belt
Joseph Neiss – Tiger Orange Belt

February Birthdays

Cynthia Rivera – 13th
Christine Havens – 19th

Feature Article

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they would be asked the “Half Empty or Half Full” question. Instead, with a smile on her face, she inquired, “How heavy is this glass of water?” The answers called out by the students ranged from 8 ounces to 20 ounces.

She replied, “The absolute weight does not matter. It depends on how long I hold it. If I hold it for a minute, it is not really a problem. If I hold it for an hour, I will have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn’t change, but the longer that I hold it, the heavier that it becomes.”

She continued, “The stresses and worries in life are like that glass of water. If you think about them for a short while, then nothing happens. If you think about them a bit longer, then they begin to hurt. If you think about them all day long, then you will begin to feel incapacitated and incapable of doing anything. Remember to put the glass down!”

Thoughts for the Month

“The difference between a dream and a goal is a deadline.” — Napoleon Hill, an American author in the area of the new thought movement who was one of the earliest producers of the modern genre of personal-success literature.

“Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong.” — Mandy Hale, American blogger, New York Times best-selling author, and speaker, known around the world as “The Single Woman”.

Photos

Color Belt Test (Gup Shim Sa) – Friday, January 23rd, 2015

