

TANG SOO TIMES

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JANUARY 2000

PALCHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

- Jan 1 - No classes. New Year's Day.
- Jan 10 - Gup test at Dojang. No adult class.
- Jan 16 - Winter Championships at Valley Forge. No classes.
- Jan 31 - Bring a Friend to class night.
- Feb 7 - Gup test at Dojang. No adult class.
- Feb 10 - Kick-a-thon for Amy Willard Scholarship fund.
- Feb 14 - Black Belt Pretest. No adult class.

MONDAY NIGHT ADULT CLASS SCHEDULE

- Jan 3 - Regular adult class.
- Jan 10 - Gup test at Dojang. No adult class.
- Jan 17 - Black Belt class. Red belts and higher.
- Jan 24 - Sparring Class. All ranks welcome.
- Jan 31 - Bring a Friend to class.

MASTER'S CORNER

Another New Year! Here are some statistics to show you the state of the school. We started 1999 with 50 students. We registered 42 new students, and 2 students transferred to us from another WTSDA dojang. We ended 1999 with 57 students. We had 1 person promoted to Sam Dan, 2 were promoted to E Dan, and 3 new Cho Dan. Our Dojang now consists of 1 Sam Dan, 5 E Dan, 11 Cho Dan, 3 Cho Dan Bo, 4 red, 5 brown, 6 green, 11 orange, and 7 white belts. We also have 4 students in the Tiger Cubs program.

As you can see from these statistics, the drop out rate is extremely high. People come to the martial arts knowing only what they see on TV/movies and do not realize all the hard work that is involved. People get bored doing the same 'stuff' over and over, their interests change, they can't find the time, they don't have the money....the list goes on and on - limited only by the imagination of the student. It all boils down to one word - DISCIPLINE - some have it, most do not. There is more to karate than just kicking and punching. Tang Soo Do is a way of life.

I hope all had a happy, healthy, holiday season and wish you the best that 2000 can offer. Make a resolution for the new year to learn more about the martial arts by reading at least one "good" book that is considered a classic. Make a resolution that when you come to class you will work harder than ever. Forget

about counting hours for your eligibility to test. Train for yourself - not for rank.

NEW STUDENTS

We would like to welcome the following new students to our Dojang and to the worldwide family of Tang Soo Do:

NICK COLELLO RICHARD ANGHEL BOB DRUMMOND

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.

STUDENTS OF THE YEAR

The following students were selected as Students of the year for 1999.

YOUTH

MATT BYRNE

ADULT

KAREN ANDERSON
PHIL POLLOCK

This is the first time we have ever had a tie for student of the year.

UPCOMING EVENTS

On Monday January 31, the adult class will be "Bring a friend to class night." You can bring someone who is interested in the martial arts. Class will be very informal that night and your guest can wear a "T" shirt and sweats. We will attempt to teach the same material we teach at an introductory class. That is: low block, high block, front kick, and rudimentary self-defense.

On Thursday February 10 we will have our annual fund-raiser for charity. Last year we raised several thousand dollars for St. Jude Children's Hospital. This year the charity will be a local one - the Amy Willard Scholarship Fund. You may remember Amy was attacked and killed several years ago along the Blue Route. Students will get pledges for the number of kicks they can do in one minute, we will count the kicks, and then the student will collect the pledge money.

SUBMITTED ARTICLE

Karen Anderson submitted the following article. She didn't give it a title, so let's just call it, "Muk Yum."

Imagine yourself in a dark room with a picture on the wall. Now imagine that you light a candle in order to see the picture. If the room is drafty you will find that the light of the candle will flicker and you will be unable to see the picture. In muk yum your mind is the candle and karate is the picture. The draft

is all the distracting thoughts that are preventing you from being able to see. Sometimes we are thinking about how much homework we have or the fight we had with our parents or the bills we have to pay that week. We may even be thinking about how painful our muscles are or how tired we are. All of these thoughts are preventing us from learning the "way". If our minds are unsteady or distracted, we cannot truly absorb what is being taught. Muk Yum is a time for us to steady our minds and prepare to take in the knowledge of the class. Similarly, class should be free of distractions.

Try to block out the world outside for just the hour and a half we are in class. The state of concentration that we are in during muk yum should last the entire class, not just the few minutes we are seated on the floor. When you are in class think only about karate, talk only about karate. Save all of your other thoughts for after class. The Buddhists believe that the path to enlightenment is the direct result of meditation and wisdom. That is also the path to becoming a martial artist. Proper focus and knowledge of techniques is the goal of a true warrior. In Tang Soo Do, we can't have one without the other.

FEATURE ARTICLE

This month's feature article was written by Sam Dan Joe Centrone and is entitled, "A View From The Sideline."

One night last month while attending a class I could not take part in due to being "dizzy", I had a chance to view class from a different perspective. Although my vision at times was distorted and shaky, I began to look past the sight of the ten students training and into the reflection of the class in the windows facing the street. I began to ask myself what people on the other side see when they look through the windows?

What others see, if they even take notice, are people ranging from old to young, big to small, black belt to white, kicking, punching, and blocking, over and over. They will see some kicking high while others are kicking low, some fast, others slow. Then the light changes and they are gone, driving away with their own pre-conceived notions of karate. If they had one time or another trained in another style or school, they might even compare what we do to their own experience.

What they can't see or feel is the *spirit* of the class. They may see the windows fogged up and say, "wow, they must really be working hard in there, or they may see students standing around, listening to a description of how and why we execute certain techniques in our hyung. Some students believe that the spirit of a class is measured by how much they sweat, or how the windows look. This couldn't be further from the truth. *Spirit* is not only measured by the physical, but also by the mental and spiritual. It's not what you get out of the class but by more of what you take out. There is a difference between get out and take out. As students we should enter each class with an empty cup always eager to learn and leave class with a full cup. A cup filled not only with drops of perspiration from the physical, but also the fluids from the mental and spiritual aspects of our training that comprise the *essence of Tang Soo Do*. As teachers, we aim to give

each student the guidance needed to add something to their cup. Whether it is something we show them or something discovered through self-examination.

Having trained at our school for nearly ten years I have experienced every type of class imaginable. I've left the dojang both soaked with perspiration from a night high in pace and repetitiveness and dry as a bone from sitting the entire class in master Raver's office discussing philosophy, not just martial arts, but life. (as if there's a difference). Leaving class each night with something in my cup. Sometimes a drop from having noticed just one thing differently, other nights with my cup overflowing from not grasping everything I was taught. But always with something.

As I said earlier, the one thing people can not see is the *spirit* of the class. What I missed sitting on the side that night watching, was only the physical aspect of our training. But what I saw and felt was the mental and spiritual aspects of class that you can only experience by being there. If you are not training in a classroom atmosphere, that is, with a teacher guiding you, and the shared energy of other students, you are depriving yourself of two thirds of the ingredients needed to become a complete martial artist.

THOUGHT FOR THE MONTH

DON'T LOOK BACK. SOMEONE MAY BE GAINING ON YOU.

SATCHELL PAGE

2000 UPCOMING EVENTS

- Jan 10 - Gup test at Dojang. No adult class.
Jan 16 - Winter Championships. No classes.
- Feb 7 - Gup Test at Dojang. No adult class.
- Mar 4 - Red Rose Tournament. No classes.
Mar 6 - Gup Test at Dojang. No adult class.
Mar 18 - Central Penn Championships.
- Apr 17 - Gup Test at Dojang. No adult class.
Apr 29 - Black Belt test. No classes.
- May 8 - Gup Test at Dojang. No adult class.
- Jun 12 - Gup Test at Dojang. No adult class.
Jun 16 to 18 - Youth Dan Clinic
- Jul 7 to 9 - Adult Dan Clinic
Jul 17 - Gup Test at Dojang. No adult class.
- Aug 11 to 13 - World Championships. Anaheim, CA.
Aug 14 - Gup Test at Dojang. No adult class.
- Sep 9 - Black Belt test. No classes.
Sep 18 - Gup Test at Dojang. No adult class.
- Oct 21 to 22 - Region 8 Championships. No classes.
Oct 23 - Gup Test at Dojang. No adult class.
- Nov 20 - Gup Test at Dojang. No adult class.
- Dec 18 - Gup Test at Dojang. No adult class.

