

TANG SOO TIMES

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JANUARY 2001

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Jan 1 - New Years day. No classes.
Jan 14 - Winter Championships at Valley Forge
Jan 29 - Gup test at dojang. No adult class.
Feb 26 - Gup test at dojang. No adult class.
Mar 12 - Black Belt pretest. No adult class.

MONDAY NIGHT ADULT CLASS SCHEDULE

Jan 1 - New Years. No classes.
Jan 8 - Regular adult class.
Jan 15 - Regular adult class.
Jan 22 - Black Belt class. Red belts and higher.
Jan 29 - Gup test at dojang. No adult class

MASTER'S CORNER

Another New Year! Here are some statistics to show you the state of the school. We started 2000 with 57 students. We registered 46 new students, 1 student returned, and 1 student transferred to us from another WTSDA dojang. We ended 2000 with 54 students. We had 2 students promoted to E Dan and 3 new Cho Dan. Our Dojang now consists of the following with a comparison to December 31, 1999:

	<u>12/31/00</u>	<u>12/31/99</u>
Sam Dan	2	1
E Dan	7	5
Cho Dan	4	11
Cho Dan Bo	3	3
red	5	4
brown	6	5
green	4	6
orange	12	11
white	4	7
tiger cubs	7	4
	<u>54</u>	<u>57</u>

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 2001 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:

DANNY McGUORIK

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.

HOLIDAY SPIRIT

On Saturday December 23rd, many students and parents were at the dojang to fix sandwiches for the homeless. We prepared over 300 sandwiches and delivered them to the hospice in Philadelphia. Thanks to all who participated and thanks to all the local merchants who contributed foodstuffs.

FEATURE ARTICLE

I'm having a difficult time coming up with a subject for this month's newsletter.

December classes (especially at the tail end of the month) are poorly attended. What our classes have been concentrating on is self-defense. After watching the self-defense portion at the most recent gup promotion test, I was surprised at the amount of physical strength being used to escape from simple wrist grabs. By viewing this, I realized students did not have the basic understanding of the manipulations required to "break free" from a stronger person's grip.

I've mentioned many times that in a self-defense situation, the predator is most always stronger (or thinks he is) than the prey. So, with that being the case, you cannot expect to out-muscle a stronger person. You must use your intelligence to place yourself in a position of strength and the attacker in a position of weakness. We will continue to work on this until I am satisfied that all understand the principles involved in what appears to be almost magical escapes.

On another subject. Always make an effort to leave each and every class with something new. Sure, you may have done the techniques a thousand times - but try to pick up some special nuance that you never noticed before - whether it is in a hyung,

one-step, or self-defense movement. It takes a lifetime to perfect your techniques, don't ever "just be satisfied." There is always some slight little way you can improve yourself.

THOUGHT FOR THE MONTH

IT IS BETTER TO DO IT RIGHT, THAN TO WIN!