

TANG SOO TIMES

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JAN 2009

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Fri.	JAN	30 TH	Gup Test
Thur.	FEB	5 th	Tiny Tiger Promotions
Fri.	FEB	20 TH	CDB Test / and Black Belt Pre-test
Fri.	MAR	6 TH	Gup Test

Master's Corner

Returning to the place where it all started, we held our 2009 Holiday Party in the Dojang on Friday January 9th, the exact same place where the very first party was held in 1990. To some it may have seemed like a step back, but to me it was a return to our roots. Back then to Dojang looked much different that it does today consisting of what are now the training floor area and an office. It was crowded and we had fun. And although the school was in its infancy stage, you could see how the school grew in only it's first year. The foundation for the family oriented school that Masters Raver and DiMarco wanted to create was evident at that first party with many multi-member families, singles, and supportive parents. It was a school where everyone knew your name. In 19 years, many things have changed, the original Instructors are gone, over 800 students have come and gone. The Dojang has grown, both in student base and appearance. Family names have changed, students who once trained as teenagers are now seen bringing their children in for visits. But one thing has never changed; the "magic" that originates from this tiny school Chester Pike.

I once read that a dojang is much more than the bricks, wood, and mortar that make up the building, "the Dojang is the four walls that surround your heart". This may be true. Within the four walls of Pal Che, people from various walks of life, who might have never met otherwise, have forged lifelong friendships, commitments, and even a few marriages. In an era where the deterioration of "family values" is running rampant, children can suit up and train alongside their parents and grandparents in an effort to reach a common goal.

Pal Che is a place where individuals, be it in search of self-renewal, self-confidence, or self-discovery, can all meet on the same floor. It has been a place where some have come to overcome the pain felt in the loss of a loved one, the trials divorce, or to help in battling the demons of addiction. On the floor of our school, I have watched boys grow into men and little princesses blossom into young ladies. Grown women accomplish physical feats they never believed they had, and macho men cringe with fear when asked to share their thoughts. For each person who signs up there is a different reason to start, but after some time, if the student is open to the lesson, they discover a more substantial reason to stay.

As he pulled up to the light at Glenolden Avenue and Chester Pike on the night of the party, one of our students mentioned how he could see into the windows of the school, kids dancing and laughing, everyone having a great time. Knowing the people in attendance, he could see the joy in the moment. Having been a student for two years he understands where the "spirit" of the school comes from. You see, the quote I mentioned earlier has it wrong. It is not the four walls that surround the heart; it is the hearts that pump within the four walls. The strong foundation first laid in 1990 has enabled us to build a school where everyone is welcome to come in and develop themselves in a friendly family atmosphere. We may not be the prettiest school, but true beauty comes from the inside.

2008 Award Winners

I would like to congratulate our 2008 award winners. As always, all of our students have worked extremely hard throughout the year and are very deserving of Student of the Year, but there can only be one from each class. Here are the students who have set themselves apart from the crowd in 2008.

Student of the Year:	Donald Roguszewski	Adult
	Eddie Pearce	Youth
Most Improved:	Ellie Francis	Adult
	Parker Tanquino	Youth Beginner
	Janobia Height	Youth Advanced
Pal Che Spirit:	Alyssa Leaver	
Pal Che Rising Star:	Matt McCarthy	
Family of the Year:	Lyons / Height Family	
Leadership Award:	Scott Mueller	
	John Alesi	
	Scott Medendorp	
	Jillian DiLucido	
	Ashley Moll	
Scholar Award:	Anthony DiLucido	
Attendance Awards:	Tracey Donnelly	Karim Moukrem

January Birthdays

Jillian DiLucido	5 th
Scott Mueller	6 th
Scott Duffy	19 th
Gianna Lewis	19 th

NEW STUDENT

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

Pavel Bashkirtsev

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.

Master's Corner (Master Raver December 91')

We will begin a several part series on the Fourteen Attitude Requirments necessary to master Tang Soo Do. These are quite properly listed in the WTSDA manual, and at some point in your testing for promotion, you will be required to memorize and repeat them to us. We will attempt to delve deeper into what each is saying, and we will not necessarily cover them in the order in which they are presented in the Manual.

Specifically, in this issue, we will discuss the following:

1. Serious approach.
2. All out effort.
3. Do not be overly ambitious.
4. Frequently inspect your own achievements.
5. When you begin to feel idle, try to overcome this.

As an instructor, I find it very disheartening to come to class and watch students who prior to the class do not practice whatever new technique or form they have recently learned. This is an opportunity for them to observe themselves in the mirror and make corrections that they themselves can see. Instead I see them gathering in small groups, laughing and chatting about whatever. Tang Soo Do should be fun. You should enjoy coming to class. However, the socializing should be done after class or before you enter the dojang. When you enter the dojang, you enter another world; a world where the mind and body function as one. This is no place for joking. A dojang is a microcosm of life - it is a place where you confront and deal with your fears. As the sign above our dojang door reads, "The dojang is the place where the human spirit is polished."

At the recent tournament, our students had a chance to witness the creativity division which was won by Shin Karate. The crispness of techniques and almost flawless execution evidenced by these young people demonstrate how a Black Belt should perform. They did not develop into this level of perfection by "just going through the moves" in line drills, warmups, forms and one steps. Instead, each move is done to be better than the previous, but not as good as the next time you do it. The values learned in performing this way is not just for Tang Soo Do, but flows into all aspects of your life. The training will cause this to happen without any conscious effort on your part.

How many more classes do I need before I can test? Will I be able to test in the next cycle? When will I get my stripe on my white/orange belt? The rush for promotion. As in all of nature, there is a time for all things - when your time comes, it comes. Tang Soo Do is a lifelong pursuit of perfection. The goal is elusive, but that is not important, the Way is important. You've all heard the parable about keeping both eyes on the Way. I watch students learning forms above their rank, one steps above their rank, and techniques above their rank. This does not happen to just gups, but also to Black Belts as well.

A student who begins to learn new techniques after a recent promotion sometimes has difficulty performing them. For instance, the new orange belt learning the spinning wheel or spinning crescent kick. I see looks of disgust, I hear mumbling about their inability to perform these techniques. After all, they are orange belts and have been training for about 4 months, there should be no reason they can't do these techniques flawlessly immediately. They get disgusted, that famous four letter word, "CAN'T" appears. Just ponder where you were several months ago. Visually inspect your progress in your mind's eye. You flexibility, stamina, strength - all have improved. Kicks, punches, defenses you couldn't perform, you now do relatively well. When I was an orange belt and learning the spinning wheel kick, I fell one time real hard. My instructor walked over, looked down at me and said, "Mr. Raver, by the time you've fallen 100 times while practicing this kick, you will have learned how to do it." That one sentence has stuck with me through all my training.

Coming to class day after day, week after week, does cause you to want to just take some time off. No one can stay 'peaked' forever. It does take its toll on you. What's one night? However, habits can be easily formed. Make that extra effort and come to class anyway. Boredom is very prevalent among students.

Understand, Instructors and Masters, both past and present, have been where you now stand. They realize the pitfalls that present themselves to students. Why else would they have developed these fourteen attitude requirements necessary to master Tang Soo Do? You must be ever aware that to progress towards whatever goal you have set in Tang Soo Do or in life, these adversaries must be overcome. Only then can you achieve your goal.

