

Pal Che Tang Soo Do Times



Pal Che Tang Soo Do
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Certified Studio Number 330
World Tang Soo Do Association



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Quick Notes

After almost two years of hibernation, the Studio Newsletter, the Pal Che Tang Soo Do Times, has returned. Each issue will feature: the Instructor's Angle, the Master's Corner, and a Feature Article. Students are welcome and encouraged to submit articles for Newsletter at any time!

All Member Solutions Forms are due in the office **no later than Friday, July 29th, 2011**. If you have not received a form, stop by the office and pick one up.

T-Shirt Order Forms are available now, and all orders must be submitted by Thursday, July 21st.

Calendar of Events

Monday, July 4 th , 2011	Studio Closed for Independence Day Holiday.
Monday, July 11 th , 2011	Color Belt (Gup) Class, 6:00PM – 7:00PM. Black Belt (Dan) Class & Meeting, 7:15PM – 9:00PM.
Friday, July 15 th , 2011	Special Study & Practice Session #2, 6:00PM to 7:30PM.
Friday, July 29 th , 2011	Black Belt (Dan) Pretest #1, 7:00PM. Testing Packets due.
Tuesday, August 2 nd , 2011	Color Belt (Gup) Class, 6:00PM – 7:00PM. Black Belt (Dan) Class & Meeting, 7:15PM – 9:00PM.
Saturday, August 6 th , 2011	Judging Clinic, 12:00PM – 3:00PM, Vaughn's Dojang, Audubon, PA
Thursday, August 18 th , 2011	Special Study & Practice Session #3, 5:30PM – 7:00PM.
Thursday, August 25 th , 2011	Color Belt (Gup) Test, 6:00PM. Black Belt (Dan) Pretest #2, 7:00PM.
Tuesday, September, 6 th , 2011	Special Study & Practice Session #4, 5:30PM – 7:00PM.
Wednesday, September 7 th , 2011	Terminology Study Class, 6:00PM – 7:00PM. Black Belt (Dan) Class & Meeting, 7:15PM – 9:00PM.
Saturday, September 10 th , 2011	Black Belt (Dan) Test, 8:30AM, Twin Valley Middle School, in Elverson, PA.

Instructor's Angle

By: Mr. Nicholas D'Amato

This is an introduction letter by our new Instructor (Sah Bum Nim), Mr. Nicholas D'Amato, giving an update on the status of the school and explaining some of the changes that are being implemented around the Studio (Dojang).

“Change is inevitable.” “Change is the only constant.” We have all heard these phrases before. As life goes on, things change. Sometimes change is good, and sometimes it is not. Either way, change is certainly difficult. I think that the Pal Che Tang Soo Do Family is at a point where we can definitely change for the better. In this and subsequent issues, I want to update everyone on the changes that will be taking place here at Pal Che.

I want to begin by saying that I am honored that people have put their trust in me. I always expected to have a Studio (Dojang) one day, but I never imagined that my dream would come true so soon. I am truly grateful for all the support that I have received over the past two months while the transition has been taking place. I want to thank my family for always supporting me in everything that I do, no matter how crazy or impossible it seemed. I thank my friends, both in and out of karate, for encouraging me that, at my young age, I can handle the task set before me. I also especially thank my students and their families for making the transition go smoothly and continuing to support the school as they always have. Without the dedication and commitment from the students and teachers of Pal Che Tang Soo Do, the school would not exist as a great place to train.

Now, for those who don't already know, I want to give a brief introduction of myself and timeline of my training. I started training at Pal Che Tang Soo Do on November 14th, 1996 when I was seven-years-old. Master Ronald Raver was my first Instructor (Sah Bum Nim). The school had just undergone a split, and there were very few students left at our location on Chester Pike. I became one of the first students to sign up for the Children's Class, and there were only a handful youth students at that time. Eventually the school grew and there were many students and several Black Belt teachers including Master Centrone. I saw many students and teachers come and go. I would make friends, and then they would quit karate. At the rank of Red Belt with a Stripe (1st Gup), I became uninterested, and I no longer wanted to train in Tang Soo Do. For four years, one month, and ten days, I remained at one rank, training consistently lazy every week, afraid to tell my family that I wanted to quit. Eventually, as time went on, Master Centrone became the owner, and I began to get re-inspired in my training. Mr. George Celona invited me to join the White Tigers Demo Team, and then I tested for my Blue Belt also on November 14th, 2003 (the same day that I had started karate seven years earlier). In September 2004, I tested for my First Degree Black Belt (Cho Dan), and I became a Certified Instructor in 2005 and a Corner Judge in 2006. Then in April 2008, I tested for my Second Degree Black Belt (E Dan). During this time, I began to assist with the day-to-day operations of the Studio (Dojang). I represented Pal Che Tang Soo Do at three World Championships (2006, 2008, 2010), and at the Black Belt Clinic in June 2009, I became an International Judge for tournaments. Most recently, in April 2011, I tested for my Third Degree Black Belt (Sam Dan). As of June 1st, 2011, I have become the President and Chief Instructor of Pal Che Tang Soo Do, Inc. Outside of Tang Soo Do, I am a graduate of Saint George Parish School in Glenolden,

Monsignor Bonner High School in Drexel Hill, and a recent alumnus of Villanova University with a degree in Political Science and History. When I am not practicing Tang Soo Do, I enjoy politics, history, learning about other languages and cultures, travelling, and reading.

I want to thank Master Centrone for his many (20+) years of dedication to Pal Che Tang Soo Do, the World Tang Soo Do Association, and to the martial art of Tang Soo Do in general. We have learned a lot from him about karate, about ourselves, and about life. Perhaps in the future we will see him again for a class or a test, but after many years of being torn between home, family, work, health, and karate, I hope that he finds some time for himself. He has been a great mentor to me, and I wish him well in all of his future endeavors.

“Pal Che” literally means “Best Selection” as we know from our studying of the Bassai Form. Since our school is “the best”, not just in name, but in action, we all must make sure that it remains as such. There are two important things that must be addressed.

First, in order for the school to survive, the tuition rates need to be standardized and increased. If the school cannot meet its bills, then no one benefits. The plan that I have set up puts the school on a sound financial footing. With dwindling enrollment in recent months and increasing expenses each month, I can tell you that it was absolutely necessary. I realize, that during a time of economic recession, it is difficult for everyone, but this school means a great deal to each of us, and in the end, I know that everyone will see that it was well worth the extra expense each month. Despite what seems like a big increase, the rates are still one of the lowest in the area, and the high quality of instruction will remain the same. We will make a great effort to recruit new students, and I assure you that I am being extremely diligent that the school is not wasting any money on unnecessary things.

Second, every student must to be willing to help out however possible. The majority of the students at the Studio (Dojang) are Black Belts (Dan), and as Black Belts Holders (Yu Dan Ja), everyone has a responsibility to assist around the Studio (Dojang). Helping can be done in a variety of ways. A student can commit to help teach a class each week or judge at a test, or someone can help by making sure that the refrigerator is stocked with water bottles or that the trash is simply taken out after class each night. Part of being a Black Belt (Dan) is contribution. While I do appreciate everything that everyone is doing already, I ask everyone to evaluate whether they can assist in any additional ways to improve things at, for what some of us feels like, our second home. What changes can you yourself make to help our around the school? If you would like to initiate something, come speak to me and we can make a plan for it.

As with all worthwhile things, I cannot promise that the changes will always be easy, and I can almost guarantee that there will be some roadblocks ahead for Pal Che, but I do promise that I will pour every ounce of effort into making this school a continued success. I am fully committed to helping all the students achieve their goals. I have a great vision for our Studio (Dojang), and I intend to see it through while keeping you all informed about what is happening. In the short time that I have been the Chief Instructor of Pal Che Tang Soo Do, the school has experienced some great positive changes. Here is a list of accomplishments from just the past four weeks:

- Pal Che Tang Soo Do, Inc. has rejoined Member Solutions as the Billing Agency providing Customer Service for all Student Accounts, which will assist in organizing the finances of the Studio;
- The schedule has been changed to added classes on another weekday (Wednesday);
- The Studio (Dojang) has reestablished a Demo Team, led by Mr. Jon Blessington, Mr. Conner McCollough, and Mr. Anthony DiLucido, which will jointly compete with Fall with Impact Martial Arts of Perryville, Maryland, headed by Mr. George Celona and Ms. Angel Celona, both of whom are former students and members of the extended Pal Che Family;
- We have reinstated the monthly Black Belt (Dan) Classes and Instructors Meeting;
- A Cleaning Team has been created, which will assist in cleaning the Studio (Dojang);
- Some of the Black Belts are forming a Study Group which will begin holding monthly classes to go over Terminology, History, Philosophy, Forms (Hyung) Information, and the Belt (Dee) System;
- The school hosted out first monthly Guest Instructor, Master Vincent Melchiorre;
- The first Special Study and Practice Session for Black Belt (Dan) Testing Candidates was held;
- The monthly Newsletter the “Pal Che Tang Soo Do Times” has been restarted;
- Students participated in an Advertising Campaign Day where we distributed Flyers at local stores;

I thank you all for your continued support, and I look forward to the great things that we will accomplish in the coming months and years. As always, my office door is always open. If anyone has a problem, issue, or concern, please feel free to come in and talk with me. If there are any questions, I will do my best to answer them as quickly and thoroughly as possible. Thank You and Tang Soo!

Master’s Corner

By: Master Joseph Centrone

This article was written by Master Joseph Centrone in July 2006 just after he tested for his Master’s Rank but before his received his Master’s Belt. It is entitled: “In Discipline Lies Freedom”.

For some reason these words do not sound as if they should share the same quote. But if you think on it for a moment it makes sense. What is Freedom? Although we live in a free society, we are constrained by many things, the list is endless. But worst of all we are confined most by our own shortcomings. Day in and day out we let ourselves down; we fail to meet the expectations that we create in our mind of how we should be, and what we should do. No one is perfect, and no one can be on top of things all the time, however, we can continue to improve on the things that will make us better, at least to ourselves.

How often have you gone through the entire day and at the end feel as if you accomplished nothing? When was the last time you made a New Year Resolution and actually

kept it? What are your goals in Tang Soo Do, school, your career, life? In the past when you have failed or succeeded in meeting your objective, what was the main reason?

The answer is simple. Discipline. When you had to pass a test, you used discipline to help you study. When you wanted to drop some weight to fit into a dress, or look better in a suit, you used discipline to help you meet your ideal weight. The list goes on and on. Discipline, is the mental attitude that allows you the freedom to make the right choices at the right time. Although some people are stronger willed than others, I don't believe it is an attribute you are born with. It is cultivated through hard work and a dogged determination to improve. It is built night after night in class banging out line drills and forms, over and over. It, along with honor, are what set Martial Artists apart from the rest of society, and within the Martial Arts, separates the true practitioners from the "Snicker Bar" Black Belts.

Discipline allows you the Freedom, to plan out your day, to organize your thoughts and dreams, and then act on them. It frees you to take off from a workout on Friday and enjoy a night with your friends because you went to class earlier in the week as planned. Discipline, wakes you up early in the morning for a workout, so you can free up your day for any unforeseen problem that may interrupt your plans for later. Discipline, sits you down at your computer to do a report weeks before it is due. Discipline, is the thing that drives you to class on nights when you don't "feel" like going. Discipline, is the self-chosen path that keeps loyal to Tang Soo Do and frees you from being tempted to join the next latest and greatest martial art that buys space in Black Belt Magazine. Your goal now should be to not become a prisoner of your old self but try and become more disciplined with your daily life and enjoy the freedoms that will come from it.

Feature Article

By: Mr. Jon Blessington

This article was submitted by Mr. Jon Blessington. I urge all students to think about how they can apply this to their own training. The title of the article is: "Go Far".

"You are going too fast.", "Not everyone is in their teens (twenties, thirties, forties...)", "You take this too seriously.", "I have a life.", "Why do we need to keep working out?", "You should really tone down your workouts."

These are a handful of inspirational quotes I have heard while training in Tang Soo Do over the years. I find these inspirational since it lets me know that I will forever be in a different league than most people. This league is exclusive. Only those who wish to improve themselves and display a hard work ethic may apply. While it is open to all, very few desire admittance. So when it comes to answering these motivational people, I respond in silence. My actions will always speak more loudly than any word.

Each profession or passion will have similar motivators who wonder, "Why does the wrestler have to train so hard?", "Why does the mechanic work extra hours in the garage?", "Why does the teacher spend so much time on a lesson plan?". In the words of a fellow martial artist, "They just don't get it." If we settled for mediocrity, we would never go to the moon

much less have our Plasma TV. (I love both of these by the way.)

Despite my hard training, I may never actually have to punch someone to defend myself, or throw an attacker to evade a mugging. When we achieve a certain level of discipline, we acquire abilities to avoid such incidents all together. I know to avoid going down dark alleys. If during a lapse of judgment, I am able to find myself to be aware of my surroundings and any escapes. Knowing myself is just one of the benefits of pushing my limits. The other is the realization of that I am capable of going beyond my abilities. This is something those who complain about being delicate or too old will never appreciate. We all have imperfections, and I am far from being the peak of human perfection, however, the most talented stars usually share the majority of imperfections. What if Bruce Lee could not train because he was too nearsighted and had a shorter right leg? Would we know Bill “Superfoot” Wallace if he quit kickboxing due to his blown out knee? We may never know where our paths will take us if we do not open the door to our potentials and ignore the stop signs others try to place in our way.

At the recent Black Belt Clinic, I noticed a familiar trend. Too many Dan and Cho Dan Bo students did not know their Forms OR One Steps. As GrandMaster Shin mentioned, there is no excuse for these faults as they are solely due to the students’ lack of preparation. There is no reason every Cho Dan Bo and Dan would not know all thirty One Steps. There is no reason every Cho Dan Bo and Dan would not know the required Forms. Yet as I live and breathe, these people exist. During the famous “Hour Hyung”, we were given the opportunity to challenge ourselves with GrandMaster Shin beating the drum for each movement. This is our chance to shine in front of our GrandMaster. With each beat, I dipped into the reservoir of power until it was empty. I then went on fighting with the intent of making each Hyung better than the previous. My heart would break each time I would notice a fellow student “walking” through the Hyung like it was a nuisance. If I were a better student, I would not even notice them. (That is my goal next year though.) I take solace in the realization that every time I perform a Hyung, I am making myself THAT much BETTER than these people. Every time I push myself to train, I am making myself BETTER than these people. I do not look at myself as exceptional. I train more like the rule: “Remember that tomorrow’s battle is won through today’s training.”

I need to make it clear that pushing yourself does not mean being capable of throwing 100 Front, Side, or RoundHouse Kicks in perfect succession. I have seen many talented brothers and sisters needing to bow out of drills due to exhaustion. There is no shame in recovering if we push ourselves to the limit. The goal is to go farther next time. We all fall down. The key is getting back up. I am not the type to walk down the street in a martial arts T-shirt, talking about upcoming tournaments. (Although there’s nothing wrong with that, it’s just not my thing.) I prefer to train hard and leave everything on the floor. This means that I come to train and nothing else. I have made friends while training in the martial arts. However this is due to a shared love and passion of the martial arts. I certainly do not go to class to socialize. There is a Barnaby’s of America not far from Pal Che if I was so inclined. I come only to push my limits and polish my spirit. This concept seems simple enough, and it is. Sadly, most things in life are simple...just not easy. Simple things are rarely EASY. At the end of the day, we need to just shut up and train.

A martial arts school is no place for gossip. It is strengthened by the sweat and blood of its

students. If a person wishes for days of wine and roses, then that is their path. This is NOT the way of the warrior. The way is wrought with struggles and hardships, each one refining the steel the warrior is cut from. Come to train and work hard. Look to your fellow students and instructors for guidance and strength. Yet in the end, only the trials we set before ourselves will define us.

Thought for the Month

“The true value of Tang Soo Do is not the Belt (Dee) you wear, but the changes that have occurred within you in your quest for them.” – GrandMaster Jae Chul Shin