

TANG SOO TIMES

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JUNE 1999

P A L C H E T A N G S O O D O

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Jun 18-20 - Region 8 Youth Dan Clinic.
Jun 25-27 - Region 8 Adult Dan Clinic. No class.
Jun 28 - Gup test at Dojang. No adult class.
Jul 26 - Black Belt pretest at Dojang. No adult class.

MONDAY NIGHT CLASS SCHEDULE

Jun 7 - Advanced class - red, blue, and Black only.
Jun 14 - Hyung class. All ages and ranks allowed.
Jun 21 - Cardio class. Pre-registration a must.
Jun 28 - Gup test at Dojang. No adult class.

MASTER'S CORNER

I recently returned from the 10th annual Masters' clinic held in Florence, Alabama. Our Association is expanding rapidly. When I tested for Master there were only 37 Masters in the WTSDA. At this most recent test cycle there were 27 candidates for Master rank. In addition, 3 tested for 6th Dan and 4 tested for 5th Dan.

As they introduced the candidates for 4th Dan, several had been training for well over 25 years. You can deduce from this that the road to mastery is not a short path. This is evidenced by the sign that hangs over the portal to the Dojang floor, "Mastery is not something that strikes in an instant, like a thunderbolt, but a gathering power that moves through time, like weather."

From the above paragraph you can see that Tang Soo Do training is not something that you do for a year or two or even three, but rather a lifelong pursuit towards perfection. So, do not be discouraged if you are not selected to test for your next rank at a given cycle. The Master's test is given only once per year, and I know several people who failed that test at least 4 times before finally being successful. Do not train for rank, train for self-improvement - rank will come.

NEW STUDENTS

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

CODY KUNZE
STEVEN OTT

AMY DIEHL
HARRISON VARNER

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.

DAN PROMOTIONS

We are pleased and proud to announce the results of the April 1999 cycle Dan test.

<u>NAME</u>	<u>DAN NO.</u>	<u>RANK</u>
Joe Centrone	25080	Sam Dan
Michele Prentice	26192	E Dan
Sundar Swaminathan	31087	Cho Dan
Angel Evangelista	31088	Cho Dan

The promotions will be effective July 1, 1999. Dan presentations will be made at the June 28 Gup promotion test.

SUBMITTED ARTICLES

This was submitted by E Dan Joe Centrone and is entitled, "SUM - SUM - SUMMERTIME."

Summertime is most people's favorite season; school is out, baseball and softball season begins, swimming pools, graduation parties, barbecues, and a lot of other summer activities take up most of our time. It is also when students most often leave the dojang, and it's not because they no longer want to train. Over the years we have heard all the reasons - I want to concentrate on baseball or softball, I am going to stop training for the summer but will be back when school starts, or (my personal favorite), it's too hot to train. The list goes on, limited only by the creativity of the student's mind.

No goal in Tang Soo Do (or in life, for that matter) is ever accomplished in one night, one week, or one summer. Our success is built on all the one nights put together over a sustained period of time. Since I began training, I've tried many different tools to motivate myself through the summer. Below is a list of my top five:

1. Come to class and train hard.
2. Come to class and train hard.
3. Come to class and train hard.
4. Come to class and train hard.
5. Come to class and train hard.

I do, however, have some other suggestions:

1. Do not dwell on how many classes you have missed. Instead make a commitment to yourself to be at the next class. Keep the commitment.

2. Set up a steady routine of "Regularly spaced practice sessions," and schedule some fun activities around class time.
3. Enjoy and relax on your vacations. You've been working hard all year and deserve a break. Take along your Gup manual or another book and read up on Tang Soo Do.
4. If you do have a baseball or softball game, or some other type of event like swimming or golf, don't feel guilty about missing class. Use the tenets you've learned in class and put your best effort forward.
5. There are some dangers to over training in the intense summer heat. Drink plenty of fluids throughout the day. Get enough rest and eat correctly. The heat during the summer won't affect you. In fact, you may even get some benefit from the heat - increased flexibility and motion - just to name a few.

There is one more important benefit you will receive from training throughout the summer. That is the understanding of the tenet - Indomitable spirit! There will be some nights when you feel you cannot continue. These are the nights when your spirit as both a martial artist and a human being will be pushed to the limits. When you overcome this demon you will become stronger and better for it. There is no easy way, but nothing worthwhile ever comes easy. Try and balance the summertime fun with your work ethic of Tang Soo Do. The harder you train in class, the more fun you'll have on your days off.

FEATURE ARTICLE

Since we will have 2 new black belts at our dojang and 2 promoted to higher ranks, I thought it appropriate to have the feature article entitled, What Is A Black Belt?

Being an instructor for the last 14+ years, I've been asked many times, "How long does it take to get a black belt?" I guess that depends. At some schools, it is simply a matter of what type of payment plan you can arrange or what type of contract you sign.

As you know, a lot of people feel there is nothing more important than earning a black belt. I don't believe that. I don't feel your main goal in the martial arts should be to attain a black belt, instead, it should be a product of your training. I've noticed something very interesting occurs when people make earning a black belt their primary goal. Usually, they slack off or quit once they earn the coveted belt.

And, what does this mean? It means they never reach their full potential. They never become really competent. Therefore, deep down inside their hearts, they are always dissatisfied. Conversely, students who concentrate on their training and don't view the black belt so importantly seem to train longer, they penetrate deeper into their practice. A good black belt is first a good white belt.

Some students come into the dojang as if they were checking into a popular health spa or a four star hotel. Some aspiring students think that large doses of enlightenment and wisdom will be dumped on their heads. These people are in for a big surprise, especially when they realize they're mainly going to be doing a lot of sweating and working out.

When are you ready for your black belt? A student who thinks he's good, that this "stuff" is too easy, not training on a regular and routine basis, and keeps asking to test, are examples of someone not ready. A good black belt should know, at the very least, that he should not have an overly exaggerated opinion of himself.

What characteristics does an instructor look for in a student who is striving for his black belt? Any number of things.

First, he has to consider his student's skill level, competence, maturity, and character. He also has to think of the future welfare of the art. If you have a good teacher, you have to trust that your instructor knows what is best for you. The trust between a teacher and a student is a precious commodity, and you should treasure it.

Testing for, and achieving the black belt, is not simply winning. It means winning over yourself. That is no easy task. At the same time you can't let this new status go to your head. Be proud correctly. Be self-confident correctly. Be satisfied correctly. Look at your rank objectively. The black belt is a double-edged sword. It can cut both ways - one for good and the other for your own spiritual destruction.

So, don't be a good black belt. Be the best black belt. Keep your standards high. Don't settle for second best. Don't settle for easy standards or try to slide in just under the wire. You will never be happy. Remember, your black belt is not the end of your journey; it is only the beginning.

THOUGHT FOR THE MONTH

**IT IS TRITE TO SAY THE BLACK BELT ONLY HOLDS UP YOUR PANTS.
IT ALSO DOES MUCH MORE. A BLACK BELT HOLDS UP YOUR HONOR**

1999 UPCOMING EVENTS

- Jun 18-20 - Region 8 Youth Dan Clinic.
Jun 25-27 - Region 8 Adult Dan Clinic. No class.
Jun 28 - Gup test at Dojang. No adult class.
- Jul 19 - Gup test at Dojang. No adult class.
Jul 26 - Black Belt pretest at Dojang. No adult class.
- Aug 16 - Gup test at Dojang. No adult class.
- Sep 4 - Labor Day weekend. No class.
Sep 6 - Labor Day. No classes.
Sep 18 - Black Belt test. No class.
- Oct 4 - Gup test at Dojang. No adult class.
Oct 22-23 - Region 8 Championships. No class.
Oct 25 - Gup test at Dojang. No adult class.
- Nov 22 - Gup test at Dojang. No adult class.
Nov 25 - Thanksgiving. No classes.
Nov 27 - Thanksgiving weekend. No class.
- Dec 25 - Christmas. No class.