

TANG SOO TIMES

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JUNE 2001

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Jun 4 - Gup test at dojang. No adult class.
Jun 15-17 Youth Dan clinic.
Jun 22-24 Adult Dan Clinic. No classes.
Jul 2 - Gup test at dojang. No adult class.

MONDAY NIGHT ADULT CLASS SCHEDULE

Jun 4 - Gup test at dojang. No adult class.
Jun 11 - Regular adult class.
Jun 18 - Black Belt class. Red belts and higher.
Jun 25 - Regular adult class.
Jul 2 - Gup test at dojang. No adult class.

MASTER'S CORNER

For the most part the tournament season is over. Oh, there will be a few tournaments to close out the year - the Region 8 Championships in the Poconos in the autumn, but that's about it. The attending of tournaments should not be to win a plastic trophy but rather should focus on learning, on expanding one's own understanding of the ways of life. The desire to win actually goes against the grain of the 'Do', as it creates a false dualism - an instant separation of winning and losing - with the result that our emphasis shifts from working to resolve our personal problems and expanding our current level of understanding, to the fear of losing and the necessity of winning at all costs.

The true purpose of training in Tang Soo Do is not to win trophies but rather to improve one's self. The only competitor you should have is yourself - not someone else. Competing in a tournament, whether it is in sparring or in forms is what is important - not how you finish. Having an opportunity to develop yourself to the maximum of your potential is what is important. If you do compete in a tournament, the very least is that you should have prepared yourself to the maximum of your potential and not be satisfied with just a mediocre performance. Stances not executed correctly, blocks not intended to stop anything but the weakest of attacks, and counters (either hand or feet) not executed with a stopping power that Tang Soo Do is known for, is no way to demonstrate to judges, spectators, and most importantly, to yourself what you are truly capable of. And how do you develop to the best of your ability? The answer is simple - we've said it many times, "Tomorrow's battle is won in today's

practice." You simply must train at your utmost in each and every class.

NEW STUDENTS

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

PATRICK MALLEE	KAREN FAGAN	PAM THOMPSON
DAN WARD, SR.	AMANDA WARD	

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.

BLACK BELT PROMOTION

We are proud to announce the following Black Belt promotion:

<u>NAME</u>	<u>DAN NUMBER</u>	<u>RANK</u>
Matt Byrne	33080	CHO DAN

A SPECIAL THANK YOU

On behalf of the demo team, we would like to thank all the parents who contributed to the bake sales to raise money for the demo team. Without your support the White Tigers would exist only in imagination. For the Black Belts and aspiring students knowing that you care enough to get involved really means a lot. The student manual says that the camaraderie that you have at your school is beneficial in every way - in mind, in body, and in spirit.

We also wanted to thank the Kunze family for their most generous donation to the Demo Team.

KICK-A-THON

We would also like to take this opportunity to thank every student and parent who helped make this fund-raiser for Hayley Quinn a success. The final accounting will not be completed until all contributions are turned in by June 7th.

FEATURE ARTICLE

In Tang Soo Do, as well as in almost all traditional Martial Arts, the term "mu shim" or "wu hsin" (in Chinese) is employed to denote the ultimate goal of a practitioner. These terms literally translate to "empty mind," but don't be fooled, they do not mean that we go around as zombies not thinking of anything. In fact, I ask each and every one of you - try to spend 15 seconds thinking of absolutely nothing. It is impossible! What an empty mind means is that we are neither devoid of all emotion nor is it a quietness of mind. Although quietness and calmness are necessary, it is the "nongraspingness" of the mind that mainly constitutes the principle of "no-mindedness." A Tang Soo

practitioner employs his mind as a mirror-it grasps nothing, yet it refuses nothing; it receives, but does not keep. It means to let the mind think what it likes without the interference by the separate thinker or ego within oneself. Mu shim is therefore a process of employing the mind to see the totality, and not the segments; it is looking at the whole tree, in all of its glory, as opposed to the individual leaf.

Mu shim can easily be related to the famous fable of the centipede. It goes like this:

The centipede was happy, quite,
Until a toad in fun
Said, "Pray, which leg goes after which?"
This worked his mind to such a pitch,
He lay distracted in a ditch,
Considering how to run.

Mu shim then simply means to do what is natural without having to think. If you stop to think how you breathe, you will probably lose your breath. You don't have to think about the electrical impulses running through your brain - they just happen. If, when sparring, or heaven forbid, on the street in a fight (a moment of life and death) you have to think what your response is to a certain offense against you, you are already defeated. "It" must happen. "It" is that indefinable, intangible thing that happens to you by spending so many hours in the dojang with your instructor practicing the same techniques over and over again until they become so ingrained in your psyche that they just happen without any forethought. "It" just happens. That is mu shim!

THOUGHT FOR THE MONTH

TO LIVE AS A BLACK BELT IS A CODE WRITTEN ON THE TABLETS OF THE HEART.