



# Tang Soo Times

Pal Che Tang Soo Do

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Glenolden, PA 19036

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## Calendar of Events

Fri. – Sun.	June 8-10	Youth Black Belt Clinic Black Belt Presentations 8:30
Monday.	June 18 <sup>th</sup>	Summer Schedule Begins Black Belt Presentations 8:00 PM
Thursday	June 21 <sup>st</sup>	Black Belt Class Youth and Adult
Tuesday	July 4 <sup>th</sup>	Independence Day (School Closed)
Friday	July 13 <sup>th</sup>	Gup Test (No Class)
Saturday	August 25 <sup>th</sup>	Eastern Region 8 Championship

## Birthdays

Omar Asskaryer	8 <sup>th</sup>
Eddie Pierce	10 <sup>th</sup>
Michael D'Angelo	17 <sup>th</sup>
Austin Kuntz	18 <sup>th</sup>
TomTouhill	27 <sup>th</sup>



# Summer Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00	Teenage Class All Rank Age 12-18		All Students All Rank		All Students All Rank	Youth All Rank
11:15 - 12:30						Adult All Rank
6:00 – 7:00 6:00 – 7:15(Friday)	Youth Students All -Rank	Youth All Rank	DEMO PRACTICE	Youth All Rank	Casual Friday Class Ages 12 and Up	
7:05 -8:30	Adult All Rank	Adult All Rank	Adult All Rank	Adult All Rank		

## Master's Corner

August 1996 - Master Raver

“What Good Does it Do?”

Tang Soo Do strives to develop the mind, body, AND spirit. If you attend a class that pushes you to the extremes of your endurance, where physically you are spent, and on top of that, the temperature is 110 degrees, there are two choices that you have. You can quit! Who would blame you; the instructors must be crazy to do that to you in this heat. OR, you can attempt to block out the discomfort, forget about the sweat in your eyes, ignore the burning in your lungs, and push yourself on to the threshold of your limits. That very decision is the beginning of forging of self-discipline, perseverance, and indomitable spirit. Traits that Tang Soo Do strives to develop.

What good does this do!??? In life, not the dojang, but on the street, in the work place, in the schoolroom, in the playground, and on the sporting field, the ability to put pain, discomfort, or any external influence out of your mind so that you can focus on your assigned task is what good it does.

Sports in general do not teach what Tang Soo Do strives to develop. In sports, there are teams competing or in some cases individuals competing for their team (wrestling, for example). That is the difference. Sports are competitions between individuals or teams where

there is always a winner and a loser. Tang Soo Do is different. Not tournament Tang Soo Do, but rather the Tang Soo Do that exists daily in the dojang. Those hours spent with your Sah Bum Nim practicing hyungs, il soo sik, and jae yu dae ryun. Those countless hours spent stretching stiff and aching muscles. In that Tang Soo Do, there is no loser because there is no competition between people or teams. Your only competitor is yourself. Your spirit must be brought to co-exist in harmony with your mind and body. That very ability of your spirit to come to the forefront and be on an equal footing is what good it does.

Sometime when they don't realize what you are doing, watch a ranked black belt or master and see the peace that exists within their eyes and in their everyday actions. That internal peace is the good that having the mind/body/spirit co-exist in harmony. Pushing your body and mind to their very limits so that the spirit has a chance to develop is the good that it does. To the beginning student this may seem difficult to understand and believe, but it happens. I can see the difference in students who are now red belts and cho dan bo from when they were white/orange belts. If these people would honestly look at themselves they too could see the difference in themselves.

To train in Tang Soo Do for you and you alone, to push yourself beyond limits that at one time you thought were impossible for you to achieve is what good it does. 'Back to basics' is not something new, something that I thought up, but rather a way of understanding what

several millennia of practitioners have endured. Treat yourself; walk with Kwan Chang Nim, other masters, black belts, and thousands of others. Walk to the beat of a different drummer. Only we can understand, “WHAT GOOD IT DOES.”

Submitted Article  
By Angel Celona

Region Eight’s Annual Adult Black Belt Clinic was held the first weekend in June this year. As always, the three day event sharpened skills, taught techniques and strengthened spirits. Master Mimidis opened the weekend with some powerful words; “Ryun Ma” to be specific. Ryun means repetition and Ma means grinding or polishing. We were encouraged to enhance our Tang Soo Do skills by good old fashioned hard work.

For me personally, this was the first time I have ever attended a clinic where my instructor *and* the senior belts of the school could not attend. It was a strange feeling. I felt like I did not know where to look, but that exact feeling of not knowing where to look turned out to be one of the best things for me that weekend. All I had to look at was myself. Many nights at our own dojang I do not focus solely on my training; I notice mistakes of lower ranking students, want to share extra information with the person kicking next to me and like everyone else, I am also distracted by the crazy drivers and mocking kids right outside our walls.

Early Saturday afternoon we lined up on the cool grass field. Grandmaster Shin stood in the center, and beat the ceremonial drum that counted the moves of each form. The sun was hot but there was an occasional breeze to cool your neck. For that hour I can honestly say I was focused solely on Ryun Ma. It felt good, really good. I did each form with 100% effort and now that I have done that, I feel like I can do anything. I train harder because if I can survive an hour of forms at full intensity in the sun, I can surely manage to kick a little stronger and punch faster in a regular class.

For the rest of our lives, in every aspect, there will never be anything that can replace hard work. When the training was all over and people were getting ready to say good bye we heard some final comments. One first time attendee mentioned a quote that summed up the characteristics of the leaders attending the clinic. “Successful people are successful because they form the habits of doing those things that failures don’t like to do.”

Working hard can mean different things to different people. Make a conscious decision of working harder on something specific, whether it be training more often, reading more outside the dojang or living a healthier lifestyle. I wish I could share the feeling of accomplishment I have taken with me after committing myself 100% to a weekend designed especially to help make Black Belts better. But I don’t have to. You can feel it for yourself if you make your own commitment to Ryun Ma.

### Thought for the Month

“The goal of a school is to teach a person new things; the goal of a dojo is to transform the person into something new. A school teaches how to kill; a dojo teaches how to die. The member of a dojo does not think about fighting. Neither does he think about not fighting. He tries to go beyond this level and comprehend the very essence of conflict.”

- Bugei master Fredrick Lovrett

### HYDRATE!



Don’t forget to drink water all throughout the day and before you come to class!

# Kids

## Section

### Honor Friendship

By Connor McCullough

My homeroom teacher always has quotes written on the board. I honestly don’t care. But one quote stood out to me, “Make friends before you need them.” This quote stood out to me because I didn’t do what that quote said.

In kindergarten, friends aren’t too important because everyone’s your friend. First and second grade are very similar, but as you get older and older, cliques and groups start to form and people tend to hangout with others from their clique or group. I learned this lesson very fast in elementary school. In first grade, my kindergarten friends and I still played together, in second grade we started to drift apart, and in third grade they were gone. I still had friends at the karate school, but I don’t see them as much as I see the kids at school.

When I was in third grade, I was kind of a lone wolf. Well, there were kids I could talk to, but there was no one that I could call my “friend.” I would walk around on the playground and watch the other children play, and I was completely oblivious to what I was missing.

Fourth grade was a magic year for me. I discovered a group of kids who were like me, other than being alone. I finally saw what I had been missing out on for a year and a half. Every piece of joy and excitement started to fall into place. Forth grade saved my butt in several cases once I got into middle school.

Middle school is like a stage of evolution for kids when cliques and groups can become savage. I am not a popular kid in my school, and neither are my friends. Kids make fun of us and laugh at us, even some of the sixth graders do. If fourth grade hadn’t happened, I don’t know what I would be doing in school. People sometimes tell me that I should stick up for myself, but I don’t need to because I have friends that don’t care what I’m like.

If you have good friends, you don’t have to be anything other than yourself. So if you’re a lone wolf like I was, then “make friends before you need them,” and once you have them, honor that friendship.

Next Month will Feature and Article from Chris Imbrogno. Your article is due Wednesday, June 27th. If you need any ideas, see the newsletter topic envelope in the office.

### Thought for the month

“You can make more friends in two months by becoming really interested in other people, than you can in two years by trying to get other people interested in you.”

— Bernard Meltzer