

Pal Che Tang Soo Do Times



Pal Che Tang Soo Do

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Certified Member Studio Number 330
World Tang Soo Do Association
Since 1990



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Quick Notes

25th Anniversary Events

This Spring Pal Che Tang Soo Do celebrates its 25th Anniversary of being a Martial Arts Studio (Dojang) in Glenolden, PA. We will be holding some Special Events on Saturday, June 27th, 2015 at the Studio (Dojang). In the morning, there will be 2 classes: Youth & Adult from 10:00AM to 11:00AM and Tiny Tigers and Little Dragons from 11:00AM to 11:30AM. After the Classes, there will be a Kick/Break-A-Thon from 11:30AM to 12:30PM. Following the training, there will be a cookout barbecue starting around 12:30PM. All Students, Parents, and Instructors are invited to attend. There will be several guests in attendance as well.



Pal Che Tang Soo Do 25th Anniversary Events!

Saturday, June 27th, 2015

Training Classes from 10:00AM to 11:30AM

Kick / Break-A-Thon from 11:30AM to 12:30PM

Party & Cookout from 12:30PM to 3:00PM

You are invited to join us in celebrating the 25th Anniversary of our Studio (Dojang).

We hope that you can attend.



Black Belt Camp/Clinic Results

Congratulations to Mr. Nicholas D'Amato, Mr. Anthony DiLucido, Ms. Jillian DiLucido, Ms. Christine Havens, Ms. Yasmine Cabrera, and Ms. Deborah Vallejo on a successful completion of the 2015 Region 8 Black Belt (Dan) Camps/Clinic. Our Regional Director, Master Frank Fattori, has a message: "Thank you for your hard work and dedication. It was a great success, and you are to be commended. High marks for every aspect of the event: the level of protocol, quality of instruction, verity of sessions, lectures, promotion and masters' demonstrations, and the energy and focus of the students were outstanding."

New Study Guide & Curriculum Guide Policy

Starting in July, students will be required to submit completed worksheet versions of their Study Guides in order to be eligible for testing. This has been in the works for some time now, and it will take effect July 1st, 2015. All students will receive new copies of their Study Guides in the coming weeks. Students must submit all Study Guides up to their Current Rank in order to test. Students who already have old versions of the Study Guides filled out will be permitted to use them. Just as class hours, rank time, and physical pre-screenings are evaluated, completed Study Guides will now be required as part of a new written pre-screening. Students will also be receiving new Curriculum Guides so that students and parents will know exactly what techniques are required for each belt level. Students should use these worksheets as checklists to ensure that they know all necessary techniques. Packets are being distributed to all students.

Report Cards

As Instructors, we strive to help every student become everything they are capable of becoming, both inside and outside the Dojang. Hearing about the success of our students in school is a very rewarding experience. If your child has done very well in school and has achieved all A's and B's (or equivalent) on their report card, they are eligible for recognition through the World Tang Soo Do Association by means of the GrandMaster's Scholastic Achievement Award. We encourage all parents of these students to bring in a copy of the student's report card so that it can be submitted to Headquarters. These awards are given out and announced at the end of classes, and are a good way to reward these students for their efforts. Now that the end of the school year has recently past, students should submit their report cards in the office.

Leadership Classes

Master George Celona, Ms. Angel Celona, and Mr. Nick D'Amato have spent a great deal of time planning the upcoming Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Classes, and we have some awesome things on the schedule. All of the dates for the rest of the year are available in this issue of the Newsletter. We have a lot of new topics that we want to explore in the next few months, and we have more Guest Instructors scheduled to teach. **Members of the Leadership Program should make every effort to attend these classes whenever possible, especially since it's free-of-charge and because they have so much to offer.** Mark your calendars!

Referrals

As you know, karate is a great activity; it builds focus, character, confidence, and self-defense skills as well as improving physical fitness through exercise. Talk to someone you know about trying martial arts. Potential students are always welcome to come for a Free Trial Class. If you know some people who are interested, take a business card or brochure and share it with them. There is no greater compliment to thank your instructors for their hard work than referring other students to our school. We appreciate your help in growing our school.

Tuition Policy

This is a reminder that **30 days** notice is required to freeze or cancel any account. Since most customers are on monthly billing, this means that if there is a payment due within the next 30 days following the date of notice of the stop, one final payment is required. Students who are taking a leave must provide notice so that their account with Member Solutions can be frozen.

New Hwa Rang Dan League for Youth Students

The World Tang Soo Do Association is pleased to announce the birth of the Hwa Rang Dan League! Under the guidance of Grandmaster Beaudoin, this groundbreaking program has been designed to develop and showcase the talent in the youth of the World Tang Soo Do Association and create a team of leaders to share their passion of our art in today's world.

The League will keep our traditional values and techniques, while keeping our youth engaged in the changing times and trends in the martial arts. Participants will be given a unique opportunity to grow as martial artists through exposure to advanced techniques and innovative ways to employ them. Students who are selected to participate in this leading edge program will meet for training camps as well as training throughout the year at their home studios. Motivated Youth students between the ages of 8 and 17 years, who are ranked 8th Gup and above, are welcome to apply for the Inaugural Team. This is a great opportunity for dedicated students to help shape the future while acting as ambassadors for their Instructors, their Studios, their Region and our Association.

Students who are selected for this program must be committed to attending Camp from August 5th-9th, 2015 in Houston, Texas and in July 2016 in Greensboro, North Carolina as well as be attending the 2016 World Championship. The Registration Link is:

https://events.membersolutions.com/event_register.asp?content_id=56880.

Are you up to the challenge of joining
our team of martial artists?

Want to get on the ground floor of something exciting and new?

Join now!

**The
WTSDA Hwarang Dan League is
looking for YOU!**

Please see your Instructor for more information and to apply.
Deadline to apply is June 30, 2015

The WTSDA Hwarang Dan League is a new, exciting program created for the Youth of the WTSDA. This program is open to students ages 8-17, 8th Gup and above.

Newsletter Articles

The Pal Che Tang Soo Do Times is always looking for articles written by students. While it would be great if they focused on your Tang Soo Do training, they can be about any topic that you think is appropriate and would benefit others. Students, Parents, and Instructors should seriously consider writing an article for an upcoming issue.

Calendar of Events

- Thursday, June 25th, 2015 **No Classes.** Color Belt Test (Gup Shim Sa) & Black Belt Pretest (Dan Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM
Black Belt Candidates @ 8:00PM
- Saturday, June 27th, 2015 25th Anniversary of Pal Che Tang Soo Do; Classes from 10:00AM to 11:30AM, Kick/Break-A-Thon at 11:30AM to 12:30PM, Party at 1:00PM
- Friday, July 3rd, 2015 –
Monday, July 6th, 2015 **Studio (Dojang) Closed.** Independence Day Weekend. Classes Resume Tuesday, July 7th, 2015.
- Saturday, July 11th, 2015 Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
- Thursday, July 23rd, 2015 **No Classes.** Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM
- Sunday, July 26th, 2015 Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
- Saturday, August 15th, 2015 Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
- Friday, August 21st, 2015 **No Classes.** Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM
Black Belt Candidates @ 8:00PM
- Sunday, August 30th, 2015 Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
- Monday, September 7th, 2015 **Studio (Dojang) Closed.** Labor Day.
- Saturday, September 19th, 2015 Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to 4:00PM @ Twin Valley Middle School, Elverson, PA
- Thursday, September 24th, 2015 Parent-Child Class, from 6:30PM to 7:30PM

Saturday, September 26 th , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Wednesday, September 30 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, October 10 th , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Friday, October 16 th , 2015 – Sunday, October 18 th , 2015	Region 8 Championship, from 5:00PM to 10:00PM and from 8:00AM to 5:00PM, @ The Galleria at Split Rock Lodge & Resort, Lake Harmony, PA
Thursday, October 29 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday, October 30 th , 2015	Halloween Party, Time TBA, @ Pal Che Tang Soo Do, Glenolden, PA
Friday, November 20 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, November 21 st , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Thursday, November 26 th , 2015 – Friday, November 27, 2015	Studio (Dojang) Closed. Thanksgiving Holiday Weekend.
Sunday, November 29 th , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Saturday, December 19 th , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, December 24 th , 2015 – Sunday, December 27 th , 2015	Studio (Dojang) Closed. Christmas Holiday Weekend. Classes Resume on Monday, December 28 th , 2015.
Thursday, December 31 st , 2015 – Sunday, January 3 rd , 2016	Studio (Dojang) Closed. New Year Holiday Weekend. Classes Resume on Monday, January 4 th , 2016.

June Birthdays

Omar Asskaryer – 8th
Cameron Harper – 8th
Daniel Joyner – 24th
Alonzo Jackson – 29th

New Students

Angela Zheng
Amanda Zheng

Recent Promotions

Yasmine Cabrera – Blue Belt (Cho Dan Bo)
Deborah Vallejo – Blue Belt (Cho Dan Bo)
Cameron Harper – Red Belt (E Gup)
Colleen Hendrick – White Belt with Stripe (Ku Gup)
Aidan Glover – Orange Belt (Pal Gup)
Akari Shinozaki – Orange Belt (Pal Gup)
Alonzo Jackson – Dragon Blue Belt
Alison Steinmetz – Dragon Green Belt
Vernon Mayes – Dragon Orange Belt
Tuncay Ilbak – Dragon Orange Belt

Master's Corner

By: Master Ronald G. Raver

With a new Black Belt in our Studio (Dojang), I thought it was a good time to reprint this article that was originally written in June of 1999. It is called: “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 Studio (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? It can be 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 egotistical 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, Black Belt is not the end of your journey; it is only the beginning.

Feature Article

By: Ms. Deborah D. Vallejo

This article is Ms. Debbie Vallejo's essay for Blue Belt (Cho Dan Bo). The thesis topic was: "What are the responsibilities of a Cho Dan Bo in and out of the Dojang? Explain all."

The Blue Belt (Cho Dan Bo) represents Maturity, Respect and Honor. The Cho Dan Bo is now a Black Belt Candidate and must prepare mind and body for the final step needed to attain Black Belt. As such, there are a large number of items that come to mind in terms of the responsibilities of a Cho Dan Bo in and out of the Dojang.

First, teaching tradition and proper protocol is key to keeping our art of Tang Soo Do alive. From proper bowing to knowing how to correctly perform techniques, everything we do should be done to pass on the art to the next generation.

Next, we must consider the 7 Tenets in everything we do — both inside and outside of the studio — by always acting with integrity, maintaining concentration in all tasks, persevering through our struggles, respecting others and showing proper obedience to our superiors, exhibiting self control when we are upset or hurt, keeping a humble attitude, and approaching our goals with an indomitable spirit.

As a Cho Dan Bo, we should also go beyond what is expected or required of us by finding ways to assist the Sah Bum Nim with responsibilities other than teaching. Administrative or maintenance tasks are great opportunities to easily reduce the burden of the chief instructor. Simple things like taking out the trash or replenishing the water without being asked should become second nature to a Cho Dan Bo.

The Cho Dan Bo should make every attempt to train as frequently as possible. While other obligations at home or work can certainly interfere from time to time, it is never okay to skip an opportunity to train without good reason. As a Black Belt Candidate, you should be

disappointed about missing an opportunity to better your skills and help other students. The same can be said about regional functions and leadership classes. These events should never feel like a burden. We should be proud to attend them and show that we are dedicated to our art and our school.

A Black Belt Candidate should always behave as a role model, particularly for younger or new students. Showing up late to class, having a poor attitude, or not training with all-out effort are simply inexcusable for the Cho Dan Bo. As a senior student, we must understand that lower ranking students will look to us as leaders, and we have a responsibility to lead them well.

Being a liaison for the school by recruiting new students or finding other opportunities for the school to expand its reach into the community is also a responsibility of the Cho Dan Bo. The school in which we train can only maintain a sound reputation if there are students training in the Dojang. The black belt candidate must spread the word about the Dojang by sharing information with friends, family and other organizations.

Overall, a Cho Dan Bo has many responsibilities both in and out of the Dojang, one must take them seriously in order to prove that they deserve to become a Black Belt when the time arrives.

Submitted Article

By: Khaleem Nelson

This article was the essay question on Khaleem's Written Test for the White Belt with Stripe (Ku Gup).

Tang Soo Do is the complete opposite of what I expected. After seeing a few videos online of another, I passed the judgment that this art would push me too far beyond my limit, and I thought that I would suffer great pain. My Studio (Dojang) proved my judgment to be that of a foolish one upon training my first day here. Tang Soo Do makes you test your limits and gradually progress that limit further back. Everything happens in time at a speed that best fits each individual person. It is such an honor to train in this art and under the teachings past on by my instructor. I would recommend studying Tang Soo Do to all who seek guidance and have a deep need to find themselves or a crave a new challenge. I came to my Dojang expecting to learn the impossible, but I left my first class with a feeling of accomplishment and pride.

Thoughts for the Month

“I am not a product of my circumstances. I am a product of my decisions.” — Stephen Covey, an American educator, author, businessman, keynote speaker, consultant, and management-expert, known for his popular book was The Seven Habits of Highly Effective People.

“An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means that it's going to launch you into something great, so just focus, and keep aiming.” — Unknown.

Photos

Parent-Child Class – Thursday, May 14th, 2015



Color Belt Test (Gup Shim Sa) – Friday, May 22nd, 2015



2015 Region 8 Youth Black Belt (Dan) Camp #2 – Friday, June 5th, 2015 – Sunday, June 7th, 2015



2015 Region 8 Adult Black Belt (Dan) Clinic – Friday, June 12th, 2015 – Sunday, June 14th, 2015



