

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

Region 8 Winter Tournament Results

A BIG CONGRATULATIONS goes out to the students who competed in the Region 8 Winter Tournament on Saturday, February 16th. All seven Tiny Tigers and Little Dragons received participation medals: Ethan McCartney, Leihui Tong, Gabriel Vallejo, Anais Piquion, Brooke Henry, Rudra Bansal, Zoey Nulty-Oliver. All five Color Belt (Gup) students placed in their respective divisions. The results are as follows: Christine Havens – 1st Place in Forms, 1st Place in Weapons, 1st Place in Sparring; Brian Finley – 3rd Place in Sparring; Yasmine Cabrera – 1st Place in Forms, 2nd Place in Sparring; Deborah Vallejo – 3rd Place in Forms, 2nd Place in Sparring; Daniel Joyner – 3rd Place in Forms, 1st Place in Sparring. Christine Havens also brought home the Senior Female Color Belt (Gup) Grand Champion Cup. Congratulations!!!

Spring Cleaning & Painting Day

This is a special recognition to the following students and their family members who volunteered on Saturday, March 9th, with Spring Cleaning and Painting Day. Projects included cleaning all equipment and chairs, re-painting the lobby, dusting, mopping floors, washing windows, and decorating the storefront windows in the lobby. Thank you to everyone who assisted with the improvements to our facility: Pavel Bashkirtsev, Brian Finley, Gretchen Finley, Yasmine Cabrera, José Cabrera, Deborah Vallejo, Dylan Muldowney, Tristin Napoleon, Bill Napoleon, Sharon McGrory, Colin McGrory, Joe DiTrollo, and Devon DiTrollo. In order to keep the Studio (Dojang) clean and neat going forward, a weekly Cleaning Schedule will be implemented starting later this month.

Schedule

Effective on Wednesday, April 3rd, 2012, the Advanced Tiny Tigers and Little Dragons Class on Wednesdays from 6:00PM to 6:30PM will be restricted to Tiny Tigers who are Tiger Brown Belts and up. Tiger Green Belts will still have three class days on Mondays, Tuesdays, and Thursdays.

Breaking Seminar

On Thursday, April 4th, in lieu of the regular Youth and Adult Class, we will have a special class on Breaking (Kyuck Pa). The class will be free to attend, but students will be charged \$2.00 per board that they successfully break. All students are highly encouraged to attend.

Fundraising

Over the next few months, we will be having some fundraisers to help raise money for our school. We are going to start with a catalog of gifts that are each under \$20.00. These are great, inexpensive presents that students can buy for Birthdays, Mother's Day, or Father's Day.

Kick-A-Thon

Our Studio (Dojang) has had a loose tradition where each year we hold a Kick-A-Thon to raise money for charity. Unfortunately, we have not had a Kick-A-Thon or Break-A-Thon since May 2010, so it is about time that we bring it back. It is a really fun event, and it allows us to support those who are less fortunate. We would like to plan and host a Kick-A-Thon (and possibly a joint Break-A-Thon) later this Spring in late May or early June. More information will follow soon, and it will be open to all students. Each student obtains pledges that can be either a nickel or dime per kick (within 1 minute) or a flat rate amount regardless of the number of kicks performed. In the past we have donated money to local charities and religious institutions, and we have even had benefits for some former students who fell ill. The World Tang Soo Do Association's Foundation has a great Scholarship Fund which has been awarded three times to students at Pal Che (Mr. Nick is one of the three). The Scholarship Fund will be one recipient of the donations from this event. If anyone has a suggestion for splitting the total money raised between two organizations, please submit your idea to Mr. Nick D'Amato.

Merchandise Order

Believe it or not, Summer is fast approaching. Tiny Tigers and Little Dragons students will be permitted to wear T-Shirts with the Pal Che Tang Soo Do White Tiger in Water Logo on them during the Summer months from Memorial Day to Labor Day. We will have a Merchandise Sale for Apparel, Sparring Gear, Weapons, and other items. Order forms will be available shortly.

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 a class. There is no greater compliment to thank your instructors for their hard work than referring others students to our school. We appreciate your help in growing our school.

Report Cards

As Instructors, we strive to help every student succeed in every way they can, both inside and outside of the Studio (Dojang). Hearing about the successes 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 the World Headquarters for review. These awards are announced and presented at the end of classes, and are a good way to reward these students for their efforts.

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. Consider writing an article for an upcoming issue.

Calendar of Events

Thursday, March 21 st , 2013	No Classes. Color Belt (Gup) Test & Black Belt (Dan) Pretest: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Monday, March 25 th , 2013	Terminology & Study Class from 7:15PM to 8:00PM
Saturday, March 30 th , 2013	Tentative Leadership Class from 11:45AM to 1:15PM at Pal Che Tang Soo Do, Glenolden, PA
Thursday, April 4 th , 2013	Special Class: Breaking Seminar from 7:15PM to 8:30PM
Saturday, April 13 th , 2013	Black Belt (Dan) Test from 8:30AM to 5:00PM at Twin Valley Middle School, Elverson, PA
Friday, April 19 th , 2013	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Tuesday, April 23 rd , 2013	Terminology & Study Class from 7:15PM to 8:00PM
Friday – Sunday, May 17 th – 19 th , 2013	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Thursday, May 23 rd , 2013	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday – Sunday, May 31 st – June 2 nd , 2013	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 7 th – 9 th , 2013	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Friday – Saturday October 25 th – 26 th , 2013	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA

New Students

Maria Perez
Rishwanth Kumar

February Birthdays

Ashon Foster – 9th
Khiloe McArthur – 22nd

Recent Promotions

Deshawn Nicholson – White Belt with Stripe (Ku Gup)
Ashon Foster – Dragon Blue Belt
Ethan McCartney – Dragon Red Belt
Zachary Broxton – Dragon Brown Belt
Zoey Nulty-Oliver – Dragon Yellow Belt
Alonzo Jackson – Tiger Red Belt
Brooke Henry – Tiger Brown Belt
Tristin Napoleon – Tiger Green Belt
Michael McArthur – Tiger Orange Belt
Khiloe McArthur – Tiger Orange Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

The successful events of the last month show that Tang Soo Do can improve lives. Since the tournament, I have frequently thought about how every student from our school who attended the event placed in their respective divisions, some of which were rather large. On the surface, this brings me great pride as an Instructor to see that students are succeeding and doing so well. More importantly though, it reaffirms for me that hard work really does pay off and that what we do in class each night does make the difference. Sometimes it is hard to understand why we repeat the same techniques and practice the same Forms (Hyung) class after class, night after night. I remind students that we regularly perform these skills again and again so that we can continuously get better at doing them. There is always room for improvement.

Having judged a lot of tournaments, I have seen those students who really focus on winning that medal or trophy, and I have also seen those students who go home with no medals or trophies at all. I know that the Instructors at Pal Che over the years have always prioritized training for principle over training for competition. If you train hard each day and give it your best effort, you are likely to do well. The true contest to be the best, though, is the battle within yourself. Even when you are bored, tired, and uninterested, you must continue to train. In class, look around, and see all the sweat, effort, and spirit from the people who train here. It is sure to inspire you, as it has always inspired me.

Master's Corner

By: Master Joseph H. Centrone

This article was originally written and published in the October-November 2008 issue, and it provides a good step-by-step process for each student to follow to assist them in their training.

I am sure you all know someone who claims to know it all, or at least knows a little something about everything. Especially when they find out you are training in Karate. They know someone who does this or that, trained with this person or that person. After a few minutes of them rambling, you quickly change the subject or find a way to get away from them. You see, outsiders (non-participants) think they understand us, or at least what we do. If you are like me, or at least are becoming a little like me, you very rarely bring the subject of Karate or training up outside the Dojang. Trying to explain and get others to understand the art is difficult. The main reason for this is basically that “knowing the art” takes forever, and without them being there to experience it in person, feeling it and doing it, it is difficult to explain.

I once read a book entitled If You Meet the Buddha on the Road, Kill Him! based on the subject of avoiding the self-proclaimed prophets and people who claimed to have the answers to some of life's biggest questions. The martial arts communities are full of people just like this. They have styles and techniques to counter every attack imaginable. Buyer beware. “Knowing the Art” cannot be learned from a book. It cannot be learned by moving from style to style, and it cannot be learned by sitting on your couch.

If attacked, your reaction time must be swift, and techniques need to flow and be flexible so that if one fails you can quickly move to another. Reaction like this takes knowledge and practice. The problem is that knowing and practicing takes patience, repetition, understanding, experimentation, and evaluation. These five things are essential in knowing your art. Like your techniques, one must flow directly into the other.

Patience: If you are serious about your art, or anything else, it cannot be learned quickly or rushed. There are many small steps in climbing the mountain to Black Belt. As such, steps need to be taken slowly and in order, with one building upon the other.

Repetition: Repetition, to most people, seems like bad word. “How many times do I have to do this?” The answer is forever. Weeds will grow on an unbeaten path. The path from brain to body is cleared through doing it over and over.

Understanding: Understanding occurs in three phases. First, there is the explanation of how to physically perform the technique and why it will either work or not work in various situations. Second, there are the scientific, theoretical, and philosophical aspects of the movement. Third, there is the self-discovery of mentally understanding the technique and how to execute it, which can often come from watching others or teaching it to others.

Experimentation: In this stage you will take your knowledge and try to do things differently. You will find a better way to do the technique so it suits your abilities and limitations better. Sometimes you won't, and you will stick to the tried and true way of doing it.

Evaluation: Now comes the most difficult part of looking at your abilities objectively. Do they look good, and will they really work? Are you putting enough power and speed into the techniques? How is your balance? Are you combining realistic fighting techniques into a form, or are you doing a 27-step line dance? This stage requires you to be honest with yourself and with others. You must be willing to go back to step one and start over again and restart the process if necessary.

These five steps form a circular pattern, helping you to know your art, with one step leading into the next to form a continuous process of learning. There is a famous martial arts quote that says, "One who says does not know, one who knows does not say." The next time you run into that know-it-all, remember this five-step process and just smile and walk away; they don't have the time to know all this.

Feature Article

This is a short article, published in February 1991 and republished in April 2008. It is a repeat of the story about Kwi San and Chu Hwang, two names that all students should know.

How did the Five Codes of Tang Soo Do originate? Two Hwa Rang warriors, Kwi San and Chu Hwang, wanted to seek Won Kwang's advice on how to purify their minds and regulate their conduct. Won Kwang was a renowned Buddhist priest in Silla. Both warriors felt that Won Kwang's advice was necessary to teach them the proper conduct and mental attitude so that they would not offend higher nobles and officials. They finally called on the venerable priest, Won Kwang, and begged him to offer them some precious words which would be their lifetime commandments. His response: first - loyalty to your emperor; second - filial piety; third - honor friendship; fourth - no retreat in battle; and fifth - in killing, choose with sense and honor. They were told to carry them out without neglect.

Thereafter, both Kwi San and Chu Hwang carefully followed the teachings of Won Kwang. When a large number of Paekche troops invaded Silla, Kwi San and Chu Hwang joined the battle under the leadership of General Muun, the father of Kwi San. In mid-battle General Muun ran into an ambush and fell from his horse. Kwi San rushed to his father's rescue, killing a great number of the pursuing enemy, and crying out to his followers, "Now is the time to follow the commandment to not retreat in battle!" Then Kwi San gave his horse to his father and fought courageously beside his friend, Chu Hwang. Finally, both Kwi San and Chu Hwang perished on the battlefield "...bleeding from a thousand wounds."

Thought for the Month

"Venture into the unknown of your potential; you will surely come out the victor."
— Grandmaster Sang Kyu Shim (1939 - 1992), Founder and President of the World Martial Arts Association (1981-1992)

Kids' Section

By: Amy Spahn

The Seven Tenets: Integrity

Dragon, Tiger, and Horse all went on a hike together in the woods. They climbed over rocks and jumped across creeks. They ran up hills and slid down slopes. They walked across grassy clearings and crawled under fallen branches.

After many hours, they found a nice, flat rock next to a smoothly flowing stream. "This looks like a good place to have lunch!" said Dragon.

"And we can cool off in the stream!" said Horse, who immediately jumped into the water.

"Maybe after lunch," said Tiger. "I don't like to eat right after getting my fur wet."

"But if you eat first, you'll have to wait an hour before swimming," said Dragon. He then jumped off the rock, flew several feet in the air, and dove into the stream nose first.

"Yeah," said Horse. "Come on in! Our sandwiches will still be there when we're done!"

"Hmm," said Tiger. "I guess you're right." Then she took a running leap off the rock and did a cannonball into the water. "Whee!"

The three friends splashed around in the stream for a while, until they decided they were hungry enough to eat lunch. Shaking themselves off, they climbed back out onto the rock and sat down.

"Hey," said Horse, looking around, "where did the bag of sandwiches go?"

"Well, I didn't eat them," declared Dragon.

"None of us could have eaten them," said Tiger. "We were all swimming. But the bag is gone!" Just then, she spotted someone in the trees. "Hello! Who's there?"

Dragon and Horse both turned to look, and after a moment, Rabbit came out of the trees. "Hi," Rabbit said softly, holding her paws behind her back.

"Oh, it's just Rabbit," said Dragon. "I thought it might have been whoever took our lunch." He craned his neck and looked around, as if expecting the thief to jump out and attack.

"Someone took your lunch?" Rabbit asked with a nervous hop. "Who would do that?"

"I don't know," said Horse. He studied Rabbit for a moment, then frowned. "Rabbit, why are you holding your paws behind your back?"

"Oh, no reason," Rabbit replied, then coughed.

Dragon sniffed the air. "I think I smell mustard."

"And bread," said Tiger.

"And tomatoes," said Horse. "It's our sandwiches!"

"But where is the smell coming from?" Tiger asked. All three began following their noses until they led them right to Rabbit.

When they all stopped and stared at her, Rabbit sighed and guiltily produced the paper lunch bag from behind her back. "I'm sorry, everyone. I saw the sandwiches just sitting there, and I didn't see you all down in the stream. I thought someone had forgotten them, so I ate them myself."

"You ate our food?" Dragon growled. "That wasn't very nice."

"I know," said Rabbit. "I didn't know it was yours. I'm sorry."

"Then why didn't you just tell us?" asked Horse. "Why did you pretend you didn't do it?"

Rabbit shrugged. "You guys are my friends. I didn't want you to get mad at me."

Tiger crossed her paws. "We're more mad that you lied to us than we are about the food. That was just a mistake, but not telling us was dishonest."

"You wouldn't have been upset if I told the truth?" Rabbit asked, crunching the paper bag between her paws.

"We probably would, a little," said Dragon, "but being honest would have shown that you were sorry right away."

"It's important to admit when you make a mistake," said Tiger. "It shows that you have integrity."

"I guess you're right," said Rabbit. She looked up. "I'm sorry, you guys. I won't lie to you again. And I'm sorry I ate your lunch."

"It's okay, Rabbit," said Horse. "We forgive you." Everyone nodded in agreement.

Then Dragon's stomach growled loudly. "But what are we going to do for lunch?" he wondered.

Rabbit hopped up. "I have an idea! I know where there's a wonderful fishing spot right near here! We can go there!"

"Sounds good to me!" said Dragon as his stomach growled again. The four friends laughed, and then headed off toward the fishing spot together.

Coloring Activity

