

# Pal Che Tang Soo Do Times



## Pal Che Tang Soo Do

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World Tang Soo Do Association  
Since 1990



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## Quick Notes

### **Region 8 Winter Tournament**

Region 8 held its annual Winter Tournament on Saturday, February 22<sup>nd</sup>, 2014 at 9:00AM, at Twin Valley Middle School in Elverson, PA. Pal Che Tang Soo Do had 11 students participate in this event, which is approximately one-third of the students enrolled at our Studio, and every single student won in their respective divisions. The results are listed below. Congratulations to the following students:

David Rivera, Gabriel Vallejo, and Damien Wallace all received Participation medals in their Tiny Tigers and Little Dragons divisions.

Jermey Nixon won 3rd Place in Sparring.

Ashon Foster won 1st Place in Forms and 1st Place in Sparring.

Ethan McCartney won 3rd Place in Sparring.

Cameron Harper won 2nd Place in Forms and 2nd Place in Sparring.

Deborah Vallejo won 3rd Place in Weapons.

Brian Finley won 3rd Place in Sparring.

Christine Havens won 2nd Place in Weapons and 3rd in Sparring.

Jillian DiLucido won 3rd Place in Forms, 3rd Place in Weapons, and 3rd Place in Sparring.

### **Tang Soo Do Duel**

Pal Che Tang Soo Do will be holding a small In-House Tournament on Thursday, March 13<sup>th</sup>. This is the first of its kind. Proposed by student Cameron Harper, this "Tang Soo Do Duel" will give students an opportunity to work towards a goal and gain experience with competing. It will allow all students to participate without needing to travel to a far away competition, and it will provide extra practice to those students who plan to compete in upcoming tournaments. There will be prizes for the winners of each event. Events will include: Forms, Weapons, Sparring, Self-Defense, Breaking, and Fighting. It will be open to student of all ages and from all Programs.

## Training Schedule Changes

A slight change to the schedule is being made. It will take effect on Monday, March 10<sup>th</sup>. The Youth Class will be divided into two (2) groups on Tuesdays and Thursdays: Beginner Youth and Advanced. The Beginner Youth Students will train in the Class with the Little Dragons from 6:30PM to 7:15PM. Beginner Youth Students will include all White Belts and Orange Belts. The Advanced Youth will train in the Class with the Adult Students. Advanced Youth Students will include all Green Belts, Brown Belts, and Red Belts. All other classes on the other days will remain the same. Youth and Adult students will still have an availability of five (5) Classes per week as it was prior to this change. No schedule changes are being made that affect the Tiny Tigers, Little Dragons, or Adult Program. The only change is for students in the Youth Program. Please make a note of this change.

<b>Training Schedule ----- Spring 2014</b>					
<b>Times</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6:00PM - 6:30PM</b>	<b>Tiny Tigers</b> (Mr. Nick D'Amato & Ms. Debbie Vallejo)	<b>Tiny Tigers</b> (Ms. Jill DiLucido & Mr. Cameron Harper)	<b>Advanced Tiny Tigers* &amp; Little Dragons</b> (Mr. Nick D'Amato, Mr. Greg Logan, & Mr. Xander Lyons)	<b>Tiny Tigers</b> (Ms. Christine Havens)	
<b>6:30PM - 7:15PM</b>	<b>Little Dragons</b> (Mr. Nick D'Amato & Mr. Jordan Havens)	<b>Little Dragons &amp; Beginner** Youth Class</b> (Ms. Jill DiLucido & Ms. Yasmine Cabrera)		<b>Little Dragons &amp; Beginner** Youth Class</b> (Ms. Christine Havens & Mr. Brian Finley)	
<b>7:15PM - 8:30PM</b>	<b>All Youth &amp; Adult Class</b> (Mr. Nick D'Amato)	<b>Advanced** Youth &amp; Adult Class</b> (Mr. Jon Blessington)		<b>Advanced** Youth &amp; Adult Class</b> (Mr. Nick D'Amato)	
<b>6:30PM - 7:30PM</b>			<b>All Youth &amp; Adult Class</b> (Mr. Nick D'Amato)		<b>All Youth &amp; Adult Casual Class</b> (Mr. Nick D'Amato)
<b>Note: This schedule takes effect on Monday, March 10th, 2014.</b>					
*Advanced Tiny Tigers Class is for Students who are the ranks of Tiger Red Belt and Tiger Blue Belt only. Tiny Tigers are only permitted to attend a total of three (3) classes per week.					
**Beginner Youth will be for Youth students who are White Belts and Orange Belts. Advanced Youth will be for Youth Students who are Green Belts, Brown Belts, or Red Belts.					

## **Cleaning, Painting, & Renovations Day**

On Saturday, April 19<sup>th</sup>, 2014 at 9:30AM, we are going to have a day where we clean, paint, and renovate things around the Studio (Dojang). We are asking all Youth and Adult Students who are available to come and assist us during the morning. Parents are also welcome to help. There will be pizza and drinks at lunchtime for all those come to help out. There are numerous projects that need to be completed.

## **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.

## **2014 WTSDA World Championship**

The details of the 2014 WTSDA World Championships have officially been announced! It will be held on Friday, Saturday, and Sunday, July 18<sup>th</sup>, 19<sup>th</sup>, & 20<sup>th</sup>, at the Greensboro Coliseum Complex, 1921 West Lee Street, Greensboro, NC 27435. This is the largest World Tang Soo Do Tournament with over 2,000 students from countries all over the world, and it is definitely worth attending if you can make it. Links to the applications are available online at [www.WTSDA.com](http://www.WTSDA.com) or in the Studio (Dojang). This year marks the 32<sup>nd</sup> Anniversary of the World Tang Soo Do Association, and will focus on three (3) key events: The Promotion of Master William R. Strong of Alabama to GrandMaster; The 30, 40, 50 year plus Masters' Honorary Dinner; and the Picnic and Dedication of the Meditation Garden at World HeadQuarters featuring a bronze statue of our Founder and GrandMaster Jae Chul Shin. It will be another historic event, and the Association is asking for supports to make this a successful Championship. All competitors must Pre-Register Online at this link: [https://events.membersolutions.com/event\\_detail.asp?content\\_id=45634](https://events.membersolutions.com/event_detail.asp?content_id=45634). The Early Deadline will be on Saturday, March 15<sup>th</sup>, 2014 with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belt (Dan) costing \$55.00. The Middle Deadline will be on Tuesday, April 15<sup>th</sup> with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belts (Dan) costing \$65.00. The Final Deadline will be on Thursday, May 15<sup>th</sup>, 2014 with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belts (Dan) costing \$75.00. Newly Registered White Belts can register through Sunday, June 1<sup>st</sup>, 2014 at the price of \$65.00. Volunteers for Judging, Scorekeeping, and Timekeeping are also needed to make this event successful, and students, especially Black Belts and Instructors, are expected to sign up here: [https://events.membersolutions.com/event\\_detail.asp?content\\_id=45919](https://events.membersolutions.com/event_detail.asp?content_id=45919). The Hospitality Suite is also looking for hosts: [https://events.membersolutions.com/event\\_detail.asp?content\\_id=45917](https://events.membersolutions.com/event_detail.asp?content_id=45917). Get your applications in early!



### **Instructors Classes**

Beginning in March, we will be holding monthly Instructors Classes for those Students who are Certified Instructors or in the Instructor Trainee Program. Now that Certifications are being finalized, the goal of this class is to give the Instructors of Pal Che Tang Soo Do advanced training and teaching strategies. Lesson Plans have been created and will soon be available to act as a guide when teaching. It will be ran as an open format so that all Instructors and Assistant Instructors can present new ideas, ask questions, and make suggestions, while reviewing and improving the curriculum for all of the Tang Soo Do Programs that we offer. We will also have meetings to keep up-to-date about current events. These classes will be held once per month on a Wednesday or a Friday.

### **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. A referral program with prizes and incentives will be implemented later this year to thank students for helping recruit more members to our Studio (Dojang). 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.

### **Leadership Classes**

Mr. George Celona, Ms. Angel Celona, Mr. Jon Blessington, 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. We have a lot of new topics that we want to explore in the next few months including various Weapons (Moo Ki) as well as Jiu-Jitsu. We also have some Guest Instructors coming and a potential trip to another school in the Summer. Those who have already been invited as members of the 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. Remember, you can only benefit if you participate. As the Leadership Program continues to grow this year, (we are expecting **MANY** new students to be invited in 2014 alone), students who do not attend on a regular basis will be replaced by students who can come more often. Mark your calendars with the following dates in the Calendar of Events section below!

### **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. Reminder: Each month there is an activity in the Kids Section of the Newsletter. All students who complete and submit the activity will receive a cool prize.

### **Good Jobs Cards**

In order to reward everyone for their hard work, some students will be selected periodically to receive a Good Job Card for excellence in class. Be sure to try your best every night when you come to class. Work hard and you will succeed.

## Calendar of Events

Thursday, March 13 <sup>th</sup> , 2014	Tang Soo Do Duel, 6:30PM – 8:30PM
Friday, March 21 <sup>st</sup> , 2014	<b>No Classes.</b> Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, March 26 <sup>th</sup> , 2014	Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, March 29 <sup>th</sup> , 2014	Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, April 3 <sup>rd</sup> , 2014	Breaking (Kyuck Pa) Class Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, April 12 <sup>th</sup> , 2014	Black Belt (Dan) Test from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Monday, April 14 <sup>th</sup> , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Saturday, April 19 <sup>th</sup> , 2014	Studio (Dojang) Cleaning, Painting, & Renovations Day @ 9:00AM
Wednesday, April 23 <sup>rd</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, April 30 <sup>th</sup> , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, April 26 <sup>th</sup> , 2014	Tentative Leadership Class, Time TBA @ Impact Martial Arts, Perryville, MD
Thursday, May 8 <sup>th</sup> , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Friday – Sunday, May 16 <sup>th</sup> – 18 <sup>th</sup> , 2014	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Saturday, May 17 <sup>th</sup> , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, May 22 <sup>nd</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM

Friday, May 30 <sup>th</sup> , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Friday – Sunday, May 30 <sup>th</sup> – June 1 <sup>st</sup> , 2014	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Monday, June 2 <sup>nd</sup> , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Friday – Sunday, June 6 <sup>th</sup> – 8 <sup>th</sup> , 2014	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Friday, June 20 <sup>th</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, June 25 <sup>th</sup> , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, June 28 <sup>th</sup> , 2014	Tentative Leadership Class, Time TBA, Location TBA
Friday – Sunday July 18 <sup>th</sup> – 20 <sup>th</sup> , 2014	World Championship, Greensboro Coliseum Complex, Greensboro, NC; World Headquarters Picnic and Meditation Garden Unveiling, Burlington, NC
Thursday, July 24 <sup>th</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, August 2 <sup>nd</sup> , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA

### **New Students**

Saatvik Dinesh

We would also like to welcome back Jordan Lee, who previously trained with us last year in the Tiny Tigers Program.

### **March Birthdays**

Ashon Foster – 9<sup>th</sup>

David Rivera – 12<sup>th</sup>

Bruno Squillace – 21<sup>st</sup>

## **Recent Promotions**

Deborah Vallejo – Brown Belt with Stripe (Sam Gup)  
Emily Woods – Orange Belt (Pahl Gup)  
Zachary Smithson – Dragon Brown Belt  
Damien Wallace – Dragon Brown Belt  
Jacob Havens – Tiger Red Belt  
David Rivera – Tiger Green Belt

## **Instructor's Angle**

**By: Mr. Nicholas W. D'Amato**

**This article focuses on Self Defense (Ho Sin Sul), and it gives an overview of the philosophy behind practicing it. In the coming weeks and months, we will be focusing on learning the attacks and multiple defenses for the Association Standard Self Defense Techniques #1-30.**

According to the Student Manual, there are three purposes for training in Tang Soo Do, the first of which is Self Defense. (The other two reasons are Health and to Become a Better Person.) For the next month or so, we are going to be focusing on Self Defense when training in Class. The Korean Term for Self Defense is Ho Sin Sul. GrandMaster Jae Chul Shin explained in his book, Traditional Tang Soo Do, Volume III: The Dae Ryun, that: “‘Ho’ means protecting or guarding; ‘Sin’ means body or self; and ‘Sul’ means art or technique. The principle object of Self Defense (Ho Sin Sul) is not to seek to destroy the assailant, but to demonstrate a gentle yet firm strength against the assault.” There are four main movements that can be applied when practicing Self Defense (Ho Sin Sul): evasion, extension, centralization, and charge. It is important to use the attacker’s momentum and force whenever possible to escape from various grabs and strikes.

The theory behind Self Defense (Ho Sin Sul) in Tang Soo Do involves several parts. The first step is to use the non-physical Tang Soo Do which includes a Yell (Ki Hap), warnings, calls for help, and distraction statements. Examples are: “I don’t know you.”, “Please leave me alone.”, “I don’t want any trouble.”, “Let go!” , “Help!” , “Fire!” , or for children, “You’re not my mom or dad!” , “You’re a stranger.” If that does not work, the second step is to execute strikes as softening-up techniques to scare and weaken the opponent. This can be any strike that can be completed quickly and sufficiently such as punches to the stomach, stopping on the foot, kicking the leg, kneeling the groin, poking the eyes, palm strike to the nose, chops to the neck, and even pinching or biting. Depending on the attack and the situation, some strikes will be easier than others and some might not be possible at all. The goal is to practice a variety of strikes to work in different circumstances. The third step is to use an effective technique to break away from grab or strike. The final step would be to carry out a counter strike, which can be anything just like the softening-up techniques.

The World Tang Soo Do Association has 30 standard Self Defense (Ho Sin Sul) Techniques similar to the One Steps (Ill So Sik). They are nicely divided into 6 sets of 5 grouping techniques together into easy-to-remember sets: attacks from the front; attacks from the rear; attacks from the side; attacks using two hands, attacks with weapons, and attacks on the ground. Over the next few months, we will be learning these techniques in depth. Remember, the most important things when honing Self Defense (Ho Sin Sul) skills are to remain alert, confident, focused, and relaxed.

## **Master's Corner**

**By: Mr. George T. Celona**

**This article was written last month in February 2014 by Mr. George Celona of Impact Martial Arts, who is a former student and instructor at Pal Che Tang Soo Do. I was fortunate to have also attended the same Instructors Class with him on Sunday, January 26<sup>th</sup>, 2014 at Mimidis Karate in Lancaster, PA. It was taught by Senior International Master (Sunim Kookjae Sah Bum Nim) William R. Strong of Alabama, who is a Seventh Degree Black Belt (Chil Dan) and a future GrandMaster (Kwan Chang Nim). I completely agree with Mr. Celona's synopsis of the class where Master Strong emphasized executing techniques in "attack mode". This article is entitled: "So Much to Learn."**

One of the greatest things about the WTSDA is that we have such a wealth of amazing and talented instructors. In Region 8 specifically, we have many high-ranking Masters, and some of the most senior people in the Association from when our organization began with GrandMaster Shin in New Jersey in 1982. Nearly every month, I have the opportunity to train with many of these masters, and even after all of my training, their knowledge and skill still amazes me.

This month was particularly interesting, however, since Master Strong came to visit from Alabama. Master Strong is the second most senior master in the entire organization, and came up to teach our Instructors Class this month. We spent most of the time working on adjusting our techniques and mindset during our forms. Specifically, Master Strong talked about how to adapt our forms to be more suited to combat situations. After my three-hour class, I felt like a White Belt (Sip Gup) all over again. Throughout the class, I had difficulty adjusting to doing the techniques in the way he wanted them, and I knew that my breathing was not as effortless and relaxed as it should be. As we trained, it amazed me to see how the forms were both effortless and yet absolutely devastating at the same time. It truly showed the artistic part of our martial art, and it was a beautiful thing. For me, it was something that I knew I struggled immensely with, and would not come easily.

Basically, I came away from the class thinking about how I should feel about this. I have been training for nearly 22 years, and yet doing World Form #1 (Sae Kye Hyung Il Bu) was a struggle during class. It could certainly be frustrating to feel like you've been training for so long and still have so much to learn.

But then, I thought about it some more. That's what makes Tang Soo Do so great: the fact that I still have so much to learn. How boring would it be if this were the "end of the line" for me? How would I keep myself interested in the art if there was no more to learn? I knew that there's always more to learn, but this example definitely struck a chord with me. I am hoping that I can continue to look forward to every new learning opportunity that I get, and try to find something new every time I train, even if I am not doing "new" material. There is a wealth of knowledge and thousands of years of wisdom behind everything we do in Tang Soo Do. It hit me that I will always have a new challenge in this art, even though sometimes I won't recognize it at first. This was a very neat revelation for me. I hope that in your training, you look forward to each new challenge and realize that we are lucky to always have more to work towards. It's not a bad thing!



## **Feature Article**

**By: Ms. Deborah D. Vallejo**

**This following is the thesis submission from Ms. Debbie Vallejo for her Test for Brown Belt with Stripe (Sam Gup). It is excellently written. The topic was: “Venture into the unknown of your potential; you will surely come out the victor.” – GrandMaster Sang Kyu Shim**

When I first started at Pal Che Tang Soo Do in 2012, I remember feeling very excited: excited to learn, excited to exercise, and excited to challenge myself. My first few classes were spent the same way everyone else would spend theirs: practicing basic Blocks (Mahk Ki), Punches (Kong Kyuck), and Kicks (Cha Ki). Anyone who knows me well enough knows that I am somewhat impatient, and I want immediate results in pretty much everything I do. Starting with these basic moves seemed so silly to me as surely I could do more. I never questioned Mr. Nick though, and I continued to do as I was told.

Over the next few weeks, as more complex moves were added into what I had to learn, it came time to start the Spinning Back Kick (Dwi Tollyo Cha Ki). I thought to myself, surely this is easy enough since I'd seen others do this particular kick over and over again, including my 6-year-old son. Well, I was wrong. The Spinning Back Kick (Dwi Tollyo Cha Ki) was the first challenge of my need for immediate results while training at Pal Che. I could barely do the kick, and definitely could not do it with enough power to break a board. I became frustrated and annoyed that the kick was so hard for me to master. I felt like I tried and tried, but I just could not get it. Then one night Mr. Nick said to me “think about it as a Side Kick (Yup Cha Ki)”.

All of a sudden, my Spinning Back Kicks (Dwi Tollyo Cha Ki) became better. They are still not as powerful as I would like them to be, but I can do them properly. I did not break my board at my test for Orange Belt with Stripe (Chil Gup) with the Spinning Back Kick (Dwi Tollyo Cha Ki), but within the following week, I was successful. For me, venturing into the unknown of my potential means taking a step back and realizing that I can't do something perfectly the first time I attempt it, but I will get there as long as I focus and practice. While I still become frustrated at times, I force myself to think back to my beginning days at Pal Che, and how much better my techniques are now versus a year and a half ago. I know that I can overcome obstacles as long as I provide myself with realistic expectations, rather than thinking the results will come overnight.

## **Thoughts for the Month**

“The purpose of today's training is to defeat yesterday's understanding.” — Miyamoto Musashi, also known as Shinmen Takezō, Miyamoto Bennosuke or, by his Buddhist name, Niten Dōraku, who was a Japanese swordsman and ronin, renowned through stories of his excellent swordsmanship in numerous duels, even from a very young age.

“Long-term consistency trumps short-term intensity.” — Bruce Lee, a Hong Kong-American martial artist, action film actor, martial arts instructor, filmmaker, and the founder of Jeet Kune Do, considered by commentators, critics, media and other martial artists to be one of the most influential martial artists of all time and a pop culture icon of the 20th century.

“The Dojang is a place where the human spirit is polished.” — Unknown

“Look in the mirror. That’s your competition.” — Unknown

“Discipline is choosing between what you want now and what you want most.” — Unknown

“You can fight ten people and win now, but eventually you will get old. Eventually you can't fight anymore. It’s better to cultivate yourself and help people use this Art to improve their lives.” — Sifu Wang Bo, a Zen Buddhist Monk and Teacher, the founder of Hungrymonk Yoga, and Kung Fu Master of the Shaolin Temple Torrance, located in Torrance, California, a main branch of the original Shaolin Temple of China.

“Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.” — Louisa May Alcott, an American novelist best known as author of the novel Little Women and its sequels Good Wives, Little Men, and Jo's Boys, sometimes using the pen name A. M. Barnard to write novels for young adults in juvenile hall.

“It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something.” — Franklin Delano Roosevelt, an American lawyer, politician, and statesman, who served as Assistant Secretary of the Navy, the 44<sup>th</sup> Governor of the state New York, and as the 32<sup>nd</sup> President of the United States for 4 terms from 1933–1945, leading the United States during a time of worldwide economic depression and total world war.

“Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.” — Mary Anne Radmacher, author, artist, actionist, trainer, who shares original writings, inspiring content, and thoughtful motivations.

“Great spirits have always encountered violent opposition from mediocre minds.” — Albert Einstein, a German-American theoretical physicist, who developed the general theory of relativity, best known for his mass–energy equivalence formula  $E=mc^2$ , and recipient of the 1921 Nobel Prize in Physics “for his services to theoretical physics, and especially for his discovery of the law of the photoelectric effect”.

## Photos

### Our Future Sign for outside the Studio (Dojang)



**Color Belt (Gup) Test — Thursday, February 20<sup>th</sup>, 2014**



**Region 8 Winter Tournament – Saturday, February 22<sup>nd</sup>, 2014 – Twin Valley Middle School**



**Student Promotions – Monday, February 24<sup>th</sup>, 2014**



## **Kids Section**

Fill-In the following terms from the word bank below to complete this listing of the Fourteen Attitude Requirements of the World Tang Soo Do Association.

1. Purpose of training should be enhancement of mental and physical \_\_\_\_\_.
2. Serious \_\_\_\_\_.
3. All out \_\_\_\_\_.
4. Maintain \_\_\_\_\_ and \_\_\_\_\_ practice sessions.
5. Practice basic \_\_\_\_\_ all the time.
6. Regularly spaced practice \_\_\_\_\_.
7. Always listen to and follow the direction of \_\_\_\_\_ or \_\_\_\_\_.
8. Do not be overly \_\_\_\_\_.
9. Frequently inspect your own \_\_\_\_\_.
10. Always follow a routine \_\_\_\_\_ schedule.
11. Repeatedly \_\_\_\_\_ all techniques already learned.
12. When you learn new techniques, learn thoroughly the \_\_\_\_\_ and \_\_\_\_\_ as well.
13. When you begin to feel idle, try to \_\_\_\_\_ this.
14. Keep \_\_\_\_\_ and your \_\_\_\_\_ clean.

achievements  
ambitious  
yourself  
constant

techniques  
theory  
regular  
philosophy

surroundings  
training  
sessions  
practice

approach  
betterment  
instructors  
overcome

effort  
seniors