

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



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Quick Notes

Merchandise Orders

There will be another Merchandise Order. The holidays are approaching, and many items make great gift ideas: T-shirts, Hoodies, Logo Screen Print & Embroidery, Uniforms, Belt Display Racks, Sparring Gear, Weapons, and more. Forms will be available in the lobby. You may look through the catalogs to find more specific information. Order are due on Wednesday, November 28th, 2012.

Holiday Party & Annual Banquet

On Saturday, January 12th, 2013, we will be holding our Holiday Party and Annual Banquet. At the beginning of each new year, we gather together in the Studio (Dojang) as one Pal Che Family for dinner, games, awards, and conversation to remember all the hard work from the previous year. We hold this party after all of the Holidays are over so that it does not interfere with any of the other plans that we have, and it gives us one last time to celebrate in early January just as we return to the normal routine of the regular year. This event will be free of cost. We just ask each family help provide for this potluck dinner. We will need your help in making dinner entrees, supplying snacks and drinks, and providing paper and plastic products. There will be two sign-up sheets on the bulletin board in the lobby. The first is to let us know how many people in your family will be attending. The second will be a list of items to bring, and we ask that it equal the number of people in your family who will be attending. All students and their families are highly encouraged to attend. The Studio will be decorated, there will be games for the kids, and it will be a lot of fun. Awards will be given out in various categories: Attendance, Spirit Award, Most Improved, Rising Star, Family of the Year, and Students of the Year. This is truly an event that you will not want to miss so sign up today!!!

Newsletter Articles

The Pal Che Tang Soo Do Times is always looking for people to submit articles. While it would be great if they focused on your training in Tang Soo Do, they can be about any topic that you think is appropriate and would be beneficial to others. Consider writing an article for an upcoming issue.

Calendar of Events

Thursday & Friday, November 22 nd -23 rd , 2012	Thanksgiving. Studio Closed. No Classes.
Tuesday, November 27 th , 2012	Terminology & Study Class from 7:15PM to 8:00PM.
Wednesday, November 28 th , 2012	Leadership Class, from 6:45PM to 8:15PM, @ Pal Che Tang Soo Do. No Youth & Adult Class. Merchandise Orders Due.
Thursday, December 6 th , 2012	Group Photo Night at the beginning of classes.
Wednesday, December 12 th , 2012	Leadership Class, from 6:45PM to 8:15PM, @ Pal Che Tang Soo Do. No Youth & Adult Class.
Friday, December 14 th , 2012	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM; Youth & Adult Students @ 7:15PM.
Monday, December 17 th , 2012	Terminology & Study Class from 7:15PM to 8:00PM.
Monday, Tuesday, & Wednesday December 24 th , 25 th , & 26 th , 2012	Christmas. Studio Closed. No Classes.
Thursday & Friday December 27 th -28 th , 2012	Studio Open. Regular Classes will be held.
Tuesday, December 31 st , 2012	New Year's Eve. Studio Closed. No Classes.
Wednesday, January 1 st , 2013	New Year's Day. Studio Closed. No Classes.
Thursday, January 2 nd , 2013	Regularly Scheduled Classes Resume.
Saturday, January 12 th , 2013	Holiday Party & Annual Banquet, from 6:30PM to 10:30PM @ Pal Che Tang Soo Do
Thursday, January 17 th , 2013	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM; Youth & Adult Students @ 7:15PM.
Tuesday, January 29 th , 2013	Terminology & Study Class from 7:15PM to 8:00PM.
Saturday, February 16 th , 2013	Region 8 Spring Championship, 8:30AM – 4:00PM, Twin Valley Middle School, Elverson, PA

New Students

Amy Claire Spahn
Jonathan Weiss
Daniel Joyner

November Birthdays

Dan Lyons – 8th
Jonathan Weiss – 9th

December Birthdays

Deborah Vallejo – 14th
Leihui Tong – 15th
Matthew McCarthy – 17th
Brian Finley – 22nd

Recent Promotions

John Lyons – Green Belt (Yuk Gup)
Deborah Vallejo – Orange Belt (Pahl Gup)
Dylan Muldowney – White Belt with Stripe (Ku Gup)
Alonzo Jackson – Yellow-Brown Dragon Belt
Tristin Napoleon – White-Orange Tiger Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

The next Newsletter will not be printed until we are in the New Year and it will contain an the “State of the Studio”, the Current Enrollment Count, and the Award Winners, but for now, as we come to an end of a successful year, I would like to write about two short things.

First, the 2012 Region 8 Championship was a great event. As a judge, I saw a lot of hardworking students who gave it their best effort. I am proud to say that of the three students from Pal Che who attended and participated this year all placed and received medals: Jon Blessington, Pavel Bashkirtsev, and Ashon Foster, with one bringing home multiple medals. Impact Martial Arts' Demo Team placed 3rd in Creativity, and had a student who took home Grand Champion. A great congratulations goes out to everyone.

Second, we are approaching that wonderful time of year where the Holidays are coming, and we have so much to do to prepare. It could also be an awful time of year if we neglect our training and fall behind. Be sure to budget your time so that you can make sure that you can enjoy the time with your family and friends while still coming to class a few times each week. Over the next month or so, you will find it challenging to train and give it all your effort, but do not give in, do not give up, and continue to reach for that next level. You can do it!!!

Master's Corner

By: Master Joseph Centrone

This untitled article was originally written and published in September 2005, and it discusses a variety of topics including why we begin training, why we continue to train, where our training comes from, and what we should use it for in today's modern times.

Everyone begins their Martial Arts journey seeking to get out of their training something personal. Regardless to what brings you to the Dojang initially, our duty as instructors is to keep you there, and keep you interested in training. Although each student may have short-term goals for themselves, as head instructor, my goal for every student who walks through the door is long term. For me Tang Soo Do is a way of life. It is not a hobby or something I do in my spare time. And, although I work a full time job, I consider instructing the students of Pal Che my career. I understand that not everyone is like me, and I acknowledge, that for many of you, Karate is something "you do," as opposed to a "Way of Life."

No two teachers instruct alike. If they did, I would not need them all instructing. The wide variety of instruction allows each teacher to express themselves to the class, and to share some of the things they have learned in the course of their training. If every instructor were a clone of Master Raver or me, we would only need to hold class two to three nights per week. Instead, the flexible schedule not only allows the student to grow and explore the Martial Arts from various viewpoints, but it is also allows the teacher a chance to grow in their understanding of the student.

Add to this the fact that Tang Soo Do, under the direction of Grandmaster Shin, provides each of us a time and battle tested system from which to learn the Martial Arts. Contained within this system, are movements and techniques from many different styles of Martial Arts, including but not limited to, Judo, Hapkido, Kung Fu, Eastern Boxing, Western Boxing, Greco Roman Wrestling, American Wrestling, and even ECW Wrestling. We practice fighting skills learned on the streets, from Hong Kong to South Philly. We will imitate the movements and techniques of animals, both big and small, masters and movie stars. During our training, we will be required to use obsolete weapons from our past, which serve of no value in today's high tech world of destructive toys, while at the same time learning how to use anything handy as a weapon to defend you today; proving the fact that the Martial Arts did originate all other the world as needed.

Confusing? Consider this, Tang Soo Do not only teaches us how to prepare us for physical attacks, but also prepares us for life as well. In life, as with Karate, not everything can be learned from one teacher, no more than any one way to train is the better than another. I was once told there are no bad systems of Karate, only bad teachers. I believe this, and I feel it is my duty to you as your instructor, to never cease trying to find ways to prepare you for battle both in and out of the Dojang.

I see my Martial Arts journey as a never-ending journey for both perfection and knowledge. Therefore, no one class or one teacher can define or limit me in what I can accomplish. With the world as my class journey continues.

As students, I challenge you to not limit your Martial Arts journey by the preconceived notions and ideas of what you think Karate should be, but rather open your eyes and mind to the endless possibilities of what could be. In life, attacks, both physical and mental, will come at us from various angles, we must prepare in the same fashion.

Feature Article

I believe that this article was written in December 1994 by Master Ronald Raver although my records do not clearly indicate who authored it. Either way, it explains why students must always practice the basic techniques and how they relate to the advanced techniques that we all want to learn.

The Empire State Building was built in the early part of this century. At that time with its 102 stories this building was the tallest man-made structure in the world. Since then it has withstood high winds, lightning strikes (several a week), an airplane crashing into it, and even a large ape crawling up the outside of it while being attacked by airplanes. Why do you think it has been able to withstand all of this activity?

To me the answer is simple: it has a good foundation. No matter how fast the construction company wanted to finish this structure, they had to construct a firm and lasting foundation. A foundation so strong that it would be able to withstand the rigors that nature would throw at the building. It could sway and rock but it could not crumble.

You ask what does this have to do with Tang Soo Do. Well, the advanced techniques that you all want to learn cannot be achieved without a good foundation. This foundation is being laid at each and every class you attend. You cannot do a Jumping Spinning 360° Back Kick (E Dan Dwi Tollyo Cha Ki) if you can't do a Spinning Back Kick (Dwi Tollyo Cha Ki) and furthermore, you cannot do a Spinning Back Kick (Dwi Tollyo Cha KI) if you can't do a Side Kick (Yup Cha Ki).

Quoting Grandmaster Shin from his new book, "The Basics": "Basics are a vital element in the pursuit of Tang Soo Do excellence. They bind the past, present, and future together. No one individual or style can take credit for the origin of the basics. They were developed through the centuries according to the needs of many people, living in different times and regions. Regardless of the style practiced, we must all master the universal basic principles before we can advance in our respective arts. Many people equate basics only with their physical aspect: block, punch, kick, etc. However, like *um* and *yang*, there must be a balance. If we hope to truly master the physical side, we must also learn the basic theories and philosophies as well."

Don't be in such a headlong rush for promotions that you forget why you are training. All of you want to be Black Belts (Dan), or at least that should be one of your goals in Tang Soo Do. Your

primary goal should be to learn what is shown you. Practice diligently what you've been shown. Don't just assume that since you've been shown a technique and practiced it several times, that you know it, and are ready to learn something "new." At all times remember that maybe someday you too will be a "master builder" and have to build a foundation for someone from the next generation. You must be well schooled in these fundamentals of construction.

The fourteen attitude requirements required of you to memorize are not just a memory drill, but have a very important lesson in them. They tell you to give your all at practice, practice basics ALL THE TIME, repeatedly practice things ALREADY LEARNED, and not to be overly ambitious. Do not try to break before you are ready, do not try weapons before you are ready, do not attempt Form (Hyung) that are above your rank. Read your Manual; it tells you exactly what is expected of you for promotion from one belt to another. If you do not know the Form (Hyung), One Steps (Il Soo Sik), or techniques required for promotion, then all the attendance hours in the world do not qualify you for promotion, at least not at Pal Che Tang Soo Do.

Thought for the Month

“Basics are the mother of all skill.” — Master Kevin J. Robinson