

TANG SOO TIMES

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P A L C H E T A N G S O O D O

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

- Nov 15 - Women's Self-Defense class. No adult class.
- Nov 22 - Gup test at Dojang. No adult class.
- Nov 25 - Thanksgiving. No classes.
- Nov 27 - Thanksgiving weekend. No class.

MONDAY NIGHT CLASS SCHEDULE

- Nov 1 - Regular adult class.
- Nov 8 - Sparring class.
- Nov 15 - Women's Self-Defense Class. No adult class.
- Nov 22 - Gup test at Dojang. No adult class.
- Nov 29 - Black Belt class. Red belts and higher.

MASTER'S CORNER

Like everything else in the *WAY*, happiness comes from within. What minimal support we need from the outside - a bit of food, some shelter - can actually be very simple and plain and is readily available. Nevertheless, people are unhappy because they do not know moderation.

"All I need to be happy is to be rich," many say. But the newspapers are filled with stories of wealthy people who live in deep despair. In fact, the simple phrase, "All I need to be happy is to be rich" - complete with your choice of substitutes for the word *rich* - is an immediate indication of the source of our unhappiness: there is no end to what we want.

Know when enough is enough. Some die from hunger, but many die from overeating.

So to be happy, we have to control our desires. The ancients taught two ways to do this. Sometimes they used discipline to curb desire. Sometimes they satisfied their desires. This is the genius of the *WAY*: moderation. We do not need to cleave to the extremism of the ascetic. We do not need to lose ourselves in the indulgence of the hedonist. We follow the *WAY*, the middle path.

NEW STUDENTS

We would like to welcome the following new students to our Dojang and to the worldwide family of Tang Soo Do:

STEPHEN ARANDA

ZION ARANDA

Train often and train hard. You are on the steep portion of the classic learning curve and every class should reveal something new and exciting to you. If you ever have any questions, do not hesitate to ask a senior student.

FEATURE ARTICLE

E Dan Crystal Prentice submitted this month's feature article. She attended the Region 8 Championships not as a competitor but as a spectator.

I have always enjoyed writing personal essays assigned in English classes from Middle School all the way to the college level because I consistently chose to focus my writings on positive aspects of Tang Soo Do training which greatly influenced my life. By the time I entered my second semester at Millersville, I however, I decided to take an entirely different slant on the assigned persuasive essay on a topic of our choosing. This time when I approached Tang Soo Do, I opted for a critical stance in which I basically demonstrated, in written form, the major hypocrisy of our martial art - tournaments.

In the essay, I presented the idea of tournaments being in direct defiance of the seven tenets of Tang Soo Do which we are expected to know, understand, and follow from the time we are white belts. I especially pointed to the fact that while the sixth tenet, humility, is greatly emphasized in the dojang, tournaments contain nothing but ostentatious behavior from a good majority of competitors. In addition, the coveted awards do not signal a job well done, but instead serve as self-monuments considering trophies usually stand waist-high or higher (we have had many trophies over five feet tall). All in all, I presented numerous examples illustrating that our association is indeed hypocritical by organizing and encouraging such competitions. (It's only fair to mention that although I did not view tournaments in the same manner when I was younger, I probably participated in more of them than anyone in our dojang and was, therefore, just as hypocritical.)

On October 23rd, the association held its annual regional tournament at Fernwood Resort in the Pocono Mountains. Although it may seem as though I presented my essay summary in order to apply it to my observations at Fernwood, I intend to do just the opposite and prove I was quite wrong. I must admit I was ecstatic when I observed an overall atmosphere of good sportsmanship and healthy competition. More importantly, I also felt an unbelievable feeling of pride watching the competitors from our dojang. Although what I wrote in my essay is applicable in describing some select competitors, the representatives from Pal Che Tang Soo Do exemplified ideal tournament participation. The teaching of Master Raver and Mr. Centrone were not only evident in our students' weapon forms, hyung, and free sparring, but also in their humble and extremely sportsmanlike behavior. I was incredibly thankful to be part of our group. Everyone was

supportive of one another by not missing a single second of the divisions in which our students competed. It was very exciting to watch and cheer them on.

Even though I did not compete, I felt my spirit rejuvenated by the tournament. It made me think about how grateful I am to be a member of our dojang. I keep using the word proud, but it's exactly how I feel. For those of you who did not attend, be sure to congratulate the following students who exhibited such a high standard of quality in representing our school. Each person earned at least one medal in his or her respective division:

Michele Prentice
Sundar Swaminathan
Angel Evangelista
Eric Chapman
Phil Pollock

I was so inspired by the tournament that I think I may compete one last time at the regional championships next year. I hope to see both adults and children from our dojang compete at least once in order to establish a personal viewpoint on the validity of tournaments. As for my position, there are still some aspects of tournaments in which I do not agree, but I have learned not to be close-minded and to admit when my assertions are not exactly correct.

THOUGHT FOR THE MONTH

OUR PURPOSE OF ATTENDING OR SPONSORING TOURNAMENTS IS NOT TO WIN THE TROPHY, BUT TO DEVELOP - TO REACH AS HIGH AS WE CAN - IN TANG SOO DO. THE TROPHY IS NOT THE GOAL; DEVELOPMENT OF ONE'S SELF AND ONE'S POTENTIAL IS THE GOAL.

JAE CHUL SHIN