

# 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 Championship Results**

The Region 8 Championship was held on Friday-Saturday, October 24<sup>th</sup>-25<sup>th</sup>, 2014 at The Galleria at Split Rock Lodge & Resort in the Poconos. GrandMaster Robert Beaudoin and Mrs. Moon Shin were in attendance as well as our former Studio Owner Master Ronald Raver. Mr. Anthony DiLucido received 1<sup>st</sup> Place in Forms, 3<sup>rd</sup> Place in Weapons, and 3<sup>rd</sup> Place in Sparring. He was also the Runner-Up for Grand Champion in the Adult Male Black Belt Division. Mr. Cameron Harper won 1<sup>st</sup> Place in Forms, 2<sup>nd</sup> Place in Weapons, and 2<sup>nd</sup> Place in Sparring, and he was a Runner-Up for Grand Champion in the Youth Male Color Belt Division. Master George Celona and Ms. Angel Evangelista-Celona, both formerly of Pal Che Tang Soo Do, were promoted to Fourth Degree Black Belt (Sah Dan) Master and Fourth Degree Black Belt (Sah Dan) Instructor, respectively.

#### **Schedule Changes**

There is now a class on Wednesdays from 5:00PM to 5:45PM that is open to Advanced Little Dragons as well as all Youth Students and all Adult Students. There will also be a Saturday morning class that will be held once per month at 9:30AM that will run as an Open Floor format where students and come and request drills and techniques that they would like to review.

#### **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.

### **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 Study Guide Policy**

Starting in January 2015 students will be required to submit filled-in versions of their Study Guides in order to be eligible for testing. 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 be eligible 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.

### **Holiday Party & Annual Banquet**

On Saturday, January 10<sup>th</sup>, 2015, 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, awards, conversation, and a demonstration to remember all the hard work from the previous year. We hold this yearly event in January after all of the Holidays are over so that it does not interfere with any of the other plans that everyone has, and it gives us one last time to celebrate as we return to the normal routine of the regular year. This event will cost **\$1.00** per person. We ask that 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, a demonstration by students, 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!!!

### **Merchandise Orders**

The holidays are approaching, and we have many items that make great gift ideas: T-shirts, Hoodies, Logo Screen Print & Embroidery, Uniforms, Belt Display Racks, Sparring Gear, Weapons, and more. Forms are available in the Studio (Dojang) Lobby. You may look through the catalogs to find more specific information. All Youth Students and Adult Students who are Orange Belts or higher must have their own Sparring Gear, and all Advanced Students should also have their own Weapons. All orders are due on Friday, December 5<sup>th</sup>, 2014.

### **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.

## **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 for 2015. 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. 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. Mark your calendars with the dates!

## **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 to recruit more members to our Studio (Dojang). 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.

## **Calendar of Events**

Sunday, November 22 <sup>nd</sup> , 2014	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA; Region 8 Year-End Dinner, @ 2:00PM, Lancaster, PA
Wednesday, November 26 <sup>th</sup> , 2014	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday & Friday, November 27 <sup>th</sup> & 28 <sup>th</sup> , 2014	<b>Studio (Dojang) Closed.</b> Thanksgiving Holiday Weekend.
Wednesday, December 3 <sup>rd</sup> , 2014	Special Class on Rolls and Break Falls (Nak Bup) with Guest Instructor: Master George Celona
Friday, December 5 <sup>th</sup> , 2014	Merchandise Orders Due
Saturday, December 6 <sup>th</sup> , 2014	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, December 18 <sup>th</sup> , 2014	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, December 20 <sup>th</sup> , 2014	Special Open Mat Class: 9:30AM to 11:00AM.

Wednesday – Sunday, December 24 <sup>th</sup> – 28 <sup>th</sup> , 2014	<b>Studio (Dojang) Closed.</b> Christmas Holiday Weekend.
Wednesday – Sunday, December 31st, 2014 – January 4 <sup>th</sup> , 2015	<b>Studio (Dojang) Closed.</b> New Year Holiday Weekend.
Monday, January 5 <sup>th</sup> , 2015	Classes Resume.
Saturday, January 10 <sup>th</sup> , 2015	2014 Holiday Party & Awards Banquet, from 6:00PM to 10:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Friday, January 23 <sup>rd</sup> , 2015	<b>No Classes.</b> Tentative 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 @ 8:30PM
Saturday, January 24 <sup>th</sup> , 2015	Judging Certification Clinic, from 11:00AM to 3:00PM @ Brandywine Martial Arts II, Honey Brook, PA
Sunday, January 25 <sup>th</sup> , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Saturday, February 21 <sup>st</sup> , 2015	Region 8 Winter Tournament from 9:00AM to 4:00PM @ Twin Valley Middle School, Elverson, PA
Saturday, February 28 <sup>th</sup> , 2015	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa) & Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 9:30AM Youth & Adult Students @ 10:15AM Black Belt Candidates @ 11:30AM
Thursday, March 19 <sup>th</sup> , 2015	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday – Sunday, March 19 <sup>th</sup> – 22 <sup>nd</sup> , 2015	USA Master's Clinic, University of North Alabama, Florence, Alabama
Sunday, March 29 <sup>th</sup> , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Wednesday, April 1 <sup>st</sup> , 2015	Breaking (Kyuck Pa) Class
Saturday, April 25 <sup>th</sup> , 2015	Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to 4:00PM @ Twin Valley Middle School, Elverson, PA

Friday – Sunday,  
May 29<sup>th</sup> – 31<sup>st</sup>, 2015

Region 8 Youth Black Belt (Dan) Camp 1, Camp Green  
Lane, Green Lane, PA

Friday – Sunday,  
June 5<sup>th</sup> – June 7<sup>th</sup>, 2015

Region 8 Youth Black Belt (Dan) Camp 2, Camp Green  
Lane, Green Lane, PA

Friday – Sunday,  
June 12<sup>th</sup> – 14<sup>th</sup>, 2015

Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown  
College, Elizabethtown, PA

### **New Students**

Joseph Neiss  
Vernon Mayes

### **November Birthdays**

Dan Lyons – 8<sup>th</sup>  
Jonathan Weiss – 9<sup>th</sup>  
Aidan Glover – 21<sup>st</sup>

### **Recent Promotions**

Farhanaz Asskaryer – Orange Belt (Pal Gup)  
Gabriel Vallejo – Dragon Blue Belt  
David Rivera – Dragon Orange Belt  
Christopher Monroe – Dragon Yellow Belt

### **Instructor's Angle**

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

In recent weeks, student attendance has been on the decline. It is rare for a small Studio (Dojang) like ours to hold classes five to seven times per week. The flexibility offered here at Pal Che Tang Soo Do is virtually unheard of among small martial arts schools. All students should strive to train at least two times per week, and advanced students should reach for three or four.

Last month a survey was sent out asking about preferences for when students and parents would prefer classes to be held. There was an overwhelming response for earlier class times on weekday evenings as well as a class on Saturday mornings. I have started an earlier class on Wednesday evenings, which has not been well attended, and I also have decided to hold a Saturday morning class once per month on a trial basis. Fourteen survey responses indicated that they wanted Saturday morning classes, but not a single person showed up to the first class on November 1<sup>st</sup>.

With five to seven classes offered each week, it should not be difficult for students to make multiple classes per week. At many martial arts schools, students can only attend twice per week, the class

days are assigned, and the students and parents have little choice in the matter. Other schools often charge extra in order to attend more than the standard two days per week.

When I was a Beginner Student (Cho Bo Ja), I initially trained two days per week. When I was young, I also played on teams for baseball, basketball, and bowling, but I always made sure to attend my martial arts classes each week. When I became a higher-ranking Color Belt (Gup), I increased my schedule to three days per week. In middle school and high school, I performed in school plays and joined many clubs and activities as well as working a part time job, but I did not let it affect my Tang Soo Do training. Upon reaching Black Belt (Dan), I would train four to five times per week in addition to teaching one or two other classes to aid my Instructor as well as being a member of the Studio's Demonstration Team. When I was in college, I worked two part-time jobs, participated in clubs on campus, and still made it to class at Pal Che every single day of the week. This is what is expected of advanced ranking students. Many students are only training once per week. Training only once a week just doesn't cut it!

Everyone is busy, and I don't expect students to be present in class every single day. As an Instructor, I understand that everyone has family parties, school events, and work meetings that sometimes get in the way, but everyone needs to plan and make the time to get to class. I do not say this to discourage or reprimand anyone. I am mentioning it because this is what all students will need to do to reach Black Belt (Dan). If you have difficulty managing your time, make a calendar ahead of time for each week or month or put reminders in your cell phone. Plan your days in advance so you won't have to skip class to handle some other matter.

Here's to looking forward. I am asking all students to recommit to their goals and attend class as often as possible. Why not take advantage of all that Pal Che has to offer? I am asking parents of students who haven't been attending very frequently to encourage their children to attend one extra class per week. After all, you are paying for it. Speak with your classmates and find out what classes they will be attending so you can learn and train together with each other. This will make class even more enjoyable and motivating. By attending more often, you will learn more, improve your techniques, and make further progress, while possibly even advancing in rank at a faster pace. GrandMaster Shin was famous for always saying "One more time!". I expect everyone to keep training "one more time!".

## **Master's Corner**

**By: Master Ronald Raver**

**This article was originally written in December 2000. It very succinctly explains why students need to train often in order to achieve their goals.**

The holidays are upon us. December is one of those months where attendance drops off, people do not attend classes because they are too busy getting ready for the holidays, don't have the money, or any other reason limited only by the imagination of the student. The school still goes on. Decisions to not come to class at any time are met with an instant action/reaction scenario. To test (at least the lower ranks), you need 24 classes to be eligible to be considered for testing. At the most recent test, one student was ineligible to test for promotion because he had only 22

hours and it had been 7 months since his last test. Time taken off in the summer and missed classes for whatever reason did not allow him to accumulate class time. This is the action/reaction principle that I alluded to. His action of deciding not to attend classes resulted in my reaction of not allowing him to test. In all of life, every action has a reaction, every cause an effect. If you don't study for a test; you won't get a good grade. If you don't work hard during the year, you won't get a good review from your boss and hence, a not too good raise.

## **Thoughts for the Month**

“The more you sweat in practice, the less you bleed in battle.” — Richard “Dick” Marcinko, a retired American Navy SEAL commander, Vietnam War veteran, author, radio talk show host, military consultant, and motivational speaker.

“Life is short; don't be lazy.” — Sophia Amoruso, the founder, owner, and Chief Executive Officer of Nasty Gal fashion company, and author of the book #GirlBoss.

“Your attitude determines your direction so choose a positive one.” — Bekki Lindner, author, speaker, pastor's wife, mother of 4 children, and maternal advocate.

“It's your road and yours alone. Others may walk it with you, but no one can walk it for you.” — Sushan R Sharma.

“A hero is someone who has given his or her life to something bigger than oneself.” — Joseph Campbell, an American mythologist, writer and lecturer, best known for his work in comparative mythology and comparative religion, famous for the phrase “Follow your bliss”.

## **Photos**

### **2014 Halloween Party – Saturday, November 1<sup>st</sup>, 2014**



**Color Belt Test (Gup Shin Sa) – Wednesday, October 22<sup>nd</sup>, 2014**



**WTSDA Region 8 Championship – Friday-Saturday, October 24<sup>th</sup>-25<sup>th</sup>, 2014**

