

T A N G S O O T I M E S

ISSUE NO. 92

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APRIL 1999

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

Apr 12 - Gup test at Dojang. No adult class.
Apr 17 - Central Penn Championships.
Apr 24 - Black Belt test. No class.

MONDAY NIGHT CLASS SCHEDULE

Apr 5 - Regular adult class.
Apr 12 - Gup test at Dojang. No adult class.
Apr 19 - Aerobic class. Sign up required.
Apr 26 - Black Belt class.

MASTER'S CORNER

This is the last newsletter I will prepare while at work. Effective April 1, I will be retiring and will be at the Dojang during the day in addition to teaching in the evenings. We will begin in mid-May offering a Little Tigers program for children between the ages of 4 1/2 to 7 years old. So, if you know anyone who would like to sign up their child, they need to call and register. This program will begin being taught by Ms. Crystal Prentice, a 2nd Dan who is studying elementary education at Millersville University.

At about the same time (mid-May) we will begin offering a Tang Soo cardio class during the day. Again, if you know anyone interested please have them contact the school. We may possibly offer the Tang Soo cardio class on Friday evenings also.

This month (April) we will be sending 4 students to test for black belt or advanced black belt ranking. We are very proud of them and the efforts they have put forth in preparing themselves for this test. If, at all possible, you might want to go and watch the test. It is Saturday April 24, at the Phoenixville YMCA. The actual physical test will begin at about 10 AM.

HEALTHY KIDS DAY

On Saturday, April 10, the Ridley YMCA will be holding their 3rd annual Healthy Kids Day. It is a day filled with events and games to try and promote a healthy lifestyle for children. Two years ago our school donated our time and put on a small demonstration. For those of you who are not aware, Joe Centrone

has been holding children's classes at the Y for just over two years and Ms. Crystal Prentice will be starting a Saturday Kids Kick class in March.

We would like to once again provide a demonstration and require your help. In addition to the demo team, we would like all other students to participate. We will adjust so that everyone, no matter how advanced or new you are, will be able to take part. This is a chance for us to demonstrate our pride in our school. It is also a very fun day and even though the demo will take less than an hour, you are invited to spend the day seeing all that the Y has to offer.

Look for sign up sheets. If you have something you especially would like to share, note that on the sign-up sheet. Your attendance is cordially required.

FEATURE ARTICLE

Each month I sit and stare at the computer screen to come up with some subject for this newsletter. A lot of times I just re-run a good article from a prior newsletter knowing that with all the new students, there is a good chance many have never seen it before. This month is no exception, except that in April we will have 4 students testing for Black Belt or an advanced Black Belt ranking. What I have done for this Newsletter is to take excerpts from all of their Dan test essays and submit them to you for approval.

In just one day, no matter what I am doing, floating around in my head is karate. Forms, one-steps, kick-steps, whatever it be - I can't go through a day without giving it a thought. You'd think it would be annoying having the same thoughts in your head all day, every day - but, it's the mental part. Thinking, Comprehending, Understanding. Another thing I do that is becoming more and more common is relating a daily activity or task to my training. An example of this occurs while I'm running. I'll say to myself, "If this were karate you wouldn't give up." I love to throw a kick and feel the power come rushing out of my body. I love punching a target and hearing the reaction. Karate is not a problem, it's a challenge. One thing that builds a strong foundation to support other pieces of life is the challenges in life. If a wall had a small base and many bricks were lain upon it, it would topple over, just as flower petals are blown off a stem into the obscure world.

Contrary to the public opinion, 'martial arts' does not mean fighting techniques alone. It warrants discipline, physical exercise, doing things in a systematic way, keeping mind and body agile, etc. Being associated with such an art prepares one mentally to face defeat with grace. All these things cannot happen overnight. It requires time and one has to walk up the slope of hardship, training, practice, and responsibility. As a white belt student, one may not have any responsibility. But, upon attaining Black Belt, the responsibility increases. To qualify for the Black Belt, my physical as well as my mental

strength is tested. I must pass a pre-test, a written test and I must submit a thesis. I must also pass certain physical requirements. In this way, the Black Belt is the proof of hard work and an honor bestowed for untiring efforts.

There is one thing that I have learned about the Tang Soo Do spirit. You cannot set a journey to possess the spirit. Of course, trying to seize the spirit of Tang Soo Do is always a goal, but the spirit will find you. You have to be worthy to behold the spirit - living an honest and good-natured life. The spirit will live inside of you in everything that you accomplish in your life. When someone actually does behold the spirit, you can see the fire in their eyes and the joy they find in training. Some people continue their training based on the fact that they have been training all their life. If there is no passion to train, practicing all those years will not automatically give you the spirit. To finally have the spirit you have to have the desire, the qualities needed, and the faith of the spirit, to finally reach your goal.

Our spirit can be both encouraged and disheartened by the people and events that shape our lives. The only way I can explain my spiritual outlook during this time was because of the lessons I learned in the dojang and took home with me. I once read that the dojang is not just a building of wood and mortar. "It is a place where we awaken our body, grow the self, and unite the spirit through compassion and life-inquiry. Anyplace where we learn to better ourselves in the WAY, can be considered a dojang."

When we are not practicing in the dojang we are still applying our knowledge to our everyday life. Our Martial Spirit should be used in every action and thought process our day takes us through.

While we are away from training we need to be receptive enough to the people and places around us that can also shape our SPIRIT.

These four paragraphs were excerpted from the four individuals testing. Can you see a common thread?

THOUGHT FOR THE MONTH

TO LIVE AS A BLACK BELT IS A CODE WRITTEN ON THE TABLETS OF THE HEART.

1999 UPCOMING EVENTS

- Apr 12 - Gup test at Dojang. No adult class.
Apr 17 - Central Penn Championships.
Apr 24 - Black Belt test. No class.
- May 10 - Gup test at Dojang. No adult class.
May 14-16 - European Championships. Scotland
- Jun 18-20 - Region 8 Youth Dan Clinic.
Jun 25-27 - Region 8 Adult Dan Clinic. No class.
Jun 28 - Gup test at Dojang. No adult class.
- Jul 12 - Black Belt pretest at Dojang. No adult class.
Jul 19 - Gup test at Dojang. No adult class.
Jul 31 thru Aug 14 - China/Korea trip.
- Aug 16 - Gup test at Dojang. No adult class.
- Sep 4 - Labor Day weekend. No class.
Sep 6 - Labor Day. No classes.
Sep 18 - Black Belt test. No class.
- Oct 4 - Gup test at Dojang. No adult class.
Oct 22-23 - Region 8 Championships. No class.
Oct 25 - Gup test at Dojang. No adult class.
- Nov 22 - Gup test at Dojang. No adult class.
Nov 25 - Thanksgiving. No classes.
Nov 27 - Thanksgiving weekend. No class.
- Dec 25 - Christmas. No class.