



Tang Soo Times

Pal Che Tang Soo Do

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April 2006

Issue No. 177

Calendar of Events

April	21 st	Friday	Gup Test
April	21 st	Friday	Gup Test
April	22 nd	Saturday	Picnic Registration Due
April	22 nd	Saturday	Black Belt Test (No Class)
May	13 th	Saturday	Annual Picnic
June	2 nd , 3 rd , 4 th		Adult Clinic
June	9, 10, 11		Youth Clinic
July	7 th - 8 th - 9 th		World Championships Anaheim, CA

Birthdays

Bertrand Deramaudt	6 th
John Alesi	9 th
Nick D'Amato	26 th
Chris Imbrogno	30 th



New Students

Nate Tavani Alexandra Tavani Kelly Jackson Justin West
You are on the steep portion of the classic learning curve. Every class should reveal something new and exciting to you. If you ever have any questions, please do not hesitate to ask a senior student.

Master's Corner

November 1996

This Feature Article is meant to be an open letter to all the instructors and trainees at Pal Che Tang Soo Do. Contained in this open letter is something that can be shared with the students and parents as well.

The Martial Arts are uniquely set apart from any other sport because they are a "Way of Life." No other sport emphasizes the mental discipline essential to combining the mind, body, and spirit. Thus, it is the responsibility of all martial arts instructors, as educators, to teach the philosophical aspects of the Martial Arts. Indeed, it is easy to teach the outward skills of the Martial Arts, but this can never be mastered completely without the exercise of spiritual power. More specifically, as an instructor, you must impress upon your students the importance of persistence and perseverance, or the value of sticking with a study until progress is established. This is what we call goal oriented thinking.

Do you as an instructor teach your students to clear their minds before class so that they can rise to the point of complete receptivity? This can have an enormous effect on how the class progresses. In addition, you must teach your students the high standard values of obedience to the good, to the positive, and to growth. Moreover, you ought to demand respect for the flags, for the master instructor, Grandmaster and all upper belt levels. Teaching fellowship and camaraderie among the peer group will establish the proper spirit in the school.

Taking time to emphasize these qualities separates the martial arts school from the boxing gym, health club, and weight lifting club. Clearly, the study of the martial arts has that extra dimension above other activities. The Martial Arts instructor must instill in his students a code of behavior by demonstrating the art of bestowing and winning respect without abusive or offensive behavior.

Top martial art master instructors carefully plan their curriculum by breaking it down into weekly lesson plans. Like building blocks, they progress toward the minimum requirement of the next belt level. Each lesson should contain meditation, warm up, and a philosophical theme in addition to form, techniques, and combination practice. In summary, we teach by "objective learning." This goal oriented teaching is what develops the character and spirit of the martial arts. A dedicated martial arts instructor than can truly say that he has had a positive impact on his students, developing life lasting qualities.

Submitted Article

By **Sundar Swaminathan**

This is an excerpt from Mr. Swaminathan's thesis for second degree

black belt. His Thesis Topic is Sparring.

The Impact of Sparring on our Martial Arts Training and its Applicable Lessons to Life

It is a common fact that practice makes perfect. But to practice wrong and develop bad habits is worse than not practicing. It is this necessity to practice the right way continuously which makes the martial arts so difficult. The martial arts is a journey to perfection, one which no one can reach, and yet we still strive for it. For this journey, we are each equipped with different tools. Each student is gifted with different appendages, mental capabilities, and natural power. But how do we practice against other people that have these different tools? How can we learn as martial artists to exploit others weaknesses in the necessity to defend ourselves? With forms, our enemies are imaginary. But we learn better stances. With one-steps, our moves are preset and defined. But we learn control and distance. With line drills, we repeatedly perform the same sets of moves. But they become engrained in our minds. In what facet of karate do we put all of these elements into one continuous motion? The answer lies in sparring. To some it is just a tournament event and to others it seems unnecessary and useless. However, as martial artists we should be open-minded and attempt to discover the benefits in everything. This is my thesis, to show that sparring not only helps in the dojang, but that there are lessons from sparring which can be related to the life outside Tang Soo Do...

Because sparring occurs at a quick pace, one must learn how to quickly parry, counter, evade, and strike and by doing so they will be able to better visualize when to block and when to strike back without being caught themselves. Thus, sparring evolves a natural reflex and reaction to attacks and martial artist can better visualize the fight and allow their natural tendencies to take over instead of being mechanical. Finally, sparring generates a balance between the mind and the body. Our art form emphasizes unity between mind, body, and spirit and by sparring, we unify all three elements of our art. The body must be strong to fight, the mind quick to react, and the spirit fierce to survive. By training during sparring, we train our bodies with cardio training and endurance training. We learn how to tense certain muscles when we take hits or we teach our muscles how to relax when we need to throw that kick. At the same time, we train our minds to remain calm in difficult situations and we learn how to perform the actions that our bodies would like to without over thinking. Finally, sparring develops the spirit. Each person has the intensity, determination, and ability to succeed in the martial arts but sparring allows us to unleash that. When we kihap or perform an excellent technique we become more confident. Our excitement and curiosity increases as we learn more techniques and more ways in combat from watching others and ourselves spar. Thus sparring creates a harmonious balance between what the body can do, what the mind can think, and what the spirit can dream...

Kids' Section

Sparring teaches us that life is difficult. There are always going to be obstacles in life and how we attack them will prove to be our benefit or our downfall. More importantly, sparring teaches us that these obstacles in life are rarely easy, simple, or similar. Each man's story of life is different and the obstacles he faces are as different as he is. This is obvious in sparring when our opponents body size, weight, weaknesses, and strengths are all different. No opponent that we face is the same and their characteristic and attributes are never the same. Not only are these obstacles different, but they are never easy. However, they require perseverance and an indomitable spirit. John Quincy Adams once wrote, "Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air." We must fight and work hard to succeed and sparring proves this. For example, as younger belts, fighting a black belt is no easy challenge. They are more experienced, better prepared, quicker, stronger, and smarter. But we do not back down; instead we take this opportunity as a gift to explore more advanced combinations and techniques. Obstacles in life are the same way. They are never easy and they are called obstacles because they deter us from the easy path. They are challenging, yet they still hold lessons that we can learn and benefit from. But it is only by trying to fight the black belt or trying to overcome that obstacle that we can at least hope to succeed. Lastly, sparring teaches us that life is a dance. It is a series of reactions much like sparring. As martial artists, we prepare for the worse and arm ourselves with more than one approach to a problem. No good fighter will have just one strategy because they know that things may quickly go wrong. It is the fighter that is prepared, incase his kicks prove useless against his enemy, to revert to his hands who will succeed in the long run. The same principle can be applied to life. All the problems and negatives of life can be overcome but we must work hard to prepare so that when these problems come we are always ready to attack it with a different strategy.

Thus, sparring is not just a chaotic display of high kicks and brute power. It is a delicate art, that shows the subtleties of the Tang Soo Do tradition and the lessons of life. All of our training keeps a hidden message. It is when we discover these messages that we further our training and our appreciation for the art.

Thought for the Month

The most important thing to do is love your sport. Never do it to please someone else - it has to be just yours. That is all that will justify the hard work needed to achieve success. Compete against yourself, not others for that is who is truly your best competition.

-Peggy Flemming

**This 3rd Annual Pal Che Tang Soo Do Picnic is Almost Here!
Keep your eyes peeled for information!**

Here are some scenes from last year's picnic!



The young red belt stood at the end of his test for Cho Dan Bo, waiting to be questioned by the visiting examiners.

His techniques had been sharp and fast. When he sparred during the test he had overwhelmed his testing classmate. To make the test even more memorable, Grandmaster Shin had been present. Now the group was about to be dismissed, when Grandmaster Shin, sort of shyly raised his hand, as if he needed permission to speak. "I would like to ask you one question," he said to the red belt. "You were very impressive here today. Tell me, have you ever had to use your Tang Soo Do knowledge?"

The red belt answered proudly, "I have had three fights at school and won every one, sir!" Grandmaster Shin just shook his head from side to side and instructed the group to be dismissed.

Before leaving the dojang the red belt stopped to talk to Grandmaster Shin. "Grandmaster Shin, I thought you would be proud of how well I have been taught by your instructors, yet you seemed disappointed when I told you I had to fight three times, even though I won all three. Why is that?" asked the red belt.

Grandmaster Shin looked at the red belt and said, "To fight a hundred battles and have a hundred victories is not the greatest honor. The greatest honor, young man, is to have a hundred victories and never have had a fight."

Anthony DiLucido, Cho Dan, recently completed a "Dare" program at the elementary school he attends.

Each year a student who sets a good example for others, respects teachers, parents and other adults, does his best in school and is an all around good kid is given the "Peco" award.

Anthony was honored with the "Peco" award at his Dare graduation on March 2nd. Congratulations Anthony!

