

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



Issue No. 234

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Quick Notes

Cleaning, Painting, & Renovations Day

On Saturday, April 19th, 2014 at 9:30AM, we are going to have a day where we clean, paint, and renovate things around the Studio (Dojang). We are asking all students who are available to come and assist us during the morning. Parents are also welcome to help. There will be pizza and drinks at lunchtime for all those who help out. There are many projects to be completed.

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.

Martial Arts Picnic

Impact Martial Arts will be holding its Annual Picnic on Saturday, May 3rd, 2014 at Perryville Community Park in Perryville, Maryland. This is a great event that includes martial arts training in the morning, barbecue lunch, and war and capture games in the afternoon. It is a lot of fun, and I highly recommend it. Applications are available in the Lobby. You won't want to miss it.

Guest Instructors

We will be having several Guest Instructors who will be coming to teach at Pal Che Tang Soo Do in the coming months. I urge all students to make themselves available to be present for these classes if possible so that you may gain experience from some of the great teachers that we have in Region 8 of the WTSDA.

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 recruit more members to our Studio (Dojang). There is no greater compliment to thank your instructors for their hard work than referring others students to our school. We appreciate your help in growing our school.

Black Belt (Dan) Camps & Clinic

The Annual Region 8 Youth Black Belt (Dan) Camps and the Adult Black Belt (Dan) Clinic will be coming up very soon. Black Belt Candidates (Cho Dan Bo) and Black Belts (Dan) are required to attend as a requirement for Black Belt (Dan) Testing. You will need an equal number of Camps/Clinics to the Degree Level of Black Belt that you will be testing for next. Links to the Invitation Letter, the Schedule, the Online Application, and the Parent's Guides are available on Upcoming Events Page of the Region 8 Website at www.WTSDARegion8.com. Online registration is the only option this year, and the URL website links are provided. Information about registering for each of the these events is listed below:

Youth Black Belt (Dan) Camp 1

Friday, May 16th – May 18th, 2014

Camp Green Lane, Green Lane, PA

Early Deadline: \$155.00 by April 22nd

Final Deadline: \$170.00 by May 10th

https://events.membersolutions.com/event_detail.asp?content_id=46211

Youth Black Belt (Dan) Camp 2

Friday, May 30th – June 1st, 2014

Camp Green Lane, Green Lane, PA

Early Deadline: \$155.00 by May 17th

Final Deadline: \$170.00 by May 23rd

https://events.membersolutions.com/event_detail.asp?content_id=46212

Adult Black Belt (Dan) Clinic

Friday, June 6th – June 8th, 2014

Elizabethtown College, Elizabethtown, PA

Early Deadline: \$160.00 by May 2nd

Final Deadline: \$175.00 by May 16th

https://events.membersolutions.com/event_detail.asp?content_id=39870

Make sure that you apply early to take advantage of the lower rate. No applications will be accepted after the deadlines so please be prompt with submitting your paperwork. E-mails have been sent out to all students who are eligible, and students should start planning ahead for it now. If you are unsure whether you should attend this year or if you have any questions, you should meet with Mr. D'Amato as soon as possible.

2014 WTSDA World Championship

The details of the 2014 WTSDA World Championships have officially been announced! It will be held on Friday, Saturday, and Sunday, July 18th, 19th, & 20th, at the Greensboro Coliseum Complex, 1921 West Lee Street, Greensboro, NC 27435. This is the largest World Tang Soo Do Tournament with over 2,000 students from countries all over the world, and it is definitely worth attending if you can make it. Links to the applications are available online at www.WTSDA.com or in the Studio (Dojang). This year marks the 32nd Anniversary of the World Tang Soo Do Association, and will focus on three (3) key events: The Promotion of Master William R. Strong of Alabama to GrandMaster; The 30, 40, 50 year plus Masters' Honorary Dinner; and the Picnic and Dedication of the Meditation Garden at World HeadQuarters featuring a bronze statue of our Founder and GrandMaster Jae Chul Shin. It will be another historic event, and the Association is asking for supports to make this a successful Championship. All competitors must Pre-Register Online at this link: https://events.membersolutions.com/event_detail.asp?content_id=45634. The Early Deadline was on Saturday, March 15th, 2014 with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belt (Dan) costing \$55.00. The Middle Deadline will be on Tuesday, April 15th with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belts (Dan) costing \$65.00. The Final Deadline will be on Thursday, May 15th, 2014 with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belts (Dan) costing \$75.00. Newly Registered White Belts can register through Sunday, June 1st, 2014 at the price of \$65.00. Volunteers for Judging, Scorekeeping, and Timekeeping are also needed to make this event successful, and students, especially Black Belts and Instructors, are expected to sign up here: https://events.membersolutions.com/event_detail.asp?content_id=45919. The Hospitality Suite is also looking for hosts: https://events.membersolutions.com/event_detail.asp?content_id=45917. Get your applications in early!

2014 WTSDA World Championship

2014 JULY 18 - 20 • Greensboro, NC
WORLD TANG SOO DO ASSOCIATION
WORLD CHAMPIONSHIP
GREENSBORO COLISEUM

For more information please contact:
WTSDA Headquarters 215-468-2121 WTSDA@aol.com

Instructors Classes

Beginning this Spring, we will be holding monthly Instructors Classes for those Students who are Certified Instructors or in the Instructor Trainee Program. Now that Certifications are being finalized, the goal of this class is to give the Instructors of Pal Che Tang Soo Do advanced training and teaching strategies. Lesson Plans have been created and will soon be available to act as a guide when teaching. It will be ran as an open format so that all Instructors and Assistant Instructors can present new ideas, ask questions, and make suggestions, while reviewing and improving the curriculum for all of the Tang Soo Do Programs that we offer. We will also have meetings to keep up-to-date about current events. These classes will be held once per month on a Wednesday or a Friday. Some meetings may be held on the nights of the Color Belt (Gup) Tests.

Leadership Classes

Mr. George Celona, Ms. Angel Celona, Mr. Jon Blessington, 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. We have a lot of new topics that we want to explore in the next few months including various Weapons (Moo Ki) and other martial arts styles. We have some Guest Instructors coming and a potential trip to another school in the Summer. 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. As the Leadership Program continues to grow this year, (we are expecting **MANY** new students to be invited in 2014 alone), students who do not attend on a regular basis will be replaced by students who can come more often. Mark your calendars with the dates in the Calendar of Events section!

Tang Soo Do Duel

Pal Che Tang Soo Do will be holding a small In-House Tournament on Wednesday, June 11th. This is the first of its kind. Proposed by student Cameron Harper, this "Tang Soo Do Duel" will give students an opportunity to work towards a goal and gain experience with competing. It will allow all students to participate without needing to travel to a far away competition, and it will provide extra practice to those students who plan to compete in upcoming tournaments. There will be prizes for the winners of each event. Events will include: Forms, Weapons, Sparring, Self-Defense, Breaking, and Fighting. It will be open to student of all ages and from all Programs.

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. Reminder: Each month there is an activity in the Kids Section of the Newsletter. All students who complete and submit the activity will receive a cool prize.

Good Jobs Cards

In order to reward everyone for their hard work, some students will be selected periodically to receive a Good Job Card for excellence in class. Be sure to try your best every night when you come to class. Work hard and you will succeed.

Calendar of Events

Saturday, April 12 th , 2014	Black Belt (Dan) Test from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Monday, April 14 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Thursday, April 17 th , 2014	Special Class: Hybrid Class on Knife, Kubaton, and Hapkido with Guest Instructor Master Erwin S. Watters
Saturday, April 19 th , 2014	Studio (Dojang) Cleaning, Painting, & Renovations Day @ 9:00AM
Thursday, April 24 th , 2014	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, April 30 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, April 26 th , 2014	Tentative Leadership Class, from 11:30AM to 1:00PM @ Impact Martial Arts, Perryville, MD
Thursday, May 1 st , 2014	Tentative Special Class: Topic TBA with Guest Instructor, Master Vince Melchiorre
Saturday, May 3 rd , 2014	Impact Martial Arts Picnic, from 9:30AM to 3:00PM, Elk Neck State Park, Northeast, MD
Thursday, May 8 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Friday – Sunday, May 16 th – 18 th , 2014	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Saturday, May 17 th , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, May 22 nd , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday, May 30 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM

Friday – Sunday, May 30 th – June 1 st , 2014	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Monday, June 2 nd , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Friday – Sunday, June 6 th – 8 th , 2014	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Wednesday, June 11 th , 2014	Tang Soo Do Duel @6:30PM
Friday, June 20 th , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, June 25 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, June 28 th , 2014	Tentative Leadership Class, Time TBA, Location TBA
Wednesday, July 2 nd , 2014	Terminology & Study Class, from 6:30PM to 7:00PM
Friday – Sunday July 18 th – 20 th , 2014	World Championship, Greensboro Coliseum Complex, Greensboro, NC; World Headquarters Picnic, Meditation Garden Dedication, and GrandMaster Shin Bronze Statue Unveiling, Burlington, NC
Thursday, July 24 th , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, August 2 nd , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Wednesday, August 20 th , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, August 27 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Saturday, October 4 th , 2014	Glenolden Borough Community Day with Demonstration, from 12:00PM to 4:00PM, Glenolden Park, PA
Friday & Saturday October 24 th & 25 th , 2014	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA

New Students

Alexis Bark
Aidan Glover
Akari Shinozaki
Tariq Kadri
Tina Kadri

April Birthdays

Zachary Smithson – 2nd
Emily Woods – 7th
Raymond Havens – 12th
Joseph Centrone – 15th
Justin McCollum – 16th
Gabriel Vallejo – 26th
Nicholas D’Amato – 26th

Recent Promotions

Dylan Muldowney – Brown Belt (Sah Gup)
Cameron Harper – Green Belt with Stripe (Oh Gup)
Jeremy Nixon – Orange Belt (Pahl Gup)
Amina Kadri – White Belt with Stripe (Ku Gup)
Adam Kadri – White Belt with Stripe (Ku Gup)
Cynthia Rivera – White Belt with Stripe (Ku Gup)
Gabriel Vallejo – Dragon Brown Belt

Instructor’s Angle

By: Mr. Nicholas W. D’Amato

In the interest of space, I have decided to not write a formal article this month, but I would like to make a small Announcement. Last month, Pal Che Tang Soo Do registered its 1,000th Student since the school’s founding, and our Current Enrollment is over 50 Active Students. In the past 24 years, 1,000 students have trained at our school, producing over 80 Black Belts and 5 Masters, with many more on their way.

Master’s Corner

By: Master Mark D. Jorgenson

This article comes from the blog of Master Mark Jorgenson of Keystone Martial Arts in Coraopolis, PA in Region 22 of the WTSDA. Master Jorgenson is a Fifth Degree Black Belt (Oh Dan), and this article explains how the Tang Soo Do Color Belt (Gup) Curriculum is full of the building blocks to Black Belt (Dan) and how even Black Belt (Dan) is not the end. He entitled this essay: “The Black Belt Equation”.

Over my years as a martial arts instructor the question “What is a black belt?” is one that is asked as often as any other in my experience. Of course, we have stock answers: “A black belt is someone who is good at the basics”, “A black belt is someone who has shown readiness to truly start training”, “A black belt is the real beginning”, etc. In truth though, many of these answers are just as ambiguous as the question posed in the first place. This is, of course, by design, since a black belt is someone who must derive his or her own meaning from the journey, but none of that really helps in this particular post, and it is decidedly unhelpful when trying to establish a curriculum or a set of criteria for advancement to this coveted rank. I have pondered this question for quite some time, but it was my recent opportunity to sit on testing panels for 2nd, 3rd, and 4th degree black belt candidates that drove me to put it down in a more permanent fashion. As I had to make a determination for each of these candidates regarding whether I thought they were ready for advancement, I had to ask myself: “What is it that I really think a black belt **is**?”, “Are these candidates displaying the qualities of a black belt at the appropriate rank or level?”, and “What are those qualities to begin with?”

In order to answer any of these questions, we do have to return somewhat to the ambiguous, and remember that our training is a **journey**, and not one with any fixed destination. In order to evaluate a black belt candidate then, I must view the journey as a whole, but also as a synthesis of its component pieces. I must ask both where the candidates **have been**, and also where they **are going**. If we view the journey as a whole, we should be able to look back and see the journey (in the World Tang Soo Do Association) from white belt on through the ranks of orange, green, brown, red, blue, and finally to black, but we must also be able to see the desire for this person to forge ahead to the higher ranks of black belt as well, or what is the point? If we break down the journey to its component pieces, though, we must of course begin at the beginning: white belt.

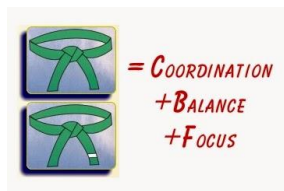


When I ask myself what, in one word, I want a white belt to gain from his or her training, it is, quite simply, **coordination**. I hardly expect that a white belt will understand the intricacies of how the body mechanics of the technique make it work, or to be able to apply each technique in a “realistic” scenario. I do expect white belts to learn and duplicate the basic movements of required techniques, and expect that they will work towards making these movements more natural to them. I expect them to begin to learn how to move the various parts of their bodies together in a way that makes sense within the context of a given technique. In essence, I expect them to be trying to move their bodies correctly, and that is all. Anything else at this point is extra. Please let me be clear: it is not that I do not expect certain white belts to pick up more than this, and it is not that I expect every white belt who walks through the door to suddenly be coordinated in all of their movements. I do expect that the main focus to the white belt is to **work on and develop basic coordination**, both in terms of physical technique and in terms of **coordinating** their personal schedules in order to get to classes.

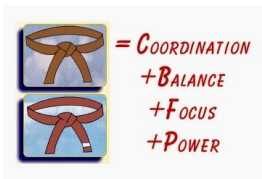


In the standard WTSDA curriculum, orange belt is the first step forward in terms of a belt color change for our students. Once again, if I distill an orange belt's development down to one word, it would be **balance**. In a very real sense, this is what I want my orange belts to be developing. I would like to have orange belts who can kick above their waists without falling over, certainly, but this balance extends to other areas as well. Students at this stage will begin to work more on multi-technique combinations, and in so doing, will begin to **balance** both left and right sides of their bodies in one step. Stances will gain additional importance and emphasis, and in so doing, the instructor will begin to stress specific footwork and posture in a more in-depth manner.

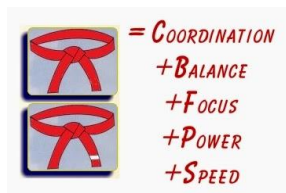
Techniques will begin to become more fluid and less staccato in nature. In addition, the student must begin to **balance** their personal lives with their martial arts lives as the required curriculum begins to require additional time and effort. It is not **only** balance that is being developed, though. **Balance** is being developed by putting previously developed coordination into practice, which in turn develops coordination further as well. We begin to see that the journey is cumulative, and that we cannot simply discard the lessons learned at one step in order to move forward to another, as this would be akin to trying to climb a ladder while someone removes the bottom rung.



If we look forward towards green belt, then, the defining area in need of development, to me, is **focus**. In a practical sense, green belts must learn that no matter how good a technique “looks” (i.e., how **coordinated** and **balanced** a technique is), it matters very little if one cannot hit his or her target. In this sense, focus is defined through aim and accuracy. The importance of vital points begins to become more emphasized by the instructor, and the students' development is measured by how well they can land their techniques on a given point. The importance of Shi Sun, or focus of eyes, is stressed further at this point as well. The student is tested on how well he or she can ignore distractions, and is expected to learn the value of stillness in addition to the value of motion. Additionally, it is at this stage at which many students are truly challenged for the first time. They must make a critical decision whether to let increasing difficulty overwhelm them or to focus on their goals and press forward. By developing this **focus** and stillness, students will find that control (**coordination**) and proficiency of technique (**balance**) improve as well.



At brown belt I expect that the synthesis of previously developed **coordination**, **balance**, and **focus** is **power**. In general terms, power is the ability to do something, the degree of control over something one possesses, or the amount of strength one has. Each of these is being developed at brown belt. Brown belts begin to find that their techniques are landing with additional force or strength due to the proper coordination and balance of their muscle groups combined with the ability to focus the technique on a given point. They begin to understand that they are in control of how much strength or force is being generated by a specific technique. They begin to understand that they “can”, and in this realization comes confidence and personal power as well. While greatly simplifying matters, science (physics) generally views power as the rate at which **work** is performed upon an object. In order to really understand this, we must know what “**work**” is in a scientific sense, but in a more general sense can comprehend that in order to develop power, one must be willing to perform **work**. In a very basic sense, **work** is determined by multiplying the amount of force generated on an object by the overall displacement of said object, or how much an object is moved from its original position. Thus, **power** is a measurement of force, speed, and movement. Force and movement we now have developed, so it is relatively obvious what must come next.



To me the WTSDA red belt is all about learning how to perform the required techniques and movements correctly, but with greatly increased **speed**. Scientifically, **speed** is usually expressed as distance traveled divided by time: 55 miles per hour, for example. In order to increase our **speed**, then, we either need to decrease distance traveled in a given amount of time, decrease the amount of time it takes to travel a given distance, or decrease both the distance traveled and the amount of time it takes to travel that distance. Given that acceleration is a function of the change in **speed** (or velocity) over time, and that acceleration is also a component of force, we know that in order to accelerate a given technique to a certain **speed**, we can apply additional force as well ($\text{Acceleration} = \text{Force} / \text{Mass}$). This is the mistake many new red belts make. They try to apply more force to a technique in order to make it go faster and to take less time to perform. What they should actually be doing is attempting to decrease the total distance traveled by the mass of their bodies. This is done by making one's techniques more efficient, and by cutting out all unneeded and extraneous motion. Thus **speed** is again a product of **coordination**, **balance**, and **focus**, and by increasing **speed**, we automatically increase **power** as well. Red belt is the synthesis of correct movement, but something is still missing.



Up to this point, students have been primarily working on the how, and, more specifically, *how to move*. It may seem shocking to some, contrived to others, and cliché to the rest, but it nonetheless remains true that until this point, we have merely been learning to crawl, then walk, and have just begun to comfortably run. The journey has barely even begun. In the World Tang Soo Do Association, blue belt is a stage between the Gup and Dan ranks, known as Cho Dan Bo, or black belt candidate. If we accept that white through red belt represent childhood, the blue belt is adolescence. We have learned how to move, and now must begin to learn why. It is here that **application** becomes paramount. When we learn how to move correctly and combine this knowledge with knowing why, we can actually begin putting our techniques to good use, and can begin to develop an arsenal of useful tools for both self-defense and self-improvement. This is not to say that students are not taught **applications** for specific techniques up to this point, nor that students are not capable of putting their knowledge into action prior to this stage. I do however believe that **application** of techniques up to this point has been, for most students, more through rote memorization of movement than by intuitive action, even when our goal as instructors is to teach and develop the latter. It is this intuitive action, or unconscious competence for those familiar with the term, that we strive to develop at this stage. Being able to **apply** a technique means being able to effectively use it without conscious thought, and while I do not believe that most blue belts can do this every time with every technique, I absolutely do believe that it should be happening sometimes. If it is happening, then the challenge becomes finding a way to reproduce this, and the blue belt is on the right track. Doing something instinctively and without thought is a great achievement for the blue belt, but it is not, and should not be, the end.



Wait, there's more? Those familiar with the Four Stages of Competence know that "unconscious competence" is the final stage, right? Perhaps not. I would argue that if one is truly completely competent with something, one must be able to teach and develop that competence in another. In order to do that, we must be able to do more than simply perform a certain technique or skill without thinking about it. We must actually know how we perform the skill without thinking about it. This leads to what some claim (and I agree) is a fifth stage: conscious competence of unconscious competence. For the sake of simplicity, we will call this **understanding**. It is at black belt that we should begin to see how all the pieces we have been given fit together, and it is here that we begin to see the "bigger picture". No, I am not saying that I expect a black belt to show a complete **understanding** of his or her chosen art. That would imply and end where there is no ending. Instead I am saying that I expect to see at least a spark of **understanding** in candidates who are testing for black belt. I expect that they are just beginning to see how it all

fits together, that it is in fact “all the same”, and that the destination is not remotely important to the journey itself. I expect to see the potential for further understanding to be developed, and to see the desire to pass on what they have learned to others. I expect to see a synthesis and synergy of **coordination, balance, focus, power, speed, and application**. I expect to see this understanding grow and change as the student moves through the higher degrees of black belt. Finally, at some point, I expect to see black belts realize that they have in fact been unconsciously incompetent, and don't actually know what they think they know. It is then that they can begin their training and learn to become coordinated in a whole new way. Kick. Punch. Easy Stuff.

Feature Article

By: Dylan Muldowney

This article is taken from Dylan’s thesis for Brown Belt (Sah Gup). The progress that Dylan has made in his time at Pal Che Tang Soo Do has been quite remarkable. The topic was from a quote from the “Father of Modern Karate”, Gichin Funakoshi who said that: “Karate begins and ends with respect.”

Respect means having a positive feeling for a person or something else. Having taken Karate for a year and a half, I have a new respect for it. It not only begins with karate, but when I leave the studio, I feel good about myself. Because of Karate, I have a new respect for my family, friends, and teachers.

If something bad happens to me or if I feel someone is picking on me, I know how to act properly and handle the situation with respect thanks to Karate. I think that the 5 Codes of Tang Soo Do have taught me how to be a better person and how to treat others. This is why I think Karate begins and ends with respect.

Thoughts for the Month

“Vision without action is daydream. Action without vision is nightmare.” — Japanese Proverb.

“What you get by achieving your goals is not as important as what you become by achieving your goals.” — Johann Wolfgang von Goethe, a German writer, poet, novelist, playwright, philosopher, diplomat, civil servant, and politician, whose body of work includes epic and lyric poetry, prose and verse dramas, memoirs, an autobiography, literary and aesthetic criticism, treatises on botany, anatomy, and color, four novels, and fragments of works of literature, scientific findings, letters, and drawings.

“I do believe that when we face challenges in life that are far beyond our own power, it's an opportunity to build on our faith, inner strength, and courage. I've learned that how we face challenges plays a big role in the outcome of them.” — Sasha Azevedo, an American model, actor, athlete, and author.

“If you can’t explain it simply, you don’t understand it well enough” – Albert Einstein, , a German-American theoretical physicist, who developed the general theory of relativity, best known for his mass–energy equivalence formula $E=mc^2$, and recipient of the 1921 Nobel Prize in Physics “for his services to theoretical physics, and especially for his discovery of the law of the photoelectric effect”.

“Goals: There's no telling what you can do when you get inspired by them. There's no telling what you can do when you believe in them. There's no telling what will happen when you act upon them.” — Jim Rohn, an American entrepreneur, author, and motivational speaker, whose rags-to-riches story influenced his work and success in the personal development industry.

“A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.” — Earl Nightingale, an American motivational speaker and award-winning author, known as the “Dean of Personal Development”, who served in the Marines during World War II.

“Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.” — William Clement Stone, a businessman, philanthropist and New Thought self-help book author.

Kids Section



Photos

Color Belt (Gup) Test — Friday, March 21st, 2014



Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Class — Jiu-Jitsu Class with Mr. Scott Mueller — Saturday, March 29th, 2014

