

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

Merchandise Order

We are currently having a Merchandise Sale for Apparel, Sparring Gear, Weapons, and other items. Tiny Tigers and Little Dragons students are permitted to wear T-Shirts with the Pal Che Tang Soo Do White Tiger in Water Logo on them during the Summer months from Memorial Day to Labor Day. Youth and Adult students must have their own Sparring Gear and Weapons. Order forms are available in the Lobby. **The deadline is Wednesday, May 6th, 2015.**

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.

Child & Parent Class

On Thursday, May 14th, 2015, there will be a Child and Parent Class from 6:30PM to 7:30PM. These classes are an opportunity for the young students to have their parents join them in class for one night and show support for them in their training. It will help parents understand how to correctly perform our Tang Soo Do techniques so that they can help their children at home. It will also be fun and a great workout. Students must have a parent or guardian attend the class with them. The Class will be open to all Tiny Tigers, Little Dragons, and Youth Students.

Breaking Seminar

On Monday, May 4th, in place of regular classes, there will be Special Classes on Breaking (Kyuck Pa) for Youth and Adults only. It will be free to attend, but students will be charged **\$3.00 per board** that they successfully break. All students are highly encouraged to attend. This class will take place during the regular 7:15PM to 8:30PM class.

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. Information for each of these events is listed below:

Youth Black Belt (Dan) Camp 1

Friday, May 29th, 2015– Sunday, May 31st, 2015

Camp Green Lane, Green Lane, PA

Early Deadline: \$165.00 by Thursday, April 23rd, 2015

Final Deadline: \$180.00 by Friday, May 15th, 2015

https://events.membersolutions.com/event_register.asp?s=event_manager&content_id=55242

Youth Black Belt (Dan) Camp 2

Friday, June 5th, 2015 – Sunday, June 7th, 2015

Camp Green Lane, Green Lane, PA

Early Deadline: \$165.00 by Thursday, April 30th, 2015

Final Deadline: \$180.00 by Friday, May 22nd, 2015

https://events.membersolutions.com/event_register.asp?s=event_manager&content_id=55243

Adult Black Belt (Dan) Clinic

Friday, June 12th, 2014 – Sunday, June 14th, 2014

Elizabethtown College, Elizabethtown, PA

Early Deadline: \$165.00 by Thursday, May 7th, 2015

Final Deadline: \$180.00 by Thursday, May 21st, 2015

https://events.membersolutions.com/event_register.asp?s=event_manager&content_id=55244

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 register right away. If you have any questions about attending, you should meet with Mr. D'Amato as soon as possible.

New Study Guide & Curriculum Guide Policy

Starting this month students will be required to submit completed worksheet 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 put on the testing list. Students who already have old versions of the Study Guides filled out will be permitted to use them for now. 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. Students will also be receiving new Curriculum Guides so that students and parents will know exactly what techniques are required for each belt level. Students should use these worksheets as checklists to ensure that they know all necessary techniques. A packet explaining more information about this will be distributed very soon to all students.

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.

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. All of the dates for the rest of the year are available in this issue of the Newsletter. 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. **Members of the Leadership 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.** Mark your calendars!

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

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| Saturday, May 2 nd , 2015 | Region 7 Spring Tournament, from 9:00AM to 5:00PM @ Taylors First Baptist Church, Taylors, SC |
| Monday, May 4 th , 2015 | Breaking (Kyuck Pa) Seminar:
Youth & Adults ONLY, from 7:15PM to 8:30PM |
| Wednesday, May 6 th , 2015 | Merchandise Orders Due. Order Forms in Lobby. |

Saturday, May 9 th , 2015	Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, May 14 th , 2015	Parent-Child Class Night from 6:30PM to 7:30PM
Saturday, May 16 th , 2015	Impact Martial Arts Annual Picnic, from 9:00AM to 3:00PM, @ Perryville Community Park, Perryville, MD
Saturday, May 16 th , 2015	Spring Nunchaku Seminar: Benefit for Jayden David, from 11:00AM to 1:30PM, @ Robinson's Martial Arts Institute, Tunkhannock, PA
Friday, May 22 nd , 2015	No Classes. Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Monday, May 25 th , 2015	Studio (Dojang) Closed. Memorial Day.
Friday – Sunday, May 29 th – 31 st , 2015	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 5 th – June 7 th , 2015	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 12 th – 14 th , 2015	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Friday – Sunday, June 19 th – 21 st , 2015	Region 22 Adult Black Belt (Dan) Clinic, University of Pittsburgh-Johnstown, Johnstown, PA
Saturday, June 20 th , 2015	Tentative Leadership Class, Time TBA, @ Robinson's Martial Arts Institute, Tunkhannock, PA
Wednesday, June 24 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Saturday, June 27 th , 2015	25 th Anniversary of Pal Che Tang Soo Do; Class from 10:00AM to 11:30AM, Kick/Break-A-Thon at 12:00PM, Party at 2:00PM
Friday – Sunday July 3 rd – 5 th , 2015	Studio (Dojang) Closed. Independence Day Weekend.

Saturday, July 11 th , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Thursday, July 23 rd , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Sunday, July 26 th , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Saturday, August 15 th , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Friday, August 21 st , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Sunday, August 30 th , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Monday, September 7 th , 2015	Studio (Dojang) Closed. Labor Day.
Saturday, September 19 th , 2015	Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to 4:00PM @ Twin Valley Middle School, Elverson, PA
Saturday, September 26 th , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Saturday, October 10 th , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Friday – Saturday October 16 th – 18 th , 2015	Region 8 Championship, from 5:00PM to 10:00PM and from 8:00AM to 5:00PM, @ The Galleria at Split Rock Lodge & Resort, Lake Harmony, PA
Friday, October 30 th , 2015	Halloween Party, Time TBA, @ Pal Che Tang Soo Do, Glenolden, PA
Saturday, November 21 st , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Thursday – Friday, November 26 th & 27, 2015	Studio (Dojang) Closed. Thanksgiving Holiday Weekend.

Sunday, November 29th, 2015

Region 8 Instructor's Class, from 10:00AM to 1:00PM,
Mimidis Karate, Lancaster, PA

Saturday, December 19th, 2015

Tentative Leadership Class, from 10:00AM to 12:00PM, @
Pal Che Tang Soo Do, Glenolden, PA

March Birthdays

Joseph Neiss – 1st
Michael Jack Friel – 3rd
Ja'Nya Clayton – 4th
Emily Woods – 7th
Raymond Havens – 12th
Joseph Centrone – 15th
Gabriel Vallejo – 26th
Nicholas D'Amato – 26th

Recent Promotions

Tomer Gabie – Orange Belt with Stripe (Chil Gup)
Khaleem Nelson – White Belt with Stripe (Ku Gup)
Akari Shinozaki – Dragon Red Belt
Brockton DeProspero – Dragon Brown Belt
David Rivera – Dragon Brown Belt
Michael Jack Friel – Dragon Green Belt
Jacob Havens – Dragon Orange Belt
Tuncay Ilbak – Dragon Yellow Belt

New Students

Carleen Garvin

Brady Mahalik

We would also like to welcome back Raymond Havens, who is returning after some time away.

Master's Corner

By: GrandMaster William R. Strong

This article was recently written by GrandMaster Strong and published in the Region 6 Online Newsletter. It focuses on the history and the meaning of bowing, and he explained why we bow in Tang Soo Do.

During a trip to Tokyo in the late 1960s, I witnessed for the first time so many people bowing to each other. It was fascinating to see this cultural phenomenon after only hearing about it in my university classes and seeing it displayed in my karate classes a few years previously.

Looking closely, I noted that some individuals were bowing lower than others and usually in deference to one particular individual. It was as if this individual was much more important and although he bowed as well, the others were bowing much lower. I took this to mean a greater show of respect for the person receiving such attention. Similarly, during my first visit to Korea in the 1980's, it was readily apparent that bowing in almost all circumstances was an integral part of this culture system. In addition to the bow, everyone shook hands just like we do with each other, with the left hand poised near the right elbow.

So what is the proper protocol in bowing among those of us who train in World Tang Soo Do? During a trip with GrandMaster Shin to Mozambique in 2001, one of the students posed the question to him. He proceeded to explain the nature of the bow and how it symbolized politely recognizing a person as an individual, maybe a friend, a business acquaintance, a teacher, and

certainly a Tang Soo Du student. He said it should be done respectfully and not just a brief nod of the head or a quick up and down movement of the body but one that is deliberate and thoughtful and is viewed by the receiver as being honest and respectful. In a friendly bowing situation, the eyes are averted in a humble manner while in an adversarial situation the eyes remain on the person, as in a sparring or championship situation.

He proceeded to demonstrate a model bow, bending slowly at the waist, hands at the side and eyes looking downward. The head moves in unison with the body going downward followed by a brief pause and then up. There is no jerky motion in the sequence. Someone also asked how much time should one bow, especially in regards to seniors and masters. His response was one second for each Dan level!

Then there is the question of when to bow? In reflecting on my travels to Korea and Japan, it seemed that anytime was a good time to bow, sometimes just out of habit in more informal situations. How about in the Dojang and other Tang Soo Do events? Typically, one should bow upon entering the Dojang or other event and bow upon leaving as a show of respect for our art and training venue. At the Dojang, it is customary to bow frequently to Dan Members, Senior Gup Members, and Masters. If a class is underway and a master enters the premises, it is also customary for the class to recognize that person with a bow. In a championship or clinic situation, each master who enters the floor for “first time” should receive a bow from everyone. Someone should call attention immediately and declare “Kyung yet!”. When a GrandMaster is present, someone should alert those on the floor that the GrandMaster is about to enter so everyone will be ready for the honorary bow.

Bowing is an element of Korean and other Asian cultures and is not focused only on the martial arts in these parts of the world. Although bowing is not part of American culture, it is an integral part of our personal training in Tang Soo Do and we must understand the nature of the bow and the reasons for doing it.

Tang Soo!

Feature Article

By: Mark M.

Mark M. is a graduate student, studying to become a doctor, who wrote this on a blog in order to help others.

Have you been feeling swamped lately? In over your head on a few projects, or maybe you're feeling drowsy after you **just** got to work? Well, are you willing to change a few things so you can feel better throughout the day? Making positive adjustments to your daily routine is one of the best decisions you'll make this year. It can drastically change your day, and increase the quality of your life.

1. The Early Bird Gets The Worm:

Waking up earlier than normal can give you the extra time needed to finish your morning routine, all while not feeling rushed. The drive to work is much more peaceful when you're not

forced to drive 80 mph down the freeway to make it on time. With the extra time, you could do many things you normally wouldn't like eat breakfast, make a to-do list for the day, or just spend some time relaxing before you take off to work. Some people say they aren't morning people, but you can't say no to the smell of coffee and the sunrise peeking through your window. The vitamin D you get from sunlight is also beneficial to your mood. The sun shining on you in the A.M. could be exactly what you need to start your day off great.

2. Prayer / Meditation:

Prayer has been shown to reduce feelings of stress and anxiety. For some, prayer is the only time they can bear their souls to whomever they may worship, and releasing that tension can be very comforting. Group prayer in the morning is also another great choice. Sometimes all we need to smile is someone to tell us everything will be OK. Meditation can be especially soothing, especially when done early in the morning before any negative thoughts are able to enter your mind. Spending time with your thoughts can help get you through a particular difficult time in your life, and it may just be the key to finding the solution to your problem. Both options are terrific, and can help set the tone for the day. I find that a mixture of both really brightens up my day.

3. Wear a Nice Outfit:

Have you ever heard the saying "look good, feel good?" Well, there is truth to that. Nothing says, "I give up" like looking like a slob, which can affect your self-esteem and overall feelings about the day ahead. There isn't much that can beat looking in the mirror and thinking you're going to make today **your** day. Show off your "winner" attitude before people even get the chance to speak to you. You'll be turning heads, and, who knows, you might find someone? Next thing on the to-do list is to slay them with your personality.

4. Burn, Baby, Burn:

Clothes are great at making a statement and expressing yourself, but exercise is still king when it comes to personal improvement. The physical and mental benefits of working out far outweigh the sore muscles you'll have in the morning. It's time you gave yourself the ultimate gift of a leaner, meaner you. How long have you been putting off the gym? What's wrong with you? Don't you know it's astoundingly advantageous towards your well-being? Time is a common excuse for not training, but may I ask how much time you spend watching TV or on Instagram uploading pictures to your thousands of loyal fans? Yeah, I thought so. Everyone can make time, even if it's only 20 minutes a day. Any workout is better than no workout.

5. Keep Your Chin Up:

So, let's say things still aren't working out for you. Well, staying negative never helped anyone. As cliché as it may sound: many people are alive, but few actually live. So, consider every day as an adventure, or an opportunity, to better your life, as well as the lives around you. Go out and get what you know life owes you, but don't forget to give back. Help those around you, and then we can all prosper. A positive attitude is infectious, and I'm sure no one will mind catching that bug.

With these little tips and tricks, you can start off right, the second you step out the door. With that smile on your face, and the natural glow you'll exude, people won't help but notice you are indeed having a great day.

Thoughts for the Month

“The best fighter is never angry.” — Lao Tzu, a philosopher and poet of ancient China, best known as the reputed author of the Tao Te Ching and the founder of Taoism.

“Flow with whatever may happen, and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate.” — Zhuangzi, an influential Chinese philosopher, author of Nan-Hua-Ch'en-Ching, or The Treatise of the Transcendent Master from Nan-Hua, expressing a philosophy of skepticism, arguing that life is limited but knowledge is unlimited.

“Life is 10% what happens to us and 90% how we react to it.” – Dennis P. Kimbro, an educator, author, professor, lecturer, and researcher in the field of management and entrepreneurship.

Photos

Color Belt Test (Gup Shim Sa) – Wednesday, March 23rd, 2015



Breaking (Kyuck Pa) Class – Wednesday, April 1st, 2015

