

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

Summer T-Shirt Policy

Students in the Tiny Tigers and Little Dragons Programs are permitted to wear T-Shirts between Memorial Day and Labor Day for the Summer. That means that it will end on Friday, August 29th. T-Shirts must have the Pal Che Tang Soo Do White Tiger in Water Logo on them. Students must wear their full Uniform (Dobohk) to any Color Belt Test (Gup Shim Sa).

Testing Paperwork

Unfortunately, students and parents continue to submit testing paperwork past the stated deadlines. A lot of work goes into making sure each student is prepared for the test and that everything is processed in a timely manner. Each testing candidate receives a clearly-written and detailed invitational letter explaining all of the dates when the necessary items are due for the test cycle. Often times, exceptions are made, and sometimes parents leave the paperwork on my desk past the due date without including the additional fee. Effective immediately the \$10.00 surcharge will apply and students will have their promotion ceremony delayed until paperwork and the fee are submitted. I thank you in advance for your cooperation.

Weapons (Moo Ki) Week

Weapons Week was a great success. Weapons (Moo Ki) taught included Staff (Bong), Knife (Dan Gum), Sword (Jang Gum), Sticks (Escrima/Arnis/Kali). In the future, another Weapons Week will be held where we can expand knowledge to include Nunchaku, Fan, Kama, and Rope.

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.

Schedule Change

Effective immediately, there will be no Tiny Tigers Class on Tuesday nights.

New Study Guide Policy

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

Outdoor Classes

If you read the Student Manuals and GrandMaster Shin's books, you know that the ultimate goal of Tang Soo Do is "to become one with nature". In ancient times, martial artists trained outside in all types of weather: hot cold, sun, wind, rain, and snow. In order to preserve part of this heritage we will have outdoor classes at Glenolden Park once per month this Summer. This will be a great change of pace to train somewhere other than in the actual Studio (Dojang). All family and friends are welcome to come and watch. The final Outdoor Classes will be on Wednesday, September 10th, and we are planning something special for this night.

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.

Tang Soo Do Duel

Pal Che Tang Soo Do will be holding a small In-House Tournament set tentatively for this Fall. This is the first of its kind. Proposed by student Cameron Harper, this "Tang Soo Do Duel" will give students an opportunity to challenge themselves 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 students of all ages and from all Programs, and I am exploring options to invite students from other Studios (Dojang) to join us for this fun event.

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

Mr. 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. 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. 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!

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

Monday, September 1 st , 2014	Studio (Dojang) Closed. Labor Day.
Thursday, September 4 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Wednesday, September 10 th , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, September 13 th , 2014	Leadership Class, from 11:30AM to 1:30PM @ Impact Martial Arts, Perryville, MD; Guest Instructor Master Robert Kloss of the Korean Martial Arts Institute in DE
Saturday, September 20 th , 2014	Black Belt Test (Dan Shim Sa), from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Thursday, September 25 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, October 4 th , 2014	Glenolden Borough Community Day with Demonstration, from 12:00PM to 4:00PM, Glenolden Park, PA
Monday, October 6 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Saturday, October 11 th , 2014	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Wednesday, October 22 nd , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM

	Youth & Adult Students @ 7:15PM
Friday & Saturday, October 24 th & 25 th , 2014	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA
Friday, October 31 st , 2014	Studio (Dojang) Closed. Halloween.
Saturday, November 1 st , 2014	Halloween Party, Time TBA
Saturday, November 8 th , 2014	Leadership Class, from 11:30AM to 1:30PM @ Impact Martial Arts, Perryville, MD
Friday, November 21 st , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday & Friday, November 27 th & 28 th , 2014	Studio (Dojang) Closed. Thanksgiving Holiday Weekend.
Saturday, December 6 th , 2014	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Wednesday, December 17 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday – Sunday, December 24 th – 28 th , 2014	Studio (Dojang) Closed. Christmas Holiday Weekend.
Wednesday – Friday, December 31 st , 2014 – January 2 nd , 2015	Studio (Dojang) Closed. New Year Holiday Weekend.

New Students

Michael Jack Friel
Tomer Gabie

August Birthdays

Yasmine Cabrera – 7th
Damien Wallace – 24th

Recent Promotions

Leihui Tong – Orange Belt with Stripe (Chil Gup)

Eric White – Dragon Orange Belt

Jacob Havens – Tiger Blue Belt

Saatvik Dinesh – Tiger Green Belt

Instructor's Angle

By: Mr. Nicholas D'Amato

I wrote this article a few years back. It is an article that explains the value and importance on practicing One Steps (Il Soo Sik) In recent weeks and months, I have noticed that many students barely know their One Steps (Il Soo Sik). It is very disappointing when students can't remember techniques they learned at a previous belt rank that they no longer wear. A former Master Instructor of mine reminded me that a testing candidate "must meet all requirements as listed in the Color Belt (Gup) Student Manual for the appropriate level for which the student is testing." He explained that is not an option or suggestion, but rather, it is an absolute necessity. He clarified that it doesn't say "should", "can", "may", or "will"; it says that they "must meet all requirements...". As an Instructor, it is my job to make sure that all students do know all their One Steps (Il Soo Sik) Techniques. Students who do not know their One Steps well will not be invited for testing and promotions. It is not meant to be a punishment, but in order to attain higher ranks, students must work hard and earn it.

One Steps (Il Soo Sik) are an integral part of Tang Soo Do. Before one can learn Free Sparring (Ja Yu Dae Ryun), one must know the basics and how to apply them against an opponent. We start with Pre-Arranged Techniques. This allows students to memorize each one and learn different options for how to react to an attack. Part of this is managing fear, applying discipline, and reacting while keeping self-control. The repetition of One Steps (Il Soo Sik) helps the student become proficient in specific defenses and counter-attacks, which can later be applied in Self Defense (Ho Sin Sul) and Free Sparring (Ja Yu Dae Ryun). In the beginning, they are single techniques, and as a student progresses, he or she will learn combinations of two, three, four, and sometimes even five techniques all in response to a single punch or kick. After years of practice, One Steps (Il Soo Sik) should become second nature. The student should be able to perform them without needing time to think and prepare for each one.

There are three specific areas where One Steps (Il Soo Sik) assist us in our training. As a student, I remember being told constantly that we practice them to learn "Distance, Timing, and Focus". All three of these apply to both the Attacker and the Defender in each One Step (Il Soo Sik).

Distance is necessary because despite how powerful or fast an individual executes a technique, if the distance is not correct (either too far, too close, or at the wrong angle), the technique is useless and ineffective. Distance is gauged before each numbered technique so that no one gets accidentally injured. Distance is also important because it is different when one is partnered with different people. Distance changes each time, and that is why it must be carefully judged with each individual opponent.

Timing is essential because the techniques must be performed at the appropriate point. If an attack or a defense is at the wrong time (too early or too late) it may not work as it should. Each numbered technique has its own timing, and that is why both the attacker and the defender Yell (Kihap) to indicate when each is ready to begin. Timing also depends on the partner. If the attacker is slower, you may need to wait to counter-attack. If the attacker is faster, then you need to react more quickly.

Focus is critical because each technique has specific targets where it must connect for the technique to be successful. If a technique is in the wrong place, there are risks of injury and you may make the encounter worse. The Student Manual and the poster on the wall indicate the Vital Points (Kup So) where each of the various techniques that we practice will work in a suitable manner. Students must remember that not every technique is designed to work in all situations, and that is why we practice a variety Pre-Arranged Techniques.

As you may know, there are 30 Hand One Steps (Il Soo Sik Soo Ki) and 30 Foot One Steps (Il Soo Sik Jok Ki). For each rank we learn two or three of new numbers in each, but we must remember the old ones as well. Many higher ranking students are forgetting basic One Steps (Il Soo Sik), and that should not happen. Tang Soo Do is all encompassing, and a student cannot forget the basics once he or she learns more advanced skills. Coming to class and practicing the One Steps only once a week is not enough. You must practice each number several times each week in order to improve upon it. Even for Black Belts (Dan) like myself who know all 60 of them, there is still room for improvement. So in the coming weeks and months, I encourage you to practice them not only in class, but before and after class when you are standing there waiting, and also on your own time when you are at home.

Feature Article

By: Mr. Saul Easley

This article is an excerpt from an online post written by Mr. Saul Easley of Byeonhwa Tang Soo Do in Wisconsin, which is a part of Region 5. I thought that his explanation of the World Tang Soo Do Testing System was excellent and describes what I try to do here at Pal Che Tang Soo Do. With his permission, I am reprinting his message which is meant for all Tang Soo Do students.

It never ceases to amaze me how well my students respond to new and spontaneous challenges. Today was no exception.

We held another successful Color Belt Test (Gup Shim Sa) at Byeonhwa Tang Soo Do for six students. One student tested with others at another school (Eagle Academy in Warrenville, Illinois); three students tested last week due to scheduling conflicts; some students elected not to test because they felt they weren't ready; and still a couple others were told that they were not ready to test even though they wanted to. As an instructor, I always want to see my students succeed and progress, so it can be difficult to deny a student their testing opportunity, but ultimately, it is for their betterment. I would not consider myself to be worthy of being an instructor for the World Tang Soo Do Association if I were to let every student test or "progress"

for the sake of a few dollars or because I was afraid of making them upset and possibly leaving the school. I am way more concerned about growing them up to be capable and humble martial artists...even if for some it takes a little while longer for that to happen.

Tang Soo Do, in a big way, is all about change and growth. Byeonhwa (pinn-hwa), (the name of the school) is an older term that means “to change” or “transform”, further cementing the idea and philosophy of Tang Soo Do. What I witnessed today from my students was adaptability, focus, self control, tenacity, determination, creativity, respect, and self confidence. I have been fortunate to watch these characteristics as well as a love for Tang Soo Do develop in each student at Byeonhwa Tang Soo Do over the last couple of years.

So, I reflect and contemplate, and I am pleased. Even more important, I am humbled and blessed: humbled to teach and blessed to have students that are willing to take the journey that Tang Soo Do has to offer.

To all my students, and to every other student of Tang Soo Do out there, I say this: take the higher and more challenging road to Tang Soo Do mastery. Do not be satisfied and comfortable with where you are. Always challenge yourself and have a willingness to BE challenged, and above all, be humble. TANG SOO!!!

Thoughts for the Month

“Each moment of our life, we either invoke or destroy our dreams.” — Stuart Wilde, a British writer, lecturer, teacher, humorist, essayist, scriptwriter, lyricist, and music producer, best known for his works on New Age, self-empowerment, and spirituality.

“The more you sweat in practice, the less you bleed in battle.” — Old Chinese Proverb.

“Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life.” — Anthony Robbins, an American life coach, self-help author and motivational speaker.

“Instead of wondering when your next vacation is, maybe you should set up a life you don’t need to escape from.” — Seth Godin, an American author, entrepreneur, marketer, and public speaker.

“Don’t wish for an easy life. Wish for the strength to endure a difficult one.” — Bruce Lee, a Hong Kong-American martial artist, action film actor, martial arts instructor, filmmaker, and the founder of Jeet Kune Do, considered by commentators, critics, media and other martial artists to be one of the most influential martial artists of all time and a pop culture icon of the 20th century.

Photos

Color Belt Test (Gup Shim Sa) — Thursday, July 24th, 2014



2014 WTSDA World Championship — Friday, July 18th, 2014 & Saturday, July 19th, 2014 — Greensboro Coliseum Complex, Greensboro, NC





Meditation Garden Dedication with Bronze Statue of GrandMaster Shin — Sunday, July 20th, 2014 — World Tang Soo Do Association HeadQuarters, Burlington, NC



**Intercontinental Tang Soo Do Organization World Championship — Friday, July 25th, 2014
& Saturday, July 26th, 2014 — Tropicana Casino & Resort, Atlantic City, NJ**

