

TANG SOO TIMES

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PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Dec 17 - Gup test at Dojang. No adult class.
Dec 24 - Closed for Christmas.
Dec 25 - Closed for Christmas.
Dec 31 - Closed for New Years.
Jan 1 - Closed for New Years.

MONDAY NIGHT ADULT CLASS SCHEDULE

Dec 3 - Regular Adult Class.
Dec 10 - Regular adult class.
Dec 17 - Gup test at dojang. No adult class.
Dec 24 - No class. Christmas Eve.
Dec 31 - No class. New Years Eve.

MASTER'S CORNER

I've been a certified instructor in the WTSDA for 15 years. I've seen a lot of students come and go. I've seen students with great athletic talent drop out after a year - I'm sure it's because they got bored doing the same "stuff" over and over. I've seen students with little or no athletic aptitude drop out after a year or two - I'm sure they lost interest because they couldn't "get" some advanced techniques. We have several advanced students at Pal Che who are losing interest in Tang Soo Do. When they started they had real intensity to learn karate and become a Black Belt. That, of course, was before they realized that walking the path towards Black Belt is a long and arduous one. When we show them a new technique they think, "I'm gonna get this right if it takes the next ten minutes!" The problem is that even the simplest technique of karate cannot be achieved in a single class. To make a great vintage wine takes years; from the grape pruning, the growing cycle, picking, crushing, aging, and maturing. No great wine can be made without these efforts - no matter how much spirit is put into any one or more processes. The Way to Black Belt has its own distinctive geography. At times the path is steep, sometimes flat, sometimes wide, sometimes narrow. This may alter your way of thinking so that you now say, "I know I'm not going to get it right tonight, so why should I expend any real effort!" You must train with a total effort every time. You have to try hard but you must accept that time is an important ingredient and, try as you will, effort and determination will not replace time. Your thinking should be, "I'll get this technique right, maybe not tonight, but some time before I die!"

NEW STUDENTS

We would like to welcome the following new students to our Dojang and to the worldwide family of Tang Soo Do:

ALICIA CALLAGHAN JEN DICKINSON ANASTASIA GOLEMBIEWSKI

Train often and train hard. You are on the steep portion of the classic learning curve and every class should reveal something new and exciting to you. If you ever have any questions, do not hesitate to ask a senior student.

HOLIDAY PARTY

We are planning to have a holiday party. We have scheduled this for after the hustle and bustle of Christmas and New Years. It is set for Saturday night, January 5, 2002, at the Norwood Firehouse. Further details will be forthcoming.

FEATURE ARTICLE

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 can truly say that he has had a positive impact on his students, developing life lasting qualities.

THOUGHT FOR THE MONTH

IT'S A FUNNY THING ABOUT LIFE: IF YOU REFUSE TO ACCEPT ANYTHING BUT THE VERY BEST YOU WILL VERY OFTEN GET IT.

W. S. MAUGHAM