



Tang Soo Times

Pal Che Tang Soo Do

610-522-9120
229 South Chester Pike
Glenolden, PA 19036

December 2006

Issue No. 185

Calendar of Events

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|---------|-------------|-------------------------------------|
| Friday | December 8 | Gup Test |
| Monday | December 25 | Closed |
| Tuesday | December 26 | Closed |
| Monday | January 1 | Closed |
| Sunday | January 14 | Winter Championship in Valley Forge |

We are currently collecting non-perishable goods for our Christmas fundraiser. All items collected will be donated to a local food pantry and distributed to the needy right here in Glenolden. Our goal is 40 grocery bags!

On behalf of Carley Cleaver and her family I would like to thank everyone for their overwhelming support of this year's kick-a-thon. We raised, as a school, just over 2500.00 for Carley's Support Fund. Included in this were some very significant contributions from individuals and families. Thank you everyone for keeping the Pal Che Spirit alive in our fundraiser.

Master's Corner

This Article was written by Master Centrone in November of 2000.

At last years Black Belt clinic Master Conrad referred to us Tang Soo Do students, as the "one-percenters," claiming that only one percent of society is willing to do what it takes to become a Black Belt. If you were fortunate enough to be at the Black Belt promotion on October 23rd, you had a chance to hear what the other ninety-nine percent won't hear unless they come inside our steam covered windows.

Each of the graduates spoke of others first before ever mentioning themselves. Thanking their families, instructors and fellow students. They talked of the changes Tang Soo Do has made in them and how their lives had improved since their start. By speaking of others first, they understand what Tang Soo Do at Pal Che is all about, putting others before themselves. This is not a cult at all but rather caring and generous. In today's society it is unusual, I believe this is the very thing that makes others uncomfortable to be around us.

Outsiders will never fully understand us and what we do. We try fruitlessly to explain it to them but we eventually get a look that we are boring them. Our families, patient as they are, act as though they are listening, but even they get tired of the same old stories and "had to be there jokes." They don't understand that our good-natured and sometimes harsh ribbing of one another is a sign of affection and respect. No different than other families, we can say it but you can't.

We have all run into that person who used to take karate and always wanted to come back but never had the time. If you were there on the 23rd you got to hear Adam describe the aching he felt as he watched classes from across the street. The desire burning in him to return. He knew what went on inside those windows and proved he had what it took to come back better than ever.

If you were there watching you would have seen the humbled yet proud look in John's eyes as he thanked others for helping him reach second degree. Having spent many nights after class with John, I know how much it means to him to train and teach at Pal Che.

Next was Karen, listening to her passionately describe her journey from beginner to black belt was like hearing a writer describe her inspiration for a great love story. It brought a tear to my eye.

Last was Phil, never one with words, he managed to say enough to make us all very proud of his accomplishments. He indeed has come

Birthdays

| | |
|------------------|------------------|
| Alison Moll | 22 nd |
| Colin McCullough | 25 th |
| Karen Anderson | 31 st |

New Students: Morgan Taylor

Welcome Back: Norma, 3 time Fred and Christina Muadi



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.

a long way. I'd bet Phil, like myself, is also proud to be in the big windows on Chester Pike.

The bottom line is this. There are no secrets about what we do. We do not cast spells or perform magical tricks on our students. We do not meditate to hypnotic mantras. We train hard! That is it! We sweat, bleed, ache, and sometimes cry together night after night. We have shared the births of our children and the deaths of our loved ones. We partied together at weddings and cried in our beers after breakups. Our group is not an exclusive one, but few are willing to pay the membership dues.

We are not a cult, nor are we clones of the way. We are a misfit band of one-percenters, all cutting individual paths to reach the same mountaintop.

Pal Che Archives

This article was written by Master Raver in June of 2000 as an open, but personal letter to a black belt who was moving to Florida.

Being a Black Belt is sometimes a lonesome road. When you are around other Black Belts there is a camaraderie, a closeness, which exists because all have experienced many of the same events at one time or another during their training. Being alone as you will be requires you to walk this lonely road. It will become difficult for you to train month after month, year after year, by yourself. "...The '**DO**,' which signifies a "path" or "way" to polish oneself, has a life of its own, be it the **DO** of Tang Soo, or the **DO** of any of the various other arts. Precisely because it has its own life, **DO** is changing, but only in its outer form. The basic nature of **DO** remains immutable. If the way attracts you to walk it, it flourishes; if not, it wastes away. The **DO** of Tang Soo earnestly seeks people to walk its path..."

You must think of yourself first and foremost as a warrior. Warriors are special people. Since warriors understand the concept of honor, they set ethical standards above most of the rest of society. Since they pattern their lives around the pursuit of excellence, they tend to achieve in their chosen vocations. Warriorship is an extraordinary and powerful way to live, but it is not for everyone. In past cultures one was born into the warrior class, but not today. There is no inherited status. Today, the warrior must set himself apart from the rest of society by his own personal excellence. Start today by thinking of yourself as a warrior and not as someone who does Tang Soo Do as a hobby. Practice Tang Soo Do and your profession to hone your spirit. The warrior is a man of character, a man of wisdom and insight. Learn to recognize and pursue internal rather than external objectives.

A warrior doesn't train for others to see him. He trains because he is a warrior and perfecting his spirit is his lifetime objective. The warrior needs no one to reinforce his self-image with praise or reward; he is self-contained. As a result he is just as satisfied to train alone, and he is alone in a crowd! Turn your eyes inward!

Submitted Article
By George Celona

The Physics of Push-Ups-Chin to the Floor

I continue to see people do poor push-ups in class, although instructors, particularly myself, will tell students that they need to do better. This never seems to stick in people's minds. Therefore, I have decided to explain how using less body weight and performing a full chin-to-the-floor push-up is better than only slightly bending your elbows when doing push-ups.

We can model a correct push-up as lifting approximately 60-80% of one's body weight through a distance of their arm length from shoulder to palm. In physics, the product of force and distance gives us Work; that is:

$$\text{Work} = \text{Force} \times \text{Distance.}$$

In science, work is measured in Joules, which can easily be converted to calories (yes, like the ones you eat). When you consume 2000 calories, you are storing 2000 calories of chemical potential energy in your body which can later be used to do work, like push-ups. Although you also do work when your body moves down in a push-up, we will neglect this motion for simplicity's sake.

When doing a push-up, the average male will lift a weight approximately equal to 72% of his body weight, while the average female will lift about 68%, due to differences in average body shape. When a person spreads their legs, they reduce this number by about 10%, and if they kneel, it decreases roughly 10% more. So even on your knees, you still lift about 1/2 your weight.

Let's look at an example of different types of push-ups using my body as an example:

My weight is 155 lbs, which is 700 Newtons (metric units)
My arm length is about 22 inches, which is .56 meters (also metric)

So, doing a full push-up, I would lift 70% of my weight, therefore:

$$70\% \text{ of } 700 \text{ N} = 490 \text{ N}$$

$$\text{Work} = \text{Force} \times \text{distance} = (490\text{N}) \times (.56 \text{ m}) = 274 \text{ J}$$

If I decided instead to do the push up with legs spread, we have:

$$60\% \text{ of } 700\text{N} = 420 \text{ N}$$

$$\text{W} = \text{Fd} = (420\text{N}) \times (.56\text{m}) = 235 \text{ J}$$

Or on my knees:

$$50\% \text{ of } 700 \text{ N} = 350 \text{ N}$$

$$\text{W} = \text{Fd} = (350\text{N}) \times (.56\text{m}) = 196 \text{ J}$$

Looking at the underlined part of the equations demonstrates the decreasing amount of work done when changing the weight distribution of the body.

However, let's say that rather than spreading my legs or kneeling, I just make my push ups shorter. I would say that most people doing push ups only move about 9" on their push ups, which is .23 m. Since they move their whole weight, we have:

$$\text{W} = \text{Fd} = (490\text{N}) \times (.23\text{m}) = 113 \text{ J}$$

So it is obvious that you get a better workout by kneeling and doing the push-up to the floor than you will by making your push-ups shorter. If you compare the amount of work needed to do a push up with your chin to the floor on your knees (196 J) versus a push up on your feet but without bringing your chin the floor (113 J), there is a 54% difference in the amount of work done.

In addition to the idea of work, there is also the notion that moving your arm through the full length of the push-up will give you a better plyometric workout, increasing your explosive power.

Unfortunately, many instructors assign students with numbers of push-ups that are totally unreasonable. This is because students can do 30 or 40 "wrong" push-ups with little problem. I urge instructors to try to enforce going to the floor, rather than quantity of push-ups. Furthermore, I ask students to try to do as many as you can in the most difficult configuration you can handle (full, spread-legs, or kneeling). When

you've reached your max, step down to the next easiest configuration and continue to the required number. I guarantee that within a few weeks of training, you will feel a difference in your maximum number of push-ups, as well as your explosiveness in your techniques. **Chin to the floor!**

Thought for the Month

Venture into the unknown of your potential; you will surely come out the victor.

-Sang Kyu Shim

Kids Section

Christmas is on it's way, and it is a season when everyone is jolly! Here a few jokes to keep the spirits bright:

**Which elf is the best singer?
Elvis Presley**

**What is green, white, and red all over?
A sunburnt elf**

**What do Santa's elves learn in the
North Pole school?
The Elfabet**

**What do snowmen eat for breakfast?
Snowflakes**

**What does Santa do in his garden?
Hoe Hoe Hoe!**

**What rains at the north pole?
Reindeer!**

(Jokes from: <http://www.topshelfmarketing.com/christmas/jokes.html>)

Happy Holidays



Have a
kickin'
Christmas!

Don't forget, it is better to give than receive, we are currently collecting non-perishable goods for needy families in Glenolden. If we conquer the Master's Challenge, Miss Angel PROMISES a SUPER FUN SPECTACULAR class the next Saturday!