

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

WTSDA Building Fund Kick-A-Thon

Ms. Tatiana Bambushew, Sah Dan, of Region 8 has organized a global event for the World Tang Soo Do Association whereby all Studios (Dojang) are being asked to host a Kick-A-Thon in honor of the 31st Anniversary of the founding of the organization. Funds raised will go to support the Building Fund of the World Tang Soo Do Foundation, which is the charitable arm of our organization. The goal of the event is to continue to fund GrandMaster Shin's visionary dream of a permanent World Headquarters for the WTSDA. It was suggested that this event take place on the exact date of the founding of the World Tang Soo Do Association, but Pal Che Tang Soo Do will host this event on Thursday, December 19th, 2013. The Association will be honoring winners in three categories of most money raised: Student, Studio, and Region.

Holiday Party & Annual Banquet

On Saturday, January 11th, 2014, we will be holding our Holiday Party and Annual Banquet. At the beginning of each year, we gather together in the Studio as one Pal Che Family for dinner, awards, conversation, and a demonstration to remember all the hard work from the previous year. We hold this yearly event in January after all of the Holidays are over so that it does not interfere with any of the other plans that we have, and it gives us one last time to celebrate as we return to the normal routine of the regular year. This event will be free of cost. We just ask that each family help provide for this potluck dinner. We will need your help in making dinner entrees, supplying snacks and drinks, and providing paper and plastic products. There will be three Sign-Up Sheets on the Bulletin Board in the Lobby. The first is to let us know how many people in your family will be attending. The second will be a list of items to bring, and we ask that it equal the number of people in your family who will be attending. All students and their families are highly encouraged to attend. The Studio will be decorated, there will be games for the kids, a demonstration by students, and it will be a lot of fun. Awards will be given out in various categories: Attendance, Spirit Award, Most Improved, Rising Star, Family of the Year, and Students of the Year. This is truly an event that you will not want to miss so sign up today!!!

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.

Tang Soo Do Duel (Dojang Competition)

Pal Che Tang Soo Do will be holding a small In-House Tournament on January 31st. 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.

Christmas Tree Ornaments

All students are encouraged to bring in a photo and create an ornament of themselves for the tree in the Lobby. Templates are available for students to cut, draw, and color. We will be hanging the ornaments on the tree for everyone to enjoy throughout the holiday season.

Region 8 Winter Tournament

Region 8 will be holding its annual Winter Tournament on Saturday, February 22nd, 2014 at 9:00AM, at Twin Valley Middle School in Elverson, PA. All interested students are encouraged to compete. This is a local tournament so it would be great if Pal Che had a large turnout like we did last year. Keep in mind that this will be one of only two tournaments held in Region 8 this year (2014), and it is the closer of the two. All competitors must Pre-Register Online at this link: https://events.membersolutions.com/event_detail.asp?content_id=43518. The Early Deadline will be on Wednesday, January 15th, 2014 with Tiny Tigers and Little Dragons costing \$25.00 and Color Belts (Gup) and Black Belt (Dan) costing \$40.00. The Final Deadline will be on Friday, January 31st, 2014 with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belts (Dan) costing \$50.00. Volunteers 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=43519.

Adult Program

Several parents have expressed that they are interested in joining our school. If you are interested or need more information, please see an Instructor. We are looking to expand and recruit more adult students to our school. There are unique benefits for adults including self-defense, relieving stress, building confidence and character, as well as exercise and weight loss, all the while training alongside your child, which can help motivate and encourage them. If you need more information, please see an Instructor.

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 a class. If you know some people who are interested, take a business card or brochure and share it with them. 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.

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. 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.

Calendar of Events

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| Thursday, December 12 th , 2013 | Karate Demonstration & Class at Cub Scout Meeting, from 7:00PM to 8:00PM @ St. Gabriel's Parish Church Hall, Norwood, PA |
| Saturday, December 14 th , 2013 | Leadership Class, Time TBA @ Impact Martial Arts, Perryville, MD |
| Wednesday, December 18 th , 2013 | No Classes. Color Belt (Gup) Test:
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM |
| Thursday, December 19 th , 2013 | WTSDA Building Fund Kick-A-Thon, @ 7:00PM |
| Tuesday, Wednesday, & Thursday, December 24 th , 25 th , & 26 th , 2013 | Studio (Dojang) Closed. Christmas Holiday. |
| Tuesday, December 31 st , 2013 & Wednesday, January 1 st , 2014 | Studio (Dojang) Closed. New Year's Holiday. |
| Saturday, January 11 th , 2014 | Holiday Party & Annual Banquet, 6:00PM to 10:00PM @ Pal Che Tang Soo Do, Glenolden, PA |
| Tuesday, January 14 th , 2014 | Terminology & Study Class, from 7:00PM to 7:30PM |
| Friday, January 24 th , 2014 | No Classes. Tentative Color Belt (Gup) Test:
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM |
| Thursday, January 31 st , 2014 | Tang Soo Do Duel Competition, from 6:30PM to 8:30PM |

Monday, February 10 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Wednesday, February 12 th , 2014	Tournament Preparation Class, from 7:30PM to 8:30PM
Thursday, February 20 th , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday, February 21 st , 2014	Tournament Preparation Class, from 7:30PM to 8:30PM
Saturday, March 1 st , 2014	Studio (Dojang) Cleaning, Painting, & Renovations Day @ 9:00AM
Friday, March 21 st , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday, April 3 rd , 2014	Breaking (Kyuck Pa) Class Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, April 12 th , 2014	Black Belt (Dan) Test from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Friday – Sunday, May 16 th – 18 th , 2014	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Friday – Sunday, May 30 th – June 1 st , 2014	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 6 th – 8 th , 2014	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA

New Students

Sadly, for the first month in 2 years, we have not had any new students register at our school. Please spread the word to your families, friends, neighbors, classmates, and co-workers so that we can continue to grow and expand.

December Birthdays

Brockton DeProspero – 5th
Deborah Vallejo – 14th
Leihui Tong – 15th
Brian Finley – 22nd

Recent Promotions

Christine Havens – Red Belt with Stripe (Il Gup)
John Lyons – Brown Belt (Sah Gup)
Dylan Muldowney – Green Belt with Stripe (Oh Gup)
Ethan McCartney – Orange Belt with Stripe (Chil Gup)
Emily Woods – White Belt with Stripe (Ku Gup)
Gabriel Vallejo – Dragon Green Belt
Stephen Davish – Dragon Yellow Belt
Brockton DeProspero – Dragon Yellow Belt
David Rivera – Tiger Orange Belt
Beta Zhang – Tiger Orange Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

Tang Soo Do, especially in the World Tang Soo Do Association's system focuses on developing the whole person. This means that we, as practitioners, strive to improve ourselves in a variety of ways. Tang Soo Do is part mental. Tang Soo Do is part physical. Tang Soo Do is part spiritual. I think that often times, most students only focus on the physical aspects and forget the rest. The Physical characteristics of the Tang Soo Do art can be seen in Stances (Ja Seh), Hand Techniques (Soo Ki) and Foot Techniques (Jok Ki), Forms (Hyungs), Weapons (Moo Ki), One Steps (Ill Soo Sik), Break Falls (Nak Bup), and Sparring (Dae Ryun). As an Instructor, I try each night to explain that Tang Soo Do is more than just the physical techniques that we practice over and over again in class.

When you stop and think about it, all of the Instructors are constantly reciting and announcing the names and Korean terms of our moves throughout each class. There are Terms, Numbers, Anatomy, History, Philosophy, and Commands. This is included in the mental part of Tang Soo Do. When I was a student, I always had a burning desire to learn the correct terms for all of the drills and skills that I was taught in my Tang Soo Do training. I think that after all this time they are so ingrained in my memory that I will never forget them. This is why we have monthly Terminology and Study Classes, and I can often be found studying with students in the office as they prepare for their Written Tests. Other ways that Tang Soo Do is a mental art can be seen in the concentration that students put in to perfecting their target kicks or their mindset when it comes time to face a difficult task like breaking a board or learning a new jumping, spinning, or flying kick.

Then there is the other portion of Tang Soo Do that is spiritual. This does not mean that Tang Soo Do is a religion or anything, but it has to do with one's attitude and beliefs. Think of the 5 Codes and the 7 Tenets. None of them mention anything about physical techniques. At the beginning of each class, we usually meditate for a brief period of time. This allows us to eliminate distractions and prepare our minds and bodies for the training. Then we meditate again at the end of class to calm ourselves, remember what we learned, and to focus on returning back to the outside world. Then there is the very obvious spiritual part that is invisible but very present. Every time you Yell (Kihap) in class, you are showing your spirit. Now, really think about that! Each time you Yell (Kihap) in class (which is practically all the time), you are developing your spirit while at the same

time performing the physical techniques and using your mind to focus on it all. That is the true essence of why Tang Soo Do is mental, physical, and spiritual.

Now, I propose a challenge to you. Next time you are in class, try to take a moment to think about the non-physical things and see what you discover. Remember when it comes time for testing all of three of these parts of Tang Soo Do are taken into consideration.

Master's Corner

By: Master Joseph H. Centrone

This article was the very first article that Master Centrone wrote for the Master's Corner section of the Newsletter after his promotion to Master's Rank. It was published the following month in November 2006. It is very encouraging and uplifting.

This month marks my first opportunity to write in the Master's Corner. Articles from past Newsletters will now move to the Archives where our resident editor will select an appropriate article from time to time. So here we go: "What would you do if you knew you could not fail?"

I too, remember my first night of Karate as if it was yesterday. Like Master Raver before me, and most of you since, I joined Tang Soo Do for my sons, to demonstrate to them that they would not get hurt. I began classes a month prior to signing him up. Although he never knew, it did hurt - but not from the punching and kicking of others, but instead from the daily stretching and training that was totally new to my body. Sure, I was active as a weekend warrior and gym rat, but not since high school had I pushed myself mentally and physically, beyond the limits of what I thought was possible. Like every other "hobby" I tried before this, everyone waited for the day when I would become bored and quit.

Obviously, they are still waiting. The "it" that has brought me to where I am today was first noticed by two men, Master Ronald Raver and Master Dennis DiMarco. In me, they saw the special gift that I see in many of you. When I look back over the years, there were many occasions when I wanted to quit, and even more when injuries had given me a perfectly good reason to put an end to my training. To this day, however, the most difficult thing I ever had to do in Karate was having the courage to start. Quoting from a recent article in the Delaware County Daily Times, Catherine Galasso-Vigorito writes: "The first step in any new venture can be downright frightening, overwhelming and intimidating, but what would like be if we didn't have the courage to attempt anything?" Walking in through that door on Chester Pike was no different.

Ralph Waldo Emerson once wrote; "Whatever you do, you need courage. Whatever course you decide upon, there is always someone that you are wrong. There are always difficulties arising that tempt you to believe critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them."

Once on the path to your goal, you will continue to run into many obstacles, you will run into people who will try to knock you down, make fun of the way you look, make light of your dreams and belittle your achievements, but remember, “Achievements do not come through ease, but by persisting valiantly and meeting hardships bravely.” You see, Black Belt, and even more so, Master, are not the result of talent alone. It is the result of hard work, and perseverance. Along the way, you will see many people begin and then leave. If you hang in long enough, a love for the art, the training, and the people involved will develop. Drip by drip, as your sweat wears down the mountain of Black Belt, you will see yourself improve, but more importantly, you will see the growth in others, and knowing you played a hand in their development both as martial artists and people, you understand why this is considered a way of life.

When I started, I never dreamed of becoming a Master; Black Belt yes, Master never. Many of you have been fortunate to have begun your Martial Arts journey at young age, and your future in Tang Soo Do looks bright, but the opportunity is there for all of you to succeed in Tang Soo Do, but you must —MUST— overcome the numerous roadblocks that await you. It will not happen overnight, but in time, you too, can accomplish your goals in Karate or whatever field you envision yourself.

Feature Article

By: Ms. Christine Havens

This article was written and submitted by Christine Havens as part of her thesis for her promotion to Red Belt with Stripe (Il Gup). The topic was: “Do not follow where the path may lead. Go instead where there is no path and leave a trail.”

As a child you have no choice but to follow the path that is being lead by others. From the day you are born you are fed by others, clothed by others, and choices are made for you by your parents and family members. As the years go by, you realize that you can make your own choices. You can choose to follow in someone’s footsteps or you can instead choose to create your own path in life.

Reading this quote has got me thinking about the path that I was on previously compared with the path I am now creating for myself. You see, in the past I followed everyone else’s path. In doing so, I have encountered more bad experiences than good ones. I am not proud of my past, but I am not ashamed of it, either.

Somehow, someway, I must have known it was time to lead my own path. I started saying no to being a follower of people doing bad things, and eventually I became my own leader. I have started down a path of which I am very proud and in which I show my perseverance.

Anyone can be a follower. It takes self-discipline, self-control, and self-preservation to take the path not yet traveled and make it your own.

Submitted Article

By: John Lyons

This article was written and submitted by John Lyons as part of his thesis for his promotion to Brown Belt (Sah Gup). The topic was: “Success is a journey, not a destination.”

To me, this means that there is no limit to achieving a goal. Once you reach a goal, that is not when you should stop, but rather, refocus and move on towards your next goal. Along your journey you will have many obstacles, but each goal you reach during your journey gives you the power to go further.

Thoughts for the Month

“Never stop just because you feel defeated. The journey to the other side is attainable only after great suffering.” — Santosh Kalwar, a Nepalese-Finnish author of columns, articles, and books on truth, love, and relationships.

“Our most significant opportunities will be found in times of greatest difficulty.” — Thomas S. Monson, an American religious leader and author, and the 16th and current President of The Church of Jesus Christ of Latter-day Saints.

“Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.” — Les Brown, a motivational speaker, former Ohio politician, popular author, radio disc jockey, and former host of “The Les Brown Show”.

“The only real limitation on your abilities is the level of your desires. If you want it badly enough, then there are no limits on what you can achieve. The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term, is the indispensable prerequisite for success.” — Brian Tracy, a Canadian-American author, public/keynote speaker, motivational speaker, entrepreneur, and business coach.

“Struggling and suffering are the essence of a life worth living. If you're not pushing yourself beyond the comfort zone, if you're not demanding more from yourself - expanding and learning as you go - you're choosing a numb existence. You're denying yourself an extraordinary trip.” — Constantie “Dean” Karnazes, an American ultra-marathon runner, and author.

“Look around you. Everything changes. Everything on this earth is in a continuous state of evolving, refining, improving, adapting, enhancing and changing. You were not put on this earth to remain stagnant.” — Steve Maraboli, an author, motivational speaker, and behavioral scientist.

“Everything you do is based on the choices you make. It’s not your parents, your past relationships, your job, the economy, the weather, an argument, or your age that is to blame. You and only you are responsible for every decision and choice you make, period.” — Brenda Slavin, a Life Coach at Elements of Your Life

Photos

Color Belt (Gup) Test – Tiny Tigers & Little Dragons Belt Testing Group – Thursday, November 21st, 2013



Pal Che Tang Soo Do & Impact Martial Arts Joint Leadership Class – Flexible Weapons & Rope Seminar – Saturday, November 23rd, 2013



Kids Section

Welcome to the Martial Arts Weapons Matching Game. If you score:

- 10, you are a Great GrandMaster
- 9, you are a GrandMaster;
- 8, you are an Assistant GrandMaster;
- 7, you are a Senior Master;
- 6, you are a Master;
- 5, you are an Advanced Student;
- 4, you are an Intermediate Student;
- 3, you are Beginner Student;
- 2, do 10 sit-ups;
- 1, do 10 push-ups;
- 0, do 10 sit-ups and 10 push-ups.

Match each Martial Arts Weapon with the appropriate definition below. Good Luck!

- A. Staff (Bo / Bong)
- B. Chain Sticks (Nunchaku)
- C. Broad Sword (Dao)
- D. Handle Baton (Tonfa)
- E. Sickle (Kama)
- F. Wooden Sword (Bokken / Jang Gum)
- G. Prong Baton (Sai)
- H. Double Sticks (Arnis / Eskrima / Kali)
- I. Throwing Stars (Shuriken)
- J. Three-Sectional Staff (Sansetsukon / Sanjiegun)

- 1. Chinese flail weapon that uses metal rings or rope to connect three staffs. _____
- 2. Long staff usually made of hard wood. _____
- 3. Traditional farm tool, used for reaping crops, much like a sickle. _____
- 4. Rattan sticks used in Filipino Martial Arts. _____
- 5. Two hard-wood sticks joined by a chain/cord used to defend front attacks. _____
- 6. Single-edge Chinese sword used primarily for chopping and slashing. _____
- 7. Looks like a police baton, but has a handle and a shaft lies along the arm. _____
- 8. Japanese wooden training sword. _____
- 9. Two long steel pointed projections that are attached to the handle. _____
- 10. Traditional Japanese star-shaped weapon sharpened for throwing, slashing and stabbing. _____