

TANG SOO TIMES

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FEBRUARY 2009

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Thur.	FEB	5 th	Tiny Tiger and Gup Promotions
Fri.	FEB	20 TH	CDB Test / and Black Belt Pre-test
Fri.	MAR	6 TH	Gup Test
Sun.	APR	26 TH	Black Belt Test (Coatesville)

Master's Corner

State of the School Address:

2008 saw many changes in our Dojang, the WTSDA, and the world outside our school. The association suffered the loss of yet another young inspirational teacher and formal World Champion, Master Michael DiPietro, was defeated by the only opponent he could not beat, cancer; we saw the untimely resignation of Ms. Maggie Gonski, a close friend to Pal Che and confidant, who outside of Master Raver had a large part in my development to Master and the expansion of our association. In our school, two of our long time students, teachers and friends left Pal Che and opened up their own school in Maryland. We had seven Black Belts promoted from Cho Dan to E Dan, and two new Black Belts joined our Black Belt club. We had a sensational showing by our students at the Region 8 Tournament in Scranton winning a total of 27 medals, and most importantly, we continued to see the development of students as they continued to promote the family atmosphere fostered at Pal Che.

Outside the doors of the dojang, as our country battles its way out of a severe recession, thousands of Americans are losing their job each day. Many have lost money in retirement funds and the stock market, while still more and are having problems making ends meet. Knowing this, I can not tell you how thankful I am to you, the students and parents of the school trusting in the fact that you still see Pal Che as a place of value both in the teaching and the cost.

Master Raver once wrote to me; "Outside our doors the storms of social change rage and ebb, but inside is a calm of a temple. Tang Soo Do is timeless. Styles and fashions ebb and fade, but the values of self-discipline, respect for others, and the long term commitment required of Tang Soo Do are here to stay." It is great to see so many others who share the same sentiment as he did when he opened the doors nineteen years ago. However, we need to continue to promote and recruit new students in an effort to remain to keep the doors open.

As our country hope embraces change, I would like to see some things at Pal Che change also. When I first began Karate, I had two very different yet extremely knowledgeable teachers with two separate teaching styles. Both were very experienced and offered a variety of lessons at each of their classes. Both commanded great respect and although we joked around on occasion, every one was disciplined and respectful of our teachers and to one another. There was no questioning lessons, and no one dared hesitate when asked to do something. I trusted my Sah Bum Nim (Look it up to understand the true meaning). He constantly would push me to trust in him and more importantly trust in myself. Yes, there were times when inside I preferred not to buy in to certain things we did in class, but I kept my mind open and responded only with a "yes Sir". As time passed, I learned that by pushing myself past moments of trepidation, whether I was in pain, tired or uncomfortable, I just did. As time past I grew both as a Martial Artist and as a person, learning the lessons that would later prove to be very valuable to me later as a teacher.

Most schools and students throughout the Martial Arts community do not have the fortunate opportunity of learning from a variety of teachers. They are assigned only two or three nights a week to train, and are exposed to just one teacher, learning only one way, his way. This can be good for uniformity but bad for self discovery. As a student, when nearing the Black Belt level, he or she is encouraged to begin using their own "feeling" in an effort to develop and interpret techniques and movements. As the artistic part of our art is re-discovered by the student, each develops an individualistic way to perform and execute forms, one-steps, kicks, and self-defense. Simply put, as a beginner, a student is broken down and slowly rebuilt to fit themselves into the system. Little by little, we melt the student into the art. As time passes, as the student reaches Black Belt and above, the student transforms the art to meet the changes that have occurred in them after many years of training. The art now becomes a part of them, rather than they the art.

Following years of practice and experimentation the student transforms into a teacher. At the present time there are three teachers at Pal Che who have had the privilege of learning their lessons, as I have, from the original teachers at our school. Some

others with Master Raver and myself, and still one, was taught in a different style, under two different instructors and has a entirely different set of skills and lessons to offer. Through their success and more often than not, their failures, each has accumulated their own set of teaching methods and skills. Each offers a variety of opportunities for you to learn from.

As you travel on your path to Martial Arts and personal growth you will run into many roadblocks, follow your internal "GPS" and change direction. Train in as many different classes as you can, open your eyes to the variety of lessons offered each night. Step out of your comfort zone and embrace change. Maybe something will click, you may just find a new way to do an old trick.

Below is a breakdown of the current student roster as of the 1st of this month compared to last year at this time. As you can see it is very top heavy. This year it will become more so with as many as four joining the Black Belt ranks and quite possibly seven advancing to E Dan. Let's work together to make 2009 a better success than last year, let's try and increase the white, orange belt levels by inviting friends and family to join us.

	<u>2008</u>	<u>2009</u>
Sam Dan	3	2
E Dan	3	9
Cho Dan	19	14
CDB	3	2
Red Belt	5	14
Brown Belt	13	6
Green Belt	11	10
Orange Belt	10	9
White Belt	9	3
Tiny Tiger	0	6
	76	75

February Birthdays

Anthony Della Barbra	1st
Mason Hageman	5 th
Kim D'Angelo (NFL)	15 th
Bridget O'Shea	15 th
Parker Tarquino	16th

New Students

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

Mason Hageman

John Galle

Jeanie Byrne

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.

Quote of the Month

"If you focus on people's shortcomings and forget about their strengths, then it will be hard to find worthy people in all the world."

Special Feature Article

Teaching your Child to Fight Back Against Bullies

by Scott Flint

How do you know if your child is being bullied? What are the signs?

Here are some things that should key your attention:

- 1. An - A - student rapidly drops to a - C - student.**
- 2. Bruises or cuts that your child blames on other things.**
- 3. A general depressed view of life.**
- 4. A sudden unexplained aversion to wanting to go to school.**
- 5. Vanishing lunch money.**
- 6. Getting in trouble for fights that your child swears he or she didn't start.**

All of these signs spell trouble, and need to be investigated further. You as the parent need to put lots of attention on solving the problem. If you ignore it, your child could at the least suffer lower self-esteem, poor grades, little self-confidence and a future of the same. At worse, your child could be physically hurt, or could even be killed.

What can you do to help your child if he or she is being bullied? If you are going to choose to under-react or over-react, it's vital that you over-react. **Remember, the problem must be stopped immediately.**

Talk to your child to find out who the bully is and what he or she has been doing to your child. This may be difficult, because most kids are ashamed to let their parents know what awful things have been done to them. You must press on and find out all the details. Either the same day you find out, or early the next morning go to the school and talk to the highest-ranked person there (probably the principal) and scream bloody murder.

Once again, over-react. If you are gentle in your approach with the school, little if anything will be done. Demand that the bully be taken out of that class, or expelled from the school. Threaten law suits against the school and against the parents of the bully if there is even the slightest bullying against your child. If you don't get results go to the school board, pursue legal action.

Make life a living hell for the bully that attacked your child. Your son or daughter will probably hate all the attention you are putting on the situation, but for sure they will thank you for it later, and it is your

primary job as a parent to protect your child from harm. Follow up after your complaint to the school.

Ask your child if the bullying has stopped, go back to the school over and over again until you get what you want. **No one messes with your child.**

School should be a pleasant learning experience for your child. If he or she is being tormented everyday by a bully there is little chance that your child will do well in school.

Bullying is always an escalating venture. It starts out usually with name-calling. Just like the shark that bumps it's prey before attacking, the bully will be checking to see if there is fear in his proposed victim. If there is, he or she will continue with more and more humiliating attacks, such as throwing objects like spit balls, paper airplanes, rocks and bricks. Use of liquids such as glue on the chair seat, paint on the chair seat, throwing milk. Spitting on the victim, spitting in the victim's food. Damaging the belongings of the victim. Writing on the books, breaking into the victim's locker, stealing personal items of the victim. Physical blows to the victim. Kicking the shin, the groin, the body, Punching the stomach, the face, the shoulder, the back. Shooting the victim with everything from a sling-shot to a shotgun.

I recall in fourth grade seeing a kid get his head slashed open. As he was bent over to get a drink from the water fountain, the bully kicked him in the rear driving his face into the water faucet and a brick wall. The victim had to get twenty stitches. The bully got a detention.

It can get really bad for your child if you let it. Bullying is not limited to school. It often happens in the neighborhood, at the park, at after-school programs. There will always be bullies around your child. Don't let your child be the victim.

BULLY PREVENTION

Stopping the problem before it becomes a problem is always the best tactic. Here's what you should teach your child to help them to deal with bullies: Make sure your child understands that no matter how big and scary looking the bully is, he or she does not have the right to hurt your child and that the bully is being a bully because he or she is insecure and is a coward. **You've got to give your child the confidence to stand up to the bully.**



Most all schools have a zero-violence policy. If a child fights, that child gets sent home. **Tell your child that when it comes to bullies, you expect him or her to fight back and that you will support your child's actions 100%.** Many kids never fight back against bullies because they are afraid they'll be in trouble with their parents, and they allow the bully to harass them for many years.

Teach your child to over-react to the threat of a bully and to follow these guidelines: If some kid calls your child a bad word, he or she should look the bully right in the eye and angrily command "Stop It!" Immediately after, your child should go to the principal. Yard monitors for the most part won't be of much help. Your child needs to go right to the top.

If on a subsequent occasion the bully physically touches your child in any manner, your child should very forcefully slap the bullies hand off, and with eye contact and a pointed finger-- command loudly "Don't EVER touch me again!"

Teach your son or daughter to have a defiant attitude toward bullies. He or she should become very angry when a bully attempts physical contact. Your

child should then go straight to the principal's office to complain, and call you at work or home. Once again, this should be made a very big deal.

It has to be so painful for the school when a bully tries to hurt your child that everyone at the school goes out of their way to prevent it from happening. **If you under-react nothing will be done.** Schools are run as a bureaucracy and for anything to get done, you first have to get noticed. You and your child need to cause a major ruckus every time there is a problem with a bully.

If it happens again that the bully physically touches or harms your child, instruct your child to snap kick the bully in the groin full power, and then to stand over the bully and say "You were warned, next time I won't be so nice!!" Then again, right to the principal's office.

Your child might get suspended for the day. But, it will change two people's lives forever and will be well worth it. Your son or daughter will be changed because he or she will have learned to fight back, and with the confidence gained from the experience, your child will most likely never be targeted again as a bully's victim. Your child would also have done the bully a big favor. The bully would have learned that it's not a good idea to go up to people and pick on them. If the bully hadn't learned this lesson with your child, he might have continued to bully people for many years. As an adult, the bully might go up and harass an armed person who may not be as forgiving as your child was.



Bullying for a junior high school or high school student can be a very dangerous proposition. The bully/victim relationship is basically the same as it was in elementary school, but now the bullies are much bigger and stronger and are capable of extreme damage. Especially in junior high school the amount of bullying and fights increase dramatically. Most likely this is due to the onset of adolescence.

Young adults try to establish a "pecking order" at this age. To make sure your child doesn't end up on the low end of that order, here are a few things to help: It's better to have friends than enemies. Encourage your child to have as many friends as possible. Try to get your child to get involved in team sports, and in some of the clubs available in junior high and high school. In general, kids with a strong core group of friends don't get picked on much.

Once again, instill an indignant attitude in your child toward bullies. **Instruct your child to not let an aggressor get away with anything.** Should a bully attempt to torment your child, he or she should instantly fight back, and then again go straight to the principal to report what happened and to call you. Cause a stink, get results. If your child doesn't immediately fight back, the hesitation will be interpreted as fear and will cause the bully's attacks to get worse.

Do your child a big favor and teach them not to stand for being bullied-- **not now, not ever.** This martial artist attitude will give your child a happy, rewarding time during school and for the rest of his or her life.