

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

Testing Paperwork

Unfortunately, in recent months, students and parents have been submitting 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 and ready on the night of the Physical Test. Each student receives a detailed invitational letter explaining all of the dates when the necessary items are due for the test cycle. The paper clearly states that there will be no exceptions, so **a \$10.00 surcharge will now apply to anyone handing in late testing paperwork.** The Testing Fees will remain the same: \$25.00 for Tiny Tigers and Little Dragons, and \$50.00 for all Youth and Adult Colored Belt (Gup) Students. The \$10.00 surcharge will be in addition to the regular fee. If it is not paid, the student must wait until the next month to test. Please pay close attention to the due dates for the following items: Application Form, Testing Fee, Student Membership Cards, Theses, Written Tests, and Physical Tests. I thank you in advance for your cooperation.

Report Cards

As Instructors, we strive to help every student succeed in every way they can, both inside and outside the Dojang. Hearing about the successes 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 announced and presented at the end of classes, and are a good way to reward these students for their efforts.

Lost & Found

There are a number of items that have been left in our lobby over the past few months, including clothing and a video game. If you have lost something, please come and check to see if you left it here. If the items are not claimed, they will be trashed or donated to charity.

Advanced Class

We will now be running an Advanced Class on Wednesdays from 7:30PM to 8:00PM after the regular Youth & Adult Combined Class. This class will be open to all Youth and Adult Students who are the rank of Green Belt or Higher. This class will cover various topics, including weapons like the Staff (Bong), the Knife (Dan Gum), the Sword (Jang Gum), and Sticks, as well as Sparring (Dae Ryun), Grappling, and Boxing.

Cleaning & Painting Day

On Saturday, March 2nd, at 9:30AM, we are going to have a Cleaning and Painting Day where we clean, paint, and renovate things around the Studio (Dojang). We are asking all Youth and Adult Students who are available to come and assist us during the morning. Parents are also welcome to help. We will have pizza and drinks for lunch for all those who help out.

Merchandise Sale

There are a few remaining Uniform (Dobohk) Jackets (top part only) that are available for sale. They are selling for the very low price of just \$4.00. Limited sizes are available.

Region 8 Winter Tournament

Twelve students from Pal Che Tang Soo Do will be attending and participating in the Region 8 Winter Tournament on Saturday, February 16th, 2013 at Twin Valley Middle School in Elverson, PA. We wish them all the best of luck. They have been working very hard and I know that they will represent Pal Che well and show their Tang Soo pride. Everyone is welcome to go watch, support, and cheer on their fellow students.

Facility Improvements

Currently, we are working hard on creating a new sign for the outside of our Studio. We are looking for students with a careful hand to assist in the painting. Also, we are looking for several fundraising ideas that we can do throughout this year to make further improvements to the Studio. If you have an idea, please see Mr. D'Amato.

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. 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 people to submit articles. While it would be great if they focused on your training in Tang Soo Do, they can be about any topic that you think is appropriate and that would benefit others. Consider writing an article for an upcoming issue.

Kids Section

Starting this month, there will be a new Kids Section to the Newsletter with a story and an activity. Students are encouraged to complete the activity and submit it for a prize. This month we are starting with an article about Stances (Ja Seh), and there is a Word Search puzzle.

Calendar of Events

Saturday, February 16 th , 2013	Region 8 Spring Championship from 8:30AM to 4:00PM at Twin Valley Middle School, Elverson, PA
Friday, February 22 nd , 2013	No Classes. Color Belt (Gup) Test & Black Belt (Dan) Pretest: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Thursday, February 28 th , 2013	Terminology & Study Class from 7:15PM to 8:00PM
Saturday, March 16 th , 2013	Tentative Leadership Class from 11:45AM to 1:15PM at Pal Che Tang Soo Do, Glenolden, PA
Thursday, March 21 st , 2013	No Classes. Color Belt (Gup) Test & Black Belt (Dan) Pretest: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Monday, March 25 th , 2013	Terminology & Study Class from 7:15PM to 8:00PM.
Saturday, April 13 th , 2013	Black Belt (Dan) Test from 8:30AM to 4:00PM at Twin Valley Middle School, Elverson, PA
Friday, April 19 th , 2013	Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday – Sunday, May 17 th – 19 th , 2013	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Friday – Sunday, May 31 st – June 2 nd , 2013	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 7 th – 9 th , 2013	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA

New Students

Jacob Havens
Thomas Roberts
Rebecca Roberts
Andrew Fischer
Devon DiTrolio

We would also like to welcome back two former students: Tyler Wagner and Tony DiLucido.

February Birthdays

Amirah Clark – 1st

Zoey Nulty-Oliver – 9th

Christine Havens – 19th

Recent Promotions

Christine Havens – Brown Belt with Stripe (Sam Gup)

Yasmine Cabrera – Green Belt with Stripe (Oh Gup)

Amy Spahn – Green Belt with Stripe (Oh Gup)

Mikayla Davish – Orange Belt with Stripe (Chil Gup)

Deborah Vallejo – Orange Belt with Stripe (Chil Gup)

Dylan Muldowney – Orange Belt (Pahl Gup)

Jonathan Weiss – White Belt with Stripe (Ku Gup)

Daniel Joyner – White Belt with Stripe (Ku Gup)

Amirah Clark – White Belt with Stripe (Ku Gup)

Nahdir Long – Tiger Brown Belt

Stephen Davish – Tiger Green Belt

Mason Walker – Tiger Orange Belt

2012 Holiday Party and Awards Banquet

Student of the Year

Dana Leaver – Adult

Yasmine Cabrera – Youth

Leihui Tong – Tiny Tiger & Little Dragons

Family of the Year

The Vallejo Family

Spirit Award

Pavel Bashkirtsev – Adult

Brian Finley – Youth

Gabriel Vallejo – Tiny Tigers & Little Dragons

Most Improved Award

Gregory Logan – Adult

Mikayla Davish – Youth

Tristin Napoleon – Tiny Tigers & Little Dragons

Rising Star Award

Amy Spahn – Adult
Deborah Vallejo – Adult
John Lyons – Youth
Daniel Joyner – Youth
Zachary Smithson – Tiny Tigers & Little Dragons
Brooke Henry – Tiny Tigers & Little Dragons

Master Attendance Awards

Pavel Bashkirtsev – 97 Classes
Jillian DiLucido – 80 Classes
Dana Leaver - 79 Classes
Jon Blessington – 63 Classes

Student Attendance Awards

Yasmine Cabrera – 105 Classes
Brian Finley – 89 Classes
Pavel Bashkirtsev – 85 Classes
Kevin Karjono – 78 Classes
Jillian DiLucido – 58 Classes

Little Dragon Class Participation Awards

Leihui Tong – 99 Classes
Xander Lyons – 71 Classes
Zachary Broxton – 69 Classes
Ethan McCartney – 53 Classes
Ashon Foster – 52 Classes

Tiny Tiger Class Participation Awards

Alonzo Jackson – 75 Classes
Zachary Smithson – 74 Classes
Gabriel Vallejo – 70 Classes
Nahdir Long – 66 Classes
Anais Piquion – 53 Classes
Brooke Henry – 44 Classes
Tristin Napoleon – 37 Classes
Rudra Bansal – 25 Classes
Zoey Nulty-Oliver – 24 Classes
Stephen Davish – 23 Classes
Mason Walker – 21 Classes
Michael McArthur – 13 Classes
Khiloe McArthur – 13 Classes
Julia Celona – 11 Classes

Instructor's Angle

By: Mr. Nicholas W. D'Amato

At last year's Adult Black Belt (Dan) Clinic, one of the speech presenters, who is a friend of mine, gave a talk on the topic of how Tang Soo Do can change people's lives for the better. He stated that Tang Soo Do altered his life, and he was willing to bet that it improved the lives of those in the audience. I often find myself thinking about how Tang Soo Do changes lives. That claim may sound very idealistic, but I know that it is true. I know for myself that Tang Soo Do definitely has made significant changes. I also see transformations in the students that I teach.

When I started training in Tang Soo Do, I was seven years old, and I was very shy. I was also somewhat bullied as a child. I always did well in school and had a lot of support from my family, but I wasn't very confident. I never thought that I would become a Black Belt (Dan), an Instructor (Sah Bum Nim), or a small business owner. I owe that to my training in Tang Soo Do.

I have seen young students who, after training in Tang Soo Do for some time, become leaders in their communities and teachers in the Studio (Dojang). They do better in school; they are star athletes; they go to renowned colleges and get very good jobs. I have seen adult students get in shape, gain confidence, and accomplish things that they never thought they could. It is truly amazing to see a student gain confidence and come out of their shell, successfully complete a difficult Jumping Spinning Kick, or finally break a board after many attempts.

There is a statistic that I have heard mentioned that only one or two percent of people actually train in martial arts. With all of these benefits, we need to get more people involved. I understand that not everyone will like Tang Soo Do, but as martial artists, we need to go out and spread the word about the good that our training has done for us, and what it can do for others.

Master's Corner

By: Master Ronald G. Raver

This article was originally written in the June 2001 issue of the Newsletter. Since we have a tournament this month, I think it is the perfect time to reprint it. It is concise and to the point.

For the most part, the tournament season is over. There will be a few tournaments to close out the year — the Region 8 Championships in the Poconos in the Fall — but that's it. The attendance at tournaments should not be to win a plastic trophy, but rather to focus on learning and expanding one's own understanding of the ways of life. The desire to win actually goes against the grain of the "Do," as it creates a false dualism — an instant separation of winning and losing — with the result that our emphasis shifts from working to resolve our personal problems and expanding our current level of understanding to the fear of losing and the necessity of winning at all costs.

The true purpose of training in Tang Soo Do is not to win trophies, but rather to improve one's self. The only competitor you should have is yourself, not someone else. Competing in a tournament, whether it is in Sparring or in Forms, is what is important — not how you finish. Having an opportunity to develop yourself to the maximum of your potential is what is important. If you do

compete in a tournament, at very least you should have prepared yourself to the maximum of your potential and not be satisfied with just a mediocre performance. Stances not executed correctly, blocks not intended to stop anything but the weakest of attacks, and counter techniques not executed with the stopping power that Tang Soo Do is known for, are no way to demonstrate to judges, spectators, and most importantly to yourself, that of which you are truly capable. How do you develop to the best of your ability? The answer is simple; we've said it many times: "Tomorrow's battle is won in today's practice." You simply must train at your utmost in each and every class.

Feature Article

By: Christine Havens

This article is the thesis that Christine Havens wrote as part of her test for Brown Belt with Stripe (Sam Gup). Christine has been training for over 2 years. Her topic was to list and describe the ways in which training in Tang Soo Do has changed her life.

Since I was a little girl, I've always wanted to do karate. My family had very little money, and karate was not an option for me. My son, Jordon, at the age of five came home with a flyer and such excitement, begging me to sign him up for Tae Kwon Do. Although I had little money at the time, I could not say no; I would make it work. I didn't want him to be disappointed like I had been when I was growing up. After several classes I decided that I could also do it. I could now do what I originally wanted to do as a child. Then I found out that I was pregnant. Starting karate suddenly wasn't an option anymore. I watched with amazement as my son trained; I was going to do this one day. I decided that I, Christine Havens, was going to change my life by training in a martial art. Of course, then I became pregnant again a few months later. At this point, I thought I was never going to achieve my goal. I had three children and no room in my house. My husband got a new job, and we moved from New Jersey to Pennsylvania to a strange city unknown to me. This is when it finally happened. Jordon transferred to train at Pal Che Tang Soo Do. A few months later, after settling into our new life, I started to train as well; this was one of the biggest changes of my life.

After several weeks of training, I realized that this wasn't just about kicking and punching. This was a way of life. I found myself changing every day. I found that what I did on a daily basis began to change. Having three boys is not an easy task. I would often find myself overwhelmed at times, and I could not handle the pressure. Tang Soo Do changed this by helping me to focus on the task at hand. It became much easier to understand what I needed to do as a mother.

Not only did I become more focused, I became more physically fit. I found that I could do things with my son that I previously could not do. Prior to training, I was always so tired all the time. By the end of the day I was a couch potato. I was always saying "No, let's do it later. I'm exhausted, and I need to rest." Now, I can keep up with all three of my sons and still have energy to spare. I even recently completed a ten-mile obstacle course known as Tough Mudder.

My hostility towards others has also changed. When I was younger, I was always on the offensive. I was angry towards everyone and everything. Tang Soo Do has taught me how to manage my anger and open up towards others as I have never done before. I found myself making friends instead of enemies, and I actually liked it. Being able to laugh with others and not be out on the

sidelines is one of my greatest achievements.

Tang Soo Do has also taught me how to set new goals and standards. I always thought that I would never do anything or be anyone special. Training has taught me to never give up. It has helped me set my own standards high and my goals even higher. Since becoming a member of the Tang Soo Do Family, I have opened my own business. It has not become a success yet, but with a little more time and effort I can bring my business to the next level, just as I do with my training.

To some people, Martial Arts like Tang Soo Do are just an art form. To me, it is much more than that. Tang Soo Do has changed my life. I have become a completely different person. My perspective inside and outside of the Dojang has become more clear. I have learned that with time and effort you can become who you want to be. You can hurdle any obstacle, and you can succeed.

Submitted Article

By: Amy Spahn

This article is comes from Amy Spahn's essay on her written test for Green Belt with Stripe (Oh Gup). Amy recently relocated to the Philadelphia area with her husband after training in a different style of martial arts called Isshinryu. She has been training here at Pal Che Tang Soo Do for about 5 months. The essay topic was: "Tell me why you train in Tang Soo Do."

Martial Arts require the involvement of the entire person. The body obviously performs the actual activity, but the mind is required to learn, memorize, understand, and motivate. The spirit is necessary to push the practitioner to try harder and persevere when the mind and body want to quit. I train in martial arts because it stretches me in every way, teaches me discipline, stimulates my thoughts, and improves my whole being.

I train specifically in Tang Soo Do because it is, in many ways, the opposite of my previous training, and I desire a well-rounded martial arts education. Tang Soo Do stresses power and strength where Isshinryu stressed speed and rapidity. Of course, there are numerous similarities between the two, but many aspects are different, and that is the beauty of the martial arts. There is no one right way. Tang Soo Do challenges me to learn techniques that are familiar but performed in different ways, and it expands my understanding and appreciation of self-defense. Finally, the more I learn, the more I realize I don't know, and that is a beautiful, constant, and much-needed lesson in humility. I imagine that I will continue to learn throughout my whole life — an exciting prospect!

Thoughts for the Month

"Our purpose for attending tournament is not to win or lose but for having or not having tried your utmost." — GrandMaster Jae Chul Shin

"Our purpose of attending or sponsoring tournaments is not to win the trophy, but to develop and to reach as high as we can. In Tang Soo Do, the trophy is not the goal; development of one's self and one's potential is the goal." — GrandMaster Jae Chul Shin

Kids' Section

"The Quest for the Finest Stance"

By: Amy Spahn

One day, Dragon, Horse, and Tiger were practicing their martial arts stances. "This is taking so long!" complained Tiger. "There are too many stances! Why do we need to practice them all?"

"That's a good question," Horse said thoughtfully. "What if we figured out which was the best? Then we would only have to practice that one, since the others wouldn't be as good."

"Isn't it obvious?" asked Dragon with a haughty sniff. "Front stance is the best. It lets you deliver the most powerful attacks. Also..."

"I don't think so," interrupted Tiger. "Fighting stance is the best. You can move the fastest in any direction, and you're always prepared for anything."

"You're both wrong," said Horse. "Horseback stance the best. You have a solid base, and nobody else can push you around."

The three argued back and forth for a while, until they decided to have a contest to see who was right. Dragon stood in a deep front stance, with his back leg ready to deliver strong, powerful kicks. Tiger stood in fighting stance, with her knees bent, ready to move at a moment's notice. Horse put his feet out far apart and bent his knees in a deep horseback stance, making sure nothing could move him.

Then they sparred with each other. Dragon attacked with enormous power, and neither of the other two could match his force. But Tiger dodged almost every attack, and the other two just couldn't seem to hit her. Horse took a couple of kicks, but instead of getting knocked over, he just grunted and bent his knees even further. Nothing could seem to push him off balance.

After a few minutes, all three were exhausted. "Hmm," said Horse. "I suppose horseback stance isn't so good for dodging."

"And fighting stance doesn't give you as much force behind your attacks," Tiger realized.

"And front stance might not always be fast enough to hit your target," Dragon said.

The three looked at each other and smiled. "I guess we do need to practice all of our stances after all," said Tiger. "They're all good for different things, so we need to master each one."

"I guess so," agreed Dragon.

"Then we'd better get back to practicing," said Horse. "But first, let's get a drink of water. All that sparring made me thirsty!"

Name: _____



Date: _____

The Quest for the Finest Stance

FIGHTING STANCE	FRONT STANCE	HORSEBACK STANCE	ATTENTION	READY
HU KUL JA SEH	CHUN KUL JA SEH	KEE MA JA SEH	CHA RYUT	CHOON BEE
SPARRING	KICK	DRAGON	TIGER	HORSE

D Z Q H E S A J A M E E K E J Y H B V H
I Y I O H Y M Z C Z Z O M S U R Z U E Z
U H T D O K N B A W V F A R L I X S B Q
T D K I A Z R Z L M Y I Z O S S A W S U
W T P L A F V B V N T G Y H J J U F S L
Y H P B P S N M I D T H U P L I X W B G
H E S A J L U K U H A T O U D V H J F D
B K X G V C C U K Y Z I K B Y K X W F K
J N U J Y D A E R A J N J W S Y U X Y N
M Z H X P F I G Z W U G Y R J C K H I I
Y E D S F R E V O H C S L V V T I G E R
E I E A E O S V C J J T Q X K A J T D U
G P E E C N A T S K C A B E S R O H K Y
N Z B G Y T S E R R E N S K I C K G C S
I G N X B S Z Y P T H C M F E S W M G T
R C O R T T E M N W J E U W K W I H S K
R F O T V A W F E D D A T T E N T I O N
A I H F P N D R A G O N B Y J F Z Y E N
P V C W L C A H W H N C H A R Y U T I C
S C T O B E N C R P J Q N Z S F I A K C