



Tang Soo Times

Pal Che Tang Soo Do

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

January 2006

Issue No. 174

Calendar of Events

January 20 - Gup Test
January 28 - Maintance/Pre- Test

New Students

Amit Chauhan Nimita Chauhan Kimberly Willis
Liv Patton Amber Dunleavy Paul Dunleavy Danielle Radcliff

Birthdays

Scott Mueller 6
Lacie Connelly 6
Vince Melchiorre 18
Scott Duffy 19
Nick Putiri 24
Ebony Armstrong 26

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

2005 proved to be another memorable year for Pal Che Tang Soo Do. In the past year, the demo team hosted another great picnic, the school participated and raised \$2000.00 for Alex's Lemonade Stand with a kick-a-thon, Mr. Centrone and Mr. Melchiorre received their Sah Dan, the school had 40 participants at the regional championships and our dan promotions this year were especially exciting as the first group of tiny tigers received their cho dans. Through the year, we all sweated together as we trained. At the end of the year, the Black Belts cast their votes for who made this year most memorable by training with 100% at every class. Here are the results:

Rising Star	Most Improved	Spirit Award	Family of the Year
Gianna Rossilo	Kevin Wagner	Ed Farmer	McCullough-Farmer Family
Lauren Holst			

Student of the Year

Ashley Moll
Anthony DiLucido
Rick Holst

Last January when the Newsletter was published, Mr. Centrone asked each of us to help keep the school moving by introducing new people to our school. As you can see by the statistics below, our school is growing. This year, he is challenging each of us to set a goal, a real, tangible goal. Write your goal down. Maybe it is to become more flexible, perhaps to gain speed or power; regardless of what your goal is, you must come to class in order to accomplish it. Forget about counting hours and eligibility to test. Train for yourself, not for rank. Here is where Pal Che stands as we begin this new year:

Sah Dan	0	1
Sam Dan	0	2
E Dan	8	4
Cho Dan	11	18
CDB	8	3
Red	6	11
Brown	10	3
Green	9	11
Orange	4	9
White	8	13
Tiny Tigers	8	10
Total	72	84

Master's Corner (Dec 1994)

The Empire State Building was built in the early part of last century. At that time with its 102 stories this building was the tallest man made structure in the world. Since then it has withstood high winds, lightening strikes (several a week), an airplane crashing into it, and even a large ape crawling up the outside of it while being attacked by airplanes. Why do you think it has been able to withstand all of this activity?

To me the answer is simple: it has a good foundation. No matter how fast the construction company wanted to finish this structure, they had to construct a firm and lasting foundation. A foundation so strong that it would be able to withstand the rigors that nature would throw at the building. It could sway and rock but it could not crumble.

You ask what does this have to do with Tang Soo Do? Well, the advanced techniques that you all want to learn cannot be achieved without a good foundation. This foundation is being laid at each and

every class you attend. You cannot do a 360 jump spinning back kick if you can't do a spinning back kick and furthermore, you cannot do a spinning back kick if you can't do a side kick.

Quoting Grandmaster Shin from his book, "The Basics": "Basics are a vital element in the pursuit of Tang Soo Do excellence. They bind the past, present, and future together. No one individual or style can take credit for the origin of the basics. They were developed through the centuries according to the needs of many people, living in different times and regions. ...Regardless of the style practiced, we must all master the universal basic principles before we can advance in our respective arts...Many people equate basics only with their physical aspect: block, punch, kick, etc. However, like um and yang, there must be a balance.... If we hope to truly master the physical side, we must also learn the basic theories and philosophies as well."

Don't be in such a headlong rush for promotions that you forget

why you are training. All of you want to be Black Belts, at least that should be one of your goals in Tang Soo Do. Your primary goal should be to learn what is shown you. Practice diligently what you've been shown. Don't just assume that since you've been shown a technique and practiced it several times, that you know it, and are ready to learn something "new." At all times remember that maybe some day you too will be a "master builder" and have to build a foundation for someone from the next generation. You must be well schooled in these fundamentals of construction.

The fourteen attitude requirements required of you to memorize are not just a memory drill, but have a very important lesson in them. They tell you to give your all at practice, practice basics ALL THE TIME, repeatedly practice things ALREADY LEARNED, and not to be overly ambitious. Do not try to break before you are ready, do not try weapons before you are ready, do not attempt hyungs that are above your rank. Read your gup manual it tells you exactly what is expected of you for promotion from one belt to another. If you do not know the hyung, one steps, or techniques required for promotion, then all the attendance hours in the world do not qualify you for promotion, at least not at Pal Che.

Black Belt Health

By Angel Evangelista

There is an old saying, "You don't play sports to get fit, you get fit to play sports." However, many people join karate and other athletic sports in order to get fit. In the process, these people come to love what they are doing. Karate is not like a team sport where there is an off and on season. There is no preseason conditioning. For this reason, it is important to maintain a consistent level of fitness in order to prevent injuries.

There are six main fitness components. They are: cardio respiratory fitness, muscular strength and endurance, flexibility, nutrition, and body composition. By maintaining a healthy level of each of these, you benefit your physical bodies by improved performance and a reduction in injuries.

In a sport where there is an off season, athletes train primarily on strength training, cardiovascular conditioning and any needed rehabilitation that is needed during the off season; so when the competitive season begins again, they are healthy and injury free. In karate, we do not have this. If you have an injured shoulder, you do not have the opportunity to sit the bench and let someone else take your place. You do not have the opportunity to come back next season: there is no next season.

Karate is however a life long journey. If a short break is needed to heal an injury, you *do* have the opportunity to read up on the martial arts, the history and the way. When you come back to class though, you are back "in season." Because it is a year-round commitment, we have to maintain and balance the fitness components to keep ourselves healthy and performing at optimal ability.

Because we do not have the Pre, In, Post and Off season cycle does not mean we should not set goals. Especially with the New Year upon us, it is a great time to set new goals for ourselves. If a goal is to become more cardiovascularly fit and we accomplish that goal, it is time to move onto another goal, perhaps building more muscular strength. We should maintain our cardiovascular ability while working on this new goal, so that in the end, we are able to have new, heightened capabilities in both cardio respiratory and strength fitness. Eventually, the ultimate goal would be to maintain all six fitness factors.

So, whether you joined karate to get fit, or got fit doing karate, you have benefited. It is a win win situation. Try to maintain the six fitness components and your abilities will increase and your chance for injury will decrease.

Thought for the Month

The Dojang is the place where courage is fostered and superior human nature is bred through the ecstasy of sweating in hard work. It is a place where the human spirit is polished.

H. Nishiyama

Kids Section

Starting this month, the new youth black belts will submit an article for the kids section. This month **Anthony DiLucido** wrote about his journey to Black Belt.

Training is difficult at any age. The same forms, kicks, punches, etc. over and over again. It is more difficult mentally when you are young like the seven new blackbelts in the school. I didn't always see the big picture. I didn't always understand the reason behind what was being taught. As I begin the new black belt journey I understand better the reason for the techniques taught and most important I understand that Karate is a way of life. I have better focus and self control in school, I take one day at a time and try to do my best each and every day. I know that my hard work must come from within. If my heart is not in the right place then my effort is wasted.

What do you do with all that free time before class?

Our Gup Manual tells us to arrive fifteen minutes before class starts. If you come to karate already dressed, that leaves a lot of time to fill. You already know you can use this time to stretch, but it seems we like to chat with our friends we only see at class. Here are some ideas of how you can prepare for class and still chat with your friends.

If you are going to stretch, ask a friend to try partner stretching with you: they gently push your back while you are reaching for the floor in a side split. Then you can switch.

One steps, kick steps and self defense are all partner drills we do in class, so ask your buddy if they want to go over some of those drills. You can also do these yourself by looking in the mirror. You may hear Mr. Centrone say, "The mirror is your best training partner."

You can ask the class instructor if you can use a target and work on some kick drills together. Just make sure you are not near any other students - we don't want to kick anyone!

So, next time you are sitting around, and you don't know what to do before class, remember these suggestions. See you at class!



What are the differences here? There are four changes to your head instructor. Can you find them?

Answers

1. mustache 2. lapel 3. patches
4. HAIR!