

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



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Quick Notes

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.

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.

Region 8 Winter Tournament

On Saturday, February 16th, 2013 at 9:00AM, Region 8 will hold a sanctioned Winter Championship for all students 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 decent turnout. This will be one of only two tournaments held in Region 8 this year (2013). The other will be at the end of October. There are two deadlines to register for this event: Saturday, January 5th and Friday, January 25th. The early deadline is cheaper in price, and Application Packets are available in the Studio Lobby and under the Events Section on the Region 8 website at www.WTSDARegion8.com.

Calendar of Events

Saturday, January 5 th , 2013	Winter Championship Early Deadline
Saturday, January 12 th , 2013	Holiday Party & Annual Banquet, from 6:30PM to 11:00PM @ Pal Che Tang Soo Do
Thursday, January 17 th , 2013	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM; Youth & Adult Students @ 7:15PM.
Friday, January 25 th , 2013	Winter Championship Final Deadline
Tuesday, January 29 th , 2013	Terminology & Study Class from 7:15PM to 8:00PM.
Saturday, February 16 th , 2013	Region 8 Spring Championship, 8:30AM – 4:00PM, Twin Valley Middle School, Elverson, PA
Friday, February 22 nd , 2013	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM; Youth & Adult Students @ 7:15PM.

New Students

Deshawn Nicholson
Amirah Clark

January Birthdays

Jillian DiLucido – 5th
Pavel Bashkirtsev – 12th
Xander Lyons – 31st

Recent Promotions

Brian Finley – Green Belt with Stripe (Oh Gup)
Yubing Tong – White Belt with Stripe (Ku Gup)
Leihui Tong – Yellow-Red Tiger Belt
Gabriel Vallejo – White-Blue Tiger Belt
Nahdir Long – White-Brown Tiger Belt
Zachary Smithson – White-Brown Tiger Belt
Anais Piquoin – White-Green Tiger Belt
Brooke Henry – White-Green Tiger Belt
Zoey Nulty-Oliver – White-Orange Tiger Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

2013 is here. A new year has arrived. At this point, I would like to reflect on accomplishments of the past year, give an update on the Status of the Studio (Dojang) here at Pal Che Tang Soo Do, and announce some plans for the future. 2012 was overall a very successful year, and I am very proud of all that we achieved. I know that we can do even better in 2013.

The year started out a bit rough in February, when we lost a handful of Black Belts and several longtime Instructors. While it was sad to see them go, they felt that it was best for them to move on, and I wished them well. In March, we had four students participate in the Spring Tournament: Jordon Havens, Christine Havens, Ethan McCartney, and Ashon Foster. In May, we began the Joint Leadership Class between Pal Che Tang Soo Do and Impact Martial Arts, in which all Brown Belts and higher train together once or twice a month, focusing on a specialized area each time.

In the Summer months, from June through September, we had a trial Kickboxing Program taught by Mr. Dan Lyons. We also welcomed back Ms. Dana Leaver as an Instructor. In June, seven students performed in the Nicole Gallo Sunshine and Bubbles Scholarship Benefit at Monsignor Bonner and Archbishop Prendergast Catholic High School: Jon Blessington, Anthony DiLucido, Alison Moll, Jillian DiLucido, Ashley Moll, Brian Finley, and Yasmine Cabrera. We also had five students attend the Black Belt Camps/Clinics: Jon Blessington, Alison Moll, Jillian DiLucido, Eric Hamill, and Pavel Bashkirtsev.

In July, two students, Tyjuan Gardner and Kiana Gardner, competed in the World Championship in Greensboro, North Carolina, while I attended as a Judge. Sadly, this event also marked the passing of GrandMaster (Kwan Chang Nim) Jae Chul Shin, who led the World Tang Soo Do Association since its founding 30 years ago and its national predecessor organization, the United States Tang Soo Do Federation, for many years before that. The Championship featured a Memorial Service led by his pastor and several high-ranking masters who had known him for many years. The main event after the Championship was the realization of GrandMaster Shin's dream, the Ribbon Cutting and Grand Opening of the new World Headquarters which was over 20 years in the making. A ceremony was held with a raising of the flags.

In August, we held a class outside at the beautiful Glenolden Park just down the street. In September, we held an Ice Cream Sundae Party for all of the Tiny Tigers, Little Dragons, and Youth Students. On September 15th, Jillian DiLucido tested for her Second Degree Black Belt (E Dan). In October, Pal Che participated in the Glenolden Borough Community Day and performed a Demonstration which included: Brooke Henry, Zachary Smithson, Nahdir Long, Gabriel Vallejo, Leihui Tong, Yasmine Cabrera, Brian Finley, Christine Havens, and Jordon Havens. Also in October, three students competed in the Region 8 Championship: Jon Blessington, Pavel Bashkirtsev, and Ashon Foster, all of whom placed and brought home winning medals. We had over 25 students and parents attend the Halloween Party as well. In November the Leadership Class had Mr. Louis Castelli as a Guest Instructor, and in December, Region 8 Director Master Frank Fattori taught the class.

For the calendar year of 2012, we had exactly 30 new student registered in 2012, 3 students returned after some time away, and 4 students transferred to other Martial Arts Schools. There were 10 Color Belt (Gup) Tests this year, which was six more tests than the previous year of 2011, and we had a Terminology Class once during every month of the year. We saw huge growth in the Tiny Tigers Program, and in the late Summer, we began registering new students in the Adult Class, a class that had been stagnant and had no new members for over a year. Below is a breakdown of the number of students at each rank from the both the beginning and the end of the year. As you will see, Pal Che has transformed from a Studio which was top heavy, with many Black Belts, to a school with a great number of up and coming new students. Believe it or not, we finished with just one fewer student than we started with, which is quite good, considering the big drop in enrollment in the beginning of the year.

Student Count	Beginning of 2012	End of 2012
Fourth Degree Black Belts (Sah Dan)	0	0
Third Degree Black Belts (Sam Dan)	2	2
Second Degree Black Belts (E Dan)	10	1
First Degree Black Belts (Cho Dan)	7	2
Blue Belts (Cho Dan Bo)	2	3
Red Belts with Stripe (Il Gup)	0	0
Red Belts (E Gup)	1	1
Brown Belts with Stripe (Sam Gup)	1	1
Brown Belts (Sah Gup)	1	1
Green Belts with Stripe (Oh Gup)	2	1
Green Belts (Yuk Gup)	2	3
Orange Belts with Stripe (Chil Gup)	1	0
Orange Belts (Pahl Gup)	1	3
White Belts with Stripe (Ku Gup)	0	2
White Belts (Sip Gup)	4	5
Little Dragons	6	4
Tiny Tigers	4	14
TOTAL	44	43

Now, it is time to discuss goals for the upcoming year. I would like to see the enrollment surpass 50 students and finish the next year with at least 60 students. Two Blue Belts (Cho Dan Bo) are currently preparing to test for their Black Belt (Dan) in 2013. In the coming months, more students will be joining the Leadership Class as they earn their Brown Belts. I would like to complete the assembly of the new sign for the outside of the building and redecorate the large storefront windows, which we are very lucky to have for displays. We will be looking for student and parent volunteers to lend a hand with this. We will need people who can draw, paint, and install things. I am also looking into planning and organizing some type of fundraiser to help with renovations to the floor and ceiling of the training room.

Master's Corner

By: Master Joseph Centrone

This is an excerpt from an article that was written by my Instructor, Master Centrone, when he was giving his “State of the School Address” in February 2009.

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 cannot 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 the 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 keep the doors open.

As our country hopes and 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, everyone was disciplined and respectful of our teachers and to one another. There was no questioning the 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 of the words). 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 into 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 I could push myself past moments of trepidation, whether I was in pain, tired, or uncomfortable, I just did. As time passed, 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 or her 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 his or her own “feeling” in an effort to develop and interpret techniques and movements. As the artistic part of our art is rediscovered 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 and the student reaches Black Belt and above, the student transforms the Art to meet the changes that have occurred within 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 successes, 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.

As you travel on your path of 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, and 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.

Feature Article

By: Ms. Karen Anderson

This article was written by a former student and classmate of mine, Karen Anderson, in January 2000. She didn't give it a title, so it has been called “Muk Yum.”

Imagine yourself in a dark room with a picture on the wall. Now imagine that you light a candle in order to see the picture. If the room is drafty, you will find that the light of the candle will flicker and you will be unable to see the picture. In Meditation (Muk Yum) your mind is the candle and karate is the picture. The draft is all the distracting thoughts that are preventing you from being able to see. Sometimes we are thinking about how much homework we have or the fight we had with our parents or the bills we have to pay that week. We may even be thinking about how painful our muscles are or how tired we are. All of these thoughts are preventing us from learning the “way.” If our minds are unsteady or distracted, we cannot truly absorb what is being taught. Muk Yum is a time for us to steady our minds and prepare to take in the knowledge of the class. Similarly, class should be free of distractions.

Try to block out the world outside for just the hour and a half we are in class. The state of concentration that we are in during Muk Yum should last the entire class, not just the few minutes we are seated on the floor. When you are in class, think only about karate; talk only about karate. Save all of your other thoughts for after class. The Buddhists believe that the path to enlightenment is the direct result of meditation and wisdom. That is also the path to becoming a martial artist. Proper focus and knowledge of techniques is the goal of a true warrior. In Tang Soo Do, we can't have one without the other.

Thoughts for the Month

As we begin a new year and 12 more months of training, I thought this would be an appropriate thought of the month:

12 Things To Remember

1. The value of time
2. The success of perseverance
3. The pleasure of working
4. The dignity of simplicity
5. The worth of character
6. The power of kindness
7. The influence of example
8. The obligation of duty
9. The wisdom of economy
10. The virtue of patience
11. The improvement of talent
12. The joy of origination

— Marshall Field, the founder of Marshall Field and Company, a Chicago-based chain of department stores

Bonus Quote: “If your dreams don’t scare you, then they are not big enough!”