

# 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

#### **Region 8 Winter Tournament**

Region 8 will be holding its annual Winter Tournament on Saturday, February 22<sup>nd</sup>, 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](https://events.membersolutions.com/event_detail.asp?content_id=43518). The Early Deadline has already passed. 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](https://events.membersolutions.com/event_detail.asp?content_id=43519).

#### **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.

## WTSDA Building Fund Kick-A-Thon

Our Kick-A-Thon for the World Tang Soo Do Association/Foundation Building Fund was a great success. A detailed report was sent to the organizer, Ms. Tatiana Bambushew, Sah Dan, of Region 8, and she seemed very pleased with the results. We had 8 participants, who performed a grand total of 1,913 Kicks, and we raised a grand total of \$95.00. The results are shown on the table below:

<b><u>Pal Che Tang Soo Do's World Tang Soo Do Association / Foundation</u></b>								
<b><u>Building Fund Kick-A-Thon Results - Thursday, December 20th, 2013</u></b>								
Student's Name	Rank	Round 1	Round 2 - Rotating Stations: Front Kicks, Round Kicks, Side Kicks, & Axe Kicks				Round 3	Total # of Kicks Performed
		Front Kicks	Station 1	Station 2	Station 3	Station 4	Jumping Kicks	
Anthony DiLucido	E Dan	121	57	53	62	63	33	389
Jillian DiLucido	E Dan	110	49	49	56	48	30	342
Christine Havens	Il Gup	95	50	44	40	32	27	288
Brian Finley	Sam Gup	69	15	21	19	10	17	151
Yasmine Cabrera	Sam Gup	76	9	13	20	20	29	167
Cameron Harper	Chil Gup	103	34	43	34	37	25	276
Damien Wallace	Dragon Green Belt	82	21	11	14	22	26	176
Jacob Havens	Tiger Brown Belt	66	19	20	6	13	0	124
<b><u>Grand Total:</u></b>							<b><u>1,913</u></b>	

## 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

Pal Che Tang Soo Do will be holding a small In-House Tournament on March 13<sup>th</sup>. 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.

## **Holiday Party & Annual Banquet**

On Saturday, January 11<sup>th</sup>, 2014, we held our Holiday Party and Annual Banquet for 2013. A great time was had by all who attended. There was music, dancing, and lots of food. Many students received Awards, and there was an awesome performance by a Student Demonstration Team. A huge thank you goes out to all those who helped with setup, organizing, and cleanup.

### **2013 Holiday Party and Awards Banquet**

#### **Student of the Year**

Deborah Vallejo – Youth & Adult  
Damien Wallace – Tiny Tiger & Little Dragons

#### **Family of the Year**

The Havens Family

#### **Spirit Award**

Christine Havens – Youth & Adult  
David Rivera – Tiny Tigers & Little Dragons

#### **Most Improved Award**

Dylan Muldowney – Youth & Adult  
Bradley Mitchell – Tiny Tigers & Little Dragons

#### **Rising Star Award**

Cameron Harper – Youth & Adult  
Gabriel Vallejo – Tiny Tigers & Little Dragons

#### **Youth & Adult Student Attendance Awards**

Deborah Vallejo – 120 Classes  
Christine Havens – 117 Classes  
Yasmine Cabrera – 107 Classes  
Cameron Harper – 104 Classes  
Brian Finley – 93 Classes

#### **Tiny Tigers & Little Dragon Class Participation Awards**

Gabriel Vallejo – 88 Classes  
Jacob Havens – 84 Classes  
Alonzo Jackson – 83 Classes  
Damien Wallace – 78 Classes  
Zachary Smithson – 72 Classes  
Bradley Mitchell – 55 Classes  
Leihui Tong – 51 Classes  
David Rivera – 32 Classes  
Brockton DeProspero – 20 Classes  
Bruno Squillace – 17 Classes  
Cameron Patterson – 9 Classes

## Calendar of Events

Monday, February 10 <sup>th</sup> , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Wednesday, February 12 <sup>th</sup> , 2014	Tournament Preparation Class, from 7:30PM to 8:30PM
Thursday, February 20 <sup>th</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday, February 21 <sup>st</sup> , 2014	Tournament Preparation Class, from 7:30PM to 8:30PM
Saturday, March 1 <sup>st</sup> , 2014	Leadership Class, Time TBA @ Impact Martial Arts, Perryville, MD
Thursday, March 13 <sup>th</sup> , 2014	Tang Soo Do Duel Fun Night, 6:30PM – 8:30PM
Saturday, March 15 <sup>th</sup> , 2014	Studio (Dojang) Cleaning, Painting, & Renovations Day @ 9:00AM
Friday, March 21 <sup>st</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, March 29 <sup>th</sup> , 2014	Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Thursday, April 3 <sup>rd</sup> , 2014	Breaking (Kyuck Pa) Class Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, April 12 <sup>th</sup> , 2014	Black Belt (Dan) Test from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Wednesday, April 23 <sup>rd</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, April 26 <sup>th</sup> , 2014	Tentative Leadership Class, Time TBA @ Impact Martial Arts, Perryville, MD
Friday – Sunday, May 16 <sup>th</sup> – 18 <sup>th</sup> , 2014	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Saturday, May 17 <sup>th</sup> , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA

Friday – Sunday,  
May 30<sup>th</sup> – June 1<sup>st</sup>, 2014

Region 8 Youth Black Belt (Dan) Camp 2, Camp Green  
Lane, Green Lane, PA

Friday – Sunday,  
June 6<sup>th</sup> – 8<sup>th</sup>, 2014

Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown  
College, Elizabethtown, PA

Saturday, June 28<sup>th</sup>, 2014

Tentative Leadership Class, Time TBA @ Impact Martial  
Arts, Perryville, MD

Friday – Sunday  
July 18<sup>th</sup> – 20<sup>th</sup>, 2014

World Championship, Greensboro Coliseum Complex,  
Greensboro, NC; World Headquarters Meditation Garden  
Unveiling, Burlington, NC

Saturday, August 2<sup>nd</sup>, 2014

Tentative Leadership Class, 10:00AM to 12:00PM @ Pal  
Che Tang Soo Do, Glenolden, PA

### **New Students**

Raymond Havens

### **January Birthdays**

Jillian DiLucido – 5<sup>th</sup>

Cameron Patterson – 10<sup>th</sup>

Pavel Bashkirtsev – 12<sup>th</sup>

Jacob Havens – 13<sup>th</sup>

Xander Lyons – 31<sup>st</sup>

### **Recent Promotions**

Xander Lyons – Green Belt (Yuk Gup)

Cameron Harper – Green Belt (Yuk Gup)

Jonathan Weiss – Orange Belt with Stripe (Chil Gup)

Leihui Tong – Orange Belt (Pahl Gup)

Jeremy Nixon – White Belt with Stripe (Ku Gup)

Damien Wallace – Dragon Green Belt

Alonzo Jackson – Dragon Orange Belt

Bruno Squillace – Dragon Yellow Belt

### **Instructor's Angle**

**By: Mr. Nicholas W. D'Amato**

We are already almost a month into the year of 2014. Coming off the heels of our Holiday Party and Annual Banquet as well as my recent trip to attend a Martial Arts Business Seminar, I would like to take a moment 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. 2013 was a very busy and successful year, and I am very proud of all that we achieved. I also know that we can do even better in 2014.

The year started out with a bang with a huge attendance at the Holiday Party & Annual Banquet. In February we had twelve students participate in the Winter Tournament: Christine Havens, Brian Finley, Yasmine Cabrera, Deborah Vallejo, Daniel Joyner, Ethan McCartney, Leihui Tong, Gabriel Vallejo, Zoey Nulty-Oliver, Anais Piquion, Brooke Henry, Rudra Bansal. Each student placed in their respective divisions and brought home medals or trophies, and Christine Havens won first place in all 3 categories, which earned her Grand Champion in the Senior Female Color Belt Division. In March we had a dedicated group help with our Cleaning Day, and Ms. Christine Havens of Everyday Treasures helped us organize a Fundraiser to help make improvements to our school. In April, we held the first annual Breaking (Kyuck Pa) Class, which had a huge turnout and everyone learned to hold boards correctly, the various types of breaking, and attempt to break countless boards with hand, foot, and head. Later that same month, Pavel Bashkirtsev tested for First Degree Black Belt (Cho Dan).

In May and June, we had two Student-Instructors attend the Black Belt Camps/Clinics: Jon Blessington and Jillian DiLucido. In late June we held a Kick/Break-A-Thon for the World Tang Soo Do Association's Foundation Scholarship Fund and St. Baldrick's Foundation for Childhood Cancer Research, with each organization receiving \$328.00. For Independence Day, Pal Che Tang Soo Do marched in the Glenolden Borough 4<sup>th</sup> of July Parade for the very first time with many Students, Parents, and Instructors coming out to walk, celebrate, and promote our school, including: Nicholas D'Amato, Christine Havens, Deborah Vallejo, Xander Lyons, Cameron Harper, Gabriel Vallejo, Damien Wallace, Alonzo Jackson, Jacob Havens, Jordan Lee, and Chase Norbeck. In late July, my original teacher and the Founder of Pal Che Tang Soo Do, Master Ronald Raver, visited to teach 2 classes, one of which was the Leadership Program with Impact Martial Arts. In early August, we had 3 Instructors and 5 Students attend the Region 8 Color Belt (Gup) Clinic: Nicholas D'Amato, Jon Blessington, Jillian DiLucido as well as Gregory Logan, Christine Havens, Brian Finley, Yasmine Cabrera, and Cameron Harper. During the Summer, we also held monthly classes outside at Glenolden Park. In August, a handful of students performed a Demonstration for Elf Daycare Center: Jordon Havens, Christine Havens, Brian Finley, and Jacob Havens.

In early October, Pal Che participated in the Glenolden Borough Community Day and performed a Demonstration that once again stole the show. Student who participated included: Jillian DiLucido, Pavel Bashkirtsev, Christine Havens, Yasmine Cabrera, Brian Finley, Cameron Harper, Johnny Taliaferro, Leihui Tong, Damien Wallace, and Beta Zhang. In late October, two students competed in the Region 8 Championship: Pavel Bashkirtsev and Cameron Harper, both of whom placed and brought home winning medals in each category in which they could compete. At the Regional Championship, Mr. George Celona, a former student and Instructor here at Pal Che Tang Soo Do, was promoted to Fourth Degree Black Belt (Sah Dan). Then in early November, we had about 20 students and parents attend the annual Halloween Party. In December we taught a Class and a Demo at a Cub Scout Troop 174 at Saint Gabriel's Church Hall in Norwood as well as holding the WTSDA Building Fund Kick-A-Thon Fundraiser.

For the calendar year of 2013, we had exactly 27 new students register, 4 students returned after

some time away, 1 student transferred from another Martial Arts School, and 2 other students transferred to other Martial Arts Schools. There were 12 Color Belt (Gup) Tests this year, which was two more tests than the previous year of 2012 which had 10. We had regular monthly Terminology Classes, which I plan to continue each month. There were 11 separate Editions of the Newsletter that were published in 2013, compared with only 6 in the year before that. Several higher-ranking students have joined the Leadership Program and yet some others have become Certified Instructors who teach weekly classes. We saw huge growth in the first half of the year, and we reached 50 active students at one point, but then there were a lot of dropouts in the second half of the year. We are slowly gaining new students, but I know that we can do better at recruitment and retention. Below is a breakdown of the number of students at each rank from both the beginning and the end of the year. As you will see, Pal Che's numbers are down, but not by too much. I know that there are many dedicated Color Belts pursuing the path to Black Belt (Dan). I hope to see more growth this year, and having recently returned from a Business Seminar for Martial Arts Studio Owners, I am refreshed, motivated, and reinvigorated. I intend to work hard to grow our school. I ask all of the students for their help in promoting all that we do here, and together we can (and will!) makes this happen.

<b>Student Count</b>	<b>Beginning of 2013</b>	<b>End of 2013</b>
Fourth Degree Black Belts (Sah Dan)	0	0
Third Degree Black Belts (Sam Dan)	2	2
Second Degree Black Belts (E Dan)	1	2
First Degree Black Belts (Cho Dan)	2	2
Blue Belts (Cho Dan Bo)	3	0
Red Belts with Stripe (Il Gup)	0	2
Red Belts (E Gup)	1	1
Brown Belts with Stripe (Sam Gup)	1	2
Brown Belts (Sah Gup)	1	2
Green Belts with Stripe (Oh Gup)	1	1
Green Belts (Yuk Gup)	3	4
Orange Belts with Stripe (Chil Gup)	0	3
Orange Belts (Pahl Gup)	3	1
White Belts with Stripe (Ku Gup)	2	3
White Belts (Sip Gup)	5	0
Little Dragons	4	9
Tiny Tigers	14	3
<b>TOTAL</b>	<b>43</b>	<b>37</b>

Now finally, it is time to discuss goals and upcoming events for the current year. I would like to see the enrollment surpass 50 students again and finish the next year with at least 75 students. Several Red Belts are currently preparing to test to become Black Belt Candidates (Cho Dan Bo). In the coming months, more students will be joining the Leadership Class. I would like to complete the installation of the new sign for the outside of the building. We will be renovating some parts of the building including the locker rooms, lighting, and the lobby. I want to institute a Referral Program, monthly Instructor Classes, and some new administrative processes to make things run more smoothly. We are always looking for new ideas, so if you think of something, please share it.

## **Master's Corner**

**By: Master Joseph H. Centrone**

**This article was originally written in January 2009, and I think it is something very important that every student here at Pal Che Tang Soo Do should read in order to learn the history of our Studio (Dojang).**

Returning to the place where it all started, we held our 2009 Holiday Party in the Dojang on Friday January 9<sup>th</sup>, the exact same place where the very first party was held in 1990. To some it may have seemed like a step back, but to me it was a return to our roots. Back then to Dojang looked much different that it does today consisting of what are now the training floor area and an office. It was crowded and we had fun. And although the school was in its infancy stage, you could see how the school grew in only its first year. The foundation for the family oriented school that Masters Raver and DiMarco wanted to create was evident at that first party with many multi-member families, singles, and supportive parents. It was a school where everyone knew your name. In 19 years, many things have changed, the original Instructors are gone, over 800 students have come and gone. The Dojang has grown, both in student base and appearance. Family names have changed, students who once trained as teenagers are now seen bringing their children in for visits. But one thing has never changed; the “magic” that originates from this tiny school on Chester Pike.

I once read that a Dojang is much more than the bricks, wood, and mortar that make up the building, “the Dojang is the four walls that surround your heart”. This may be true. Within the four walls of Pal Che, people from various walks of life, who might have never met otherwise, have forged lifelong friendships, commitments, and even a few marriages. In an era where the deterioration of “family values” is running rampant, children can suit up and train alongside their parents and grandparents in an effort to reach a common goal.

Pal Che is a place where individuals, be it in search of self-renewal, self-confidence, or self-discovery, can all meet on the same floor. It has been a place where some have come to overcome the pain felt in the loss of a loved one, the trials of divorce, or to help in battling the demons of addiction. On the floor of our school, I have watched boys grow into men and little princesses blossom into young ladies. Grown women accomplish physical feats they never believed they had, and macho men cringe with fear when asked to share their thoughts. For each person who signs up there is a different reason to start, but after some time, if the student is open to the lesson, they discover a more substantial reason to stay.

As he pulled up to the light at Glenolden Avenue and Chester Pike on the night of the party, one of our students mentioned how he could see into the windows of the school, kids dancing and laughing, everyone having a great time. Knowing the people in attendance, he could see the joy in the moment. Having been a student for two years he understands where the “spirit” of the school comes from. You see, the quote I mentioned earlier has it wrong. It is not the four walls that surround the heart; it is the hearts that pump within the four walls. The strong foundation first laid in 1990 has enabled us to build a school where everyone is welcome to come in and develop themselves in a friendly family atmosphere. We may not be the prettiest school, but true beauty comes from the inside.



## **Feature Article**

**By: Mr. Eric C. Stevens**

**This article was written by Eric Stevens, a personal trainer, who is a Contributor to Breaking Muscle website. He has worked in boxing, fitness, and has been coaches at many of the nation's leading athletic clubs. He has established himself as a leading fitness professional, writer, and television personality. It is entitled: Why Your Child Should Practice Martial Arts.**

Whether your kid is too bossy, too shy, or perhaps just a little hyper, the martial arts can help your child learn many important life lessons. And, of course, those same lessons apply for all of us, not just kids.

### **Reason #1: They (and You) Will Get More Active**

This is the obvious reason kids should do martial arts in this day and age — to get active and moving. In case you haven't noticed, we have an epidemic when it comes to our nation's obesity problem. We're also increasingly unfit in addition to being overweight. The problem is particularly alarming as it relates to our kids. Youth sports and physical education programs are great, but not every kid is an athlete, and many schools no longer offer gym class. The martial arts offer many benefits, but when it comes to fitness, becoming a true martial artist means becoming a supremely fit person. When I was practicing Boxing or Muay Thai KickBoxing on a daily basis, I was in the best shape of my life by a long shot. Martial arts can help your child get fit and healthy.

### **Reason #2: They'll Learn to Find Focus and Stillness**

Of the many challenges that parents face today, one is that we are constantly plugged in. While there are a great many benefits to the Internet, there are many more benefits in stillness and silence. Unfortunately stillness and silence seem to be rare to find. At some juncture in life, every one of us comes to learn that the greatest obstacle we face in this lifetime is ourselves. That battle is fought in the stillness of our hearts and the willingness to confront ourselves. As Bruce Lee pointed out, behind the punches, kicks, and knees, a true martial artist learns to sit with himself and see where his weaknesses are. In years of martial arts classes, I remember many challenges, breakthroughs, and setbacks. What I do not remember are distractions or gimmicks like you often see at your local health club. At the martial arts studios and boxing gyms where I trained, there was no loud music or flat screen TVs, just hard work and sweat equity. As a martial artist, your child will learn what it is to be still, challenged, and focused.

### **Reason #3: They'll Learn to Take Hits**

In the martial arts, your child will learn what it is to take a hit, whether that hit is a literal blow or a disappointment like failing a test. Part of life is learning that we all take hits. The key is in learning how best to take that hit and get back up. Unfortunately, this lesson seems to be lost on many in our every-kid-gets-a-trophy culture. In the martial arts, your kid will learn to fail — a lot. Half of martial arts is hitting, but half is also getting hit.

When people hire me to teach them boxing, they can't wait to lace up the gloves and start hitting things. Seldom does someone mention how enjoyable it is when I tap him or her upside the head

with a focus mitt for dropping their hands. The first time I got struck in the head sparring in Kung Fu, I immediately rushed to the mirror to see if there was a mark on my face. The students in class laughed about it for months. While I didn't find it too funny at the time, I came to learn that accepting I would get hit enabled me to relax and better protect myself. That acceptance led me to be able to better respond, maneuver, and anticipate. Ironically, learning how to take a hit is perhaps the best way for your kid to learn how to avoid it.

#### Reason #4: They'll Gain Self Confidence and Self Respect

I have witnessed firsthand the confidence a student gains by participating in the martial arts. Being able to advance and "play with the big kids" gives a student a tremendous amount of confidence. Of course, playing with the big kids also gives all of us a little reminder of humility, too, in that there is always someone who is bigger and stronger. I remember Sifu (Teacher) gently threatening the two young boys in our Kung Fu class that if they ever used their Kung Fu training in the wrong way or to show off, then he would have their hide. The right martial arts school will teach your child that there are no tough guys. Every martial artist ultimately learns this sense of respect and true confidence. Your child will learn that confidence and respect for others comes from a deep sense of self-knowledge.

#### Reason #5: They'll Connect Their Mind and Body

What they don't teach you at your local health club is how to really listen to your body. To listen to your body is to also see your thoughts and have heightened awareness of your emotional construct. A martial artist is taught to see, feel, and listen, both internally and externally. Tapping into intuition, fear, and courage are examples of being able to put the physical together with the mental. How often have we heard the phrase "being paralyzed with fear"? Being able to combat such a thing is what you learn in the martial arts.

#### Reason #6: They'll Learn Conflict Resolution

People often ask me whether I have ever used my martial arts and boxing training in a fight. Indeed I have used the skill sets learned from martial arts many times to resolve conflict, but thankfully, never in a physical altercation (outside the ring, of course). One of the first lessons Sifu taught us in Kung Fu was that words were never grounds for a fight. That advice right there has saved me many times. In the martial arts, you learn that there is no such thing as "fighting" words. Instead, you learn to respond without reacting in the martial arts.

#### Reason #7: They'll Learn to Breathe

Of the many things I have learned in the martial arts and boxing, breathing is near the top. Back in my Kung Fu days, Sifu told me that he could tell how someone fights just by observing how he or she breathes. Indeed, nothing is more essential to the success of how we move our body than tapping into the life force of our essence: our breath. Ask a professional athlete, or an actor, dancer, or signer, and they will tell you that to succeed in any physical craft is to access your breath correctly. I am shocked at times working with adults who never learned to breathe properly when under physical exertion. This skill can literally save your life. In the martial arts your kid will learn the essence of how to breathe and even relax under pressure.

The bottom line is that almost any child can and will benefit from participation in the martial arts. As to what martial art, it's honestly not very important. For a typical six-year-old or eight-

year-old the point is to just get them moving and focused. The key in choosing a teacher or school is to do your due diligence when it comes to evaluating the integrity of the program. As a starting place, I would choose a prospective instructor or coach who talks more about the needs of your child than his or her program.

## **Submitted Article**

**By: Gregory Logan**

**This article is Greg's Thesis from his test for Blue Belt, which is the rank of Black Belt Candidate (Cho Dan Bo). Greg performed excellently and received extremely high scores in all areas of testing. Below is a reprinting of his Thesis Requirement on the topic of: "What are the Responsibilities of a Cho Dan Bo?"**

The responsibilities of a Cho Dan Bo are to be mature, respectful, and show honor. They must be mature to show how to act in class and to be assertive in training. They show respect to leadership at all times. Showing this respect will influence the lower belts that might be looking up to them as a leader. The Blue Belt (Cho Dan Bo) must show honor at all times and to all students regardless of rank. He also needs to practice all of the other skills and responsibilities of the lower belts such as red, brown, green, and so on. The Cho Dan Bo must also prepare his or her mind, body, and spirit for the final step needed to earn the Black Belt (Dan).

If a Cho Dan Bo cannot show maturity in training, then he may not become a Black Belt (Dan). The Cho Dan Bo needs maturity to teach class because if you do not have maturity, you will not be able to be loud and lively when instructing, and you will also need to be able to correct a student if he is doing a Form (Hyung) or One Step (Il Soo Sik) incorrectly. With maturity comes patience when teaching the younger students. You also need maturity for Sparring (Dae Ryun), when partnered with a lower-ranking student. You need to be able to control yourself and not go full force because the other student may not know all that you know and you don't want to hurt them.

A Cho Dan Bo must also have respect for everyone in the Studio (Dojang). He must show respect for everyone in his life and for all life forms in nature. If a Cho Dan Bo does not have respect, he might ignore or not care about what he has learned, and he might not put all of his effort into his training. He might talk during class or be inconsiderate to others by yelling while doing something that is hard. A Cho Dan Bo also needs to show respect for others in the Dojang, and if knows something that someone else does not, he should not belittle that person or brag about himself.

The Cho Dan Bo shows honor to everyone, especially the GrandMaster (Kwan Chang Nim), Instructor (Sah Bum Nim), and Black Belts (Dan). He must also honor the Studio (Dojang), by following the 5 Codes and 7 Tenets of Tang Soo Do. He must use them at all times in everyday life. Honor should be a part of our lives at home, school, work, etc. Honor should be part of everything that we do.

## **Thoughts for the Month**

“The martial arts are ultimately self-knowledge. A punch or a kick is not to knock the hell out of the guy in front, but to knock the hell out of your ego, your fear, or your hang-ups.” — Bruce Lee.

“Challenges are what make life interesting and overcoming then is what makes life meaningful.”  
— Joshua J. Marine

“Just know, when you truly want success, you'll never give up on it. No matter how bad the situation may get.” — Unknown

“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.” — Dale Breckenridge Carnegie, an American writer, lecturer, and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills.

“Your decision to be, have, and do something out of ordinary entails facing difficulties that are out of the ordinary as well. Sometimes your greatest asset is simply your ability to stay with it longer than anyone else.” — Brian Tracy, a Canadian-American author, public/keynote speaker, motivational speaker, entrepreneur, and business coach.

“Life must not be a novel that is given to us, but one that is made by us.” — Novalis, the pseudonym of Philipp Friedrich Freiherr von Hardenberg, a poet, author, and philosopher of early German Romanticism.

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek.” Barack Obama, community organizer, lawyer, professor of constitutional law, author, and the 44<sup>th</sup> and current President of the United States, the first African American to hold the office.

“In oneself lies the whole world and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.” — Jiddu Krishnamurti, a speaker and writer on philosophical and spiritual subjects.

“You only live once, but if you do it right, once is enough.” — Mary Jane "Mae" West, an American actress, singer, playwright, screenwriter, vaudevillian, comedienne, and fashion icon, whose entertainment career spanned seven decades.

“All the effort in the world won't matter if you're not inspired.” — Charles Michael “Chuck” Palahniuk, an American novelist of transgressional fiction, a freelance journalist, author of the award-winning novel Fight Club.

“What we do comes out of who we believe we are.” — Robert Holmes “Rob” Bell, Jr., an American author and Christian pastor, who founded the Mars Hill Bible Church in Grandville, Michigan, wrote “The New York Times” bestsellers Love Wins and Velvet Elvis, and narrated a series of spiritual short films called NOOMA.

**Photos**

**2013 Holiday Party & Annual Banquet — Saturday, January 11<sup>th</sup>, 2014**



2013 Student Attendance Awards



Family of the Year – The Havens Family



Mr. Nicholas D'Amato  
Status of the School Address



Most Improved – Bradley Mitchell  
Tiny Tigers & Little Dragons



Rising Star Award  
Gabriel Vallejo  
Tiny Tigers & Little Dragons



Cameron Harper  
Youth & Adult



Bernard "Bernie" Ladem Spirit Award  
David Rivera  
Tiny Tigers & Little Dragons



Christine Havens  
Youth & Adult



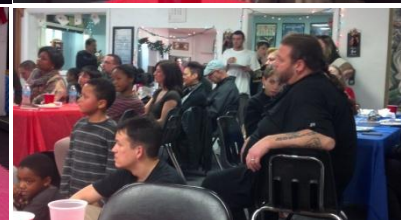


Student of the Year Award  
Damien Wallace  
Tiny Tigers & Little Dragons  
Deborah Vallejo  
Youth & Adult

Tiny Tigers & Little Dragons Demonstration  
Gabriel Vallejo & Jacob Havens

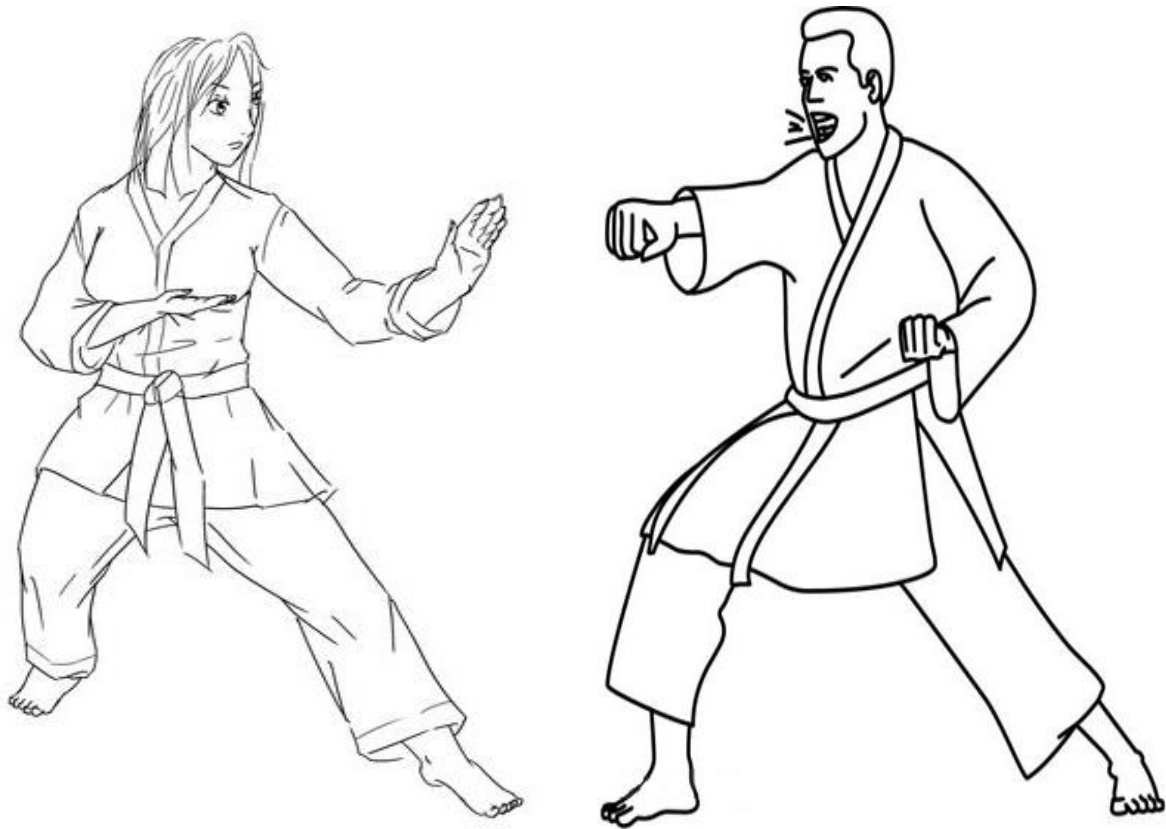


Youth & Adult Group Demonstration Team: Jillian DiLucido, Christine Havens, Jordon Havens, Brian Finley, Yasmine Cabrera, Deborah Vallejo, Jonathan Weiss, & Jeremy Nixon



## Kids Section

Coloring Activity:



Learn the names of the different parts of a Sword (Jang Gum).

