

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 21st, 2015 at 9:00AM, at Twin Valley Middle School at 770 Clymer Hill Road, in Elverson, PA. It is open to Students from all Programs, and everyone is encouraged to compete. This is a local tournament so it would be great if Pal Che had a large turnout. All competitors must Register Online at this link: https://events.membersolutions.com/event_detail.asp?content_id=52132. The Early Deadline has passed, but the Final Deadline is **Sunday, February 1st, 2015** with Tiny Tigers and Little Dragons costing \$40.00, and Youth and Adults costing \$55.00. Volunteers are needed to make this event successful. Black Belts and Instructors are expected to sign up here: https://events.membersolutions.com/event_detail.asp?content_id=52141.

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.

Tuition Policy

This is a reminder that **30 days** notice is required to freeze or cancel any account. Since most customers are on monthly billing, this means that if there is a payment due within the next 30 days following the date of notice of the stop, one final payment is required. Students who are taking a leave must provide notice so that their account with Member Solutions can be frozen.

New Study Guide Policy

Starting immediately students will be required to submit completed worksheet versions of their Study Guides in order to be eligible for testing. All students will receive new copies of their Study Guides in the coming weeks. Students must submit all Study Guides up to their Current Rank in order to be eligible to test. Students who already have old versions of the Study Guides filled out will be permitted to use them for now. Just as class hours, rank time, and physical pre-screenings are evaluated, completed Study Guides will now be required as part of a new written pre-screening.

New Curriculum Guides

Students will be receiving new Curriculum Guides so that students and parents will know exactly what techniques are required for each belt level. Students should use these lists as references or a checklist to ensure that they know all techniques properly.

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. Students, Parents, and Instructors should seriously consider writing an article for an upcoming issue.

Leadership Classes

Master George Celona, Ms. Angel Celona, and Mr. Nick D'Amato have spent a great deal of time planning the upcoming Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Classes, and we have some awesome things on the schedule for 2015. We have a lot of new topics that we want to explore in the next few months, and we have more Guest Instructors scheduled to teach. Those who have already been invited as members of the Program should make every effort to attend these classes whenever possible especially since it's free-of-charge and because they have so much to offer. Remember, you can only benefit if you participate. Mark your calendars with the dates!

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 martial arts. Potential students are always welcome to come for a Free Trial Class. If you know some people who are interested, take a business card or brochure and share it with them. A referral program with prizes and incentives will be implemented later this year to thank students for helping to recruit more members to our Studio (Dojang). There is no greater compliment to thank your instructors for their hard work than referring other students to our school. We appreciate your help in growing our school.

Holiday Party & Annual Banquet

On Saturday, January 10th, 2015, we held our Holiday Party and Annual Banquet for 2014. 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. Check out our Studio's FaceBook page for more photos of the event!

2014 Holiday Party and Awards Banquet

Student of the Year

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

Instructor of the Year

Deborah Vallejo

Family of the Year

The Rivera Family

Spirit Award

Jeremy Nixon – Youth & Adult
Jacob Havens – Tiny Tigers & Little Dragons

Most Improved Award

Emily Woods – Youth & Adult
Alison Steinmetz – Tiny Tigers & Little Dragons

Rising Star Award

Tomer Gabie – Youth & Adult
Akari Shinozaki – Tiny Tigers & Little Dragons

Instructor Master Attendance Awards

Christine Havens – 167 Classes
Deborah Vallejo – 145 Classes
Jillian DiLucido – 139 Classes
Cameron Harper – 134 Classes
Jordon Havens – 124 Classes

Youth & Adult Student Attendance Awards

Jeremy Nixon – 136 Classes
Damien Wallace – 132 Classes
Deborah Vallejo – 91 Classes
Christine Havens – 85 Classes
Cameron Harper – 83 Classes

Tiny Tigers & Little Dragon Class Participation Awards

Bradley Mitchell – 126 Classes
David Rivera – 114 Classes
Aidan Glover – 96 Classes
Gabriel Vallejo – 93 Classes
Akari Shinozaki – 85 Classes
Alonzo Jackson – 80 Classes
Jacob Havens – 71 Classes
Michael Jack Friel – 51 Classes
Christopher Monroe – 48 Classes
Brockton DeProspero – 39 Classes
Alison Steinmetz – 38 Classes
Ja'Nya Clayton – 17 Classes
Nahdir Long – 16 Classes
Joseph Neiss – 13 Classes
Kamryn Baptiste – 10 Classes
Xela Jackson – 10 Classes
Vernon Mayes – 6 Classes

Calendar of Events

Saturday, January 31 st , 2015	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Sunday, February 1 st , 2015	Final Deadline for Region 8 Winter Tournament
Friday, February 6 th , 2015	Tournament Preparation Class, from 7:30PM to 8:30PM
Wednesday, February 11 th , 2015	Tournament Preparation Class, from 7:30PM to 8:30PM
Saturday, February 21 st , 2015	Region 8 Winter Tournament, from 9:00AM to 5:00PM, @ Twin Valley Middle School, Elverson, PA
Saturday, February 28 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 9:30AM Youth & Adult Students @ 10:15AM Black Belt Candidates @ 11:30AM
Wednesday, March 4 th , 2015	Parent-Child Class Night in all regularly scheduled classes
Saturday, March 7 th , 2015	Region 9 Championship, from 8:00AM to 5:00PM, XL Center, Harford, CT
Sunday, March 15 th , 2015	Girl Scout Troop Night, from 6:00PM to 7:30PM
Thursday, March 19 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday – Sunday, March 19 th – 22 nd , 2015	USA Master's Clinic, University of North Alabama, Florence, Alabama
Sunday, March 29 th , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Wednesday, April 1 st , 2015	Breaking (Kyuck Pa) Class Tiny Tigers & Little Dragons, from 6:00PM to 6:30PM Youth & Adults, from 6:30PM to 8:00PM
Saturday, April 11 th , 2015	Region 22 Championship, from 9:00AM to 5:00PM, @ Community College of Beaver County, Monaca, PA
Saturday, April 25 th , 2015	Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to 4:00PM @ Twin Valley Middle School, Elverson, PA

Wednesday, April 29th, 2015

No Classes. Tentative Color Belt Test (Gup Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM

Friday – Sunday,
May 29th – 31st, 2015

Region 8 Youth Black Belt (Dan) Camp 1, Camp Green
Lane, Green Lane, PA

Friday – Sunday,
June 5th – June 7th, 2015

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

Friday – Sunday,
June 12th – 14th, 2015

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

New Students

Emily Steinmetz

We would also like to welcome back Brian Finley who has returned this month after some time away.

Recent Promotions

Jordon Havens – Blue Belt (Cho Dan Bo)
Yasmine Cabrera - Red Belt with Stripe (Il Gup)
Deborah Vallejo – Red Belt with Stripe (Il Gup)
Cameron Harper – Brown Belt with Stripe (Sam Gup)
Jonathan Weiss – Green Belt (Yuk Gup)
Tomer Gabie – Orange Belt (Pal Gup)
David Rivera – Dragon Green Belt
Michael Jack Friel – Dragon Orange Belt
Nahdir Long – Dragon Yellow Belt
Jacob Havens – Dragon Yellow Belt
Ja’Nya Clayton – Dragon Yellow Belt

January Birthdays

Akari Shinozaki – 5th
Jillian DiLucido – 5th
Jacob Havens – 13th
Kamryn Baptiste – 24th
Xander Lyons – 31st

Instructor's Angle

By: Mr. Nicholas W. D'Amato

We are already almost a month into the year of 2015. Coming off the heels of our Holiday Party and Annual Banquet as well as my recent trip to the WTSDA 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. 2014 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 2015.

The year started out with a bang with a huge attendance at the last Holiday Party & Annual Banquet. In February we had numerous students participate in the Winter Tournament. On Valentine's Weekend, Pal Che hosted Karate Kid Movie Night. In March we had a dedicated group help with our Cleaning Day, which made some huge improvement to our school. We also had some Guest Instructors teach Brazilian Jiu-Jitsu at a Leadership Class. In April, we held the second annual Breaking (Kyuck Pa) Class, which had a huge turnout. This year we extended the Breaking Class to the Tiny Tigers and Little Dragons Classes as well. We also had a visit from Master Erwin Watters of the Korean Martial Arts Institute in Delaware where we learned Hapkido and how to use the Kubotan.

In June, we had 3 students attend the Black Belt Camps/Clinics: Jillian DiLucido, Christine Havens, and myself. In July, Cameron Harper and I attended and participated in the 2014 World Championship in Greensboro, North Carolina. In August we held the First Annual Weapons (Moo Ki) Week where we studied Staff, Knife, Sword, and Sticks. During the Summer, we also held monthly classes outside at Glenolden Park. Throughout the year we had several guest instructors at our Leadership Classes including Master Kenneth Peterman, Master Robert Kloss, and Master Kevin Robinson (twice!).

In early October, Pal Che participated in the Glenolden Borough Community Day and performed a Demonstration that once again stole the show. In late October, three students competed in the Region 8 Championship: Anthony DiLucido, Jillian DiLucido, and Cameron Harper. Anthony DiLucido was the runner up for the Adult Male Grand Champion Cup. At the Regional Championship, Mr. George Celona and Ms. Angel Celona, both former students and instructors here at Pal Che Tang Soo Do, were promoted to Master Rank and Fourth Degree Black Belt (Sah Dan), respectively. Then in early November, we had about 25 students and parents attend the annual Halloween Party.

For the calendar year of 2014, we had exactly 26 new students register, and 4 students returned after some time away. There were 12 Color Belt (Gup) Tests this year. There were also 12 separate Editions of the Pal Che Tang Soo Do Times Newsletter that were published in 2014, compared with only 11 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 in the Spring. Below is a breakdown of the number of students at each rank from both the beginning and the end of the year.

Student Count	Beginning of 2014	End of 2014
Fourth Degree Black Belts (Sah Dan)	0	0
Third Degree Black Belts (Sam Dan)	2	1
Second Degree Black Belts (E Dan)	2	2
First Degree Black Belts (Cho Dan)	2	2
Blue Belts (Cho Dan Bo)	0	2
Red Belts with Stripe (Il Gup)	2	2
Red Belts (E Gup)	1	1
Brown Belts with Stripe (Sam Gup)	2	1
Brown Belts (Sah Gup)	2	1
Green Belts with Stripe (Oh Gup)	1	1
Green Belts (Yuk Gup)	4	4
Orange Belts with Stripe (Chil Gup)	3	3
Orange Belts (Pahl Gup)	1	2
White Belts with Stripe (Ku Gup)	3	0
White Belts (Sip Gup)	0	1
Little Dragons	9	14
Tiny Tigers	3	3
TOTAL	37	40

As you will see, Pal Che's numbers are up slightly from the beginning of the year. There were many dedicated Color Belts (Gup) pursuing the path to Black Belt (Dan), promoting at a consistent rate. We have many Little Dragons who will soon enter the Youth Program. 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.

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 significantly more students. Several Red Belts are currently preparing to test to become Black Belt Candidates (Cho Dan Bo), and we have several Blue Belts and Black Belts who will be testing for higher ranks as well. In the coming months, more students will be joining the Leadership Class. I would like to finally 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 and the lobby. I want to institute a Referral Program, Parent and Buddy Classes, an Instructor Development Program, more Special Events, 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.

Feature Article

By: Chinyere Amobi

This article is entitled "The Science of Happy: 8 Ways to Get into the Habit, and it was written by Chinyere Amobi, a Tufts University School of Medicine graduate, specializing in public health, and who works as a media advocate for substance abuse and has an interest in minority and women's health issues.

Money, fame, love, sport, chocolate, whatever works? For centuries people have been trying to figure out what makes us happy. Psychologists, physicians, economist, theologians, and others have come at this from different angles. Can we choose to be happy, and if so, how?

Is happiness genetic? Have you ever wondered how much control you have over your happiness? Studying identical twins raised in difference environments helped researchers figure out that 48 percent — nearly half of our happiness — can be attributed to our genes.

Your happiness, your health. What about the rest and how much does it matter? People who rate happier on psychological tests experience a range of health benefits, according to researchers at the University of Wisconsin, Madison: better response to influenza vaccines, less severe colds, reduced risk of heart disease, and better health maintenance.

What is happiness, anyway? Happiness is hard to define because it is so personal. It reflects values, character genes, and other factors. Happiness is not the same as quality of life; you can have everything you need and more, yet still feel sad. Finding out what makes you happy — and seeking it out — can have profound effects on your present and future.

1. Cherish the Ordinary – Remember when YOLO was everywhere? It was the hip, modern version of “carpe diem”, which means “seize the day”. You only live once. Research has repeatedly shown the importance of savoring the ordinary moments. Valuing everyday experiences offsets the diminishing returns of maximum-excitement activities, according to psychologists.

2. Get that it’s not All about the Benjamins – The Beatles established that we can’t buy love, but what about happiness? A large body of research attempts to answer this question. We know that life is more than just making money.

3. Use Social Media Carefully – Does having the most friends or followers translate to much of anything? Seeking outward recognition and affirmation via social media is making us unhappy, studies suggest.

4. Run, Jump, Dance, Splash, Reach – Physically active people are more enthusiastic and excited than sedentary people. Research proves it and so does going for a walk.

5. Love your Work – Having a case of the Mondays every day? Contrary to common belief and the Sunday night blahs, work makes us happier because we are being productive and meeting goals.

6. Nurture your People – What’s love got to do with it? A lot. Strong, satisfying relationships are the key to happiness, according to a landmark Harvard Grant Study conducted over a 75 year period. Since then, numerous additional studies have shown that people who have fulfilling relationships with friends, family, and their community experience fewer health problems, are happier, and live longer than those who are more socially disconnected.

7. Reconsider getting Famous – Do fame and recognition make us happy? With social media and reality television giving us 24/7 access into the lives of other, one must wonder, is it all worth it?

8. Value what you went Through – Have you ever reassured yourself that “Whatever doesn’t kill you makes you stronger!”? There’s some truth to this.

Thoughts for the Month

“Difficulties are what make it honorable and interesting to be alive.” — Florida Scott-Maxwell, an American playwright, author and psychologist.

“Success usually comes to those who are too busy to be looking for it.” — Henry David Thoreau, an American author, leading transcendentalist poet, philosopher, abolitionist, naturalist, development critic, surveyor, and historian.

“The best view comes after the hardest climb.” — Unknown.

“Remember that guy who gave up? Neither does anybody else.” — Unknown.

“Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don’t belong.” — Mandy Hale, American blogger, New York Times best-selling author, and speaker, known around the world as “The Single Woman.

“Be happy with what you have while working for what you want.” — Helen Keller, an American author, political activist, lecturer, and the first deaf-blind person to earn a bachelor of arts degree.

Photos

Color Belt Test (Gup Shim Sa) – Thursday, December 18th, 2014



2014 Holiday Party & Annual Banquet – Saturday, January 10th, 2014



