



Tang Soo Times

Pal Che Tang Soo Do

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

July/August 2006

Issue No. 180

Calendar of Events

Friday	August 11 th	Gup Test 6:00
Saturday	August 26 th	Dojang Closed Region 8 Eastern Championship in Delaware
Saturday	September 2 nd	Dojang Closed Labor Day
Monday	September 4 th	Dojang Closed Labor Day
Saturday	September 16 th	Dojang Closed Black Belt Test (Phoenixville)
Friday	October 20 th	
Saturday	October 21 st	Region 8 Championship in the Pocono's

Birthdays

July	August
Cody Kunze 5	Angel Evangelista 6
Gianna Rosillo 5	Ashley Moll 7
Donald Rogozuwski 13	Maria Blessington 11
Kyle Willis 16th	Bernie Landem 20
Dan Ward 23	Kaitlin Fagan 22
Elizabeth Brasch 24	Raj Vadigepalli 25
Chris Tucker 26	Phil Blessington 27
Allen Anders 27	

Master's Corner

I Remember It Well

In 1980 I saw a TV movie about rape and how it affected a family. Having several young daughters (7&10), I thought to myself that I was responsible for these young lives. However, I also knew that Daddy was not always going to be around to protect them. Eventually, they would have to be able to "take care of themselves". One evening I asked them if they wanted to learn karate. In some rudimentary terms I tried to explain that it was a method of self-defense. They said "yes, but only if I would take it with them". I did some research and decided on Korean based karate because it emphasized the legs. I knew that an average woman could not match the upper body strength of a man, but legs were different.

I looked through the phone book for karate schools and found one in Newton Square; the "Tang Soo Do" school. Looking back, had it been a Tae Kwon Do, Kyuck Sool, or a Hapkido; that would have been the style that would have eventually been taught at Pal Che.

Anyway, the point of this story is that in my mind's eye, I remember my first class as if it were yesterday. I was a nervous 37 yr. old professional starting a new adventure with my kids. I readily explained to everyone that I was only taking TSD so that my girls could learn. Secretly, I loved it. Had karate been available to me growing up in the fifties, I would have studied it. At my second class, I could not remember how to tie my belt, so avoid the embarrassment I went to the Master's office to ask him to again show me how to tie my belt. This moment stands out in my mind. Other moments I remember and cherish is when I went for my first test for my orange belt. I was excited and celebrated by taking my girls out to dinner (they had tested too!). When I was a green belt, I was sparring a black belt and actually scored a clean point-he then broke three of my ribs. When I tested for Cho Dan Bo, I was invited to join the black belt club! What utter joy!

At Shin karate in Philadelphia, I tested for black belt. It was a five hour test and then we sat for another five hours watching another group test. At the end when they told us to line up I could barely stand because my legs and back had knotted up.

At my E-Dan promotion they realized that someone had forgotten to bring tape for the belt stripe. Another black belt turned around, took the stripe off of his belt and gave it to the Master to put on my belt.

I remember when we opened the karate school in Glenolden and had twelve students at the grand opening ceremonies when we hung the flags. The East Coast Karate Demo Team performed. I still have the grand opening tape.

Of all the moments in my TSD career, the moment that I cherish and am most proud of is when one of my students has that Master's belt tied around his waist; and with a wet eye, I will know that the legacy has been successfully past on to another generation.

Instructor's Angle

"In Discipline Lies Freedom"

For some reason these words do not sound as if they should share the same quote. But if you think on it for a moment it makes sense. **What is Freedom?** Although we live in a free society, we are constrained by many things, the list is endless. But worst of all we are confined most by our own shortcomings. Day in and day out we let ourselves down; we fail to meet the expectations that we create in our mind of how we should be, and what we should do. No one is perfect, and no one can be on top of things all the time, however, we can continue to improve on the things that will make us better, at least to ourselves.

How often have you gone through the entire day and at the end feel as if you accomplished nothing? When was the last time you made a new years resolution and actually kept it? What are your goals in Tang Soo Do, school, your career, life? In the past when you have failed or succeeded in meeting your objective, what was the main reason?

The answer is simple. **Discipline.** When you had to pass a test, you used discipline to help you study. When you wanted to drop some weight to fit into a dress, or look better in a suit, you used discipline to help you meet you ideal weight. The list goes on and on. **Discipline,** is the mental attitude that allows you the freedom to make the right choices at the right time. Although some people are stronger willed than others, I don't believe it is an attribute you are born with. It is cultivated through hard work and a dogged determination to improve. It is built night after night in class banging out line drills and forms, over and over. It, along with honor, are what set Martial Artists apart from the rest of society. And within the Martial Arts, separates the true practitioners from the "Snickers Bar" Black Belts.

Discipline allows you the **Freedom,** to plan out your day. To organize your thoughts and dreams, and then act on them. It frees you to take off from a workout on Friday and enjoy a night with your friends because you went to class earlier in the week as planned. Discipline, wakes you up early in the morning for a workout, so you can free up your day for any unforeseen problem that may interrupt you plans for later. **Discipline,** sits you down at your computer to do a report weeks before it is due. **Discipline,** is the thing that drives you to class on nights when you don't "feel" like going. **Discipline,** is the self-chosen path that keeps loyal to Tang Soo Do and frees you from being temped to join the next latest and greatest martial art that buys space in Black Belt Magazine. Your goal now should be to not become a prisoner of your old self but try and become more disciplined with your daily life and enjoy the freedoms that will come from it.

Thought of the month

The purpose of our discipline is to make each man a competitor only with himself, for only when you have mastered that demon are you ready to challenge others.