

TANG SOO TIMES

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PAL CHE TANG SOO DO

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GLENOLDEN, PA 19036

This month's newsletter will be in the original format due to the fact, our editor, Miss Evangelista is on tour in Italy.

CALENDAR OF EVENTS

Monday	July 4 th		Closed For Holiday
Monday	July 11 th	7:15	Black Belt Class (Blue and Black 13 and Up)
			No Adult Class
Friday	July 15	6:00 Youth	Black Belt Pre-Test
		7:15	Adult No Class Youth and Adult

SPECIAL NOTICE

Our one-year experiment with the Educational Funding Company is over. Although the collection of monthly dues was more consistent, I was not pleased with their handling of matters involving late and missed payments, and more importantly, their approach to speaking with clients. I will be canceling all contracts with them after the July payments have been received. Beginning August 1st, all payments are to be made to PAL CHE TANG SOO DO. I will also be sending out letters announcing the payment options for future payments.

INSTRUCTOR'S ANGLE

With the influx of new students I would like to re-run an article from last summer.

Summertime is most people's favorite season; school is out, baseball and softball season begins, swimming pools, graduation parties, barbecues, and allot of other summer activities take up most of our time. It is also when students most often leave the dojang, and it's not because they no longer want to train. Over the years we have heard all the reasons - I want to concentrate on baseball or softball, I am going to stop training for the summer but will be back when school starts, or (my personal favorite), it's too hot to train. The list goes on, limited only by the creativity of the student's mind.

of time. Since I began training, I've tried many different tools to motivate myself through the summer. Below is a list of my top five:

1. Do not dwell on how many classes you have missed. Instead, make a commitment to yourself to be at the next class. Keep the commitment.
2. Set up a steady routine of "Regularly spaced practice sessions," and schedule some fun activities around class time.
3. Enjoy and relax on your vacations. You've been working hard all year and deserve a break. Take along your Gup manual or another book and read up on Tang Soo Do.
4. If you do have a baseball or softball game, or some other type of event like swimming or golf, don't feel guilty about missing class. Use the tenets you've learned in class and put your best effort forward.
5. There are some dangers to over training in the intense summer heat. Drink plenty of fluids throughout the day. Get enough rest and eat correctly. The heat during the summer won't affect you. In fact, you may even get some benefit from the heat - increased flexibility and motion - just to name a few.

continue. These are the nights when your spirit as both a martial artist and a human being will be pushed to the limits. When you overcome this demon, you will become stronger and better for it. There is no easy way, but nothing worthwhile ever comes easy. Try to balance your summertime fun with your work ethic of Tang Soo Do. The harder you train in class, the more fun you will have on your days off.

NEW STUDENTS

Tom Touhill

not hesitate to ask a senior student.

JULY BIRTHDAYS

Cody Kunze
Donald Roguzewski
Dan Ward
Elizabeth Brasch
Alan Anders
Joseph Kraus
Zack Dittus

MASTERS CORNER (July 1993)

We have been running the advanced class for about a year and a half. My main problem to date has been students not knowing the requirements of the belt they are now wearing or one they once wore. We refer to it as a game, but it's a sad commentary when blue belts get caught in glaring mistakes in the Sae Kye forms and cause their classmates to do pushups.

However, when we practice kick techniques in class and I say to do 5 with each leg, that is all that is done. Students then stand around waiting to be shown the next "new" technique. When I ask for a demonstration of the last technique, I'm told, "I've got it down perfect." It takes a lifetime to perfect just the basic low block and center punch - yet in just 3 minutes students have the jump 360-degree wheel kick down "perfect."

Tang Soo Do, at least the way it is taught in this dojang, is a lifetime pursuit of perfection. There is no easy way to become perfect, no three minute drill that I know. The "Pepsi Generation" does not live at our dojang. The instant gratification that people living in our times are used to having is not available at this dojang. Students have left here because we didn't appreciate their "talents" and have become "black belts" at other schools in less than one year.

At the last Dan test, Grandmaster Shin told the testing candidates that from now on they would not be introduced to people as just, "John Doe," but rather, "John Doe - he's a black belt." The burden of being a Black Belt is tremendous - you are always on center stage. You must be in control of your emotions and actions at all times. A Black Belt is one in ten thousand. People must always say, "What is so different about that person?"

The "Eye of the Tiger," which we talked about in previous newsletters, is sadly missing. The desire to enter the Brotherhood of the Black Belt is not there. Sure, you want to be a Black Belt, but your reasons are strictly egotistical. Are you ready

to try your hardest, to push yourself past your limits of endurance, to be the best that you can be - or do you want to settle for mediocrity? As soon as you get a little tired do you wrinkle up your lip and complain of stomach cramps, headaches, sore muscles, or some other "major" injury and want to sit down, or do you forget about the discomfort and continue with class?

At the advanced class we ask students to do pushups and once a month we count the number they can do. When we first started this, I was appalled at the small number that our advanced students could do. After two to three years of training several nights a week, and being asked to do at least 30 push-ups at each class, many could not even do 20. Why? That burning desire for self-improvement is not there. YOU want to be a black belt. YOU may eventually wear a black belt. YOU will consider yourself a black belt. But, will other Black Belts consider YOU a black belt?

Upon entering the Brotherhood of the Black Belt, all senior Dans will welcome you. They are (or will become) acutely aware of your abilities - mental, physical, and spiritual. Whether you are accepted as one of them will depend upon YOU. They can tell if you've paid the price of developing your mind, body, and spirit through the relentless pursuit of perfection. They can tell if your spirit has been forged through rigorous training in the dojang. They can tell if your character has been tempered through the challenge of adversity in the dojang. They can tell. They can tell.

BLACK BELT HEALTH

This month's article on fitness and health has been researched and written by Mr. Nick D'Amato.

Staying Hydrated

Staying hydrated is very important, especially in the Summer. As Martial Artists, our physical training can vary from intense workouts to moderate exercising. No matter what we do in the Summer heat, we always need to stay hydrated by drinking fluids, preferably water...and A LOT of it. The usual recommendation is 48 to 64 ounces of fluids per day, but more is certainly fine, also. A person should not wait until they are thirsty to start drinking fluids, because it is too late. We humans will feel our performance level dropping off with just a 2% water loss, which is the beginning of dehydration.

Dehydration {i.e., not being hydrated} is a very common Summer problem, but it can easily be avoided. "The best defense against dehydration is a good offensive." Everyone should be sure to drink fluids continuously at breakfast, lunch, and dinner, every meal, at least two {2} hours before, during, and after physical activity. When exercising or undertaking any kind of physical activity, drink early,

often, afterwards. In other words, we should be sure to drink before so we avoid dehydration, during to keep up our strength and endurance, and after the activity to replenish lost fluids through perspiration.

We as martial artists should definitely follow these rules of drinking before, during, and after our training. I would like to advise students to ask for a drink if they are feeling ill, however, this does not mean to constantly be asking for a drink and abusing the privilege every time you want a break. Sometimes we must tough it out and train our bodies to do without. But new research has proven that water during intense activity leads to better performance and our Instructors, on hot nights, will now stop class for fluid breaks.

Everyone has different fluids needs, due to: gender, body size, fitness level, temperature, intensity, and duration. There is an easy way, under any conditions, to tell if you are getting enough fluid. All that a person has to do is check the color of their urine, when going to the bathroom. If you are drinking enough, your urine will be a pale light yellow or nearly colorless, and odorless. If your urine is dark colored or has a strong smell, you are absolutely definitely not drinking enough.

Depending on a person's activity, there are different things recommended to drink to stay well hydrated. Water is, by far, the **BEST** thing. It is true, that some professional athletes do require some type of sport drinks or, but usually for most people they are not necessary, because we do not need them and can survive without them. Caffeine is not the best thing to drink, but it will hydrate a person just a little. Some tips on what to drink include:

- 1.): - Any fluid {except alcoholic beverages} is better than no fluid!
- 2.): - Moderate amounts of caffeine are probably OK for most adults!
- 3.): - Liquid calories do count and may be an important factor in weight control!
- 4.): - Enjoy a variety of beverages, just don't over do it on any of one of them!
- 5.): - When in doubt, drink water, because it is cheap and calorie free!

Remember: This Summer when training in the Dojang or exercising elsewhere, drink water! Bring water with you! Buy bottled water! **STAY HYDRATED!!!**

THOUGHT FOR THE MONTH

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will"

Vince Lombardi

Thoughts about Black Belt Camp

This past June, Pal Che TSD sent its largest contingent of Black Belt and Black Belt Candidates to our annual Camp and Clinic. Including myself 25 students with many first timers had the chance to train with students from all over Region 8. At the Youth camp, our students were without doubt the best behaved there. They all seemed to enjoy themselves and trained very hard. The reports I have received from the Adult Clinic has indicated it was the best one in years. Here are some thoughts from students who attended the Youth Clinic:

"On June 10th, 11th, and 12th when I went to the Youth Black Belt Camp I got there, and I hated it like I did the first two years, but after a while I loved it. I went to all the seminars that I could but stayed weary of Mr. C's clinic. (HA!) Overall, I did get sun poisoning on my face, head, and shoulders, and the food was horrible, but that's what you get for a weekend of training experience. Grandmaster Shin told us the \$120 dollars that we paid was for the room and food but the knowledge that we learned is not on that "tab", so all the instruction is a bonus that we get, when we go to the Camp. I met a lot of new friends that I got along with over the weekend like Nole, Bizz, Mitch, and Dan Ward was in my cabin. I hope that the next time that I go to Camp Lindenmere or wherever it will be that I will learn a lot and make a lot of friends." — Justin Ritter, Cho Dan

"Although this is my third year attending the Youth Black Belt camp, it surprises me that I learn new things each year, that I have so much fun and that I look forward to returning year after year. I can't wait to be Camp "Staff" one day!" — Cody Kunze, Cho Dan

"The Black Belt Camp was a very interesting weekend. I got to meet a lot of Students, Instructors, and Masters, and I put in much hard training by doing Relay Races, Tug-of-War, Line Drills, and two clinics of Rolls/Breakfalls and Breaking. I took a Judging Seminar, too, which taught the basics of being a Corner Judge during a Sparring Match. This was fun, interesting, and gave me the chance to learn some things about judging that I never knew, and it got confusing. Going to the Camp also gave us a chance to be compared with other Studios {Dojang}, and I could definitely tell that Pal Che "stood out!". Many students were so rude and cocky, that I was embarrassed to be with them. Another great thing was to see all the Pal Che students sit together at meal time. I had a nice time, yet at some points it was dirty and disgusting, but I look forward to what will happen when I go next year." — Nicholas D'Amato, Cho Dan

"The Black Belt Camp was really fun. I did breaking, javelin, break-falls/rolls, and dynamic kicking. The Breaking was my favorite because I got to break with something that I never broke with before. The girls in my cabin were really nice. One of the girls in my cabin was one of the girls in my ring {division} at the tournament. That was cool!" — Jessica D'Angelo, Cho Dan Bo

"We did loads of fun things at the Black Belt Clinic. We did breaking, breakfalls, and rolls. We practiced forms and line drills. We played tug of war and had relay races. But what I liked best of all was the knife self-defense. Michael was my partner and he was the fastest one in the whole tennis court. And I was the second fastest. I got a dagger for Michael and me and Michael was the one to defend himself first. My favorite knife self-defense was the one where you tap the knife away with your left arm, grab the attacker's wrist with your right hand, knife hand the attacker to the throat, and using that pose, you take the attacker down over your leg. We also got free time. My favorite free time activities were going swimming, playing manhunter, telling a scary story around the bonfire, and exploring along the path. It was the best weekend of my life!" — Scott Duffy, Cho Dan Bo
"It was very interesting and fun. I met some new people and had a good time." — Christopher Imbrogno, Cho Dan Bo

"Although this is my third year attending the Youth Black Belt camp, it surprises me that I learn new things each year, that I have so much fun and that I look forward to returning year after year. I can't wait to be Camp "Staff" one day!"
— Cody Kunze, Cho Dan

"Everything was run really well. Everything was perfect. I had a great time and can't wait to go again next year." — Billy Blessington, Cho Dan Bo

"The thing that I liked about Black Belt Camp is Judo. I liked how we were taught to do throws. I also liked breaking, because the instructor showed us was to help us with out breaking." — Anthony DiLucido, Cho Dan Bo

"Black Belt Camp was an experience for me. I made new friends, I learned new things, and had fun. It wasn't what I expected; the cabins weren't clean, the food wasn't the best, but the people were perfect. They were so nice and supporting. I look forward to going there next year." — Kaitlin Fagan, Cho Dan Bo

"Black belt camp was very hard, but also very fun! We had to wake up very early. Lights went out at 11:00p.m.. The food wasn't half bad. I think you will enjoy it, as much as I did. I had a blast." — Adam Fagan, Cho Dan Bo

"The Black Belt Camp was hard work and very sweaty. I like it a lot and I can't wait until next year." — Michael D'Angelo, Cho Dan Bo

"Karate Camp was OK. I liked my Camp Counselors; they were nice and helpful to our cabin. I liked staying up late at the bonfire and the movies. I didn't like sleeping in a hot cabin, and I missed my Mom's cooking. I thought it was cool that Grandmaster Shin led us in forms and that he thought this year had the best campers ever." — Allison Moll, Cho Dan Bo

Special Thanks to Mr. Nick D'Amato for his help and effort on this newsletter.