

# TANG SOO TIMES

ISSUE NO.203

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JULY 2008

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

## CALENDAR OF EVENTS

Sat.	July 5	School Closed 4 <sup>th</sup> of July
Thurs.	July 17	School Closed(Adult Night Out)
Fri. - Sun.	July 25	Gup Test

## July Birthdays

Gianna Rossillo	5
Cody Kunze	5
Donald Rogusewski	13
Clayton Francis	24

## Notes I

In case you have not heard, Mr. and Mrs. Celona (George & Angel) recently held the Grand Opening of their own Dojang, **Impact Martial Arts** in Aberdeen Maryland. The day was a great success with many prospective students stopping in to watch the festivities and meet the Instructors. Although Mr. Celona will be around for a little longer we will miss them both and wish them the best of luck with the future of their school. As a Teacher and Studio Operator, it is a great compliment when students that you have helped nurture spread their wings and go out on their own.

## Notes II

On Thursday July 17<sup>th</sup> we will be closing the school to hold our first ever Adult Night Out at Barnaby's of Ridley. In lieu of class, we will be meeting at 6:00 to celebrate the upcoming Wedding of Lauren Holst and Brian Neuber. All adult students, friends and family members over the age of 21 are invited. There will be reduced priced drinks and buffet.

## THOUGHT FOR THE MONTH

*Meaning is not something you stumble across like the answer to a riddle or a prize in a contest.  
Meaning is something you build into your life*

*John Gardner*

## Masters Corner

### Getting through the Summer

Now that we have hit the summer months, finding the energy and desire to train on hot nights becomes more difficult. But what if you knew you were going to a place where everyone their brought energy, passion, and a positive attitude every night? What if you could surround yourself with others who were truly connected to their task, training partners, and teachers? Wouldn't you be more likely to climb out of the cool pool water and trade it in for that puddle of sweat that has dripped off your chin? Well I know just the place. But it depends on four things from all of us to make it happen!

- 1. Choose Your Attitude:** There is always a choice about the way your train, even if there is not a choice about the training method. Bringing the proper attitude towards your training requires you coming to class with an empty mind and having no pre-conceived expectations on what you want to do in class and what you don't want to do. Allow the class to flow, work hard, and slowly fill your cup.
- 2. Play:** Don't misunderstand. What we do is serious, and if we are careless and act foolishly, someone could get hurt. However it is okay to have some fun. We train very hard. We sweat, bleed, cry, and laugh with each other. Through this, a strong bond between students develops. Laugh at each class and you will enjoy training that much more.
- 3. Make Your Day:** Each one of us has a life outside the dojang. We all make tremendous sacrifices to work out schedules to find the time to train. Don't waste your time when you do come. Make the most of your time there and take something out of each class as a reminder of your time there. Teachers, remember the class is about the students, so make sure each student leaves with some sense of accomplishment. Students, while you are training, focus on one thing, just one thing that you need to develop. Work on it; leave knowing you improved on it and you will have made your day.
- 4. Be Present:** Plan your week around karate; don't plan karate around your week. This way you will put your mind into training long before your body shows up at the dojang. Show up. While you are there, "Be Present"; don't train with your body in one place and your mind in another neither will benefit. The way to Mushim (Empty Mind) is by training with all of you Mind-Body and Spirit. Don't look at the clock; ignore the heat, and the outside distractions. Don't waste time thinking of what you could be doing; instead focus on what you are doing. Guaranteed, you will get much more out of each class. Together, by applying the above mentioned things we can turn this summer into one of the best yet.

## Feature Article

### Join Me for a Cup of Tea By Jennifer G. Galea MS RD

Many experts recommend drinking green tea as it has been linked to a variety of health benefits, including weight loss, improved cognitive function, lower cholesterol, and cancer protection. But what tea should you buy? How should you drink it to reap the most benefits?

Green tea contains many nutrients, especially phenols, polyphenols and catechins. Catechins are the antioxidant compounds that have been most widely studied. One catechin is Epigallocatechin Gallate (EGCG), which has antioxidant potential 200 times stronger than vitamin C and 20 times stronger than vitamin E.

So what's the difference between green tea, black tea and the newly popular white tea? Green tea is made solely from the leaves of the tea plant. Black tea is made from the same leaves; however they've undergone a fermentation process, which reduces the antioxidant content. (Research results vary regarding the significance of this loss, but there definitely is some loss.) White tea is made from the buds and young leaves of the plants, and is minimally processed, resulting in even higher antioxidant potential than green tea.

But which one should you select? The most important factor is to scrutinize for additives. Many teas, especially those that are already brewed, contain large amounts of sugar or other sweeteners or additives. Your best bet is to brew your own tea from organic teas.

What about your own "additives?" Do you drink your tea with lemon or milk? Exciting new evidence shows a "sum-is-greater-than-its-parts" effect when combining lemon juice with tea. Much the same way that a combination of Martial Arts techniques is more effective than each performed in isolation, combining citrus juice with green tea has been found to increase antioxidant compounds as much as 13 times! This is due to the protective effect the acidic citrus juice has on the catechins as they travel through the digestive system. Unfortunately for those who enjoy milk with their tea, it appears that milk may actually negate some of the beneficial effects by precipitating out the phenols (although not all experts agree). So the recommendation is to have your tea with lemon or plain. And what about caffeine? Green tea contains significantly less caffeine than a cup of coffee. Generally the longer you steep your tea, the more caffeine it will contain. Tea is definitely preferable to coffee in the caffeine department, and there is really no contest when you consider all the health benefits that tea offers.

# KID'S PAGE

Welcome to Kids Korner, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 10, you are a Grandmaster; 9, a Master; 8 or 7, an Advanced Student; 6, an Intermediate Student; 5 or 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

**Martial Arts Word Search:** Below is a list of people or things you may see on the training floor during your classes. See how many words associated with the training floor you can find in the puzzle below.

U P U Y Z D W M G C P N A B I  
S J Y W P Z B J O M Y Q A E Q  
S A F E T Y G E A R J Q O L F  
I S C L A S S M A T E S I T L  
X P X P G W L W V T M F K S A  
A O U L Q F V G T A B M J O G  
T S C T R A I Y W R T I U S G  
E T C G Y N X E I G D R Y K N  
J E O R C F R L E E N R F Y G  
S R C K Z B Y W F T H O A D R  
C A B T M A T S C S H R L O L  
I N S T R U C T O R F S G I N  
X M W U S D U V V H M H J M J  
F O E A H E A V Y B A G W Q H

The following words can appear either across, up or down:

**Instructor**  
**Mirrors**  
**Poster**  
**Targets**

**Heavy Bag**  
**Mats**  
**Flag**

**Classmates**  
**Safety Gear**  
**Belts**