

Pal Che Tang Soo Do Times



Pal Che Tang Soo Do
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World Tang Soo Do Association



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Quick Notes

Summer T-Shirt Policy

Students who are in the Tiny Tigers and Little Dragons Classes are permitted to wear T-Shirts between Memorial Day and Labor Day for the Summer. T-Shirts must have the Pal Che Tang Soo Do White Tiger Logo on them and they must be tucked in. Tigers and Dragons are permitted to wear them to class **ONLY**. For Tests and Tournaments, the official white Uniform (Dobohk) with jacket must be worn.

Referrals

Many people, especially parents, are looking for activities for themselves or their children to get involved in over the summer. As you know, karate is a great activity: it helps build focus, character, confidence, and self-defense skills as well as being great for fitness and exercise. Talk to your family and friends about trying out our classes over the summer. There is no greater compliment than referring others students to our school to thank your instructors for their hard work. We appreciate your help in the growing of our school.

Patches & Trim

Many students are still not complying with the policy that all students must be wearing the appropriate patches and trim on their Uniforms (Dobohk).

Study Classes

As a reminder, all students must attend one Study Classes between each belt testing effective June 1st, 2012. Students must also study on their own at home. It is recommended that each student have a folder or notebook to keep papers, study guides, and other materials so that it can be used to help study for the Written Test. Study Guides can be obtained in the Studio (Dojang) and will soon be available for download on the Studio Website.

Testing Attendance

All Blue Belts (Cho Dan Bo) and Black Belts (Dan) are expected to attend all tests held at the

Studio (Dojang). In order to test for higher levels of Black Belt, you must participate in and assist at Studio and Association functions. If you have a conflict and cannot attend, you are to inform the Mr. D'Amato of your absence ahead of time. All Black Belts will be expected to have experience with conducting and judging at Color Belt (Gup) Tests.

Calendar of Events

Wednesday, July 11 th , 2012	Leadership Class, from 6:45PM to 8:15PM, @ Pal Che Tang Soo Do.
Thursday, July 12 th , 2012	Terminology & Study Class from 6:15PM to 7:00PM.
Friday – Sunday July 20 th – 22 nd , 2012	World Championship, Greensboro Coliseum Complex, NC; World Headquarters Grand Opening, Burlington, NC
Thursday, July 26 th , 2012	Color Belt (Gup) Test: Tiny Tigers & Little Dragons 5:30PM; Youth & Adult Students @ 6:15PM; Black Belt (Dan) Pretest @7:15PM.
Saturday, July 28 th , 2012	Leadership Class, from 11:45AM to 1:15PM, Impact Martial Arts
Wednesday, August 8 th , 2012	Leadership Class, from 6:45PM to 8:15PM, @ Pal Che Tang Soo Do
Saturday, August 18 th , 2012	Leadership Class, from 11:45AM to 1:15PM, Impact Martial Arts
Wednesday, August 29 th , 2012	Color Belt (Gup) Test: Tiny Tigers & Little Dragons 5:30PM; Youth & Adult Students @ 6:15PM; Black Belt (Dan) Pretest @7:15PM.

New Students

A warm welcome back is extended to Cho Dan Bo Dana Leaver who is returning to train with us.

July Birthdays

Mikayla Davish – 7th

Donald Roguszewski – 13th

Gregory Logan – 18th

Recent Promotions

Christine Havens – Brown Belt (Sah Gup)
John Lyons – Orange Belt (Pahl Gup)
Xander Lyons – Yellow-Blue Dragon Belt
Ethan McCartney – Yellow-Brown Dragon Belt
Ashon Foster – Yellow-Brown Dragon Belt
Leihui Tong – Yellow-Green Dragon Belt
Zachary Broxton – Yellow-Orange Dragon Belt
Alonzo Jackson – White-Green Tiger Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

It is with much regret that I write to inform everyone that GrandMaster Jae Chul Shin passed away on Monday, July 9th, 2012 at 9:43AM. After a battle with cancer, he passed peacefully in his sleep with his family by his side.

Kwan Chang Nim was a great person who dedicated his life to the martial art of Tang Soo Do for over 60 years. How many of us can say that we have trained rigorously and devotedly for anywhere near that long? GrandMaster Shin was a dedicated teacher, teaching class holding camps and clinics, hosting tournaments and championships, as well as writing several books. He was also a true leader. He led by example and with integrity and honor. His organization has high standards, and he held his students to an even higher standard.

I am sure that we all have our memories of GrandMaster Shin, whether it was him signing our Uniform (Dobohk) or posing for a photo or just seeing him at tests and tournaments. I figured that I would share a few of my most memorable moments, and if anyone else would like to submit theirs, I will gladly publish them. Here are three of mine:

1. In April 2008, I was testing for my Second Degree Black Belt (E Dan), and I just so happened to also be the recipient of the World Tang Soo Do Foundation's Scholarship Award that same day. It was at the end of the test, and I was completely covered in sweat, and I was invited up to receive the award and certificate from Kwan Chang Nim and have my photo taken with him.
2. Then in April 2011, I was testing for my Third Degree Black Belt (Sam Dan), and we were the only group left testing. All the partitions had been taken down, and everyone was watching the Sam Dan test. During the Target Kicks portion of the test, I was partnered with a guy named Bill who I had met before. It was really grueling, and I was very tired. GrandMaster Shin came and sat right next to the Sam Dan group, and right on the floor where I was partner with Bill. He had his eyes on me the whole entire time. I was very intimidated, but I refused to give up. It was a few weeks later when Master Centrone went to speak to GrandMaster Shin about transferring the Studio to me, and apparently Kwan Chang Nim said that he knew very well who I was and had especially remember me as "the big guy" at the recent test. I think that I was just in shock that he had any idea who I was. I never realized how closely he paid attention to his member

students.

3. It was the Spring of 2012, and the HeadQuarters was preparing to relocate from Philadelphia to Burlington, North Carolina. I often made trips to the HeadQuarters in South Philly to pick up supplies and drop off paperwork. It was my last trip to that location there, and I asked if I could meet with him. I was invited into his office where he and I spoke for about a half hour. I was very nervous, but he made me feel welcomed and at home. We talked about training, my Studio, and my plans for the future. That next weekend, I did not make it to the Regional Black Belt Test as I had no students testing and I was not feeling well. To my surprise, Kwan Chang Nim mentioned my name in the Instructors Meeting and advised others to lend a hand to me if they were able to do so. While this was slightly embarrassing, I do believe that he was looking out for me and trying to ensure that I had a support system to assist me. He was always personally concerned for each of his students, and that is what made him so special.

As we move on, we must always remember what GrandMaster Shin gave to us: the instruction, the lessons, the morals, and the values. Kwan Chang Nim would want us to continue to grow, thrive and spread Tang Soo Do. He would never want us to give up. We will struggle through, emerge anew, and be all the better for it. May he Rest in Peace and his Spirit be forever with us!

Feature Article

By: Ms. Angel Evangelista-Celona

This article was written by a friend, Angel Celona. She is a former student, teacher and newsletter editor here at Pal Che Tang Soo Do, and she is now the Chief Instructor and Co-Owner of Impact Martial Arts in Perryville, MD. It is entitled: It's Not about the Belt.

As an instructor, I am too frequently questioned, “When am I getting my belt?” or “Am I testing this month?” These questions are not only disrespectful towards your instructor, but prove that you are training for the wrong reasons. Reasons we should be training, really can be endless. A few prominent responses should include to make us better, to improve our physical fitness, to learn self defense and increase our awareness of our surroundings, to continue a 2000 year old tradition, to balance our mind and body and so on. If you train just to earn your Black Belt, what will happen once you achieve that goal? Will you quit? Hopefully, you will reassess your goal and make new ones. Black Belt for many of us is a representation of the true goals we want: self awareness, confidence, physical fitness, mind/body/spirit unification, etc.

A good place to take this discussion is right to the beginning. A brand new white belt often does not know the proper protocol for testing procedures or other formal occasions. So, when a White Belt approaches an instructor and asks, “Am I testing?” the response is not harsh. The response is, “trust your instructor; you will test when you are ready.” However, when we receive this question from a higher ranking student, it shows he or she does not trust the instructor to move him/her to a new challenge. Why bother learning under an instructor if you do not trust him?

When we do test students for new rank, most of them require certification by the World Tang Soo Do Association and Grandmaster Shin. This process requires studio owners and instructors to

submit the testing paperwork to WTSDA. Obviously, this type of processing has a time delay before we receive the formal promotion back. This period before promotion is often considered a “probation” period. If there are any reasons the testing student needs to undergo further examination, it happens during this time. This probation period also offers students time to solidify competency in the latest ranks’ required techniques before learning additional material. This probation period also teaches us a lesson in humility, our sixth of seven tenets. We completed all of the requirements for testing, but are willing to wait and be patient and trust that our instructor will promote us when we are ready. Some students find this wait grueling, but it is also preparing us for what is to come in the future. When a student tests for Black Belt, there is a six month wait before a successful student is promoted.

The belt system is a relatively new adaptation to our centuries-old art. The idea of a Black Belt comes from hard work and sweat. All karate practitioners would wear the same white uniform. However, those who trained the longest would have signs of wear on their belts; dirt, sweat, blood. After years and years of training, their belt would turn black from their training. To have a “Black Belt” signified that endurance of years of training and both the physical and mental wisdom one would gain after such dedication.

So I ask myself, why not just give up belts and make people train. You may have heard that adage before: “If everyone took off their belts, on-lookers would know who has been training the longest and who the junior students are by the proficiency of their techniques”. As instructors, division by belt rank helps us to keep track of who knows what material. As students, the milestones help keep up motivation. Colored belts truly are a good thing to have, but students must understand that training is not for a belt, and especially not question their instructor on rank.

I remember when I was a White Belt, no one explained at belt testing that my evaluation would be sent to WTSDA headquarters for processing. I was quite sure I had passed my test, so I told my parents that I would need an Orange Belt. My older sister had taken karate for a while, and she had an orange belt so they let me wear hers. I put on the belt and proudly strutted my new colors into my Dojang. My instructor looked at me completely perplexed and questioned where I got the belt from. Although he did not lash out at me, the obvious comprehension by everyone else of the process was enough to embarrass me into understanding.

At another karate school, they started a tradition where the senior student passed his dark Blue Belt down to the next. As a martial artist, this is a very dramatic gesture and one to be greatly appreciated by the recipient. After this same blue belt was passed from person to person, a parent of a student complained that they paid for the belt test and that their child should be getting a new belt, not wearing a hand-me-down. The parent did not understand any of the meaning behind passing down the hard work from student to student.

Once you test for Black Belt, a new belt does not come within the next three months, three years or in my case even thirteen years. After wearing the same belt for so long, it will begin to fray and fall apart. As your Black Belt starts to turn white, it symbolizes that you are going back to being a beginner; that you can now learn; you are completing a life cycle. One with understanding of the belt system will understand that looking at a Black Belt that is white means

you are in the presence of martial artist who is well-seasoned and likely very knowledgeable.

I value every one of my students. Some students are better teachers to me than I am to them! As an instructor, I have made it my goal to evaluate you fairly for rank promotions. Remember, karate is not you versus anyone else; it is you versus you. People test for different reasons and you will be tested when your time comes. Trust your instructor and train for yourself, not for your belt.

Thought for the Month

“The real value of Tang Soo Do is not the belt you earn, but the changes that occur within you, in your quest for them.” — GrandMaster Jae Chul Shin

