

# 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

### **Summer Morning Classes**

Morning Classes are being held on Tuesdays and Thursdays. The classes will run for 8 weeks from Tuesday, July 9<sup>th</sup>, through Thursday, August 29<sup>th</sup>. There will be a class for Tiny Tigers from 10:30AM to 11:00AM, and there will be a combined class for Little Dragons, Youth, and Adults from 11:00AM to 11:45AM. All evening classes remain at the same times.

### **Kick-A-Thon**

Our Studio held a Kick-A-Thon & Break-A-Thon on Thursday, June 13<sup>th</sup>, 2013. We had over 20 participants. We performed 2,055 kicks, and we broke numerous boards as well. The total amount raised was: \$656.00. Donations are being split equally between the World Tang Soo Do Foundation's Scholarship Fund, for high school and college students, and the St. Baldrick's Foundation, an organization that raises money for children with cancer, with \$328.00 going to each charity.

### **Color Belt (Gup) Clinic**

Region 8 will be holding a Color Belt (Gup) Clinic for all Youth and Adult Students on Saturday, August 10<sup>th</sup>, 2013 from 9:00AM to 3:00PM. The cost is only \$40.00, and it is open to students ages 10 and older. Students who are age 7 through 9 may only attend with a parent. This event will give students the opportunity to work on requirements from a variety of highly qualified Instructors. Topics to be covered include Forms, Once Steps, Self Defense, Sparring, and Breaking. There will also be special sessions focusing on material not covered in the regular curriculum such as Weapons and techniques from other styles of Martial Arts. It is open to the first 200 students from Region 8 so register quickly. Students may register online at the following link:

[https://events.membersolutions.com/event\\_detail.asp?content\\_id=41141&s=event\\_manager&pv=1](https://events.membersolutions.com/event_detail.asp?content_id=41141&s=event_manager&pv=1).

### **Enrolling New Adult Students**

Calling new adult students!!! If you are an adult or parent and are interested in beginning to train in a martial art, ask an instructor. We are looking to expand the Adult Program. Students in this class will learn traditional martial arts, street awareness, and how to establish and maintain a healthy lifestyle. Benefits include a sense of fulfillment, integration of mind, body and spirit, and keeping alive a 2,000 year old tradition. Get in the best shape of your life by working out with a purpose. Learn how to control your mind, body, and emotions. Learn effective and powerful self-defense skills that will protect yourself, your family, and your friends. Our program is the total package of combining strength, endurance, and flexibility, while at the same time burning calories and gaining confidence.

### **Lateness**

According to Tang Soo Do protocol, students are expected to arrive 15 minutes before their scheduled class. While we understand that emergencies do happen and that everyone has busy lives, there are numerous students who are repeatedly late to class each week. Please be on time so that your attendance is counted properly. Consistently arriving after class has already begun is both disrespectful to your instructors and unfair to the students who are on time every day.

### **Outdoor Classes**

If you read the Student Manuals and GrandMaster Shin's books, you know that the ultimate goal of Tang Soo Do is "to become one with nature". In ancient times, martial artists trained outside in all types of weather: hot cold, sun, rain, and snow. In order to preserve part of this heritage we will have outdoor classes at Glenolden Park once per month this Summer. This will be a great change of pace to train somewhere other than in the actual Studio (Dojang). All family and friends are welcome to come and watch. Students and parents may want to bring sun block, bug spray, water bottles, and folding chairs. Remaining classes will be on the following dates: Monday, July 29<sup>th</sup>; Tuesday, August 27<sup>th</sup>; Thursday, September 12<sup>th</sup>.

### **Community Day**

Glenolden Borough will be holding its Annual Community Day this Fall on Saturday, October 5<sup>th</sup> from 12:00PM to 4:00PM at Glenolden Park. For the past two years, Pal Che Tang Soo Do has performed a demonstration at this event, and we will be doing so again this year. We will be organizing a Demo Team to perform at this event, and practices will be in August and September.

### **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 a class. There is no greater compliment to thank your instructors for their hard work than referring others students to our school. We appreciate your help in growing our school.

### **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. Consider writing an article for an upcoming issue. Reminder: each month there is an activity in the Kids Section of the Newsletter. All students who complete and submit the activity will receive a cool prize.

## Calendar of Events

Tuesday, July 16 <sup>th</sup> , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Saturday, July 20 <sup>th</sup> , 2013	Leadership Class, from 4:00PM to 6:00PM, Pal Che Tang Soo Do, Glenolden, PA
Wednesday, July 24 <sup>th</sup> , 2013	<b>No Classes.</b> Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Monday, July 29 <sup>th</sup> , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Wednesday, July 31 <sup>st</sup> , 2013	Instructor Class & Meeting, from 7:30PM to 8:15PM
Saturday, August 10 <sup>th</sup> , 2013	Color Belt (Gup) Clinic, from 9:00AM to 3:00PM, Perryville High School, Perryville, MD
Monday, August 12 <sup>th</sup> , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Thursday, August 22 <sup>nd</sup> , 2013	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Tuesday, August 27 <sup>th</sup> , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Monday, September 2 <sup>nd</sup> , 2013	<b>Studio Closed.</b> Labor Day.
Thursday, September 12 <sup>th</sup> , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Friday, September 20 <sup>th</sup> , 2013	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, September 28 <sup>th</sup> , 2013	Black Belt (Dan) Test from 8:30AM to 5:00PM, Freedom Valley YMCA, Phoenixville, PA
Saturday, October 5 <sup>th</sup> , 2013	Glenolden Borough Community Day, from 12:00PM to 4:00PM, Glenolden Park
Thursday, October 17 <sup>th</sup> , 2013	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday – Saturday October 25 <sup>th</sup> – 26 <sup>th</sup> , 2013	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA

## **New Students**

Brian Conklin

## **July Birthdays**

Mikayla Davish – 7<sup>th</sup>

Jordan Lee – 9<sup>th</sup>

Gregory Logan – 18<sup>th</sup>

Brooke Henry – 31<sup>st</sup>

## **Recent Promotions**

Christine Havens – Red Belt (E Gup)

Dylan Muldowney – Green Belt (Yuk Gup)

Thomas Roberts – Orange Belt (Pahl Gup)

Rebecca Roberts – Orange Belt (Pahl Gup)

Cameron Harper – White Belt with Stripe (Ku Gup)

Maria Perez – Dragon Orange Belt

Rymir Robinson – Tiger Orange Belt

## **Master's Corner**

**By: Master Ronald G. Raver**

**This article was originally written in June 1999.**

I recently returned from the 10<sup>th</sup> Annual Masters' clinic held in Florence, Alabama. Our Association is expanding rapidly. When I tested for Master there were only 37 Masters in the WTSDA. At this most recent test cycle there were 27 candidates for Master rank. In addition, 3 tested for 6<sup>th</sup> Dan and 4 tested for 5<sup>th</sup> Dan. As they introduced the candidates for 4<sup>th</sup> Dan, several had been training for well over 25 years. You can deduce from this that the road to mastery is not a short path. This is evidenced by the sign that hangs over the portal to the Dojang floor, "Mastery is not something that strikes in an instant, like a thunderbolt, but a gathering power that moves through time, like weather."

From the above paragraph you can see that Tang Soo Do training is not something that you do for a year or two or even three, but rather a lifelong pursuit towards perfection. So, do not be discouraged if you are not selected to test for your next rank at a given cycle. The Master's Test is given only once per year, and I know several people who failed that test at least 4 times before finally being successful. Do not train for rank, train for self-improvement and rank will come.

## **Feature Article**

**By: Mr. Nicholas W. D'Amato**

**This month's article originally appeared in July 2004 in a section called Black Belt Health and Fitness. It is entitled: "Staying Hydrated." Since the long, hot, dog days of Summer are upon us, it is a good idea to follow this advice.**

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 **ALOT** 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 is a very common Summer problem, but it can easily be avoided. "The best defense against dehydration is a good offense." 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, and 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 go without. Research has proven that water during intense activity leads to better performance, and on really hot nights our Instructors 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 overdo 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! Drink water all day long. Bring water with you when you go out! Buy bottled water! STAY HYDRATED!!!

### **Thoughts for the Month**

“The most important thing in life is not the triumph but the struggle. The essential thing is not too have conquered but to have fought well.” — Pierre de Coubertin, a French educator and historian, founder of the International Olympic Committee, regarded as the father of the modern Olympic Games.

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.” — Lao-Tze, a philosopher of ancient China, author of the Tao Te Ching, traditionally considered the founder of philosophical Taoism.

“Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal a commitment to excellence that will enable you to attain the success you seek.” — Mario Andretti, Italian-American world champion racing driver.

### **Kids' Section**





**Photos**

**Kick-A-Thon / Break-A-Thon – Thursday, June 13<sup>th</sup>, 2013**



**2013 Glenolden Borough Independence Day Parade – Thursday, July 4<sup>th</sup>, 2013**

