

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 T-Shirt Policy

Students in the Tiny Tigers and Little Dragons Programs are permitted to wear T-Shirts between Memorial Day and Labor Day for the Summer. That means that it will end on Friday, August 29th. T-Shirts must have the Pal Che Tang Soo Do White Tiger in Water Logo on them. Students must wear their full Uniform (Dobohk) to any Color Belt Test (Gup Shim Sa).

Tournament Results

Here are the results from students of Pal Che Tang Soo Do who attended some recent tournaments. At the 2014 World Tang Soo Do Association Bi-Annual World Championship in Greensboro, North Carolina, there were nearly 1600 competitors. Mr. Cameron Harper won 3rd Place in Weapons and Ms. Carolyn Giardini earned a 1st Place and two (2) 3rd Places! GrandMaster William R. Strong was promoted to Assistant GrandMaster and Eighth Degree Black Belt (Pal Dan) at this event, and the Meditation Garden with a Bronze Statue of Founder and GrandMaster Jae Chul Shin was unveiled at the World Headquarters in Burlington, North Carolina. Additionally, Mr. Anthony DiLucido took training sessions and attended the Intercontinental Tang Soo Do Organization's Annual World Championship in Atlantic City, New Jersey, winning 3rd Place in Forms and 3rd Place in Sparring! Congratulations to everyone!!!

Testing Paperwork

Unfortunately, students and parents continue to submit testing paperwork past the stated deadlines. A lot of work goes into making sure each student is prepared for the test and that everything is processed in a timely manner. Each testing candidate receives a clearly-written and detailed invitational letter explaining all of the dates when the necessary items are due for the test cycle. Often times, exceptions are made, and sometimes parents leave the paperwork on my desk past the due date without including the additional fee. Effective immediately the \$10.00 surcharge will apply and students will have their promotion ceremony delayed until paperwork and the fee are submitted. I thank you in advance for your cooperation.

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, wind, 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. Outdoor Classes will be on the following dates: Thursday, July 31st; Monday, August 25th; and Wednesday, September 10th.

Tuition Policy

This is a reminder that 30 days notice is required to freeze or cancel any account. Since most customers are on monthly billing, this means that if there is a payment due within the next 30 days following the date of notice of the stop, one final payment is required. Students who are taking a leave must provide notice so that their account with Member Solutions can be frozen.

Weapons (Moo Ki) Week

In August, we will be hold a Special Weapons Week where we will delve into a variety of Weapons (Moo Ki): Staff (Bong), Knife (Dan Gum), Sword (Jang Gum), Sticks (Escrima), Nunchaku, Fan, and Rope. It will be held in the Studio (Dojang) from Monday, August 11th, 2014 to Friday, August 15th, 2014. Sign Up Sheets will be available in the Lobby.

Good Jobs Cards

In order to reward everyone for their hard work, some students will be selected periodically to receive a Good Job Card for excellence in class. Be sure to try your best every night when you come to class. Work hard and you will succeed.

Report Cards

As Instructors, we strive to help every student become everything they are capable of becoming, both inside and outside the Dojang. Hearing about the success of our students in school is a very rewarding experience. If your child has done very well in school and has achieved all A's and B's (or equivalent) on their report card, they are eligible for recognition through the World Tang Soo Do Association by means of the GrandMaster's Scholastic Achievement Award. We encourage all parents of these students to bring in a copy of the student's report card so that it can be submitted to Headquarters. These awards are given out and announced at the end of classes, and are a good way to reward these students for their efforts.

Tang Soo Do Duel

Pal Che Tang Soo Do will be holding a small In-House Tournament set tentatively for this Fall. This is the first of its kind. Proposed by student Cameron Harper, this "Tang Soo Do Duel" will give students an opportunity to challenge themselves and gain experience with competing. It will allow all students to participate without needing to travel to a far away competition, and it will provide extra practice to those students who plan to compete in upcoming tournaments. There will be prizes for the winners of each event. Events will include: Forms, Weapons, Sparring, Self-Defense, Breaking, and Fighting. It will be open to students of all ages and from all Programs, and I am exploring options to invite students from other Studios (Dojang) to join us for this fun event.

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. Students, Parents, and Instructors should seriously consider writing an article for an upcoming issue.

Leadership Classes

Mr. George Celona, Ms. Angel Celona, Mr. Jon Blessington, and Mr. Nick D'Amato have spent a great deal of time planning the upcoming Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Classes, and we have some awesome things on the schedule. We have a lot of new topics that we want to explore in the next few months including various Weapons (Moo Ki) and other martial arts styles. We have some Guest Instructors coming and a potential trip to another school in the Summer. Those who have already been invited as members of the Program should make every effort to attend these classes whenever possible especially since it's free-of-charge and because they have so much to offer. Remember, you can only benefit if you participate. As the Leadership Program continues to grow this year, (we are expecting **MANY** new students to be invited in 2014 alone), students who do not attend on a regular basis will be replaced by students who can come more often. Mark your calendars with the dates in the Calendar of Events section!

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 martial arts. Potential students are always welcome to come for a Free Trial Class. If you know some people who are interested, take a business card or brochure and share it with them. A referral program with prizes and incentives will be implemented later this year to thank students for helping to recruit more members to our Studio (Dojang). There is no greater compliment to thank your instructors for their hard work than referring other students to our school. We appreciate your help in growing our school.

Calendar of Events

Thursday, July 31 st , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, August 2 nd , 2014	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Monday, August 4 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Monday – Friday, August 11 th -15 th , 2014	Weapons Week: Staff (Bong), Knife (Dan Gum), Sword (Jang Gum), Sticks (Escrima), Fan, and Rope
Tuesday, August 19 th , 2014	Guest Instructor: Ms. Angel Celona

Friday, August 22 nd , 2014	No Classes. Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Monday, August 25 th , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Monday, September 1 st , 2014	Studio (Dojang) Closed. Labor Day.
Thursday, September 4 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Wednesday, September 10 th , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, September 13 th , 2014	Leadership Class, from 11:30AM to 1:30PM @ Impact Martial Arts, Perryville, MD
Saturday, September 20 th , 2014	Black Belt Test (Dan Shim Sa), from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Thursday, September 25 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, October 4 th , 2014	Glenolden Borough Community Day with Demonstration, from 12:00PM to 4:00PM, Glenolden Park, PA
Monday, October 6 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Saturday, October 11 th , 2014	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Wednesday, October 22 nd , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday & Saturday, October 24 th & 25 th , 2014	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA
Friday, October 31 st , 2014	Studio (Dojang) Closed. Halloween.
Saturday, November 1 st , 2014	Halloween Party, Time TBA
Saturday, November 8 th , 2014	Leadership Class, from 11:30AM to 1:30PM @ Impact Martial Arts, Perryville, MD
Friday, November 21 st , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM

Youth & Adult Students @ 7:15PM

Thursday & Friday,
November 27th & 28th, 2014

Studio (Dojang) Closed. Thanksgiving Holiday Weekend.

Saturday, December 6th, 2014

Leadership Class, from 10:00AM to 12:00PM @ Pal Che
Tang Soo Do, Glenolden, PA

Wednesday, December 17th, 2014

No Classes. Tentative Color Belt Test (Gup Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM

Wednesday – Sunday,
December 24th – 28th, 2014

Studio (Dojang) Closed. Christmas Holiday Weekend.

Wednesday – Friday, December
31st, 2014 – January 2nd, 2015

Studio (Dojang) Closed. New Year Holiday Weekend.

New Students

Pearline Barrett

July Birthdays

Jordan Lee – 9th

Amina Kadri – 13th

Gregory Logan – 18th

Bradley Mitchell – 23rd

Recent Promotions

Deborah Vallejeo – Red Belt (E Gup)

Cameron Harper – Brown Belt (Sah Gup)

Ethan McCartney – Green Belt (Yuk Gup)

Amina Kadri – Orange Belt (Pahl Gup)

Damien Wallace – Dragon Blue Belt

Gabriel Vallejo – Dragon Red Belt

David Rivera – Dragon Yellow Belt

Alexis Bark – Tiger Orange Belt

Feature Article

By: Stuart Anslow

When a student walks into a Dojang they have this vision in their head, perhaps attained through television or films, or from the legendary stories of the masters, recited by their friends or read in books but no matter where it comes from, it is still the same – the dream of mastery of a martial art and usually a “McDojang” instructor steals these dreams!

Parents bring their children to martial art classes for a myriad of reasons, not least confidence and the same eventual dreams as the adults – maybe it’s a parent’s wishful thinking, but there is no reason their children cannot grow up and mature into competent and capable martial artists. The problem is parents have no benchmark as they often start their children in the first martial art school they come across as they believe that: every black belt is a master, every black belt is a great instructor, and every black belt will guide and shape their child into a competent and capable martial artist. Only someone who has been round the block or dared to venture further afield than their own school knows this isn’t the case! My advice to parents these days, unfortunately, is to shop-around and to do a lot of shopping!



I had a parent of a student call me once, saying she was unhappy with her present school as the instructor was charging more and more each time. He changed the uniforms every six months, forcing the students to buy the new ones and sold them equipment when they joined that they had never used! The final straw for this parent was the instructor trying to make her sign a new three year contract into the ‘masters club’ for her son, who was six years old! Incidentally, this club costs \$600 per year more than the Black Belt Club, which was \$600 a year more than the non Black Belt Club members paid! I felt a little sorry for the parent, knowing she had been sold by the sales hype, so I invited her down to the school as she wanted. I asked her what grade her son was to which she replied “He’s a black belt!” I was shocked, but nevertheless intrigued as to what qualities a six year old black belt would have. The parent was most concerned with her six year old retaining his grade, and I had to bite my lip!

The parent turned up and this young black belt bounded into my class full of confidence, but as the class started the warm-up session he seemed concerned, looking around for his mother. Eventually, before we had even finished this section he started to cry as he was completely out of his depth, and this was just the warm up. After sobbing for a bit, he went to his mom for a cuddle, and I asked her what he did to achieve his black belt. She said that he had to do some

combinations, punch some pads and show some kicks. I ask what Forms or Patterns he learned, and she asked what a pattern was. Upon explaining, she said he hadn't learned any as it wasn't required for his age! Suffice to say, he never returned to my school. His former club had indeed given him something. They gave him a black belt he didn't earn, that didn't have any worth except to his parents pride (however misplaced it was), but worst of all they gave him bucket loads of false confidence that was taken away the minute he stepped out of that school into the real world of martial arts!

This is not an isolated case as many other parents have been sold similar things, with these unscrupulous instructors pandering to the parents' and students' egos, by waving a black belt in front of them and letting them know just how achievable it is, as long as they pay the right price! Adults have been fooled in the same way as well, though they are more capable of handling the fact that they have been sold a dud and usually blame themselves for not doing their research properly in the first place and some, even if not all, are resolute about learning proper martial arts, so are content to start over. These students I hold in the highest regard. It is not an easy thing to admit and even harder to do. These students have the right spirit, one that can really take them where they want to go!

The reasons that students have for starting a martial art and then sticking with it can change over time and are varied, but every student, who attains the lofty rank of black belts wishes and hopes, at least initially, to be worthy of the grade or rank that they earn. After all "the clothes make the man" and so in the martial arts, "the belt makes the student" so the worth of that belt needs to be maintained.

At one time a black belt held much worth simply because it was only obtainable with diligence and a lifetime of hard training. Now it is seen as obtainable by anyone, even with little effort, but more so as part of the schools ethos or part of their advertising campaign as long as they turn up and pay their money! A black belt should never be guaranteed, it is a celebration of blood, sweat, and tears, of overcoming many obstacles, and a celebration of passing into the next phase of training. The fork in a tough hard road that is meant to represent the wearer being "impervious to darkness and fear" – a road that many are simply not capable of travelling (well actually they are, but it's a damn hard trek)! Its worth has been devalued.

Though some argue that the variety of types of martial arts place a different emphasis on what a black belt means, one only has to think back to when they began training and think what a black belt seemed to them. Whether it was correct or not, this is actually what it should mean (or at least pretty close to it). I sincerely doubt that any beginner has thought of a black belt grade as lacking in knowledge or skills, or not being able to perform advanced things. I guess the essence is that in my mind at least, a black belt should have three attributes:

1. Application of both knowledge and skill in the areas related to the grade they have attained.
2. A certain mental toughness fostered from many years of hard training.
3. The ability to "hang" and keep up with others of equal grade.

All three of these areas have been eroded over time, as clubs, instructors, and associations give away black belts to one and to all, claiming to make the black belt more accessible or simply ignoring what it originally represented to them, but it's really an exercise of increasing numbers

or not losing student income. The one, who loses in the end, is actually the student who placed their faith and hope in you to begin with!

A black belt's worth shouldn't be bought but should be affordable by all, affordable by way of hard work, sweat, tears and perhaps even a little blood on occasion. These are the traits and trials of hard endeavors and nothing of any value comes easy. By making the road to black belt, a hard though not impossible journey, we can retain its value and its worth.

Within Taekwon-do some feel that the black belt is simply a representation of someone who has a good grasp of the basics of our art and even though what actually represents the basics is debatable, some do not even seem to have done that in order to gain the right to wear the black belt around their waist. But even then, saying it simply represents the basics doesn't relate to the meaning of black belt in Taekwon-do, which says the wearer should be 'impervious to darkness and fear' – how many six year olds feel like that? In my mind, simply having a grasp of the basics doesn't correlate to being impervious to darkness and fear, which takes me back to the aforementioned 3 attributes that should make a black belt! And that to me is just the minimum requirements in my mind, to me there is more to being a black belt than just that, but that's a whole new discussion!

Submitted Article

By: Deborah Vallejo

This was Deborah Vallejo's Thesis for Red Belt (E Gup). The Subject Topic was "The Master differs from others, not by reason of birth or class, but by ability and character."

When I think of the word "master", the 7 tenets of Tang Soo Do come to mind – integrity, concentration, perseverance, respect and obedience, self-control, humility, and indomitable spirit. All of these exemplify characteristics that a true master must possess. A master must have the integrity to do things right at all times, even when the road ahead could be easier by taking a short cut or undermining others. They must concentrate on the goals they wish to achieve, and persevere when things are not going the way they had hoped. Respect for themselves and others is imperative, and they must be obedient to those who have already mastered the goals they wish to obtain. Self-control is important to keep their focus and not allow frustrations to derail their efforts. Keeping a certain level of humility will draw others to them, whether to help them learn or to learn from them. Lastly, and possibly most importantly, an indomitable spirit is key to mastery. Pushing when they feel like they have nothing left, working hard while others play, and moving forward when there are many things trying to hold them back are all qualities of an indomitable spirit – and a master. Based on these thoughts, a person's birth or class will not help or hurt them in their goal to master anything, as these are things that cannot be bought or inherited. Working hard to strengthen abilities over time, and the character it requires to drive one to do so, are truly the keys to mastery and what separates a master from others.

Thoughts for the Month

“To dream anything that you want to dream. That's the beauty of the human mind. To do anything that you want to do. That is the strength of the human will. To trust yourself to test your limits. That is the courage to succeed.” — Bernard Edmonds,

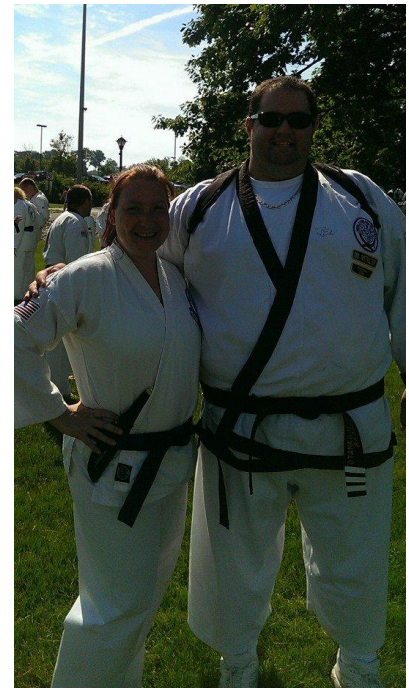
“Never look down on anybody unless you're helping them up.” — Rev. Jesse Jackson, an American civil rights activist, Baptist minister, Democratic Shadow Senator for the District of Columbia, and former presidential candidate, and news show host.

“Focus on making yourself better, not on thinking you are better.” — Bohdi Sanders, martial arts instructor, coach, teacher, and author.

“It's not the number of Forms (Hyung, Kata) that you know, but the substance of the Forms that you have acquired.” — Gogen Yamaguchi, a world-renown GrandMaster of Japanese Karate-Do and founder of the International Karate-Do Goju-Kai Association.

Photos

2014 Region 8 Adult Black Belt (Dan) Clinic — Friday, June 6th, 2014 through Sunday, June 8th, 2014 @ Elizabethtown College, Elizabethtown, PA



**Leadership Class with Master Kevin J. Robinson — Saturday, June 21st, 2014 @
Robinson's Martial Arts, Tunkhannock, PA**



Color Belt Test (Gup Shim Sa) — Friday, June 20th, 2014

