

# 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

### **25<sup>th</sup> Anniversary Events**

A note from Studio Mr. Nicholas D'Amato on the 25<sup>th</sup> Anniversary of Pal Che Tang Soo Do:

Saturday, June 27<sup>th</sup>, 2015 was a very special day for Pal Che Tang Soo Do! Our school celebrated its 25th Anniversary of being a Martial Arts Studio (Dojang) in Glenolden, PA. There were many different groups of training sessions for students of all ages. First there was an hour-long class taught by Master Raver and myself that focused on Basics, Forms (Hyung), and Self-Defense (Ho Sin Sul). That class was followed by 2 separate classes: one on One Steps (Il Soo Sik) taught by Master Gallagher and another for Tiny Tigers and Little Dragons taught by Ms. Angel Celona. Afterwards, we held Kicking Competitions and Board-Breaking for all students who were present. Mr. D'Amato shared some words about the history of the school, and he read an article that was written by Master Raver for this occasion. Master Gallagher gave us an interesting historical look-back on what other world events were happening in 1990 when the Studio (Dojang) first opened. Finally, there was a cookout party where everyone shared much friendship and camaraderie, and some of the Instructors shared some kind words. An awesome time was had by all!



I would like to thank our special guests: Master Kevin Robinson, my Mentor Instructor and friend; Master John Gallagher, who represented Region 8 of the World Tang Soo Do Association; Master Ronald Raver, the Founder of our Studio, a previous Owner, and my first Teacher; Master Rick Harsche, a longtime friend of the Studio; Master Vince Melchiorre, a good friend and former Master Instructor at the Studio; Master Joseph Centrone, a former Owner and long-time Student, Mentor, and Master Instructor to literally hundreds of students who have trained here; Master George Celona, my very close friend and business mentor, a longtime student, instructor, and now co-owner of our “sister school” Impact Martial Arts; Ms. Angel Celona, my close friend, a longtime student, instructor, and now co-owner of our “sister school” Impact Martial Arts; Mr. Jon Blessington, my good friend, another longtime student and instructor, who is known for his dedication and high energy; Mr. Darius White, a colleague of mine from Castelli's Shin Karate; and Andrew Stewart, who is Master Raver’s grandson, who was knighted with his First Degree Black Belt (Cho Dan) that day.

A huge thank you also goes out to those who helped with prepping, organizing, cooking, and cleaning: my father, Willie D'Amato; my “karate parents”, Bernadette and Tony DiLucido, and their daughter Jillian DiLucido, who is a student and instructor; my friend and former student, Dana Leaver, and her fiancé, John Santamorita; my friend, student, and Class Instructor, Christine Havens; and student and Assistant Instructor, Cameron Harper.

Thank you to all the students and family members who attended the events and for making our studio a success for the past 25 years! Now, here’s to the future! Thank You & Tang Soo!

A note from GrandMaster Robert E. Beaudoin, President of the World Tang Soo Do Association, on the 25<sup>th</sup> Anniversary of Pal Che Tang Soo Do: “Congratulations for carrying on the great tradition of our art. I wish all the best to the members of Pal Che Tang Soo Do. Tang Soo!”

A note from Master Paul T. Mimidis, Testing Chairperson of the World Tang Soo Do Association, on the 25<sup>th</sup> Anniversary of Pal Che Tang Soo Do: “Thank you so much for the invitation. That is quite an accomplishment. Unfortunately, I will be away with my family and unable to attend, but I wish you continued success for another 25+ years!”

A note from Master John Gallagher, Representative of Region 8 of the World Tang Soo Do Association, on the 25<sup>th</sup> Anniversary of Pal Che Tang Soo Do: “It was a great day. I am thrilled to have shared in your celebration, not to mention see my old friends. Pal Che is a special place with special people. Congratulations! Thank you to the students and families of your Dojang. Tang Soo!”

A note from Master Frank Fattori, Director of Region 8 of the World Tang Soo Do Association, on the 25<sup>th</sup> Anniversary of Pal Che Tang Soo Do: “Congratulations to everyone at Pal Che. I apologize that I will be unable to attend, but I know it will be a fine time. Tang Soo!”

The Region 8 Instructors Class also sent a card congratulating Pal Che Tang Soo Do on this exciting milestone. It was signed by the Masters and Studio Owners of Region 8 of the World Tang Soo Do Association. It is hanging on the Bulletin Board in the Lobby for anyone who would like to read it.

## New Study Guide & Curriculum Guide Policy

Starting in July, students will be required to submit completed worksheet versions of their Study Guides in order to be eligible for testing. This has been in the works for some time now, and it will take effect July 1<sup>st</sup>, 2015. All students will receive new copies of their Study Guides in the coming weeks. Students must submit all Study Guides up to their Current Rank in order to test. Students who already have old versions of the Study Guides filled out will be permitted to use them. Just as class hours, rank time, and physical pre-screenings are evaluated, completed Study Guides will now be required as part of a new written pre-screening. Students will also be receiving new Curriculum Guides so that students and parents will know exactly what techniques are required for each belt level. Students should use these worksheets as checklists to ensure that they know all necessary techniques. Packets are being distributed to all students.

## Public Service Announcement – Water Intake

Several students have been coming to class unprepared to train in the hot and humid weather that we have been experiencing. On all days with extremely high temperatures, students should be drinking plenty of water throughout the day. Drinking water before and during class will not be enough.

The recommended amount of water is half of your body weight in ounces. For example, if you weigh 100 pounds, you should drink 50 ounces of water per day. If you are planning to participate in strenuous activity during extremely warm conditions, like martial arts in a hot Studio (Dojang), you may need even more than that. Please be mindful of this when you decide which days you will come to class to train.

## Demo Team Forming Now

Pal Che Tang Soo Do is currently looking to put together a Demo Team to perform at this Fall's Region 8 Championship. The Creativity portion of Tournament is being held on the evening of Friday, October 16th, 2015 at The Galleria at Split Rock Lodge in Lake Harmony in the Poconos.

Some students have already expressed interest and committed to joining the team. There are 2 informational meetings: Tuesday, July 21<sup>st</sup>, 2015 at 5:30PM or Thursday, July 23<sup>rd</sup>, 2015 at 8:15PM. This opportunity is open to ALL STUDENTS, including Tiny Tigers and Little Dragons. Students who decide to participate must commit to attending the required practices and register for the tournament. There may be some minor costs for costumes and props.

## Free Self-Defense Classes

Pal Che Tang Soo Do will be holding 3 Free Self Defense Classes:  
Friday, July 17<sup>th</sup>, 2015, from 6:30PM to 7:30PM  
Friday, August 14<sup>th</sup>, 2015, from 6:30PM to 7:30PM  
Friday, September 18<sup>th</sup>, 2015, from 6:30PM to 7:30PM



## 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.



## 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. Now that the end of the school year has recently past, students should submit their report cards in the office.

## Special Events in our Area

There are a few upcoming special seminars that you may be interested in attending. These seminars are highly recommended for Instructors as well as those students who are part of the Leadership Group.

1. Worst Case Scenarios: Saturday, July 25th, 2015 from 1:00PM to 4:00PM, at The Korean Martial Arts Institute II in Hockessin, 406 Lantana Drive, Hockessin, Delaware 19707. This Seminar is for ADULTS ONLY. The cost of the seminar is \$45.00 in advance or \$55.00 on the day of the event. Here is some background information on the instructor: <http://www.primalgymnj.com/jim-mccann/>. Location: <https://www.facebook.com/HockessinKarate?fref=ts>.  
<https://www.facebook.com/events/983426388376693/>.

2. Applied Self-Protection Workshop: Sunday, August 9th, 2015, from 11:00AM to 2:00PM, at The Korean Martial Arts Institute I, 747 West Cypress Street, Kennett Square, Pennsylvania 19348. This Seminar is open to everyone, including non-students, but it is only recommended for adults as some topics may be graphic or uncomfortable for children. The attire for this class is casual; you may wear regular workout clothes to this event. Uniforms are not necessary. Anyone interested in developing a set of meaningful self-protection skills will benefit from this workshop. Location: <https://www.facebook.com/kennettsquarekmai?fref=ts>.  
<https://www.facebook.com/events/442054709330897/>

3. Sparring Class and Drills: Friday, August 28th, 2015, from 7:00PM to 8:30PM, at Evolution Martial Arts, 735 North Broad Street, Middletown, Delaware 19709. The event is free, and the attire is semi-casual: Uniform (Dobohk) Pants, T-Shirt, and Sparring Gear. Location: <https://www.facebook.com/EvolutionKarateAcad?pnref=story>.  
<https://www.facebook.com/events/117608435244369>.

## Leadership Classes

Master George Celona, Ms. Angel Celona, 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. All of the dates for the rest of the year are available in this issue of the Newsletter. We have a lot of new topics that we want to explore in the next few months, and we have more Guest Instructors scheduled to teach. **Members of the Leadership 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.** Mark your calendars!

## **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. 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.

## **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.

## **Calendar of Events**

Friday, July 3 <sup>rd</sup> , 2015 – Monday, July 6 <sup>th</sup> , 2015	<b>Studio (Dojang) Closed.</b> Independence Day Weekend. Classes Resume Tuesday, July 7 <sup>th</sup> , 2015.
Saturday, July 11 <sup>th</sup> , 2015	Leadership Class, from 10:30AM to 12:30PM, Impact Martial Arts, Perryville, MD
Friday, July 17 <sup>th</sup> , 2015	Free Self-Defense Class, from 6:30PM to 7:30PM, Pal Che Tang Soo Do, Glenolden, PA
Tuesday, July 21 <sup>st</sup> , 2015	Demo Team Informational Meeting @ 5:30PM in Dojang
Thursday, July 23 <sup>rd</sup> , 2015	Demo Team Informational Meeting @ 8:15PM in Dojang
Saturday, July 25 <sup>th</sup> , 2015	Worst Case Scenarios, from 1:00PM to 4:00PM, The Korean Martial Arts Institute II, Hockessin, DE
Sunday, July 26 <sup>th</sup> , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Wednesday, August 5 <sup>th</sup> , 2015	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Sunday, August 9 <sup>th</sup> , 2015	Applied Self-Protection Workshop, from 11:00AM to 2:00PM, The Korean Martial Arts Institute VII, Kennett Square, PA
Friday, August 14 <sup>th</sup> , 2015	Free Self-Defense Class, from 6:30PM to 7:30PM, Pal Che

	Tang Soo Do, Glenolden, PA
Saturday, August 15 <sup>th</sup> , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, Pal Che Tang Soo Do, Glenolden, PA
Saturday, August 15 <sup>th</sup> , 2015	Region 8 Judging Clinic Seminar
Friday, August 21 <sup>st</sup> , 2015	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Saturday, August 22 <sup>nd</sup> , 2015	All-Female DelBuono Class @ 10:30AM, Impact Martial Arts, Perryville, MD
Friday, August 28 <sup>th</sup> , 2015	Sparring Class and Drills, from 7:00PM to 8:30PM, Evolution Martial Arts, Middletown, DE
Sunday, August 30 <sup>th</sup> , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Monday, September 7 <sup>th</sup> , 2015	<b>Studio (Dojang) Closed.</b> Labor Day.
Friday, September 18 <sup>th</sup> , 2015	Free Self-Defense Class, from 6:30PM to 7:30PM, Pal Che Tang Soo Do, Glenolden, PA
Saturday, September 19 <sup>th</sup> , 2015	Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to 4:00PM @ Twin Valley Middle School, Elverson, PA
Thursday, September 24 <sup>th</sup> , 2015	Parent-Child Class, from 6:30PM to 7:30PM
Saturday, September 26 <sup>th</sup> , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, Impact Martial Arts, Perryville, MD
Wednesday, September 30 <sup>th</sup> , 2015	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, October 10 <sup>th</sup> , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, Pal Che Tang Soo Do, Glenolden, PA
Friday, October 16 <sup>th</sup> , 2015 – Sunday, October 18 <sup>th</sup> , 2015	Region 8 Championship, from 5:00PM to 10:00PM and from 8:00AM to 5:00PM, @ The Galleria at Split Rock Lodge & Resort, Lake Harmony, PA

Thursday, October 29 <sup>th</sup> , 2015	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday, October 30 <sup>th</sup> , 2015	Halloween Party, Time TBA, @ Pal Che Tang Soo Do, Glenolden, PA
Friday, November 20 <sup>th</sup> , 2015	<b>No Classes.</b> Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, November 21 <sup>st</sup> , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, Impact Martial Arts, Perryville, MD
Thursday, November 26 <sup>th</sup> , 2015 – Friday, November 27, 2015	<b>Studio (Dojang) Closed.</b> Thanksgiving Holiday Weekend.
Sunday, November 29 <sup>th</sup> , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Saturday, December 19 <sup>th</sup> , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, Pal Che Tang Soo Do, Glenolden, PA
Thursday, December 24 <sup>th</sup> , 2015 – Sunday, December 27 <sup>th</sup> , 2015	<b>Studio (Dojang) Closed.</b> Christmas Holiday Weekend. Classes Resume on Monday, December 28 <sup>th</sup> , 2015.
Thursday, December 31 <sup>st</sup> , 2015 – Sunday, January 3 <sup>rd</sup> , 2016	<b>Studio (Dojang) Closed.</b> New Year Holiday Weekend. Classes Resume on Monday, January 4 <sup>th</sup> , 2016.

### **July Birthdays**

Bradley Mitchell – 23<sup>rd</sup>

### **New Students**

Marvin Wright

### **Recent Promotions**

Leihui Tong – Green Belt with Stripe (Oh Gup)  
 Damien Wallace – Green Belt with Stripe (Oh Gup)  
 Jeremy Nixon – Green Belt with Stripe (Oh Gup)  
 Tomer Gabie – Green Belt (Yuk Gup)  
 Gabriel Vallejo – Orange Belt with Stripe (Chil Gup)  
 Khaleem Nelson – Orange Belt (Pal Gup)  
 Carleen Garvin – White Belt with Stripe (Ku Gup)

Michael Jack Friel – Dragon Brown Belt  
 Jacob Havens – Dragon Green Belt  
 Kamryn Baptiste – Tiger Green Belt  
 Joseph Neiss – Tiger Green Belt

## **Master's Corner**

**By: Master Ronald G. Raver**

**I invited Master Raver to write this article in honor of the 25<sup>th</sup> Anniversary and the upcoming 250<sup>th</sup> Issue of the Studio (Dojang) Newsletter. It is quite moving, and he entitled it: "This is Pal Che Tang Soo Do."**

A small, insignificant karate school located in the borough of Glenolden, Pennsylvania, opened its doors in the summer of 1990. Who would have ever thought this little storefront would produce four masters, numerous black belts, spawned 2 other schools, and produced students who have achieved various positions in industry and the FBI? Multiple students have gone on to graduate from college, many with advanced degrees. Was it the training at this little school? Was it the intensive training in sometimes freezing or 100°+ temperatures in the Dojang where minds and bodies were honed to disregard outside distractions? Students were reminded that they were making a deposit in some unseen account that when, if needed, they could make a withdrawal. This is Pal Che Tang Soo Do.

It was a Dojang started by two Third Degree Black Belts (Sam Dan), myself and Mr. Dennis DiMarco (now Master Dennis DiMarco), with the permission of our instructor, Master Mark Causerano. At the 1990 World Championships held in Philadelphia at the Civic Center, we won many awards in the white and orange belt divisions. The school was only five months old. This is Pal Che Tang Soo Do.

This is a studio that was dedicated to treat students as family. Eleven original students in the first class, four made black belt with several of them making advanced rank. We were once selected as the best Karate school in Delaware County by the Daily Times. We sponsored many fund raisers for locals and for St. Jude's Children's Hospital and never bragged about it because it was the right thing to do. Unlike other karate schools, this was never mentioned in any ads we published. This is Pal Che Tang Soo Do.

When the original partnership was dissolved, school enrollment was severely depleted. Several students returned, new students trickled in, and enrollment slowly recovered. These were trying times, emotionally and financially, but the school survived. This is Pal Che Tang Soo Do.

We never had a small children's class until Grandmaster Shin called me into his office and told me to start one. We did. We signed six five-year-olds in the original Tiny Tigers class. I treated them as adults but with shorter classes and brief intervals of different techniques. Of the six, all made Black Belt when they were about ten years old. In their theses, every one of them said they had been training for half their life. This is Pal Che Tang Soo Do.

When I moved to Florida I turned the operation of the school over to Mr. Joseph Centrone, the first Black Belt produced at this school, who was later promoted to Master. The school prospered under his guidance. Due to personal reasons, he needed to leave the school. At that time, he then turned the school over to Mr. Nicholas D'Amato, a long time student of mine and Master Centrone. This is Pal Che Tang Soo Do.



More than a quarter century has passed and this little school still survives. The name Pal Che means “Selection of the Best” so maybe we aren't just a small, insignificant karate school. After all, this is Pal Che Tang Soo Do.

## **Feature Article**

**By: Master George T. Celona**

**This article was written by my close friend, Master George Celona to mark the 25<sup>th</sup> Anniversary of the Studio that was a very special place to him. The title is “How Pal Che Shaped My Life”.**

I wanted to take some time to reflect on Pal Che’s 25<sup>th</sup> anniversary. First off, congratulations to Mr. Nick D’Amato, the instructors, and the students of Pal Che. Congratulations also to Master Ron Raver, who founded the school, and to Master Centrone, who was his successor before Mr. Nick took over.

I had the fortune of entering into the Dojang back in 1996, after training for a few years at Shin Karate and attaining my Cho Dan Bo. Due to several different head instructor shifts, a long commute, and because sometimes I was a lazy teenager, I decided that I wanted to try somewhere else. Pal Che was just around the corner from my house, and it was also a WTSDA school, so it made sense to go check it out.

Master Raver greeted me, and I told him that I had previous training at Shin Karate, but I had not been actively training for a while. He told me that I would need to wear a white belt, and train for a while to prove my dedication, love for the art, and humility if I was to return to the rank of Cho Dan Bo. Although at first I was somewhat upset about not being able to wear my belt, I knew inside my heart that the belt was not important. This was one of many lessons that Master Raver taught me over the years.

Being in the school for a few weeks, I began meeting people, and realizing that things were very different here. Since the school was much smaller — and we only had the one training room back then — everyone was quite close. Everyone, that is, except for me. At first, it was evident that the students and instructors of Pal Che had to “break me in” and show me the WAY. Although I knew forms, one steps, and basic techniques, I did not understand the WAY to be a martial artist. I learned quickly that the dedication and attitude of the students here were something very special.

As I continued to train, many of the senior students were very caring and helped me refine both my techniques and my knowledge of history, terminology, etc. In a few short months, I got corrected more than all of the time I spent training in the years before. Attention to every little detail was something that Master Raver and the other instructors were very adamant about, and it was passed down to his students. Quality was always more important than quantity.

After a while, I eventually tested for Blue Belt, and then Black Belt. Once I made Black Belt, I knew that I needed to help at the studio, and so I began teaching the children’s’ classes, where I

met my now close friend, Mr. Nick D'Amato. On Tuesday evenings, I helped Mr. Nick grow and develop as a student. I was also lucky to meet one of my closest friends, Mr. Jon Blessington around this time.

Eventually, Ms. Angel Evangelista transferred to Pal Che from Tang Soo Do Institute. We became friends, eventually began dating, and later got married. We now have 2 children, Julia and Lydia, who sometimes train with Mr. Nick in his Tigers/Dragons classes.

Teaching the children's class also led me to decide to become a school teacher, when I originally went to college to become a Mechanical Engineer. When I was struggling to find my way in college and figure out what my career path was going to be, teaching Tang Soo Do helped me realize my calling.

As I got older, I met more and more people at Pal Che that I now consider my friends. I learned to become a leader with coaching from Master Raver and Master Centrone. I recognized the importance of integrity, and I did my best to uphold the same level of quality in my own instruction.

Now, I am the co-owner of my own school. Many of the defining moments of my adult life happened at Pal Che, or with the people of Pal Che close by me. I hope that someday, our school will have the same positive, shaping influence that Pal Che had for me. Without Pal Che, I would literally be a completely different person from who I am today. Thank you to all who helped me and others to grow.

Congratulations, and keep up the legacy and heritage of Pal Che Tang Soo Do.

### **Submitted Article**

**By: Mr. Cameron Harper**

**I often encourage students to write articles for the newsletter so that they can share with their fellow students. It is often the case that someone will say that they will write something, and then they forget or don't have the time.**

I was a bit of a rebellious child, but with Tang Soo Do my attitude has changed. As a child, I never really listened to my family. Sometimes I would listen to their conversations because I was curious, but when I was told to do something, I did not follow through on what was asked of me.

When I first started, I joked around a lot and not many people were really fond of me in the first few weeks. I took my techniques seriously, but I was always talking about things that weren't related to karate or I was showing off too much. My instructor, Mr. Nicholas D'Amato, told me that it is not appropriate to do all of those things.

He mentioned what proper behavior was in and out of the Dojang, and he gave me many examples on how to be respectful. He's taught me since day one about being a better person in

life. If I act up in school, I will lose privileges. If I misbehave in the working field, I'm going to lose my job. In the Dojang there are also consequences for not doing what I am supposed to do.

To this day, I still have a lot to learn, but I have been taught a lot of things besides techniques. I know what needs to happen in class and what needs to happen when I'm in other places. If I never joined, I'd still be acting up and getting into more trouble. Even though sometimes I still get in trouble, I'm thankful I joined Tang Soo Do. I have gotten to meet so many great people who are my fellow students and instructors. I'm hoping to be a master myself one day, but until then, I'll keep trying to be a better person. Tang Soo!

## **Special Article**

**By: Master Lawrence D'Ercole**

**In Remembrance of World Tang Soo Do Association Founder, GrandMaster Jae Chul Shin. July 9<sup>th</sup>, 2015 marks the third anniversary of his passing, and in our pause to pay tribute, let us echo one of his many lessons. The following is an excerpt of an interview with GrandMaster Jae C. Shin by Art Carey of the Philadelphia Inquirer Magazine in April 2001.**

“Mastery of the physical techniques is merely the beginning. The quest to become a martial artist begins with the body and progresses to the mind and soul.” The odyssey begins in earnest after the black belt, and it's mainly about traits such as perseverance, concentration, self-control, and respect. “The true master seeks to become one with nature, to be as sturdy as a tree, as supple as the grass, as invisible and mighty as the wind. Nature is powerful and eternal.”

“America badly needs what Tang Soo Do has to offer.” He sees a country whose fiber is being eroded by permissiveness. “That's why parents like karate. Modern education is ‘Do whatever you like’, but Tang Soo Do teaches discipline.”

True to his training, Shin is humble about his gifts. “I am not a superstar,” he said. “I am an ordinary guy. People ask me if I have a secret to become Eighth Degree Black Belt (Pal Dan). Yes, here is my secret: I persevered. I ran only one race, and I ran, ran, ran until all my competitors dropped out. You don't need to be super talented to be a success, but quitting is poison. With Tang Soo Do, you always have a chance to be a little better next time. This is the martial art principle I teach: perseverance.”



## Thoughts for the Month

“The problem is irrelevant. It’s your response that matters.” — Unknown.

“Sometimes when you are in a dark place, you think that you have been buried, but you have actually been planted.” — Christine Caine, an Australian activist, evangelist, and international speaker.

“You have to risk going too far in order to discover just how far you can really go.” — Jim Rohn, an American entrepreneur, author, and motivational speaker, whose rags-to-riches story influenced his work and success in the personal development industry.

## Photos

### Color Belt Test (Gup Shim Sa) – Thursday, June 25<sup>th</sup>, 2015

