



Tang Soo Times

Pal Che Tang Soo Do

610-522-9120
229 South Chester Pike
Glenolden, PA 19036

June 2006

Issue No. 179



Calendar of Events

| | | | |
|--------|---|----------|--|
| June | 28 th | Thursday | Gup Test (Black Belt Promotions) |
| July | 3 rd | Monday | New Schedule Begins |
| July | 4 th | Tuesday | Closed Holiday |
| July | 7 th - 8 th - 9 th | | World Championships Anaheim, California |
| July | 14 th | Friday | Black Belt Pre Test |
| July | 27 th | Thursday | Kick-A-Thon |
| August | 26 th | Saturday | Eastern PA Championship |

Birthdays

| | |
|-------------------|----|
| Omar Assakaryer | 8 |
| Michael D' Angelo | 17 |
| Zack Mac Farland | 19 |
| Brandyn Henry | 23 |
| Tom Touhill | 27 |

New Students

Melvin Islam Alyssa Leaver Wil McGinnis Krystin Hogdson
You are on the steep portion of the classic learning curve. Every class should reveal something new and exciting to you. If you ever have any questions, please do not hesitate to ask a senior student.

June Quick Notes

Over the past few months, a noticeable change has occurred throughout the school. It seems that the beginner students are not learning the basic techniques needed to improve correctly to advance to their next rank. In addition, advanced students do not seem to be advancing, only maintaining the status quo. With the help of some Black Belt Instructors, we are adjusting the schedule to fit in more classes. Although the classes are going to become a little shorter, there will be more opportunity on specific nights to work solely on rank related requirements. Please observe the revised schedule and post where it will be easy to remind you of the changes.

We will also be starting daytime classes beginning July 3rd as well. Take advantage of the cool morning air.

| Class Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--------------------------|-----------------------|--------------------------|-----------------------|-------------------|-------------------|
| 10:00-11:00 | All Students All Rank | | All Students All Rank | | Black Belt Youth | Youth All Rank |
| 11:15-12:30 | | | | | | Adult All Rank |
| 5:30-6:00 | | Tiny Tigers | | Tiny Tigers | | |
| 6:00-6:45 | Youth All Rank | Youth White- Green | Youth All Rank | Youth White- Green | Test Night TBA | |
| 6:45-7:30 | Adult White - Green | Youth Brown -Black | Adult White - Green | Youth Brown -Black | | |
| 7:30-8:45 | Adult Brown -Black | Adult All Rank | Adult Brown - Black | Adult All Rank | | |

Master's Corner

July 2000

"With Rank Comes Obligation" is the subject of this month's feature article. The student gup manual clearly states that a requirement for red belt is: "...voluntary participation in all Dojang activities, exemplary conduct, and exhibit high character..." For blue belt this same manual says, "...display extraordinary leadership and dedication to the art, Dojang, and Association..." For black belts, the Dan manual states that the requirements for promotion, among other things, are: "...have distinguished leadership ability and be a credit to his Dojang and Association..." It also states they must "...demonstrate positive contributions and attitude towards the Dojang, Art, and Association..."

I see many of these requirements lacking in a number of our high-ranking students. For a typical organization such as the Lions Club, it is said that 80% of the work is done by 20% of the membership. That's fine there, but in a Dojang there should be equal participation by all high-ranking students, especially by the Black Belt Club members.

What I see happening is that most everything is being done by just a few people. At every Black Belt presentation, I read from the Dan Manual, Grandmaster Shin's quote, "If you can move others ahead, keeping your ego in hiding, contributing your own excellence towards the enhancement of others, then you will be on the right path of reaching the ultimate goal of the Martial Arts." Blue belts, and especially Black Belts, should jump at the chance to either teach, or help teach, beginning students.

Warriorship is a unique calling. The obligation of a warrior is to the millennia of warriors who have gone before and the obligation to protect the lineage by readying future warriors. All Black Belts as well as blue belts at Pal Che are warriors. Obligation to a warrior in Japanese is *giri*. *Giri* translates literally as "right reason." It means duty, but it really means much more. *Giri* can best be defined as a moral obligation to fulfill one's duty. It works like this: whenever someone does something for you, you assume an obligation to repay him. You carry this obligation as a burden until you relieve yourself of it by repaying the

individual in a manner commensurate with what he did for you. The Japanese would say you carry his *on*. Fulfilling that obligation is *giri*. *Giri* is the glue that binds warrior societies together. If you think you have no obligation to the Hwa Rang Dan, Pal Che, Grandmaster Shin, or to the white belts, then you really have no business being here.

Summer Training

This article was written by Sarah Ray, a student at Master Causerano's dojang. Sarah is, by training, a physical therapist and this article seems appropriate now that summer is upon us.

Exercising in hot, humid weather can present health problems. To understand the problems, you must first understand how the body responds to hot weather.

When the temperature of the environment is greater than body temperature, the body gains heat from the environment. When you exercise, your muscles produce heat. Your body must get rid of this excess heat in order to maintain a stable body temperature.

When body temperature is increased, a cooling process is triggered. Blood vessels near the skin surface expand allowing more blood to carry heat to the skin where it can disperse. You may have noticed that veins in your arms and legs become more prominent when it is hot. The body also responds to increased temperature by increased sweating. Body heat is lost through the evaporation of sweat.

Now to understand the problem: exercising muscles need more blood. Veins that have expanded in an effort to cool the body need blood flow. Fluid that makes up part of the blood volume is lost through sweating. In addition, when humidity is high, the air is already saturated with water. Therefore, sweat evaporates more slowly, so you must sweat more to lose body heat. When different body functions are in competition for blood flow, the body will choose to reserve blood volume for the vital organs. Blood flow to muscles is decreased, resulting in painful cramps.

Of more concern is the slowing or stopping of sweating. If sweating decreases, excess body heat is not dispersed and body temperature can increase to dangerous levels. This condition is known as heat exhaustion or heat stroke and is a medical emergency.

Beside the loss of fluid, excess sweating can lead to the loss of electrolytes which are salts, such as sodium and potassium, and are essential to the normal function of body cells. Loss of these electrolytes can cause generalized fatigue and muscle cramps.

The following guidelines should assist you in training in hot humid weather.

1. Increase your intake of water, about an extra quart per day. This should be drunk well in advance of training so that it can be absorbed into the body.
2. Increase the amount of potassium in your diet by eating bananas, citrus fruits, raisins, and dates. The average American diet contains sufficient sodium so it is unnecessary to increase sodium intake.
3. Dress lightly after training to facilitate evaporation of sweat and the loss of excess body heat.
4. Learn to recognize the symptoms of dehydration, heat exhaustion, and heat stroke and know the treatment for each.

THANK YOU!

I would like to congratulate and thank all the people who helped make this year's family picnic a great success. A special thank you goes out to our guest instructors, Mr. Antonio Borriello, Mr. Tom Fletcher and visiting students from Brandywine Martial Arts and also students from Mr. Celona's club at Springfield High School.

Despite rain and change of location, the day went well with great instruction and great students. This year, there was a change of atmosphere at the picnic as the money raised went to charity. This year Pal Che and guests raised \$700.00 for the Sara Hanna Foundation. Thank you for your support and contribution.

As a side note, in the beginning of the year, Mr. Centrone presented the Black Belts with a new resolution to hold one charitable fundraiser per yearly quarter. It is now June and we have had one and have one more scheduled; the kick-a-thon in July, and are in need for two more, one of which we typically cover over the holiday season. If you are willing to chair one fundraiser, please see Mr. Centrone. Thank you again for all of your support.

KIDS' SECTION

This story is from the kids section of the World Tang Soo Do Association's website. We would like to remind you that you can visit the website any time to learn more about our art, lifestyle and other people!

Once upon a time there was a bunch of tiny frogs who arranged a running competition. The goal was to reach the top of a very high tower.

A big crowd had gathered around the tower to see the race and cheer on the contestants.

The race began ...

No one in the crowd really believed that the tiny frogs would reach the top of the tower. You heard statements like "Oh, WAY too difficult," "They will never make it to the top," and "Not a chance they will succeed. The tower is too high."

The tiny frogs began collapsing, one by one. There were still a few that were climbing higher and higher, though. But the crowd continued to yell, "It's too difficult! No one will make it!"

More tiny frogs got tired and gave up. But ONE frog continued to climb higher and higher and higher. This one wouldn't give up.

At the end of the race, everyone had given up climbing the tower except for one tiny frog who, after a big effort, was the only one to reach the top of the tower.

Of course, all the other frogs wanted to know how this one managed to get to the top when none of the others made it.

A contestant asked the tiny frog how he found the strength to succeed and reach the goal. It turned out that the winner was deaf.

The wisdom of this story is that you should never listen to other people's negative or pessimistic thoughts, because they take your most wonderful dreams and wishes away from you. Always think of the power words you have. Because everything you hear and read will affect your actions.

Therefore, ALWAYS be positive and above all, be deaf when people tell you that you cannot fulfill your dreams.

