

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



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Quick Notes

Merchandise Orders

Merchandise Order Forms are now available in the Lobby. Students may order any items in the catalogs including Uniforms, Sparring Gear, Weapons, and Accessories. We are also ordering Logos Screen Prints and Embroidery for the back of the Uniform Jackets. Orders will be taken through Thursday, June 14th, and all payments must be received in advance

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.

Report Cards

As Instructors, we strive to make every student become everything they are capable of becoming, both inside and outside the Dojang. Hearing about our students' successes 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 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.

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. Talk to your 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 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 so be available for download on the Studio Website.

Calendar of Events

Saturday – Monday, May 26 th – 28 th , 2012	Studio Closed for Memorial Day Weekend.
Friday - Sunday, June 1 st – 3 rd , 2012	Region 8 Youth Black Belt (Dan) Camp, Camp Green Lane, Green Lane, PA.
Friday - Sunday, June 8 th – 10 th , 2012	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA. Studio Closed Friday & Saturday.
Saturday, June 16 th , 2012	Leadership Class, from 11:45AM to 1:15PM, Impact Martial Arts, Perryville, MD.
Wednesday, June 20 th , 2012	Terminology & Study Class from 6:15PM to 7:00PM; Black Belt (Dan) Class/Meeting from 7:15PM to 9:00PM.
Thursday, June 21 st , 2012	Martial Arts Demonstration for the Sunshine & Bubbles Benefit for Nicole Gallo, at Monsignor Bonner & Archbishop Prendergast Catholic High School, Drexel Hill, PA, 7:00PM
Thursday, June 28 th , 2012	Color Belt (Gup) Test: Tiny Tigers & Little Dragons 6:00PM; Youth & Adult Students @ 7:00PM.
Wednesday, July 11 th , 2012	Leadership Class, from 6:45PM to 8:15PM, @ Pal Che Tang Soo Do.
Friday – Sunday July 20 th – 22 nd , 2012	World Championship, Greensboro Coliseum Complex, NC; World HeadQuarters Grand Opening, Burlington, NC Studio Closed Thursday, Friday, & Saturday.
Saturday, July 28 th , 2012	Leadership Class, from 11:45AM to 1:15PM, Impact Martial Arts

New Students

Zachary Smithson
Anais Piquoin

June Birthdays

Nahdir Long – 8th
Naté Griffin – 16th
Ethan McCartney – 24th
Alonzo Jackson – 29th
Zachary Broxton – 29th

Recent Promotions

Pavel Bashkirtsev – Blue Belt (Cho Dan Bo)
Gregory Logan – Red Belt (E Gup)
Kevin Karjono – Orange Belt with Stripe (Chil Gup)
Brian Finley – Orange Belt with Stripe (Chil Gup)
Yasmine Cabrera – Orange Belt (Pahl Gup)
Tyjuan Gardner – Orange Belt (Pahl Gup)

Instructor's Angle

By: Mr. Nicholas W. D'Amato

Lately I have noticed that some of the advanced students do not know the requirements for the belt they are wearing or a previous belt that they have earned. Student must constantly be practicing everything that they have learned in their previous training. Attitude Requirement number 11 reads: "Repeatedly Practice All Techniques Already Learned"! It is obvious to me that some students are not doing this. When I see a Brown Belt not able to perform a Form (Hyung) or some One Steps (Ill Soo Sik) that were learned at the Orange Belt level, why should that person keep their rank and be eligible to test for their next rank.

When I started training here, my Instructor would say for each form "the monkey's on (insert name's) back". If that person made a mistake during Forms (Hyung), then the rest of the class would have to do push-ups as punishment. While we have gotten away from this and we know that we all make a mistake at some point, we need to try harder to make sure we are up-to-date on everything that we have learned. There are no excuses for this. I often see students arrive early for class and sit in the lobby or running around on the training floor yet they do not practice their techniques. They when class begins, they have difficulty performing what is asked of them even though they should have known it for weeks or months or years.

Below is an excerpt from article that was written by my first Instructor Master Ronald G. Raver in July 1993. While this is meant mainly especially for the senior students, all students should read it and understand what is to be expected of them:

“...when we practice kick techniques in class and I say to do 5 with each leg, that is all that is done. Students then stand around waiting to be shown the next “new” technique. When I ask for a demonstration of the last technique, I'm told, “I've got it down perfect.” It takes a lifetime to perfect just the basic low block and center punch - yet in just 3 minutes students have the jump 360-degree wheel kick down “perfect”. Tang Soo Do, at least the way it is taught in this Dojang, is a lifetime pursuit of perfection. There is no easy way to become perfect, no three minute drill that I know.

“At the last Dan test, Grandmaster Shin told the testing candidates that from now on they would not be introduced to people as just, "John Doe," but rather, "John Doe - he's a black belt." The burden of being a Black Belt is tremendous - you are always on center stage. You must be in control of your emotions and actions at all times. A Black Belt is one in ten thousand. People must always say, "What is so different about that person?"

“That burning desire for self-improvement is often not there in students. YOU want to be a black belt. YOU may eventually wear a black belt. YOU will consider yourself a black belt. But, will other Black Belts consider YOU a black belt? Upon entering the Brotherhood of the Black Belt (Dan), all senior Dan members will welcome you. They are or will become acutely aware of your abilities: mental, physical, and spiritual. Whether you are accepted as one of them will depend upon YOU. They can tell if you've paid the price of developing your mind, body, and spirit through the relentless pursuit of perfection. They can tell if your spirit has been forged through rigorous training in the Dojang. They can tell if your character has been tempered through the challenge of adversity in the Dojang. They can tell. They can tell.”

Master's Corner

By: Master Joseph H. Centrone

This article was originally written and published in the Summer of 2003, and was reprinted in 2004. I think that now is another appropriate time to reprint it.

Summertime is most people's favorite season; school is out, baseball and softball season begins, swimming pools, graduation parties, barbecues, and a lot of other summer activities take up most of our time. It is also when students most often leave the Dojang, and it's not because they no longer want to train. Over the years we have heard all the reasons: I want to concentrate on baseball or softball, I am going to stop training for the summer but will be back when school starts, or (my personal favorite), it's too hot to train. The list goes on, limited only by the creativity of the student's mind.

No goal in Tang Soo Do (or in life, for that matter) is accomplished in one night, one week, or one summer. Our success is built on all the one night's put together over a sustained period of time. Since I began training, I've tried many different tools to motivate myself through the summer. Below is a list of my top five:

1. Come to class and train hard.
2. Come to class and train hard.

3. Come to class and train hard.
4. Come to class and train hard.
5. Come to class and train hard.

I do, however, have some other suggestions:

1. Do not dwell on how many classes you have missed. Instead, make a commitment to yourself to be at the next class. Keep the commitment.
2. Set up a steady routine of “Regularly spaced practice sessions,” and schedule some fun activities around class time.
3. Enjoy and relax on your vacations. You’ve been working hard all year and deserve a break. Take along your Student Gup Manual or another book and read up on Tang Soo Do.
4. If you do have a baseball or softball game, or some other type of event like swimming or golf, don’t feel guilty about missing class. Use the tenets you’ve learned in class and put your best effort forward.
5. There are some dangers to over training in the intense summer heat. Drink plenty of fluids throughout the day. Get enough rest and eat correctly. The heat during the summer won’t affect you. In fact, you may even get some benefit from the heat – increased flexibility and motion - just to name a few.

There is another important benefit from training throughout the summer. That is, the understanding of the tenet – Indomitable Spirit! There will be nights when you feel you cannot continue. These are the nights when your spirit as both a martial artist and a human being will be pushed to the limits. When you overcome this demon, you will become stronger and better for it. There is no easy way, but nothing worthwhile ever comes easy. Try to balance your summertime fun with your work ethic of Tang Soo Do. The harder you train in class, the more fun you will have on your days off.

Feature Article

By: Mr. Nicholas W. D’Amato

This month’s article originally appeared in July 2004 in a section called Black Belt Fitness and Health has been researched and written by Mr. Nicholas W. D’Amato. It is entitled: **Staying Hydrated.**

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 offensive." 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, 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!!!**

Thought for the Month

“It’s a funny thing about life: if you refuse to accept anything but the very best you will very often get it. — William Somerset Maugham