

# 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**

After the Fourth of July holiday, we will begin to hold Morning Classes on Tuesdays and Thursdays until the end of the Summer. This is a great alternative during the months when students are out of school for the Summer. It is typically much cooler in the morning hours, and it will give students more opportunities to plan their training around Vacations and other Summer Activities. 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.

#### **Summer T-Shirt Policy**

Students in the Tiny Tigers and Little Dragons Programs are now permitted to wear Pal Che Tang Soo Do White Tiger in Water Logo T-Shirts during Summer classes.

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

Our Studio will be holding a Kick-A-Thon & Break-A-Thon on Thursday, June 13<sup>th</sup>, 2013. Each student obtains pledges that can be either a certain amount per kick within 1 minute or a flat rate amount regardless of the number of kicks performed. Donations will be split 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. All funds must be submitted by Thursday, June 27<sup>th</sup>, 2013.

#### **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.

### **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.

### **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. Classes will be on the following dates: Wednesday, June 26<sup>th</sup>; Monday, July 29<sup>th</sup>; Tuesday, August 27<sup>th</sup>; Thursday, September 12<sup>th</sup>.

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

In the late Summer, Region 8 will be holding a Color Belt (Gup) Clinic for all Color Belt (Gup) students. This is a rare event, and it will give students the opportunity to work on both normal requirements as well as several special sessions on material from other styles of martial arts. I would like to see our school very involved with this great event. Details to follow.

### **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.

## **Report Cards**

As Instructors, we strive to help every student succeed in every way they can, both inside and outside of the Studio (Dojang). Hearing about the successes 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. With the end of the school year now here, 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 the World Headquarters for review. These awards are announced and presented at the end of classes, and it's a good way to reward these students for their efforts.

## **Calendar of Events**

Thursday, June 13 <sup>th</sup> , 2013	<b>No Classes.</b> Kick-A-Thon & Break-A-Thon @ 6:30PM
Friday, June 21 <sup>st</sup> , 2013	<b>No Classes.</b> Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, June 26 <sup>th</sup> , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Thursday, June 27 <sup>th</sup> , 2013	<b>No Youth/Adult Class;</b> Mandatory Instructor Meeting @ 7:15PM; Kick/Break-A-Thon Money due
Thursday-Friday, July 4 <sup>th</sup> - 5 <sup>th</sup> , 2013	<b>Studio Closed.</b> Independence Day.
Tuesday, July 16 <sup>th</sup> , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Wednesday, July 24 <sup>th</sup> , 2013	<b>No Classes.</b> Tentative 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.
Saturday, August 3 <sup>rd</sup> , 2013	Tentative Color Belt (Gup) Clinic, Perryville High School, Perryville, MD
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      **No Classes.** 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, Glenolden Park

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**

Ma'najah Naylor  
Jordan Lee  
Damien Wallace

### **June Birthdays**

Thomas Roberts – 7<sup>th</sup>  
Cameron Harper – 8<sup>th</sup>  
Nahdir Long – 8<sup>th</sup>  
Zane Hendler – 16<sup>th</sup>  
Devon DiTrolio – 21<sup>st</sup>  
Ethan McCartney – 24<sup>th</sup>  
Daniel Joyner – 24<sup>th</sup>  
Alonzo Jackson – 29<sup>th</sup>  
Zachary Broxton – 29<sup>th</sup>

### **Recent Promotions**

Daniel Joyner – Orange Belt with Stripe (Chil Gup)  
Jonathan Weiss – Orange Belt (Pahl Gup)  
Ethan McCartney – Orange Belt (Pahl Gup)  
Ashon Foster - Orange Belt (Pahl Gup)  
Alonzo Jackson – Tiger Blue Belt  
Anais Piquion – Tiger Red Belt  
Brooke Henry – Tiger Red Belt  
Stephen Davish – Tiger Brown Belt  
Tristin Napoleon – Tiger Brown Belt  
Jacob Havens – Tiger Green Belt  
Devon DiTrolio – Tiger Green Belt  
Rishwanth Suresh-Kumar – Tiger Orange Belt

## **Instructor's Angle**

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

Recently we had a student promoted to Black Belt. Give your congratulations to Mr. Pavel Bashkirtsev. As I review and update the Pal Che Tang Soo Do Black Belt (Dan) Family Tree that keeps record of all the Black Belts (Dan) from our school, I noticed that 73 students have received their Black Belts (Dan) since the Studio opened in 1990. There have been over 960 students who have trained here in the past 23 years. Of those 73 students who reached Black Belt (Dan), only 13 of them continue to train: five here and eight at other schools. The road to Black Belt (Dan) is long and takes many years, but if you have the drive and desire to get there, you can do it. I am very proud to be one of those 73 Black Belts (Dan), and I am even more proud to be a member of the 13 who still train. I hope that one day all of the current students will all reach your goal and be counted among the Pal Che Black Belts.

With nine degrees of Black Belt (Dan), it is always shocking to me that people think Black Belt (Dan) is the end of martial arts training. That couldn't be more untrue. Black Belt (Dan) is just the beginning. To a Tiny Tiger or an Orange Belt, that must seem like an eternity, but I assure you that with perseverance and determination, you can make it there. Nothing worthwhile is quick or easy. The road to Black Belt (Dan) is paved with a lot of sweat, blood, pain, and tears. For higher ranking students and for those who have reached Black Belt (Dan), you must constantly reexamine your training and find out what new things you must learn and what old things you still need to practice. Many times these discoveries are made on your own or while teaching others. As you will see in the Feature Article, Black Belt (Dan) is just one mountain, and that there will always be another mountain. Reaching the end of one cycle is the beginning of a new one. This will continuously happen from now until forever so do not quit. The Way (Do) is more important than the destination. If you stay on the right path, you will succeed.

In the past few weeks, I couldn't help but to think that some people just do not want to work for anything, and when things become difficult, they would rather give up. I was speaking with someone outside of the Studio (Dojang) who said they would never be able to train in a place with no air-conditioning, and all I could think about was a Black Belt (Dan) Test back in 2005 when it was over 100 degrees inside the high school gym, and seven Youth Students (all between the ages of 9 and 11) from our school tested successfully without any of them asking to step out and take a break, not even once. There are no shortcuts to Black Belt—only hard work! While emergencies and conflicts do happen in life, taking time off will not help you progress, and it will only prolong your course of training. Set a goal and work diligently towards it. Tests will come only when the student is ready. There are no exceptions. Work hard, give it your best effort, trust your instructors, and never give up. That's the only advice I know to be true.

## **Master's Corner**

**By: Master Joseph H. Centrone**

**This article was originally written and published in the Summer of 2003 by my Instructor Master Centrone, and it has been reprinted many times. It is a great article to help students analyze their training as the hot weather of Summer approaches.**

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: Master Ronald G. Raver**

**This article was originally written by my teacher, Master Ronald Raver, in June 1991 and has been republished many times since. It is simply entitled: "The Path". With a newly promoted Black Belt (Dan) in the school, it is good to look back to where one has been. For Color Belts (Gup) who are still on the journey it is a good look ahead to see where one is going.**

The 'Path' to obtaining a Black Belt may best be compared to climbing a mountain. To a new White Belt, he looks at the mountain from afar and says to himself and says, "It doesn't look that steep or difficult. I'll get to the top in no time." As he begins his training and gets closer to the foot of the mountain, however, he begins to see that it is indeed much more of a difficult task than he first thought.

The Orange Belts are in the undergrowth of forests that lie at the foot of the mountain. They know the mountain is there, but because of the dense forests they cannot see it. It is all they can do to stay on the trail. They can, however, hear their Instructor somewhere ahead of them saying, "This is the way, come this way. The path is over here."

Green Belts have broken through the undergrowth. The mountain is not steep, and they make rapid progress towards the summit. They ask, "How could anything be this easy? Instructor has said this mountain is difficult; boy, was he mistaken! I'm going to break all speed records in getting to the top of this mountain. My Instructor will be so proud of me."

The Brown Belt has passed the easy part of the climb. Now the path is very steep. He must be strong and powerful to continue the climb. Your Instructor is pushing and pulling you without really touching you. "How does he do it?"

The Red Belt must be quick and agile. He walks a narrow, dangerous path that does not seem to be making any progress towards the summit. Luckily, all the climbing done to this point has caused all muscle groups to work in unison. This path has pitfalls such as ego and lack of humility that can cause one to falter in the quest. Your teacher is nimbly moving in front of you, indicating the path.

The Blue Belt has now almost reached the summit. The air is rarified, and he must clear his mind and prepare for that final assault. How bad do you want to reach the summit? You can turn back now as those last few steps are extremely dangerous. Who would know? The pinnacle is only a short distance away. Your Instructor can only nod his head and point to the goal. You must do it yourself.

You are a Black Belt, and you have reached the summit. You stand there, proud, strong, and erect. You take your Instructor's hand. He smiles at you and you notice a glistening in his eye. He welcomes you to the brotherhood as he bows to you. The legacy has been passed. You look down and see the path that you've travelled. You see the other students at various levels along the mountain. They look up at you and decide to try harder. You're yelling encouragement to them, giving directions and help, but you can't touch to help them for they must do it themselves as people have done for two millennia.

You look around to enjoy the view. Then you see it: Another mountain!!! Only this one is more rugged and more difficult!!! This is the mountain of Second Degree Black Belt (E Dan), which

only one First Degree Black Belt (Cho Dan) in five will be able to climb. Then it strikes you like a Ridge Hand to the temple: “There will ALWAYS be a higher mountain!!!”

## **Submitted Article**

**By: Ms. Angel Evangelista-Celona**

**This article was written by a friend, Angel Celona. She is a former student, teacher and newsletter editor here at Pal Che Tang Soo Do, and she is now the Chief Instructor and Co-Owner of Impact Martial Arts in Perryville, MD. It is entitled: It's Not about the Belt.**

As an instructor, I am too frequently questioned, “When am I getting my belt?” or “Am I testing this month?” These questions are not only disrespectful towards your instructor, but prove that you are training for the wrong reasons. Reasons we should be training, really can be endless. A few prominent responses should include to make us better, to improve our physical fitness, to learn self defense and increase our awareness of our surroundings, to continue a 2000 year old tradition, to balance our mind and body and so on. If you train just to earn your Black Belt, what will happen once you achieve that goal? Will you quit? Hopefully, you will reassess your goal and make new ones. Black Belt for many of us is a representation of the true goals we want: self awareness, confidence, physical fitness, mind/body/spirit unification, etc.

A good place to take this discussion is right to the beginning. A brand new white belt often does not know the proper protocol for testing procedures or other formal occasions. So, when a White Belt approaches an instructor and asks, “Am I testing?” the response is not harsh. The response is, “trust your instructor; you will test when you are ready.” However, when we receive this question from a higher ranking student, it shows he or she does not trust the instructor to move him/her to a new challenge. Why bother learning under an instructor if you do not trust him?

When we do test students for new rank, most of them require certification by the World Tang Soo Do Association and Grandmaster Shin. This process requires studio owners and instructors to submit the testing paperwork to WTSDA. Obviously, this type of processing has a time delay before we receive the formal promotion back. This period before promotion is often considered a “probation” period. If there are any reasons the testing student needs to undergo further examination, it happens during this time. This probation period also offers students time to solidify competency in the latest ranks’ required techniques before learning additional material. This probation period also teaches us a lesson in humility, our sixth of seven tenets. We completed all of the requirements for testing, but are willing to wait and be patient and trust that our instructor will promote us when we are ready. Some students find this wait grueling, but it is also preparing us for what is to come in the future. When a student tests for Black Belt, there is a six month wait before a successful student is promoted.

The belt system is a relatively new adaptation to our centuries-old art. The idea of a Black Belt comes from hard work and sweat. All karate practitioners would wear the same white uniform. However, those who trained the longest would have signs of wear on their belts; dirt, sweat, blood. After years and years of training, their belt would turn black from their training. To have a “Black Belt” signified that endurance of years of training and both the physical and mental wisdom one would gain after such dedication.



So I ask myself, why not just give up belts and make people train. You may have heard that adage before: “If everyone took off their belts, on-lookers would know who has been training the longest and who the junior students are by the proficiency of their techniques”. As instructors, division by belt rank helps us to keep track of who knows what material. As students, the milestones help keep up motivation. Colored belts truly are a good thing to have, but students must understand that training is not for a belt, and especially not question their instructor on rank.

I remember when I was a White Belt, no one explained at belt testing that my evaluation would be sent to WTSDA headquarters for processing. I was quite sure I had passed my test, so I told my parents that I would need an Orange Belt. My older sister had taken karate for a while, and she had an orange belt so they let me wear hers. I put on the belt and proudly strutted my new colors into my Dojang. My instructor looked at me completely perplexed and questioned where I got the belt from. Although he did not lash out at me, the obvious comprehension by everyone else of the process was enough to embarrass me into understanding.

At another karate school, they started a tradition where the senior student passed his dark Blue Belt down to the next. As a martial artist, this is a very dramatic gesture and one to be greatly appreciated by the recipient. After this same blue belt was passed from person to person, a parent of a student complained that they paid for the belt test and that their child should be getting a new belt, not wearing a hand-me-down. The parent did not understand any of the meaning behind passing down the hard work from student to student.

Once you test for Black Belt, a new belt does not come within the next three months, three years or in my case even thirteen years. After wearing the same belt for so long, it will begin to fray and fall apart. As your Black Belt starts to turn white, it symbolizes that you are going back to being a beginner; that you can now learn; you are completing a life cycle. One with understanding of the belt system will understand that looking at a Black Belt that is white means you are in the presence of martial artist who is well-seasoned and likely very knowledgeable.

I value every one of my students. Some students are better teachers to me than I am to them! As an instructor, I have made it my goal to evaluate you fairly for rank promotions. Remember, karate is not you versus anyone else; it is you versus you. People test for different reasons and you will be tested when your time comes. Trust your instructor and train for yourself, not for your belt.

## **Thoughts for the Month**

“If you don't scale the mountain, you can't see the view.” — Chinese Proverb.

“Spirit...has fifty times the strength and staying power of brawn and muscle.” — Mark Twain, American author and humorist.

“Whether you think you can, or you think you can't, either way you're right.” — Henry Ford, American industrialist, the founder of the Ford Motor Company, and developer of the assembly line technique of mass production.

## Kids' Section

Karate Word Search. Find all the words in the puzzle.

T H Z O L N H G O X Z T T C A O S Q  
Z C M X N C O N S T U D E N T A T C  
V N A R T Q F I P T S I T A T F A I  
W U D E O K L R T U W T Y T C L N M  
X P R P I F A R J N R E A D Y H C P  
A T P C A K G A T H E C O N J O E T  
S T K K C H S P C S K T T D D S M R  
T G K O N R I S M L Q O T F D E J W  
V T L U N E E K Q I P U G A E J W O  
H B R Q H C L O O M T E G R A T D B  
M C N Q P M U J L E M H B Q H I S W  
D J D J X T B I E X I S H O F M Y B

ATTACK  
ATTENTION  
BLOCK  
BOW  
FLAGS  
FORM  
JUMP  
KICK  
KIHAP  
PUNCH

READY  
RUN  
SIT  
SPARRING  
STANCE  
STAND  
STRETCH  
STUDENT  
TARGET  
TEACHER

Coloring Activity:

