

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 this will begin on Tuesday, May 27th. 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).

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 more payment is required. Students who are taking a leave should provide notice so that the account with Member Solutions can be put on hold.

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 others students to our school. We appreciate your help in growing our school.

Calendar of Events

Wednesday, July 2 nd , 2014	Terminology & Study Class, from 6:30PM to 7:00PM
Friday, July 4 th , 2014	Studio (Dojang) Closed. Independence Day.
Friday – Sunday July 18 th – 20 th , 2014	World Championship, Greensboro Coliseum Complex, Greensboro, NC; World HeadQuarters Picnic, Meditation Garden Dedication, and GrandMaster Shin Bronze Statue Unveiling, Burlington, NC
Thursday, July 24 th , 2014	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday, July 31 st , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, August 2 nd , 2014	Tentative Leadership Class, 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
Friday, August 22 nd , 2014	No Classes. Tentative 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.
Wednesday, August 27 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
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 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
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.
Thursday & Friday, November 27 th & 28 th , 2014	Studio (Dojang) Closed. Thanksgiving Holiday Weekend.
Wednesday – Sunday, December 24 th – 28 th , 2014	Studio (Dojang) Closed. Christmas Holiday Weekend.

New Students

Rebecca Flourde
Allison Steinmetz

June Birthdays

Cameron Harper – 8th
Omar Asskaryer – 8th
Daniel Joyner – 24th
Ethan McCartney – 24th
Alonzo Jackson – 29th

Recent Promotions

Emily Woods – Orange Belt with Stripe (Chil Gup)
Jeremy Nixon – Orange Belt with Stripe (Chil Gup)
Cynthia Rivera – Orange Belt (Pahl Gup)
Farhanaz Asskaryer – White Belt with Stripe (Ku Gup)
Tariq Kadri – White Belt with Stripe (Ku Gup)
Tina Kadri – White Belt with Stripe (Ku Gup)
Brockton DeProspero – Dragon Orange Belt
Cameron Patterson – Dragon Orange Belt
Aidan Glover – Dragon Yellow Belt
Akari Shinozaki – Dragon Yellow Belt
Jordan Lee – Tiger Green Belt
Raymond Havens – Tiger Orange Belt
Saatvik Dinesh – Tiger Orange Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

This month's article originally appeared in July 2004 in a section called Black Belt Health and Fitness. It is entitled: "Staying Hydrated." Since the long, hot, dog days of Summer are upon us, it is a good idea to follow this advice.

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 offense." 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, and 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!!!**

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 really 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: Mason Currey

This article is a selection from Daily Rituals by Mason Currey, who wrote about her highly esteemed colleague, Maya Angelou, who gave a descriptive account of her writing habits.

"Angelou has never been able to write at home. "I try to keep home very pretty," she has said, "and I can't work in a pretty surrounding. It throws me." As a result, she has always worked in hotel or motel rooms, the more anonymous the better. She described her routine in a 1983 interview:



"I usually get up at about 5:30, and I'm ready to have coffee by 6:00, usually with my husband. He goes off to his work around 6:30, and I go off to mine. I keep a hotel room in which I do my work — a tiny, mean room with just a bed, and sometimes, if I can find it, a face basin. I keep a dictionary, a Bible, a deck of cards and a bottle of sherry in the room. I try to get there around 7:00, and I work until 2:00 in the afternoon. If the work is going badly, I stay until 12:30. If it's going well, I'll stay as long as it's going well. It's lonely, and it's marvelous. I edit while I'm working. When I come home at 2:00, I read over what I've written that day, and then try to put it out of my mind. I shower, prepare dinner, so that when my husband comes home, I'm not totally absorbed in my work. We have a semblance of a normal life. We have a drink together and have dinner. Maybe after dinner I'll read to him what I've written that day. He

doesn't comment. I don't invite comments from anyone but my editor, but hearing it aloud is good. Sometimes I hear the dissonance; then I try to straighten it out in the morning."

In this manner, Angelou has managed to write not only her acclaimed series of autobiographies but numerous poems, plays, lectures, articles, and television scripts. Sometimes the intensity of the work brings on strange physical reactions: her back goes out, her knees swell, and her eyelids once swelled completely shut. Still, she enjoys pushing herself to the limits of her ability. "I have always got to be the best," she has said. "I'm absolutely compulsive, I admit it. I don't see that's a negative."

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

Success or failure depends more upon attitude than upon capacity. Successful people act as though they have accomplished or are enjoying something. Soon it becomes reality. Act, look, feel successful, conduct yourself accordingly, and you will be amazed at the positive results. — DuPree Jordan, Jr.

A good leader inspires others with confidence in him; a great leader inspires them with confidence in themselves. — Unknown.

“Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all the pebbles in your path and you will find that you have crossed the mountain.” — Unknown

“Whoever you are, whatever your dream, you have to be strong in your head and strong in your heart. Be strong. There's no quitting in the person who wants it bad enough.” — Carly Patterson, an American singer and former gymnast.

Photos

Leadership Class on Sparring (Dae Ryun) — Saturday, May 17th, 2014

