

# T A N G        S O O        T I M E S

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P A L   C H E   T A N G   S O O   D O

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

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## CALENDAR OF EVENTS

Mar 6 - Red Rose tournament in Lancaster. No classes.  
Mar 22 - Gup test at Dojang. No adult class.

## MONDAY NIGHT CLASS SCHEDULE

Mar 1 - Tournament preparation class.  
Mar 8 - Aerobic class. Signup required.  
Mar 15 - Black Belt class.  
Mar 22 - Gup test at Dojang. No adult class.  
Mar 29 - Regular adult class. (Emphasis on hyung).

## MASTER'S CORNER

There once was a master who had many talented students, each of whom he offered to teach a special knowledge. The youngsters began eagerly, but one by one, they left the master without completing their studies. One complained that he could not stand the isolation. Another disliked all the reading. Yet another wanted to get married instead. And another was called back home to care for an ailing parent.

So we may bemoan our fate that we cannot find a teacher, but there is no guarantee that we will be ready to make the commitment to study. Mastery of the **WAY** is difficult, and the **WAY** is arduous. That is why the classics constantly emphasize the importance of perseverance. You think it is easy to study the **WAY**, but really it is the most difficult thing you will ever try to do. You can always leave a job. College is over in four years. If you don't like where you live, you can move. But to study the **WAY** - that is an open ended and life long commitment. You have to follow the everchanging **WAY** forever.

Knowledge of the **WAY** will not necessarily make your life easier. You have to go to sleep at night, you have to wake up the next morning, and you have to keep right on being a human being. You will not become supernatural, and if no one was doing it before, no one will bring you breakfast in bed. Don't even think that the **WAY** will make your life easier. It might even do the opposite.

The only difference is that you will have more awareness.

## **NEW STUDENTS**

We would like to welcome the following new students to our dojang and to the world-wide family of Tang Soo Do:

UCHENNA NJOKU    JORDAN DOLHANCYK    JUSTIN RITTER

We also welcome back SEAN DOLHANCYK who trained with us several years ago. When he left he was a 6th Gup green belt, but according to WTSDA regulations, we had to accept him as a white belt.

Train often and train hard. You are on the steep portion of the classic learning curve and every class should reveal something new and exciting to you. If you ever have any questions, do not hesitate to ask a senior student.

## **2000 KICKS - 2000 DOLLARS**

On Monday night February 8, we held what we hope will be an annual KICK-A-THON to raise money for a worthy charity. This year we picked St. Jude Children's Research Hospital as our recipient.

Twenty-seven students participated and performed over 2000 kicks in 27 minutes raising over \$2000. On behalf of Pal Che, the WTSDA, and St. Judes Martial Arts Program, we would like to thank everyone who contributed their time and effort on this fundraiser.

The donation will be mailed on Feb 25 and the prizes will arrive in 4 to 6 weeks.

We hope to have some type of fundraiser for a needy cause every year. If anyone has a special charity, or knows of someone in need of help, please do not hesitate to make a suggestion.

## **HEALTHY KIDS DAY**

On Saturday, April 10, the Ridley YMCA will be holding their 3rd annual Healthy Kids Day. It is a day filled with events and games to try and promote a healthy lifestyle for children. Two years ago our school donated our time and put on a small demonstration. For those of you who are not aware, Joe Centrone has been holding children's classes at the Y for just over two years and Ms. Crystal Prentice will be starting a Saturday Kids Kick class in March.

We would like to once again provide a demonstration and require your help. In addition to the demo team, we would like all other students to participate. We will adjust so that everyone, no matter how advanced or new you are, will be able to take part. This is a chance for us to demonstrate our pride in our school. It is also a very fun day and even though the demo will take less than an hour, you are invited to spend the day seeing all that the Y has to offer.

Look for sign up sheets. If you have something you especially would like to share, note that on the sign-up sheet. Your attendance is cordially required.

## FEATURE ARTICLE

This is entitled, "Desire - Where Motivation Begins."

Success is not the result of luck or random chance. Success never just "happens" to the fortunate few. Instead, achievers make their own luck. Accomplishments and lasting success are made possible by powerful motivation. Black Belts have the desire that drives them to greatness, that causes them to be dedicated to reaching the top rungs to their ladder of success. Desire propels achievers towards the top and keeps them there.

You can develop the desire that can make you a winner. Desire is universally available; anyone - including you - can become motivated to reach important life goals. But the level of desire you develop depends on you alone; others cannot supply it for you. Galileo, in the fifteenth century, pointed out that you cannot be taught anything. You can only find or discover truth inside yourself. You will not become a Black Belt because your parents want you to or because someone else says you have outstanding potential. You can make your dreams come true only if you want to badly enough.

Use of affirmations will constantly remind yourself of your dreams. An affirmation is a positive statement of a quality or condition you are striving to bring about in your life. You should repeat affirmations to yourself every day to support your plans for growth.

The following affirmations repeated daily will keep your desire to achieve Black Belt at a peak level:

1. I have the intense burning desire of a Black Belt.
2. My desire to become a Black Belt is so great that I take action daily to make my goals come true.
3. I have the desire of a Black Belt. I am succeeding.

The animal associated with Tang Soo Do throughout the years has been the Tiger. The tiger moves with grace and economy of motion, yet at the same time keeps hidden the savage fierceness and power which is associated with this beautiful animal. When we talk about a student having the "Eye of the Tiger" we are not just quoting some Rocky movie to try and motivate you.

Red belts should be eager at class to practice and 'perfect' techniques in anxious anticipation of the Black Belt test that lies ahead in their future. They should not be sitting around in quiet or semi-quiet cliques before class talking about anything but Tang Soo Do. A Black Belt instructor can look at a student and see this burning desire in their eyes. As instructors, we are passing on the legacy of several millennia to you. Wearing, or rather achieving, Black Belt status is no light matter with us. You are our future - you will teach others, who in turn will teach others, and so on and so on. In you we are alive; for something we say, or do, or how we act will affect you. This will be passed

on, and generations from now, some student will trace his heritage and discover that what he is being taught was taught at Pal Che. And, for that reason, we must be extremely particular when we recommend someone for Black Belt.

**THOUGHT FOR THE MONTH**

**THE BLACK BELT IS A CODE WRITTEN ON THE TABLETS OF THE HEART.**

## 1999 UPCOMING EVENTS

Mar 6 - Red Rose Championships. No class.  
Mar 22 - Gup test at Dojang. No adult class.

Apr 12 - Gup test at Dojang. No adult class.  
Apr 17 - Central Penn Championships.  
Apr 24 - Black Belt test. No class.

May 10 - Gup test at Dojang. No adult class.  
May 14-16 - European Championships. Scotland

Jun 18-20 - Region 8 Youth Dan Clinic.  
Jun 25-27 - Region 8 Adult Dan Clinic. No class.  
Jun 28 - Gup test at Dojang. No adult class.

Jul 12 - Black Belt pretest at Dojang. No adult class.  
Jul 19 - Gup test at Dojang. No adult class.  
Jul 31 thru Aug 14 - China/Korea trip.

Aug 16 - Gup test at Dojang. No adult class.

Sep 4 - Labor Day weekend. No class.  
Sep 6 - Labor Day. No classes.  
Sep 18 - Black Belt test. No class.

Oct 4 - Gup test at Dojang. No adult class.  
Oct 22-23 - Region 8 Championships. No class.  
Oct 25 - Gup test at Dojang. No adult class.

Nov 22 - Gup test at Dojang. No adult class.  
Nov 25 - Thanksgiving. No classes.  
Nov 27 - Thanksgiving weekend. No class.

Dec 25 - Christmas. No class.