

TANG SOO TIMES

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PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

- Mar 4 - Red Rose Tournament. No classes.
- Mar 6 - Gup test at Dojang. No adult class.
- Mar 18 - Central PA championships.
- Apr 8 - Ridley YMCA Healthy Kids Day. Demo planned.
- Apr 17 - Gup test at Dojang. No adult class.
- Apr 29 - Region 8 Black Belt test. No classes.

MONDAY NIGHT ADULT CLASS SCHEDULE

- Mar 6 - Gup test at Dojang. No adult class.
- Mar 13 - Women's Self-Defense Class. No adult class.
- Mar 20 - Regular class.
- Mar 27 - Black Belt class. Red belts and higher.

MASTER'S CORNER

We are approaching the tournament season (3/4 Red Rose, 3/18 Central Pa, 5/20 East Coast). Tournaments are a great avenue for meeting students from other WTSDA certified dojang and making new friends - hopefully friends that may last a lifetime. A tournament is an event where you can compare techniques you are learning to what students at other schools are learning. It is a place to approach with wide-eyed wonderment where you can learn to appreciate the hard effort people have put into their training to become the best that they can be.

It is a place where you will see and meet high ranking WTSDA masters, meet Grandmaster Shin, have your picture taken with him, get his autograph, buy karate-related paraphernalia to suit even the most outlandish desire, and just plain have fun.

It does not, however, have anything to do with "real" karate. Real karate is just plain old hard work. It is not a game played where a lunge punch to the chest, a roundhouse kick to the chest, or even a reverse punch to the chest will allow you to be called the winner. "Real" karate is sweating, not showing off, pushing yourself to limits of exhaustion, and practicing basics, hyung, and ho sin sul for hours on end. The martial artist trains for the "real" thing. In mortal combat, there is no second place winner.

NEW STUDENTS

We would like to welcome the following new students to our Dojang and to the worldwide family of Tang Soo Do:

DOM MARCHESANI

CHRISTIAN SWEENEY

We also welcome back to our Dojang LANGSTON SMART who trained with us last year for several months. Langston is 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.

KICK-A-THON

On Thursday February 10 we held a kick-a-thon to raise money for the Aimee Willard Scholarship Fund. We had 27 students participate. They threw over 2500 kicks and we raised over \$1200.

HEALTHY KIDS DAY

On Saturday April 8 the Ridley YMCA will be holding their annual Healthy Kids Day and we have been asked to perform a demonstration. If you are interested in participating, please sign up on the sheet posted in the dojang. Understand there will be several practices that you **must** attend if you want to participate.

SUBMITTED ARTICLE

Cho Dan Bo Eric Chapman submitted the following article and he has entitled it, "The Spirit of Martial Arts."

When I was five years old, I saw my first Martial Arts movie. It was, "Return of the Dragon," starring Bruce Lee and Chuck Norris. The movements that they were doing mesmerized me. When the movie was over, I was so excited that I started to jump around and kick as high as I could. I then slipped on the hardwood floor and broke a chair leg. I was never allowed to kick in the house again. But, the seed had already been planted - I was hooked and needed to learn more about the Martial Arts.

I started in Tae Kwan Do when I was 9 at a local Community Center and trained three days a week. I remember that feeling I had when I first put on that karate uniform. It made me feel like I was part of a tradition, something very ancient and proud. I worked very hard for three years until my stepfather received a new job and we had to leave the state. I tried to continue training on my own, but it was very difficult to do without any supervision. I was able to keep up the physical, but something was missing. It was not until I started in Tang Soo Do that I realized what it was.

To me, the Martial Arts are not just about the physical, the

mental, or the history, but they are about the spirit. Not just the individual's spirit, but the spirit of all that have gone before. This spirit flows through the students and the teachers of Pal Che Tang Soo Do. It is very easy to put on the uniform and learn to kick and punch. However, it is very difficult to open your mind and let the spirit take you to the next level. That is why it is very important to listen to the instructors and take a moment to really understand what they are trying to teach you. Don't just say, "Yes Sir!" and let the spirit pass you by. Let the spirit become a part of you, so that when you start to teach others, a little bit of you have now become part of the Martial Arts Spirit.

Now I know what you are asking, "What is the Spirit of the Martial Arts?" Well, I am afraid there is no one answer to that question. Each person needs to find it in his or her own way, and in his or her own place. For some, it may be during one of those hot days when the dojang feels like it is 110 degrees, yet you still train with all your heart. For others it may be that last bit of strength you find during that test. All I can tell you is the search for that Spirit is a noble one and a hard road to travel. But, when you walk through the dojang door and you put on your dobok, you have made the first step in the right direction.

FEATURE ARTICLE

Writing an article once a month without repeating yourself yet attempting to drive home a point to beginners is a very difficult task. Recently I re-read several theses for the Cho Dan test that had been submitted many years ago. These are theses from people we now consider our senior students. The purpose for me doing this was to see if I could find a common thread among them all that could be applied to junior students who have the same thoughts, fears, and/or outlook.

One person wrote, "...Up to now, my training has primarily been technique, throwing front kick after front kick, low block after low block. I now see that my training must transcend into another form of unconsciousness, focusing more on mental and spiritual enhancement. There are three powers human beings possess: mental, physical, and spiritual. Up to now my training has emphasized the mental and physical aspects - forging body and mind as one. In order to do this completely, there is something else needed. This something is the spirit. As a gup holder listening to Sahbumnim tell me about this next level of training, I would shake my head and take his word, not really understanding what he was talking about..."

Another wrote, "...When I first started training in April 1990, I had no idea how much time and dedication were needed to become a good, well rounded martial artist. I was forced to join and forced to train every night. I hated it the whole time I was a white belt and an orange belt and wanted to quit many times. It was not until green belt that I realized what Tang Soo Do was doing for my body physically. I had better balance, I became quicker, more agile, and my flexibility improved. My endurance

and tolerance increased and I was becoming more powerful, however, I still felt as if something was missing. I was lacking the desire to train and become a better student. A friend has recently told me that since I have been taking karate I am "different". I am stronger, not just physically but inside, where it counts..."

And still another, "...Reflecting back to the first night I walked into the dojang, I did not go in to join, but rather to gather some information. The last thing I expected was the first thing I found - a man no different than myself who greeted me with a warm handshake and a smile. We talked. He explained some of the things that were taught at the school. He invited me to stay and watch the class that was in progress. I declined but let him know I would return the following week to sign up. He probably thought he would never see me again. What brought me to this particular school? There were no flashing lights, no large signs, and I knew nothing about the school prior to that first night. I believe karma is what brought me here. Hard work, dedication, and a true sense of values are what kept me here. Not just on my part, but more on the part of the instructors who devote so much of themselves to bringing out the best in us each and every night. By showing concern for their students in and out of the dojang they have earned respect, never by demand, but rather by giving it first..."

So, where does all this leave us? Sometime ask one of these senior Black Belts how Tang Soo Do influenced their life. I am confident that all will say that they never thought Tang Soo Do would have such an impact (not influence but **impact**) on their lives. They will tell you that every facet of their lives has been impacted - from how to deal with stress, problems, people, emotions, and living in general. Understand that there is some thing here, some thing real, some thing that will change you in ways you never thought possible, and that change will definitely **impact** you for the rest of your life.

THOUGHT FOR THE MONTH

THE ULTIMATE AIM OF THE ART OF TANG SOO DO LIES NOT IN VICTORY OR DEFEAT BUT IN THE PERFECTION OF THE CHARACTER OF THE PARTICIPANTS.