



Tang Soo Times

Pal Che Tang Soo Do

610-522-9120
229 South Chester Pike
Glenolden, PA 19036

March 2007

Issue No. 187

Calendar of Events

March 22nd - Black Belt Classes Only - No gup classes
6:15 - 7:15 All Black and Blue Belts Under 17
7:15 - 7:30 Black Belt Meeting
7:30-8:45 All Black and Blue Belts 18 and older
Coming In April :
Community Service Event
Earth Day Clean up

Birthdays

Christian Carver	3
Praveen Charkrathula	8
Conner McCullough	9
Chuck Pearson	11
Joseph Carver	16
Tyler Wagner	17
Ed Farmer	22



New Students: Eddie Pierce Theresa Eck Dana Leaver Taylor Johnson Holly Smelstoys
You are on the steep portion of the classic learning curve. Every class should reveal something new and exciting to you. If you ever have questions, please do not hesitate to ask a senior student.

Welcome Back: Elizabeth Brasch Alyssa Leaver

Master's Corner

Master Raver
March 2007

HUMILITY

Humility can sometimes be best defined using the "Parable of the Rice Stalk." The young rice stalk stands tall, straight, proud, and strong. As the rice stalk matures and becomes wiser, it "Bows" its head toward the earth in humility and respect.

There is a story about a Zen master who visited a karate school. When the Zen master and the karate instructor were introduced they bowed deeply to one another. When the instructor raised his head, he realized the Zen master still had his head respectfully bowed. At that moment, the karate instructor realized his training was lacking.

When I see students bow today, it is not a "real" bow, they only go through the motions. They never really show respect to their partner or opponent. True respect can only come from the heart. These bows resemble a nod of the head, never, ever bowing one's eyes.

These bows are used to show subtle disrespect, lack of humility, or a lack of trust. In competition, many use a curt bow; they feel their opponent does not deserve respect in return. Today the popular trend among Martial Artists is to openly display your pride and confidence. A little arrogance, throw in some rudeness, and everyone thinks you are tough. In the same light it is common to look upon humility or modesty as a weakness.

Submitted Article:

John Alesi

Recently, mi compadre Miss Kim D'Angelo and myself took a trip to Punta Cana, a vacation resort in the Dominican Republic, which is located south of the Bahamas where the Atlantic Ocean and the Caribbean Sea meet. It is a Spanish speaking country located between Haiti and Puerto Rico. For those of you who had to taking a foreign language in high school or college and complaining about it, don't! It will definitely come in handy later on in life. Anyway, this paradise is as beautiful and tropical as can be. It also is one of the poorest countries you could ever see. The pure white sand, tall palm trees and the array of blue colored sea disguises a scenery makes you appreciate what we all have here in the United States and particularly here in this community. I assure you Master Centrone and Miss Kim would agree. As I picture in my mind now, the visions I saw while traveling in the Dominican makes me think how fortunate I am not only food and shelter wise, but just being part of a tight knit community as small as Pal Che.

Many of us have studied other languages in school at one point or another. There are many students among us at Pal Che who are bilingual and perhaps even more. Kudos to you. I could only imagine how difficult the transition from one country to the next; not only in language but in culture as well. We are all studying a little bit of the Korean language, but this is only terminology. Try forming a sentence or paragraph in Korean.

As I mentioned, some parts of the Dominican Republic are very poor. We saw many people living in scraps of tin put together such as awnings and sheds. Imagine one of the most vulnerable locations for direct hurricane hits relying on a metal shed to keep you safe. We saw little babies sleeping on just blankets outside in the wide open, no mattress, just dirt and a blanket. Although some parts of the Dominican are very poor it is a country rich in farming and fishing. The country itself is on the rise and the resorts they are building and tourism is definitely making a positive impact on their economy. We saw many up and coming resorts and golf courses being built; a golfer's paradise if you like to golf. In fact Jack Nicholas is building a golf course in Punta Cana just a mile from where we stayed. Many of the workers we saw building these resorts and condos actually slept on site in their make shift homes and stay there until the job is finished, then they move on to the next work site where they will rebuild their home. In some sense I felt guilty for being there on vacation enjoying the beach, the pool, eating and drinking and doing just about anything I wanted, but in another way I felt fine being there because I know that the tourists like myself, create new jobs and opportunities for the Dominican communities.

Here's just a short list of what we may take for granted everyday.

- working electricity, working satellite dish for a few television channels
- garbage disposal and sewage pipes
- water lines, gas line, and plumbing
- concrete structures, paved road ways with street signs and lights
- automobiles and fuel

"Food for Thought"

1 U.S. dollar bill is equal to 33 pesos.

Example for every 1 dollar we spend they have to spend 33 pesos. For every 3 U.S. dollars we spend, the Dominicans have to spend close to \$100.00.

What can we take from this article?

- Be thankful for what we have.

- Appreciate the most basic and smallest things we take for granted.
- Learn other languages and cultures
- Be proud that you are part of a community that helps its members
- give when giving is needed.

Gracias amigos and Tang Soo!!

Submitted Article:

John Krupinski

Many students enter into the martial arts with only one goal in mind; that is to attain a black belt. They show up for class and go through the motions. They learn the forms, one steps, or techniques and take their test to achieve the next rank. The process is then repeated over and over until they “graduate” to a black belt. During that time they may never practice the forms, one steps or self defense techniques they learned when they were a white belt. The only time they are utilized is when a student is asked to them during class or a test; at which point there is usually a long hesitation and the student goes on to perform them as poorly as they did when they first learned them. Like driving a car, they only see the earliest techniques they have learned in the rear view mirror.

Martial arts is not like going to school where you mark your time and do what you have to graduate in order to get your black belt. Instead, martial arts are a life long pursuit of perfection. It’s not like the movies where you can go and spend a few weeks with some so called “expert” and suddenly be able to break cinder blocks or wood or fight off six people at once. You need to constantly review, inspect and continue to work on the most basic techniques every day. In our style the highest rank you can achieve is 9th dan or 9th degree black belt. However, no one has ever achieved this. Why? Because that would mean that a person reached perfection, and no one ever reaches perfection! No matter what rank you are, you must constantly practice and inspect your most basic techniques, be they stances, blocks, kicks or forms. Continue to strive for that 10th dan.

Also remember as you raise in rank the lower ranks and new students look up to you and it is your duty to set an example. If you, as a higher rank, decide that you don’t need to review your basics, the lower ranks will see this. This will cause them to think to themselves, “if a black belt doesn’t need to practice white belt forms than why should I?”

Book Review

A Fighter’s Heart: One Man’s Journey Through the World of Fighting
By: Sam Sheriden

Review from Booklist, *Wes Lukowsky*

Sheridan joined the merchant marines after high school, eventually graduated from Harvard, and worked his way to Australia on a yacht. There, in 1999, he decided to indulge his fascination with fighting, hoping to test himself and explore what has become a mostly sublimated aspect of masculinity. After some months of training in Australia, he moved to Bangkok to train with a legendary Muay Thai (kickboxing) champion. That experience—and his first professional bout—expanded into a multiyear odyssey in which he trained with Olympic boxers, Brazilian jujitsu champions, and Ultimate Fighting combatants. The magic in his account is in the telling detail—not only about how he suffers, trains, and fights but also about his reactions to his surroundings; the way, for example, he finds himself gradually becoming indifferent to the street orphans of Brazil, desensitized by their very omnipresence. It isn’t Sheridan’s toughness or fearlessness that makes this an involving excursion into a shadow world; it’s his ability to re-create the textures of those shadows and to make us care about his oddly quixotic journey.

Thought for the Month

“Humility is like underwear, essential, but indecent if it shows.”

Helen Nielsen

Kids Section

Starting in April, a black belt under the age of 17 will be writing for the kids section for the Tang Soo Times every month. The person who will be writing for the upcoming month will be announced in the current months newsletter.

Writing for us in April: **Cody Kunze**

If you are having difficulty in choosing a subject to write about, there is an envelope in the office with several writing subjects.

An exciting cultural event which is coming up in April is the Cherry Blossom Festival. This festival was first started in 1921 when the mayor of Tokyo, Japan gave the City of Washington, D.C 3000 cherry trees as a token of the growing friendship between the countries of Japan and the United States. In Japan, cherry trees are highly regarded, and the cherry blossom is Japan’s unofficial national flower. Here in America, the cherry blossom festival is a celebration of the history and culture of Japan. In Philadelphia, you can go to the cherry blossom festival at Fairmont park between April 9th and 22nd. At Fairmont Park, there is an old-style Japanese teahouse that you can visit, authentic Japanese food and arts and crafts for sale, martial arts demonstrations, and even performances by Japanese musicians playing traditional Japanese instruments. If I could recommend a day to attend, it would be Saturday, April 14th. There will be a workshop specifically for kids that teaches origami, and a Taiko drumming performance later in the afternoon. It is definitely a nice day out, and you can learn and see some really cool stuff. For more information, go to <http://jasgp.org/sakura>