



Tang Soo Times

Pal Che Tang Soo Do

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

May 2007

Issue No. 189

Calendar of Events

Saturday May 12 th	Central Pa Championship (School Closed)
Saturday May 19 th	School Picnic (School Closed)
Saturday May 26 th	Memorial Day (School Closed)
Fri. – Sun. June 1-3	Adult Black Belt Clinic
Fri. – Sun. June 8-10	Youth Black Belt Clinic

Birthdays

Lauren Holst	1 st
Sean Harris	4 th
Krishnan Swaminathan	9 th
Amber Ott	16 th
Rick Holst	19 th
Mike Grady	30 th



Congratulations

On Saturday April 21st, six of our Cho Dan Bo's successfully tested for Black Belt. I'm sure it was a very special day for each of them. They each had great physical tests, and 5 of the 6 were recognized for their written test scores. Sitting proudly on their test panel, I was able to watch them stand out as a group, with Maria just off to Amy's left, in group two. There was no question what school they were from.

Pal Che Picnic

Our 4th Annual Picnic will be held on May 19th this year, once again at Ridley Creek State Park. This year we are honored to be joined by new studios and have new instructors join us. We will be selling raffles this year again. There is a cooler in the lobby that you can donate summer items in and that will be raffled off as well. We are looking forward to seeing everyone there. If you have any questions, please do not hesitate to see Mr. or Mrs. Celona. Thank you.

Push Up Challenge

This month every student of Pal Che is participating in the Push-Up Challenge. Mr. Celona will measure your arm length and the amount of pounds you are lifting with every pushup. Then you perform as many push-ups as you can in 20 seconds. From there, the amount of watts, or power, you output is calculated. At the end of the month everyone will be measured again. Whoever has improved by the highest percent will be deemed Pal Che's Most Powerful!

Master Rob Massaroni

On Sunday May 6th, our friend and Master Instructor Rob Massaroni from Bensalem collapsed and died after completing the annual Broad Street Run. Rob was a teacher at both Nate Gordon's Black Belt Academy in Bensalem and a Seventh grade Social Studies teacher at Schafer Middle School also in Bensalem. He was a great competitor having won the Regional Cup three time and the 2002 World Championship, and a awesome teacher. Along with his student's Rob leaves behind his wife of 10 months Val, his brother Chris, his Mother Father. Our heart felt prayer's go out to the entire Massaroni Family.

To view a tribute to about Master Massaroni, log onto www.blackbelt-academy.com

Master's Corner

Two-Twelve

Some people give up their dreams when they have almost reached the goal; while others, on the contrary, obtain victory by exerting, at the last moment, more vigorous efforts than before.

-Polybius

Have you ever found yourself giving up on a task only to have someone else come along and succeed on their first attempt? Lost a race by a nose after easing up? Missed a pitch in a big game? Banged one off the front of the rim at the buzzer? Come up short on a putt only to loose by one stroke? Fell one question short of a perfect score on a test? Missed the train by a minute when you knew you had plenty of time? These events happen to everyone at some point in their life, some are the result of luck, some lack of skill. Yet, with just a small additional amount of effort or focus, the end result could have been much different.

At 211 degrees water is hot. At 212 it boils, boiling water creates steam, steam can power a locomotive. Two-twelve acts as a motivating drill sergeant with its motivating and focused message while adhering to scientific law, the law of nature. It is a reminder that small things can make all the difference in the world when it comes to any endeavor. Adding an extra degree of effort to a task once is not enough however, to be successful take constant extra effort, this is the key. Developing a personal habit of pushing yourself a little further in all your efforts is the key. Begin by paying closer attention to the little things in

your daily life by paying attention to detail.

Legendary Basketball Coach John Wooden believed that no detail was too small. He was a Master at preparation and motivation. He never game planned for the other team prior to a game, instead, he focused on making his team better at all phases of their game, focusing on chasing down loose balls, rebounds, precision passing, and foul shooting; small things that are now overlooked in the over hyped style of toady's game. He went as far as to teach his players how to put on their socks and lace their sneakers so they would avoid blisters on their feet and avoid down time.

Nothing in life comes easy, nothing is given away. It has to be earned. When your tired, push yourself a little further. When we ask you to do 10 kicks, don't stand around and wait for the next command, do 10 more. Go the extra mile, push yourself to be the leader. Don't be satisfied with mediocrity, you might not always be the one to finish on top, but you will know you gave it the extra degree in your effort.

A Reflection

By Angel Celona

My grandmother passed away a little less than a year ago. She was in very good health for an 82 year old. After shortness of breath for a week, she visited a doctor. That led to a hospital trip and within three weeks my Grandmother was no longer a part of this world. Her life story was amazing, living through the depression and seeing so much change over the course of 82 years. It was a good life and I am proud to have shared part of it with her.

When I learned of Master Massaroni's death, I immediately felt such sorrow for his family and especially his wife. The devastation they are facing would seem insurmountable. As I read the tributes to him on Black Belt Academy's website, I felt like there was nothing I could write. I thought someone else would have something better to say. I found a quote from Abraham Lincoln, it reads, "And in the end, it's not the years in your life that count. It's the life in your years." Master Massaroni was 29 years old and lived more than others that continue on to be more than twice that age. He is an inspiration to us all. Although it seems like it was much too short, it was a good life.

These two people had dramatically different life paths. As do we all. Situations like these often evoke feelings that may normally be suppressed. We may feel more inclined to thank those who care for us, remind those we love that we still love them and really appreciate all of the good in our life.

Let's take that opportunity. In training, sometimes I take for granted the fact that I have the ability to train. I have a steady schedule and some nights I may think, 'Maybe I'll take the night off.' Two World Championships ago, the woman that won student of the year, Hisako Ito, drove 80 miles each way to train once a week. She would surely never think once she got there, 'I do not feel like training tonight.' The effort that was put towards something she enjoyed made the experience even sweeter.

When we attend class, we must train like we mean to train! Even if your instructor is whispering soft as a mouse (and FYI, there are no instructors at Pal Che that whisper soft as a mouse), put every ounce of effort in your body into every technique, because you can. And you will feel good about yourself afterwards. Your energy will be contagious to others around you.

Consciously think in your head, 'I am going to throw this punch with as much force as I can,' 'I am going to move faster,' 'I am going to make my stance lower – and hold it.' The body will listen to the brain. Make getting better a conscious thought. Don't just train; train with purpose. My Grandmother and Master Massaroni did not just live, they lived with purpose.

I look forward to the next time I will get to train next to you. I look forward to working hard with you, feeding energy off of one another and mostly, living lively together.

Thought for the Month

"It's the little things added up that make you a better person"

Donald Rogusewski

Kids Section

Kendo

By George Celona

Kendo comes from the martial art of *Kenjutsu*, which roughly means "skill of the sword." The samurai of ancient Japan studied *Kenjutsu* to protect themselves in battle, but after many years, Japan became more peaceful, and fighting in wars became less important. As a result, *Kenjutsu* became less and less practiced with the intent to kill. Students eventually learned to practice peacefully with bamboo swords, and *Kendo* was born. *Kendo* is much more focused on individual combat between 2 contestants and has specific rules, much like fencing.

Kendo is a sport that places great importance on etiquette. A *Kendo* contest begins with the contestants exchanging formal bows and ends with another exchange of courtesy, just like *Tang Soo Do* should be. This courteous bow is called *Rei* in Japanese. People who practice *Kendo* (sometimes called *Kendoka*) are ranked according to ability and the length of time they have dedicated themselves to the sport, just like we are. However, a beginner is ranked as seventh *Kyu*, which are like our *Gup*. After a *Kendoka* has finished up to 1st *Kyu*, he/she moves into a new series: *Dan*. Beginning *Dan* is the lowest of these, and it is followed by first *Dan*, second *Dan*, and so on. Tenth *Dan* is the highest rank possible in the world of *Kendo*. Sounds familiar, huh?

In an actual bout, the aim is to strike your opponent on the body, but not just anywhere. There are designated strike zones, and the contestant must call out the name of the strike zone when making the strike. There are three strike zones: the head, trunk, and forearm (*Men*, *Do*, and *Kote*, respectively, in Japanese). Actually, there is also a fourth strike zone—*Tsuki*, or the part of the throat beneath the head and shoulder protector—but this is considered dangerous and is not permitted for children up to middle school age. In *Kendo*, strikes on any other parts of the body do not score points, so obviously self-control is very important. The time limit on a contest is five minutes. The contestant who is the first to score two points is the winner.

When practicing *Kendo*, contestants wear a *Kendo* jacket (*Keikogi*) and skirt-like trousers (*Hakama*), both made of cotton and dyed indigo blue. Above these clothes, they wear armor for the face, chest, hands and forearms, and thighs to protect against attacks by their opponent. The face mask protects the head and shoulders. Metal bars protect the face, and the part covering the shoulders is made of several layers of woven silk. The chest protector is made of finely cut bamboo or plastic arranged vertically. The mittens to protect the hands and forearms and the hip and thigh protectors are made of thickly layered cotton cloth. The clothing and protective equipment are donned in the following order: first the jacket, then the loose trousers, the thigh and hip protector, the chest protector, the head and shoulder protector, and finally the mittens. This is a lot of gear! A typical *Kendo* suit costs about \$300, and the uniform costs another \$100. And you thought your sparring gear was expensive?

So overall, although *Kendo* may seem a lot different than *Tang Soo Do*, it also has some similarities, too. It is definitely a lot of fun, and I would definitely recommend going and watching it sometime. Unfortunately, the school where I trained for a summer closed down. However, some schools are in the nearby area; maybe you want to check them out!

Some material courtesy of: <http://web-japan.org/kidsweb/meet/kendo/kendo03.html>

Perseverance By Nick D'Amato

Perseverance is something that needs to be discussed for several reasons. I know that for me, it has been extremely difficult to get to the Studio to class in order to train lately. I feel like I am never there, and I really miss it a lot. The summer is coming up, and this is a time where some people decrease the amount of time that they spend training. After waiting, 4 years, 1 month, and 10 days to be from a Color Belt level to Black Belt Candidate, I feel that I am somewhat qualified to write about the topic.

Perseverance is defined as the steady persistence in adhering to a course of action, a belief, or a purpose. It is steadfastness in order to achieve a goal. An example of this would be being promoted from one belt level to the next. To persevere at something takes lots of time, lots of energy, lots of patience, lots of hard work, and lots of practice. In order to persevere, one must be serious and dedicated. (Believe me, I know!)

As the summer approaches, people will start to go away on vacation. Students will begin to drop out or leave for a time. It is OK to enjoy your summer by going on vacation, but it is not good to forget about karate or Tang Soo Do. Some suggestions to make this summer successful include: making a schedule and sticking to it; going to morning classes; practice some techniques or a form for a few minutes each day, especially while on vacation. Also, drink lots of water and stay hydrated. The summer truly is the best time to train, and to train consistently and steadily in the summer takes lots of perseverance.

As most of the students should know, Perseverance is one of the Seven Tenets of Tang Soo Do that can be found on the walls of our Studio. This raises another topic. During the summer, if you are less busy with school or with work, take out your manual and read some of it. Go over the history, so that you know it and so that cramming for your next test will not be necessary. Study what you need to know for your rank. All of this takes lots of perseverance.

Be determined! Do not be half-hearted! Show that you can do it, and you will! "Struggle is part of your challenging journey and **PERSEVERANCE** is what you must have to get through it!"

In June, we will hear from CONNOR MCCULLOUGH. If you need any ideas, there is an envelope in the office of topics.