

TANG SOO TIMES

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MAY 2008

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Monday	May 5 TH	Summer Schedule Begins
Friday	May 23 rd	Memorial Day Weekend School Closed
Saturday	May 24 th	Memorial Day Weekend School Closed
Monday	May 26 th	Memorial Day Weekend School Closed
Thursday	May 29 th	Black Belt Class

May Birthdays

Lauren Holst	1 st	Rick Holst	19 th
Jarret O'Connor	1st	Janobia Height	22nd
Karim Moukrem	8th	Mike Grady	30th

NEW STUDENTS

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

Jarret O'Conner Alexandra Toland Quenna Mabry
Matthew McCarthy Marta Walesa

And Welcome Back one more time: Devonte Mabry

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.

THOUGHT FOR THE MONTH

"Live so that when children think of fairness and integrity, they think of you."

H. Jackson Brown Jr.

Masters Corner

Are you getting better?

A question was asked in class the other day and no one answered. Sometimes I get no response because people feel that no matter what the question is, their answer will not be correct. Why is this? Why do we find it hard to answer honestly? The question was simple: "Do you feel yourself getting better?"

On the surface I can see why no one volunteered an answer. I probably would have skirted the question myself had I been asked. People never seem to hesitate when judging other, but when asked to take a look at oneself, they become very uncomfortable. But now, as you read this, ask yourself the question again.....Take a few minutes.....How did you answer? If you were totally honest with yourself I hope you said yes to some things and no to others. I say this all the time; each night in class, you are either getting better or you are getting worse, there is no staying the same." The reason for this is simple, if you are pushing yourself in class each night, sweating, straining, falling, you are, no matter if you succeed in the effort or not, getting better. No genuine effort is wasted. The only way you fail to improve is by not giving an honest effort in class or any endeavor each time you try

We talk about Karate being "A lifetime pursuit for perfection," and how the Martial Arts in general are a microcosm of life. While practicing we realize that the more perfection continues to elude us as individuals, we in turn are more understanding and forgiving of others when they seem to fail. We however are not as quick to forgive ourselves. I think this is because we expect too much from ourselves. Instead of trying to learn a lifetime of karate in one night, instead try and focus on one thing at a time. Rather than becoming frustrated with your limitations, listen to your body and adjust accordingly. If your legs are feeling good on a particular night, put an extra effort into a specific kick. If however you are in pain, your legs hurt, put extra emphasis on your one steps or forms. Do not waste the entire night getting nothing out of class because you are worried about something you can not control. Instead focus on the things you can work with.

No matter what type of physical program you are doing, whether it is Martial Art training, weight training, a running program, or trying to loose weight, you will reach a period when you feel you are not making gains. At this point you need to change the input to the program and add more effort. Instead of "just doing it", crank it up a little and Get Better.

Feature Article (Lauren Holst from her 1st Gup Thesis)

*"We work to become, not to acquire."
-Elbert Hubbard*

When I think about this quotation, I couldn't help but immediately think about my second-grade students. For the past several weeks, I have devoted most of my time towards working on filling out and distributing their progress reports, as well as getting ready for conferences with 21 sets of parents. I think about all of the work and learning my students and I do every day, and how it all ends up coming down to the one "report card." I can hardly put into words how much effort my students put into learning new things every day. I have to somehow transfer everything we have worked on into a few letters written down on a progress report. I think of my own experience in elementary school, and how I was so hard on myself just to acquire the grades that I got, only to realize later in life that it's not all about the grades, or should I say, the material report card. I know, that sounds very contradictory coming from a second-grade teacher. Sure, working hard for the grades are important, but it is really all about the "big picture."

For myself, I spent years in college working to see those grades on my progress reports. I stayed up way too late on way too many nights, just to try to assure that my GPA would not fall. I've since received my degrees, and as nice as they were to hold on to when I got them, they are currently sitting in a closet somewhere in my bedroom. We all need motivation to work toward our goals. Sometimes it's nice to "get" stuff along the way, but material things are just that, and will never add up to who you are as a person. Things you acquire and collect will never help you a fraction as much as everything you have done to work towards those things. It is only when you have been able to apply that learning experience and realize who you have become that can help you to understand why you work so hard every day.

When I apply this thought to my experience with Tang Soo Do, I can put it simply by imagining that this is not all about how many belts I can collect. In fact, it's not even about the physical acquisition of the respected Black Belt. When I started coming to karate, I didn't know what I wanted out of it. Today, I have realized that I would like to reach the level of Black Belt, but I also know that it is not "the end" of the experience. Instead, it is only the beginning. A Black Belt will be about who I am, how I handle myself with others, responsibility, and what I've done to get to that point. I have realized that karate is not just some hobby I do on the side, not just another way to exercise, but something that has become a part of me that has changed who I am. Tang Soo Do is not about a belt collection, but encompassing the hard work and changes I have made combined with its philosophies to make me who I am today.

KID'S PAGE

Welcome to Kids Korner, the mind boggling, brain teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

Martial Arts Word Guess: Part of being a great Martial Artist is being a good role model for your Martial Arts classmates as well as your friends, siblings and other people you come in contact with. How it works: Complete each word by filling in the missing letters below. Hint: Each word is has to do with the qualities of a good role model. **Guess the Bonus and add +1 to your score. Good luck!!!**

Example: M _ R _ _ A L A _ T S Answer: Martial Arts

1. P _ S _ _ IVE AT _ ITU _ E

2. _ EL _ FUL

3. RE _ P _ N _ I _ LE

4. _ IND

5. PA _ IEN _

6. COU _ A _ EOUS

7. RE _ _ ECTF _ L

8. H _ N _ ST

9. _ RUST _ OR _ HY

10. _ IN _ SH _ HAT TH _ Y _ TAR _

Bonus: _ EA _ S _ Y E _ AM _ LE