

# TANG SOO TIMES

ISSUE NO.211

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MAY/JUNE 2009

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

## CALENDAR OF EVENTS

Fri.-Monday	May 22-25	Memorial Day Weekend-Dojang Closed
Fri.-Sunday	June 5-7	Youth Black Belt Clinic
Fri.-Sunday	June 12-14	Adult BB Clinic - Dojang Closed
Tuesday	June 16 <sup>th</sup>	Tuesday Morning Day Class Begins
Thursday	June 25 <sup>th</sup>	Tiny Tiger Graduation
Saturday	June 27 <sup>th</sup>	Gup Test/Black Belt Promotions
Wednesday	July 4 <sup>th</sup>	Last Saturday Class Until Sept. Dojang Closed

## DAN PROMOTIONS

We are pleased and proud to announce the results of the April 2009 cycle Dan test.

<u>NAME</u>	<u>DAN NO.</u>	<u>RANK</u>
Bill Blessington	37556	E Dan
Michael D'Angelo	37557	E Dan
Scott Duffy	37559	E Dan
Tabatha Zug	36071	E Dan*
Donald Rogusewski	41101	Cho Dan

The promotions will be effective July 1, 2009. Dan presentations will be made at the June 25th Gup promotion test.

## Student Birthdays

<u>May</u>		<u>June</u>	
Lauren Neuber	1	Omar Asskaryer	2
Karim Moukrem	8	Marley Kraft	2
Janobia Height	22	Eddie Pearce	10
Mike Grady	30	Michael D'Angelo	17
		Wil Kraft	26

## New Students

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

John Shields                      Will Kraft                      Marley Kraft

Ethan Kraft                      Keith Eichman

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.

***Editors note: With the addition of many new students, the loss of some higher ranking Black Belts, and the promotion of 3 students to E Dan and one to Cho Dan, I decided to re-publish two articles from June 1999. Having just tested for Sam Dan at that time it was an important newsletter to me. I hope you enjoy the articles.***

## Masters Corner                      (Joe Centrone June'99)

Summertime is most people's favorite season; school is out, baseball or softball season begin, swimming pools open, graduation parties, barbecues, and a lot of other summer activities take up most of our time. It is also when students most often leave the dojang, and it's not because they no longer want to train, they just have a hard time fitting in their class time. Over the years we have heard all the reasons - I want to concentrate on baseball or softball, I am going to stop training for the summer but will be back when school starts, or (my personal favorite), it's too hot to train. The list goes on, limited only by the creativity of the student's mind.

No goal in Tang Soo Do (or in life, for that matter) is ever accomplished in one night, one week, or one summer. Our success is built throughout a lifetime of one night's. Since I began training, I've tried many different tools to motivate myself through the summer. Below is a list of my top five:

1. Come to class and train hard.
2. Come to class and train hard.
3. Come to class and train hard.
4. Come to class and train hard.
5. Come to class and train hard

(cont')

**I do, however, have a few not so difficult suggestions:**

1. Do not dwell on how many classes you have missed. Instead make a commitment to yourself to be at the next class. Keep the commitment.
2. Set up a steady routine of "Regularly spaced practice sessions," and schedule some fun activities around class time.
3. Enjoy and relax on your vacations. You've been working hard all year and deserve a break. Take along your Gup manual or another book and read up on Tang Soo Do.
4. If you do have a baseball or softball game, or some other type of event like swimming or golf, don't feel guilty about missing class. Use the tenets you've learned in class and put your best effort forward.
5. There are some dangers to over training in the intense summer heat. Drink plenty of fluids throughout the day. Get enough rest and eat correctly. The heat during the summer won't affect you. In fact, you may even get some benefit from the heat - increased flexibility and motion - just to name a few.

There is one more important benefit you will receive from training throughout the summer. That is the understanding of the tenet - Indomitable spirit! There will be some nights when you feel you cannot continue. These are the nights when your spirit as both a martial artist and a human being will be pushed to the limits. When you overcome this demon you will become stronger and better for it. There is no easy way, but nothing worthwhile ever comes easy. Try and balance the summertime fun with your work ethic of Tang Soo Do. The harder you train in class, the more fun you'll have on your days off. Remember, Karate has no season, it is a way of life.

**THOUGHT FOR THE MONTH**

**IT IS TRITE TO SAY THE BLACK BELT ONLY HOLDS UP YOUR PANTS.  
IT ALSO DOES MUCH MORE. A BLACK BELT HOLDS UP YOUR HONOR.**

## FEATURE ARTICLE

### What Is A Black Belt?     *(Master Raver June'99)*

Being an instructor for the last 14+ years, I've been asked many times, "How long does it take to get a black belt?" I guess that depends. At some schools, it is simply a matter of what type of payment plan you can arrange or what type of contract you sign.

As you know, a lot of people feel there is nothing more important than earning a black belt. I don't believe that. I don't feel your main goal in the martial arts should be to attain a black belt, instead, it should be a product of your training. I've noticed something very interesting occurs when people make earning a black belt their primary goal. Usually, they slack off or quit once they earn the coveted belt.

And, what does this mean? It means they never reach their full potential. They never become really competent. Therefore, deep down inside their hearts, they are always dissatisfied. Conversely, students who concentrate on their training and don't view the black belt so importantly seem to train longer, they penetrate deeper into their practice. A good black belt is first a good white belt.

Some students come into the dojang as if they were checking into a popular health spa or a four star hotel. Some aspiring students think that large doses of enlightenment and wisdom will be dumped on their heads. These people are in for a big surprise, especially when they realize they're mainly going to be doing a lot of sweating and working out.

When are you ready for your black belt? A student who thinks he's good, that this "stuff" is too easy, not training on a regular and routine basis, and keeps asking to test, are examples of someone not ready. A good black belt should know, at the very least, that he should not have an overly exaggerated opinion of himself.

What characteristics does an instructor look for in a student who is striving for his black belt? Any number of things.

First, he has to consider his student's skill level, competence, maturity, and character. He also has to think of the future welfare of the art. If you have a good teacher, you have to trust that your instructor knows what is best for you. The trust between a teacher and a student is a precious commodity, and you should treasure it.

Testing for, and achieving the black belt, is not simply winning. It means winning over yourself. That is no easy task. At the same time you can't let this new status go to your head. Be proud correctly. Be self-confident correctly. Be satisfied correctly. Look at your rank objectively. The black belt is a double-edged sword. It can cut both ways - one for good and the other for your own spiritual destruction.

So, don't be a good black belt. Be the best black belt. Keep your standards high. Don't settle for second best. Don't settle for easy standards or try to slide in just under the wire. You will never be happy. Remember, your black belt is not the end of your journey; it is only the beginning.

**SUBMITTED ARTICLE (Pal Che Archives July 1999)**

This article was submitted by John Alesi and is about **HONOR**.

Honor is a term misunderstood by many people. There are several ways the word honor can be interpreted. It can be associated with honesty, telling the truth, paying off debts, or fulfilling one's obligations. Honor is also referred to as justice, courage, and saving face. If you are a martial artist like us here at Pal Che, you associate honor with warriorship.

Though we are constantly striving to attain honor, it is not limited to martial artists alone. Everyone in society should work at living an honorable life. Unfortunately, this is not the case. The term honor system is used to describe a way of paying off debts with no way of monitoring when and how much you pay, other than your honesty.

Two examples of the honor system take place right in our dojang. One is as simple as taking a drink from the refrigerator and paying a fee for the drink. The other is in the paying of our monthly tuition on a timely basis. Unfortunately not everyone acts honorably in these areas. Honor is not something that should be expected, but rather an attribute that has been instilled and rooted in people from the time they were children. We should not only be expected to be honorable, we as a society should for the sake of our own honor and dignity want to pay our debts and fulfill our obligations. It is our personal honor at stake and no one else's.

Society as a whole has changed over the years. We no longer see the deep-rooted integrity that was once present in our morality. For those reading this article, whether you are an adult student or parent of one of the children students, we must continue to try and integrate honor into society in general, not only for our sake, but for future generations as well.

Even though we don't have a cashier at the refrigerator, or monthly payments through the mail, you never can tell what will happen in the future. Considering the fact that Sahbumnim has never, since the doors of Pal Che opened, raised the monthly rate of fifty-five dollars. Consider not only the karate lessons but also the life lessons that we learn night in and night out. It is more than just teaching karate: he is giving a piece of himself to you, and vice versa.

Remember the honor system and try to meet your end of the deal - Sahbumnim meets his.

