

Pal Che Tang Soo Do Times



Pal Che Tang Soo Do

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Certified Member Studio Number 330
World Tang Soo Do Association
Since 1990



Issue No. 224

May 2013

Quick Notes

Schedule

Due to the increase in students in the Tiny Tigers Program, a slight schedule adjustment needs to be made. Effective on Monday, May 13th, all Advanced Tiny Tigers who are Tiger Brown Belt through Tiger Blue Belt will now train in the 6:30PM to 7:15PM class on Mondays and Thursdays along with the Little Dragons. This will be similar to the Combined Advanced Tiny Tigers and Little Dragons Class that is already runs on Wednesdays from 6:00PM to 6:30PM. Beginner Tigers who are Tiger White Belt through Tiger Green Belt will still train in the classes from 6:00PM to 6:30PM on Mondays and Thursdays. The Tuesday class from 6:00PM to 6:30PM will be open to all Tiny Tigers regardless of belt color, but all Tiny Tigers will continue to be limited to training only three days per week. There will be no changes to the Wednesday class for Advanced Tiny Tigers and Little Dragons. This will make the class sizes more manageable for the Instructors, and it will allow the students to get more individual attention to learn the necessary curriculum. We appreciate your patience as we make this transition to help make the classes run more smoothly. All other class times will remain the same. Schedules are available in the Studio (Dojang) Lobby.

Summer Morning Classes

In previous years, we have held Morning Classes on one or two days each week during the Summer months as another option. This is a great alternative during the months when students are out of school for the Summer. A survey is being conducted, and morning classes will be offered in the months of July and August. If you are interested, complete the survey indicating your day and time preferences. Class Times for each Program will be announced shortly.

Summer T-Shirt Policy

Students in the Tiny Tigers and Little Dragons Programs are permitted to wear T-Shirts between Memorial Day and Labor Day for the Summer. That means that this will begin on Tuesday, May 28th. T-Shirts must have the Pal Che Tang Soo Do White Tiger in Water Logo on them.

Merchandise Order

Orders for Merchandise for Apparel, Sparring Gear, Weapons, Belt Display Racks, and other items are available in the Lobby, and the Deadline is Thursday, May 2nd.

Lateness

According to Tang Soo Do protocol, students are expected to arrive 15 minutes before their scheduled class. While we understand that emergencies do happen and that everyone has busy lives, there are numerous students who repeatedly late to class each week. Please be on time so that your attendance is counted properly. Consistently arriving after class has already begun is both disrespectful to your instructors and unfair to the students who are on time every day.

Fundraising

Our Studio Fundraiser has ended. Your effort is much appreciated. Orders will still be accepted, but please submit them immediately. The top three student fundraisers are: Brooke Henry with \$241.02, Gregory Logan with \$165.10, and Daniel Joyner with \$111.50.

Black Belt (Dan) Camps & Clinic

This year Region 8 has a new process for registering for the 2 Youth Black Belt (Dan) Camps and the Adult Black Belt (Dan) Clinic. Links and Parent's Guides are available on Upcoming Events Page of the Region 8 Website at www.WTSDARegion8.com. The URL links are also listed below. Registering online is the preferred method, but students may download and mail the paper applications if needed. These are the following Due Dates for Registering:

Youth Black Belt (Dan) Camp 1

Friday, May 17th-19th, 2013

Camp Green Lane, Green Lane, PA

Early Deadline: \$155.00 by April 22nd

Final Deadline: \$170.00 by May 10th

https://events.membersolutions.com/event_detail.asp?content_id=39854&s=event_manager&pv=1?

Youth Black Belt (Dan) Camp 2

Friday, May 31st - June 2nd, 2013

Camp Green Lane, Green Lane, PA

Early Deadline: \$155.00 by May 18th

Final Deadline: \$170.00 by May 24th

https://events.membersolutions.com/event_detail.asp?content_id=39893&s=event_manager&pv=1?

Adult Black Belt (Dan) Clinic

Friday, June 7th-9th, 2013

Elizabethtown College, Elizabethtown, PA

Early Deadline: \$160.00 by May 18th

Final Deadline: \$175.00 by May 24th

https://events.membersolutions.com/event_detail.asp?content_id=39870&s=event_manager&pv=1?

Make sure that you apply early to take advantage of the lower rate. No applications will be accepted after the deadlines. If you have any questions, please meet with Mr. D'Amato.

Outdoor Classes

If you read the Student Manuals and GrandMaster Shin's books, you know that the ultimate goal of Tang Soo Do is "to become one with nature". In ancient times, martial artists trained outside in all types of weather: hot cold, sun, rain, and snow. In order to preserve part of this heritage we will have outdoor classes at Glenolden Park once per month this Summer. This will be a great change of pace to train somewhere other than in the actual Studio (Dojang). All family and friends are welcome to come and watch. Classes will be on the following dates: Thursday, May 30th; Wednesday, June 26th; Monday, July 29th; Tuesday, August 27th.

Kick-A-Thon

Our Studio will be holding a Kick-A-Thon & Break-A-Thon on Thursday, June 13th, 2013. Each student obtains pledges that can be either a certain amount per kick within 1 minute or a flat rate amount regardless of the number of kicks performed. We will donate half of the money to the World Tang Soo Do Foundation's Scholarship Fund, for high school and college students, and the other half to St. Baldrick's Foundation, an organization that raises money for children with cancer. This is for all students, and we will need parent volunteers to assist in running this event. Paperwork will be distributed soon.

Color Belt (Gup) Clinic

In the late Summer, Region 8 will be holding a Color Belt (Gup) Clinic for all Color Belt (Gup) students. This is a rare event, and it will give students the opportunity to work on both normal requirements as well as several special sessions on material from other styles of martial arts. I would like to see our school very involved with this great event. Details to follow.

Referrals

As you know, karate is a great activity; it builds focus, character, confidence, and self-defense skills as well as improving physical fitness through exercise. Talk to someone you know about trying a class. There is no greater compliment to thank your instructors for their hard work than referring others students to our school. We appreciate your help in growing our school.

Report Cards

As Instructors, we strive to help every student succeed in every way they can, both inside and outside of the Studio (Dojang). Hearing about the successes of our students in school is a very rewarding experience. If your child has done very well in school and has achieved all A's and B's (or equivalent) on their report card, they are eligible for recognition through the World Tang Soo Do Association by means of the Grandmaster's Scholastic Achievement Award. We encourage all parents of these students to bring in a copy of the student's report card so that it can be submitted to the World Headquarters for review. These awards are announced and presented at the end of classes, and it's a good way to reward these students for their efforts.

Newsletter Articles

The Pal Che Tang Soo Do Times is always looking for articles written by students. While it would be great if they focused on your Tang Soo Do training, they can be about any topic that you think is appropriate and would benefit others. Consider writing an article for an upcoming issue. Reminder: each month there is an activity in the Kids Section of the Newsletter. All students who complete and submit the activity receive a prize.

Calendar of Events

Saturday, May 4 th , 2013	Impact Martial Arts Picnic, from 9:30AM to 3:00PM, Elk Neck State Park, Northeast, MD
Monday, May 13 th , 2013	New Class Times for Tiny Tigers Program take effect
Thursday, May 16 th , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Friday – Sunday, May 17 th – 19 th , 2013	Region 8 Youth Black Belt (Dan) Camp 1, Camp Green Lane, Green Lane, PA
Thursday, May 23 rd , 2013	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Monday, May 27 th , 2013	Studio Closed. Memorial Day.
Wednesday, May 29 th , 2013	<u>No Youth & Adult Class.</u> Leadership Class from 6:30PM to 8:15PM at Pal Che Tang Soo Do, Glenolden, PA
Thursday, May 30 th , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Friday – Sunday, May 31 st – June 2 nd , 2013	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Friday – Sunday, June 7 th – 9 th , 2013	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Monday, June 10 th , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Thursday, June 13 th , 2013	No Classes. Kick-A-Thon & Break-A-Thon @ 7:00PM
Friday, June 21 st , 2013	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday, June 26 th , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Thursday-Friday, July 4 th - 5 th , 2013	Studio Closed. Independence Day.
Wednesday, July 24 th , 2013	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Monday, July 29 th , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.

Saturday, August 3 rd , 2013	Tentative Color Belt (Gup) Clinic, Perryville High School, Perryville, MD
Thursday, August 22 nd , 2013	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Tuesday, August 27 th , 2013	Outdoor Classes at Glenolden Park. Regular Class Times.
Monday, September 2 nd , 2013	Studio Closed. Labor Day.
Saturday, September 28 th , 2013	Black Belt (Dan) Test from 8:30AM to 5:00PM, Freedom Valley YMCA, Phoenixville, PA
Friday – Saturday October 25 th – 26 th , 2013	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA

New Students

Dyvne Lee
Chase Norbeck
Rymir Robinson
Cameron Harper
Nathan Emplit

May Birthdays

Tristin Napoleon – 23rd
Jordon Havens – 24th

A belated birthday wish goes out to new student Chase Norbeck whose birthday was April 18th.

Recent Promotions

Pavel Bashkirtsev – First Degree Black Belt (Cho Dan)
Brian Finley – Brown Belt (Sah Gup)
Yasmine Cabrera – Brown Belt (Sah Gup)
John Lyons – Green Belt with Stripe (Oh Gup)
Deshawn Nicholson – Orange Belt (Pahl Gup)
Leihui Tong – Dragon Red Belt
Zoey Nulty-Oliver – Dragon Orange Belt
Zachary Smithson – Dragon Yellow Belt
Maria Perez – Dragon Yellow Belt
Rudra Bansal – Tiger Green Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

When I started training here at Pal Che, I was 7-years-old. I have learned right here in the very room in which I now spend every night teaching. I remember my parents taking me there and signing me up for Karate classes. I met Master Raver, and he asked me why I wanted to learn karate. My answer was, "I want to learn how to fight." Master Raver then immediately explained to me and my parents that Karate is not about fighting. My parents filled out the paperwork, and then I got my uniform, and we watched the class that was already in progress. A few days later, I took my first class. I remember it was taught by Mr. Centrone, and I learned the basic moves and stances. I recall going home and explaining the moves to my parents to show them what I had just learned. That was over 16 years ago in November 1996. It took me almost 8 years to reach Black Belt and become a Class Instructor, and then another 7 years before I was operating my own Studio (Dojang).

In all my years of training, I never asked once "Am I going to test?" or "When will I get my next belt?" For those of you who do not know, I spent over 4 **years** at Red Belt with Stripe. The minimum time requirement to move from Red Belt with Stripe to Blue Belt was only 4 **months** and only 48 classes. In those 4 years I trained several times each and every week, and I attended literally hundreds of classes, many more than the minimum. My instructors knew that I was not ready, and they made me wait. Why do I mention this now?

Lately, I have seen many students and even some parents obsessing about the number of classes that student have accumulated. Students know that we keep attendance records, and the Belt Rank Promotion Time Requirements are posted on the Bulletin Board in the Studio (Dojang) Lobby. When you look at the chart next time read what it clearly states at the bottom: "Note: These are only the minimum Time Requirements for each Test. Students must also know all Written and Physical Material in order to be eligible to test. Testing Eligibility will be at the sole discretion of the Instructor."

What does this mean? It means that a student can have all the classes in the world and still not be invited to test. The Time Requirements are only minimums. Testing will happen when the student meets the Time Requirements, knows the Witten Material and Physical Techniques, shows proper attitude and spirit, and puts forth good effort in class. Until that time, testing will not occur. Counting classes will not get you closer to testing. Only hard work, studying, and training your utmost can accomplish that. Do not worry about time and classes. Focus on learning everything that you can and learning it well. Then Belts and Promotions will follow.

Master's Corner

By: Master Joseph H. Centrone

This article was written by Master Centrone in June 2000, and it is entitled, "A View From The Sideline." It gives a great explanation of how Tang Soo Do is mental, physical, and spiritual and not just about the techniques that are practiced in class.

One night last month while attending a class I could not take part in due to being “dizzy”, I had a chance to view class from a different perspective. Although my vision at times was distorted and shaky, I began to look past the sight of the ten students training and into the reflection of the class in the windows facing the street. I began to ask myself what people on the other side see when they look through the windows.

What others see, if they even take notice, are people ranging from old to young, big to small, black belt to white, kicking, punching, and blocking, over and over. They will see some kicking high while others are kicking low, some fast, others slow. Then the light changes and they are gone, driving away with their own pre-conceived notions of karate. If they had one time or another trained in another style or school, they might even compare what we do to their own experience.

What they can't see or feel is the *spirit* of the class. They may see the windows fogged up and say, “Wow, they must really be working hard in there”, or they may see students standing around, listening to a description of how and why we execute certain techniques in our Forms {Hyung}. Some students believe that the spirit of a class is measured by how much they sweat, or how the windows look. This couldn't be further from the truth. *Spirit* is not only measured by the physical, but also by the mental and spiritual. It's not what you get out of the class but by more of what you take out. There is a difference between get out and take out. As students we should enter each class with an empty cup always eager to learn and leave class with a full cup. A cup filled not only with drops of perspiration from the physical, but also the fluids from the mental and spiritual aspects of our training that comprise the *essence of Tang Soo Do*. As teachers, we aim to give each student the guidance needed to add something to their cup. Whether it is something we show them or something discovered through self-examination.

Having trained at our school for nearly ten years I have experienced every type of class imaginable. I've left the Studio {Dojang} both soaked with perspiration from a night high in pace and repetitiveness and dry as a bone from sitting the entire class in Master Raver's office discussing philosophy, not just about martial arts, but about life (as if there's a difference). I always departed, leaving class each night with something in my cup: sometimes a drop from having noticed just one thing differently; other nights with my cup overflowing from not grasping everything I was taught, but always with something.

As I said earlier, the one thing people cannot see is the *spirit* of the class. What I missed sitting on the side that night watching, was only the physical aspect of our training. What I saw and felt was the mental and spiritual aspects of class that you can only experience by being there. If you are not training in a classroom atmosphere, that is, with a teacher guiding you, and the shared energy of other students, you are depriving yourself of two thirds of the ingredients needed to become a complete martial artist.

Feature Article

By: Dave Kovar

This article was written by a martial arts instructor named Dave Kovar who runs Kovar Systems, a company that assists studios owners with improving the operation of their

schools. He holds numerous ranks of Black Belts in over 10 different martial art styles.

There is a reason why Oprah, Dr. Phil, Dr. Laura Schlesinger, Jillian Michaels, Tony Robbins, pediatricians, child physiologists, and educators the world over all have alluded to the fact that Martial Arts is one of the most valuable things you can involve your child in. It goes way beyond self defense and can help a child in nearly every aspect of their life. Improved health and fitness, athletic enhancement, increased confidence, better concentration, better behavior, being more courteous and respectful; martial arts can help in all of these areas.

Does this sound too good to be true? It's not. As a matter of fact, many experts agree that in this day and age of escalating childhood obesity, increased playground violence and deteriorating family structure, if you do nothing else for your child, you should make sure that they learn how to swim and they learn martial arts. Let's discuss why.

Self Defense: "Practice the fight so that you don't have to" is a phrase that is often used to describe the self defense benefits of martial arts training. It refers to the fact that as a child becomes more confident in their ability to defend themselves through martial arts training. The need to defend themselves automatically decreases because they unconsciously begin to carry themselves in a more confident manner and that confidence is projected to those around them, making them less vulnerable to predatory behavior. On top of that, martial arts' training includes strategic self defense as well as actual self defense. Children are taught how to recognize a potentially dangerous situation and how to avoid confrontations.

Athletic Enhancement: There is a reason why virtually every professional sports team in virtually every major sport supplements their training with martial arts. Martial arts training offer several advantages. First off, it is amazingly effective in enhancing general coordination because it uses every part of the body in a balanced way. Upper body, lower body, right side, left side, forward movement, lateral movement, rotational movement, it's all included in martial arts training.

Fitness: The three pieces of the fitness puzzle are strength, flexibility and endurance. Martial arts training demand a balance between the three. Therefore, a child who trains in martial arts will find their deficiencies greatly enhanced. Also, because of the balance in the three pieces of the fitness puzzle, they are less likely to injure themselves while participating in other athletic endeavors.

Health: Martial arts training is a proven link to better health for people of all ages, but especially children for several reasons. First off, it is great exercise, but because it is fun, kids don't mind doing it. Discussing diet and lifestyle habits with students is a part of martial arts training, so children who grow up training develop healthy habits that will stick with them for life.

Concentration: Very few activities engage the mind, body and spirit more than martial arts. Because of this, a child's ability to concentrate is greatly enhanced by their martial arts training and this concentration tends to be easily transferable to other activities.

Respect and Courtesy: Due to the fact that martial arts teaches techniques that could be harmful to others if applied, martial arts instructors are obliged to stress the importance of respect, courtesy, and restraint. It has been proven time and again that children who are skilled in martial arts tend to be extremely respectful, considerate and composed.

Confidence: Martial arts virtually always leads to increased confidence in children for a couple of specific reasons. First off, there are no bench sitters, every child participates and is judged not against others but more importantly, against their own potential. Secondly, the structure of martial arts is built on the concept of setting children up for success by giving them a series of realistic, short term goals that they can attain quickly while keeping them focused on an exciting, long term goal. Each time they experience success, their confidence improves until they tend to believe that with hard work and dedication, they can accomplish just about anything.

Submitted Article

By: Pavel Bashkirtsev

This article is a selection from Pavel's Thesis for First Degree Black Belt (Cho Dan).

In the beginning of training, the reason that dominates is curiosity. I only heard about Karate Self Defense Systems from movies and some books. I have been training for a short time in the martial arts. After I started, it was interesting to meet people who spend most of their lives training.

Regular and consistent Tang Soo Do Practice makes a person more focused. The world outside of the Dojang feels chaotic whereas life in the Dojang has an organized flow. The only time for relaxation and to gather all thoughts together is when we Meditate (Muk Yum). Afterwards, the work intensifies like ascending a steep hill.

Regular Warm Up Exercises (Choon Bee Woon Dong) save us from unnecessary injuries. Line Drills (Ki Cho Woon Dong) develop memory and coordination. The Forms (Hyung) are important as they are the pinnacle of Martial Arts Training, and learning them is a challenge and a journey. Self Defense (Ho Sin Sul) teaches critical thinking skills and gives training a sense of purpose.

Does Tang Soo Do practice help in other activities in life? Sure, it does. Everything that I tried after I started learning Tang Soo Do felt much better and achievable. I have applied the same principles that I learned from Tang Soo Do in ballroom dancing classes such as regular practice, repeating basic techniques and patterns frequently, and never giving up. My bike riding skills became sharper. I feel that my balance has improved. It even helped me in music classes where I learned a musical instrument. In all of these areas, I remembered what I learned in Tang Soo Do.

Thoughts for the Month

“The ‘Do’ (or the ‘Way’) is more important than the destination.” — Unknown

“It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice.” — Eric Lindros, former Canadian Professional Ice Hockey Player

Kids' Section

Match the following terms with the correct answers:

- | | |
|------------------------|---------------------|
| ___ 1. Arm | A. Chu Mok |
| ___ 2. Leg | B. Ko Hwan |
| ___ 3. Waist | C. Dan Jung |
| ___ 4. Hand | D. Bahl Deoung |
| ___ 5. Foot | E. Pahl |
| ___ 6. Neck | F. Pahl Koope |
| ___ 7. Chin | G. Ahp Bahl Gum Chi |
| ___ 8. Philtrum | H. Da Ri |
| ___ 9. Lower Abdomen | I. Moo Roope |
| ___ 10. Groin | J. Bahl |
| ___ 11. Fist | K. Myung Chi |
| ___ 12. Solar Plexus | L. Soo or Sohn |
| ___ 13. Vital Points | M. Pahl Mok |
| ___ 14. Wrist | N. Mok |
| ___ 15. Knee | O. Dwi Gum Chi |
| ___ 16. Forehead | P. Hu Ri |
| ___ 17. Elbow | Q. Kup So |
| ___ 18. Heel of Foot | R. Tuck |
| ___ 19. Instep of Foot | S. I Ma |
| ___ 20. Ball of Foot | T. In Choong |

Coloring Activity:

