

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



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Quick Notes

Cleaning, Painting, & Renovations Day

On Saturday, April 19th, 2014, we had a very successful day of cleaning, painting, and renovating the Studio (Dojang). Many projects were completed, and I would like to thank the following volunteers: Gabriel Vallejo, Jose Rivera, Tariq Kadri, Jose Cabrera, Yasmine Cabrera, Christine Havens, Jordon Havens, Tina Kadri, Angie Rivera, Deborah Vallejo, Gabriel Vallejo Jr., Michele Glover, Aidan Glover, Deb Nixon, Jeremy Nixon, Tony DiLucido, Jillian DiLucido, Gretchen Finley, Brian Finley, and Cameron Harper. Thank You Very Much! Ko Map Sum Ni Da!

Merchandise Orders

Believe it or not, Summer is fast approaching. Tiny Tigers and Little Dragons students will be permitted to wear T-Shirts with the Pal Che Tang Soo Do White Tiger in Water Logo on them during the Summer months from Memorial Day to Labor Day. We will have a Merchandise Order for Apparel, Uniform (Dobohk) Logo Screen Printing and Embroidery, Belt Display Racks, and other items. All Youth Students and Adult Students who are Orange Belts or higher must have their own Sparring Gear, and all Youth Students and Adult Students who are Brown Belts or higher must have their own Staff (Bong). Advanced Students should also have their own Weapons. Forms are available in the Lobby, and are due on Wednesday, May 21st, 2014.

Testing Paperwork

Unfortunately, students and parents continue to submit testing paperwork past the stated deadlines. A lot of work goes into making sure each student is prepared for the test and that everything is processed in a timely manner. Each testing candidate receives a clearly-written and detailed invitational letter explaining all of the dates when the necessary items are due for the test cycle. Often times, exceptions are made, and sometimes parents leave the paperwork on my desk past the due date without including the additional fee. Effective immediately the \$10.00 surcharge will apply and student's will have their promotion ceremony delayed if paperwork is not submitted on time. I thank you in advance for your cooperation.

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 27th. T-Shirts must have the Pal Che Tang Soo Do White Tiger in Water Logo on them. Students must wear their full Uniform (Dobohk) to any Color Belt Test (Gup Shim Sa).

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, wind, 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. Outdoor Classes will be on the following dates: Wednesday, May 28th; Thursday, June 26th; Thursday, July 31st; Monday, August 25th; and Wednesday, September 10th.

You & Me (Child & Parent) Class

On Tuesday, June 24th, 2014, we will have a You and Me (Child and Parent) Class. These classes are an opportunity for the young students to have their parents join them in class for one night and show support for them in their training. It will help parents understand how to correctly perform our Tang Soo Do techniques so that they can help their children at home. It will also be fun and a great workout. Students must have a parent or guardian attend the class with them. Classes will be held at the regular times with Tiny Tigers from 6:00PM to 6:30PM and Little Dragons from 6:30PM to 7:15PM. On this one night, the Youth will train with the Adults in 7:15PM to 8:30PM Class.

Weapons (Moo Ki) Week

In August, we will be hold a Special Weapons Week where we will delve into a variety of Weapons (Moo Ki): Staff (Bong), Knife (Dan Gum), Sword (Jang Gum), Sticks (Escrima), Nunchaku, Fan, and Rope. It will be held in the Studio (Dojang) from Monday, August 11th, 2014 to Friday, August 15th, 2014. Sign Up Sheets will be available in the Lobby.

Good Jobs Cards

In order to reward everyone for their hard work, some students will be selected periodically to receive a Good Job Card for excellence in class. Be sure to try your best every night when you come to class. Work hard and you will succeed.

Report Cards

As Instructors, we strive to help every student become everything they are capable of becoming, both inside and outside the Dojang. Hearing about the success 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 Headquarters. These awards are given out and announced at the end of classes, and are a good way to reward these students for their efforts.

Black Belt (Dan) Camps & Clinic

The Annual Region 8 Youth Black Belt (Dan) Camps and the Adult Black Belt (Dan) Clinic will be coming up very soon. Black Belt Candidates (Cho Dan Bo) and Black Belts (Dan) are required to attend as a requirement for Black Belt (Dan) Testing. You will need an equal number of Camps/Clinics to the Degree Level of Black Belt that you will be testing for next. Links to the Invitation Letter, the Schedule, the Online Application, and the Parent's Guides are available on Upcoming Events Page of the Region 8 Website at www.WTSDARegion8.com. Online registration is the only option this year, and the URL website links are provided. Information about registering for each of these events is listed below:

Youth Black Belt (Dan) Camp 1

Friday, May 16th – May 18th, 2014

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=46211

Youth Black Belt (Dan) Camp 2

Friday, May 30th – June 1st, 2014

Camp Green Lane, Green Lane, PA

Early Deadline: \$155.00 by May 17th

Final Deadline: \$170.00 by May 23rd

https://events.membersolutions.com/event_detail.asp?content_id=46212

Adult Black Belt (Dan) Clinic

Friday, June 6th – June 8th, 2014

Elizabethtown College, Elizabethtown, PA

Early Deadline: \$160.00 by May 2nd

Final Deadline: \$175.00 by May 16th

https://events.membersolutions.com/event_detail.asp?content_id=39870

Make sure that you apply early to take advantage of the lower rate. No applications will be accepted after the deadlines so please be prompt with submitting your paperwork. E-mails have been sent out to all students who are eligible, and students should start planning ahead for it now. If you are unsure whether you should attend this year or if you have any questions, you should meet with Mr. D'Amato as soon as possible.

Tang Soo Do Duel

Pal Che Tang Soo Do will be holding a small In-House Tournament set tentatively for Wednesday, June 11th, 2014. This is the first of its kind. Proposed by student Cameron Harper, this "Tang Soo Do Duel" will give students an opportunity to challenge themselves and gain experience with competing. It will allow all students to participate without needing to travel to a far away competition, and it will provide extra practice to those students who plan to compete in upcoming tournaments. There will be prizes for the winners of each event. Events will include: Forms, Weapons, Sparring, Self-Defense, Breaking, and Fighting. It will be open to students of all ages and from all Programs, and I am exploring options to invite students from other Studios (Dojang) to join us for this fun event.

2014 WTSDA World Championship

The details of the 2014 WTSDA World Championships have officially been announced! It will be held on Friday, Saturday, and Sunday, July 18th, 19th, & 20th, at the Greensboro Coliseum Complex, 1921 West Lee Street, Greensboro, NC 27435. This is the largest World Tang Soo Do Tournament with over 2,000 students from countries all over the world, and it is definitely worth attending if you can make it. Links to the applications are available online at www.WTSDA.com or in the Studio (Dojang). This year marks the 32nd Anniversary of the World Tang Soo Do Association, and will focus on three (3) key events: The Promotion of Master William R. Strong of Alabama to GrandMaster; The 30, 40, 50 year plus Masters' Honorary Dinner; and the Picnic and Dedication of the Meditation Garden at World Headquarters featuring a bronze statue of our Founder and GrandMaster Jae Chul Shin. It will be another historic event, and the Association is asking for support to make this a successful Championship. All competitors must Pre-Register Online at this link: https://events.membersolutions.com/event_detail.asp?content_id=45634. The Final Deadline is this Thursday, May 15th, 2014 with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belts (Dan) costing \$75.00. Newly Registered White Belts can register through Sunday, June 1st, 2014 at the price of \$65.00. Volunteers for Judging, Scorekeeping, and Timekeeping are also needed to make this event successful, and students, especially Black Belts and Instructors, are expected to sign up here: https://events.membersolutions.com/event_detail.asp?content_id=45919. The Hospitality Suite is also looking for hosts: https://events.membersolutions.com/event_detail.asp?content_id=45917. Get your applications in early!



Instructors Classes

Beginning this Spring, we will be holding monthly Instructors Classes for those Students who are Certified Instructors or in the Instructor Trainee Program. Now that Certifications are being finalized, the goal of this class is to give the Instructors of Pal Che Tang Soo Do advanced training and teaching strategies. Lesson Plans have been created and are available to act as a guide when teaching. It will be ran as an open format so that all Instructors and Assistant Instructors can present new ideas, ask questions, and make suggestions, while reviewing and improving the curriculum for all of the Tang Soo Do Programs that we offer. We will also have meetings to keep up-to-date about current events. These classes will be held once per month on a Wednesday. Some meetings may be held on the nights of the Color Belt (Gup) Tests.

Leadership Classes

Mr. George Celona, Ms. Angel Celona, Mr. Jon Blessington, and Mr. Nick D'Amato have spent a great deal of time planning the upcoming Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Classes, and we have some awesome things on the schedule. We have a lot of new topics that we want to explore in the next few months including various Weapons (Moo Ki) and other martial arts styles. We have some Guest Instructors coming and a potential trip to another school in the Summer. Those who have already been invited as members of the Program should make every effort to attend these classes whenever possible especially since it's free-of-charge and because they have so much to offer. Remember, you can only benefit if you participate. As the Leadership Program continues to grow this year, (we are expecting **MANY** new students to be invited in 2014 alone), students who do not attend on a regular basis will be replaced by students who can come more often. Mark your calendars with the dates in the Calendar of Events section!

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 martial arts. Potential students are always welcome to come for a Free Trial Class. If you know some people who are interested, take a business card or brochure and share it with them. A referral program with prizes and incentives will be implemented later this year to thank students for helping to recruit more members to our Studio (Dojang). 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.

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. Students, Parents, and Instructors should seriously consider writing an article for an upcoming issue.

Calendar of Events

Friday – Sunday,
May 16th – 18th, 2014

Region 8 Youth Black Belt (Dan) Camp 1, Camp Green
Lane, Green Lane, PA

Saturday, May 17 th , 2014	Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Wednesday, May 21 st , 2014	Merchandise Order Forms Due.
Thursday, May 22 nd , 2014	No Classes. Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Friday & Monday, May 23 rd & 26 th , 2014	Studio (Dojang) Closed. Memorial Day Weekend.
Wednesday, May 28 th , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Friday – Sunday, May 30 th – June 1 st , 2014	Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA
Monday, June 2 nd , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Friday – Sunday, June 6 th – 8 th , 2014	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Wednesday, June 11 th , 2014	Tentative Tang Soo Do Duel @ 6:30PM
Friday, June 20 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Tuesday, June 24 th , 2014	You & Me (Child and Parent) Class: Tiny Tigers from 6:00PM to 6:30PM; Little Dragons from 6:30PM to 7:15PM; Youth will train in 7:15PM to 8:30PM Class
Wednesday, June 25 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Thursday, June 26 th , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, June 28 th , 2014	Leadership Class & Group Lunch, Time TBA, @ Robinson's Martial Arts, Tunkhannock, PA
Wednesday, July 2 nd , 2014	Terminology & Study Class, from 6:30PM to 7:00PM
Friday, July 4 th , 2014	Studio (Dojang) Closed. Independence Day.

Friday – Sunday July 18 th – 20 th , 2014	World Championship, Greensboro Coliseum Complex, Greensboro, NC; World HeadQuarters Picnic, Meditation Garden Dedication, and GrandMaster Shin Bronze Statue Unveiling, Burlington, NC
Thursday, July 24 th , 2014	No Classes. Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday, July 31 st , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, August 2 nd , 2014	Tentative Leadership Class, 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Monday – Friday, August 11 th -15 th , 2014	Weapons Week: Staff (Bong), Knife (Dan Gum), Sword (Jang Gum), Sticks (Escrima), Fan, and Rope
Wednesday, August 20 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Monday, August 25 th , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Wednesday, August 27 th , 2014	Tentative Instructors Class & Meeting, from 7:30PM to 8:30PM
Monday, September 1 st , 2014	Studio (Dojang) Closed. Labor Day.
Wednesday, September 10 th , 2014	Outdoor Classes at Glenolden Park. Regular Class Times.
Saturday, September 20 th , 2014	Black Belt Test (Dan Shim Sa), from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Thursday, September 25 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Saturday, October 4 th , 2014	Glenolden Borough Community Day with Demonstration, from 12:00PM to 4:00PM, Glenolden Park, PA
Friday & Saturday October 24 th & 25 th , 2014	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA
Friday, October 31 st , 2014	Studio (Dojang) Closed. Halloween.

New Students

Tamir Martins

May Birthdays

Tamir Martins – 11th

Jordon Havens – 24th

Farhanaz Asskaryer – 29th

Recent Promotions

Christine Havens – Blue Belt (Cho Dan Bo)

Brian Finley – Red Belt (E Gup)

Yasmine Cabrera – Red Belt (E Gup)

Xander Lyons – Green Belt with Stripe (Oh Gup)

Daniel Joyner – Green Belt with Stripe (Oh Gup)

Ashon Foster – Green Belt (Yuk Gup)

Damien Wallace – Dragon Red Belt

Alonzo Jackson – Dragon Green Belt

Bradley Mitchell – Dragon Green Belt

Eric White – Dragon Yellow Belt

David Rivera – Tiger Brown Belt

Justin McCollum – Tiger Orange Belt

Master's Corner

By: Ms. Angel Celona

It is an honor to be invited to the World Tang Soo Do Association's Master's Clinic. The most senior masters from around the world gather to share their knowledge with the other attendees. This clinic started 25 years ago and remains a premier training clinic in not just the WTSDA, but in all martial arts. As a testing candidate, the clinic is an emotional roller coaster ride. As I reviewed my notes from last year's clinic, if I had to sum up the entire weekend into one thought it would be "one more time." If I had to sum up the 2014 clinic into one thought it would be "this time."

Grandmaster Shin was famous for his "one more time" training tool. "One more time" meant do it again, but with more spirit. Sometimes the "one more time" would be the final, but many times it was a challenge to do it again with more spirit. How much more spirit did we as students have? Well, we would have to do it several times to find out!

In my first year as a candidate, I had self-doubt about my worthiness to be testing for Sah Dan. I, wrongly, compared myself to others when I should have been comparing myself to myself. Instead of preparing with confidence, I shut down due to self-destruction. By the time I actually made it to the clinic, I was emotionless. I was not happy, sad, excited, or anything. I had a guard up so that if something did not go as I would have liked, I would not have to feel bad about it. I went through several great training seminars, wonderful lectures and met new and accomplished martial artists from around the globe. Even still, my guard was up. By the time the test finally began, I was ready to try my hardest, but was unsure if that would be enough to pass.

Grandmaster Beaudoin reminded us candidates of Grandmaster Shin's "one more time" mentality. It took me until the final hours of the clinic, which were very late at night and early in the morning to achieve "Moo Shim", or empty mind, and do nothing but train. I did this well. If

only I could have trained the entire weekend without the giant mental roadblock I set for myself!

Let me rewind about twenty years. Growing up, I had unusual anxiety. My nerves about everything caused me to be sick. I was involved with the Girl Scouts, and we would go on frequent field trips. This would trigger my anxiety, and I would throw up every time we went anywhere. It got to the point where I was not allowed to attend field trips without my mom. It wasn't just field trips though; I would be sick over stories I heard on the nightly news whether it was applicable to my own life or not. I would be sick over the thought of Greenhouse gases ruining the O-Zone, Hepatitis-B, and severe thunderstorms. Anything. By the time I entered college, I learned to live in my own scared body, however, one night in my freshman year, I suffered an anxiety attack. My roommate was not around, and I could not see. I was extremely weak, and I could not stand up in the shower I attempted to take, sweating as if it were 150 degrees. I ended up collapsing on my bed.

I decided that I needed to change. I did a lot of work mentally. I based everything around me on three things: 1. Why is this bothering me? 2. Do I, or do I not, have any control over it? 3. What am I going to do about it? I started living my life basing everything on these three simple questions, and I am confident in saying that, for me, it worked. I was much more confident and in control. If we fast-forward to that Master's Clinic in 2013, I was back to my old self. I did not want to be there ever again; yet, there I was. So, moving into my second year, I had to work to be the self I was happy with.

Being a second year candidate was slightly less stressful based on the fact that you had an idea of what was going to happen. I was armed with a good attitude, many weeks, months, and years of preparation and control over myself. I made the decision to feel, experience, and live every second of the clinic. So, I was nervous! The anticipation may be the most difficult part of the entire test. I arrived at the Master's Clinic in Alabama on Thursday morning at about 6:30AM, and my test did not start until 10:00PM on Saturday night. That is a long wait.

However, everything that I did, I did it for "this time." **This time** I am going to give it my all; every block, kick, punch, thought. If I strike out, I know there is more work to be done, but there is no room for any excuse as to why it could have gone differently. The days leading up to the test, I did not save anything in my reserves – everything was for the moment. Please do not get the impression that I did not work my hardest my first year, as I certainly did, but my hardest was under stifling doubt. In my second year, my best effort was put forth with confidence that did nothing but build over the weekend leading up to testing. I am proud of myself for overcoming the anxiety that I let myself become a victim to my first year.

Emotions aside, the Master's Clinic is a weekend of learning the best from the best. I had the opportunity to learn new martial arts material, philosophy, history, technique and make new friends from around the world. I am honored, proud, and humbled all at the same time to have been a part of the World Tang Soo Do Association's 25th Anniversary of the Master's Clinic and will do my job to carry on this tradition that we love. Several years ago, a wise Native-American Chief told me he did not count his age in years, but in days. Each day counts. *This time*. I am, this time. I will, this time.

Feature Article

By: Ms. Christine Havens

This article is an excerpt from the thesis of Christine Havens' test for Blue Belt (Cho Dan Bo), which is a Black Belt Candidate. The topic is: "What are the responsibilities of a Cho Dan Bo in and out of the Dojang?"

Everyone may have different views on what it takes to be a Blue Belt. For example, a White Belt may say it's the last belt before you become a Black Belt. As you progress in martial arts, you find your views change. Your mind and body begin to transform into something greater. It's not just the last belt before Black Belt any longer. It's something greater.

As a White Belt you walk into the Dojang with no experience of the art. You start your class with no coordination, no mindset, and no expectations. As you continue on in your journey of karate, you start to change. You become more flexible and durable, while starting to do certain techniques without even thinking of them. You start to see and feel things differently. You become more confident about yourself, and it is all because of your attitude.

Becoming a Blue Belt is an accomplishment in itself. You have overcome so many obstacles to get to this point in your training. As a Blue Belt, it is your duty to not only train hard but to show others that it is possible, too. A Blue Belt must explain to the lower ranking students that you are merely a White Belt with more experience. Show them through example that discipline and dedication creates achievement. Becoming a Blue Belt comes with hard work. As you train more and begin to understand the martial arts way of life, you will find yourself becoming a better person, physically and mentally.

At this level, things should be more meaningful, and you need to be fully committed to not giving up. It includes helping others, leading by example, and nurturing through discipline. A true mark of the Blue Belt is when you find yourself doing selfless acts without even thinking about it. To me, these are the responsibilities of a Cho Dan Bo. Everyone's path is different, in time, you will find the way.

Submitted Article

By: Ms. Yasmine Cabrera

This article is an excerpt from the thesis of Yasmine Cabrera's test for Red Belt (E Gup). The topic is: "Courage is doing what is right: nothing more, nothing less."

When you say courage is doing what is right nothing more and nothing less you mean, do the right thing and don't do more or do less. Courage is like a goal you set. You don't want to set a goal too high that is too challenging to reach. You also don't want set your goal too low that is fast to reach. Set a reasonable goal that is not too high or too low. Courage is used in karate to build confidence. It is used to do techniques, especially when they are complicated for us to perform. Courage is used in another way because when in difficult times like if someone was attacking you and it is hard to get out of it, you might use courage to calm yourself down, focus,

and do the right thing to save yourself without exceeding what is necessary. Courage is doing what is right even if it is scary. Courage is doing what is right and standing up for others and yourself. Sometimes you have to go out of your comfort zone in order to do the right thing. You can show courage in almost everything you do. You can use courage to do something you fear. Courage is used to express who you are. Courage controls your fear. Courage can help us through hard times.

Thoughts for the Month

“Vision is not enough; it must be combined with venture. It is not enough to stare up the steps; we must step up the stairs.” — Vaclav Havel, a Czech playwright, essayist, poet, wrote more than 20 plays and numerous non-fiction works, as well as a dissident and politician, who was the 9th President of Czechoslovakia and the 1st President of the Czech Republic.

“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.” — Harry S. Truman, haberdasher, farmer, Senator from Missouri, and 34th Vice President and 33rd President of the United States, who oversaw the end of World War II and the start of the Cold War.

“Enjoy the little things, for one day you may look back and realize they were the big things.” — Robert Brault, a free-lance writer who’s contributed to periodicals in America for over 40 years

“Motivation is knowing you are learning, growing, and succeeding toward your desired outcome while sustaining positive momentum.” — Jaren L. Davis, an amateur American blogger.

“The task of leadership is not to put greatness into people, but to elicit it, for the greatness is there already.” — John Buchan, a Scottish novelist, historian and Unionist politician who served as the 15th Governor General of Canada.

“Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work.” — William Arthur Ward, an American writer of inspirational maxims, who authored Fountains of Faith and is frequently published in magazines.

“Good, better, best. Never let it rest. Until your good is better and your better is best.” — Tim Duncan, an American professional basketball player, who plays for the San Antonio Spurs in the NBA.

Photos

Breaking (Kyuck Pa) Class — Thursday, April 3rd, 2014



Special Hapkido & Kubotan Class with Guest Instructor Master Erwin Watters — Thursday, April 17th, 2014



Color Belt Test (Gup Shim Sa) – Thursday, April 24th, 2014



Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Class with Guest Instructor Master Kenneth Peterman – Saturday, April 26th, 2014

