

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

Merchandise Sale

Merchandise is now for sale: Apparel, Sparring Gear, Weapons, and other items. Tiny Tigers and Little Dragons students are 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. Youth and Adult students must have their own Sparring Gear. See Mr. Nick to get yours today!

Tuition Policy

This is a reminder that **30 days** notice is required to freeze or cancel any account. Since most customers are on monthly billing, this means that if there is a payment due within the next 30 days following the date of notice of the stop, one final payment is required. Students who are taking a leave must provide notice so that their account with Member Solutions can be frozen.

25th Anniversary Events

This Spring Pal Che Tang Soo Do celebrates its 25th Anniversary of being a Martial Arts Studio (Dojang) in Glenolden, PA. We will be holding some Special Events on Saturday, June 27th, 2015 at the Studio (Dojang). In the morning, there will be 2 classes: Youth & Adult from 10:00AM to 11:00AM and Tiny Tigers and Little Dragons from 11:00AM to 11:30AM. After the Classes, there will be a Kick/Break-A-Thon from 11:30AM to 12:30PM. Following the training, there will be a cookout barbecue starting around 1:00PM. All Students, Parents, and Instructors are invited to attend. There will be several guests in attendance as well. We will also be looking for some people to help organize the events. Mark your Calendars!

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.

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. Information for each of these events is listed below:

Youth Black Belt (Dan) Camp 1

Friday, May 29th, 2015– Sunday, May 31st, 2015

Camp Green Lane, Green Lane, PA

Early Deadline: \$165.00 by Thursday, April 23rd, 2015

Final Deadline: \$180.00 by Friday, May 15th, 2015

https://events.membersolutions.com/event_register.asp?s=event_manager&content_id=55242



Youth Black Belt (Dan) Camp 2

Friday, June 5th, 2015 – Sunday, June 7th, 2015

Camp Green Lane, Green Lane, PA

Early Deadline: \$165.00 by Thursday, April 30th, 2015

Final Deadline: \$180.00 by Friday, May 22nd, 2015

https://events.membersolutions.com/event_register.asp?s=event_manager&content_id=55243



Adult Black Belt (Dan) Clinic

Friday, June 12th, 2014 – Sunday, June 14th, 2014

Elizabethtown College, Elizabethtown, PA

Early Deadline: \$165.00 by Thursday, May 7th, 2015

Final Deadline: \$180.00 by Thursday, May 21st, 2015

https://events.membersolutions.com/event_register.asp?s=event_manager&content_id=55244



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 register right away. If you have any questions about attending, you should meet with Mr. D'Amato as soon as possible.

New Study Guide & Curriculum Guide Policy

Starting this month students will be required to submit completed worksheet versions of their Study Guides in order to be eligible for testing. All students will receive new copies of their Study Guides in the coming weeks. Students must submit all Study Guides up to their Current Rank in order to be put on the testing list. Students who already have old versions of the Study Guides filled out will be permitted to use them for now. Just as class hours, rank time, and physical pre-screenings are evaluated, completed Study Guides will now be required as part of a new written pre-screening. Students will also be receiving new Curriculum Guides so that students and parents will know exactly what techniques are required for each belt level. Students should use these worksheets as checklists to ensure that they know all necessary techniques. A packet explaining more information about this will be distributed very soon to all students.

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.

Leadership Classes

Master George Celona, Ms. Angel Celona, 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 for 2015. All of the dates for the rest of the year are available in this issue of the Newsletter. We have a lot of new topics that we want to explore in the next few months, and we have more Guest Instructors scheduled to teach. **Members of the Leadership 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.** Mark your calendars!

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 other students to our school. We appreciate your help in growing our school.

Calendar of Events

Friday, May 22nd, 2015

No Classes. Color Belt Test (Gup Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM

Monday, May 25th, 2015

Studio (Dojang) Closed. Memorial Day.

Friday – Sunday,
May 29th – 31st, 2015

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

Friday – Sunday,
June 5th – June 7th, 2015

Region 8 Youth Black Belt (Dan) Camp 2, Camp Green Lane, Green Lane, PA

Friday – Sunday, June 12 th – 14 th , 2015	Region 8 Adult Black Belt (Dan) Clinic, Elizabethtown College, Elizabethtown, PA
Friday – Sunday, June 19 th – 21 st , 2015	Region 22 Adult Black Belt (Dan) Clinic, University of Pittsburgh-Johnstown, Johnstown, PA
Saturday, June 20 th , 2015	Tentative Leadership Class, Time TBA, @ Robinson’s Martial Arts Institute, Tunkhannock, PA
Wednesday, June 24 th , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Saturday, June 27 th , 2015	25 th Anniversary of Pal Che Tang Soo Do; Classes from 10:00AM to 11:30AM, Kick/Break-A-Thon at 11:30AM to 12:30PM, Party at 1:00PM
Friday – Monday July 3 rd – 6 th , 2015	Studio (Dojang) Closed. Independence Day Weekend. Classes Resume Tuesday, July 7 th , 2015.
Saturday, July 11 th , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Thursday, July 23 rd , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Sunday, July 26 th , 2015	Region 8 Instructor’s Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Saturday, August 15 th , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Friday, August 21 st , 2015	No Classes. Tentative Color Belt Test (Gup Shim Sa) & Tentative Black Belt Pretest (Dan Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM Black Belt Candidates @ 8:00PM
Sunday, August 30 th , 2015	Region 8 Instructor’s Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Monday, September 7 th , 2015	Studio (Dojang) Closed. Labor Day.

Saturday, September 19 th , 2015	Region 8 Black Belt Test (Dan Shim Sa) from 8:30AM to 4:00PM @ Twin Valley Middle School, Elverson, PA
Saturday, September 26 th , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Saturday, October 10 th , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA
Friday – Saturday October 16 th – 18 th , 2015	Region 8 Championship, from 5:00PM to 10:00PM and from 8:00AM to 5:00PM, @ The Galleria at Split Rock Lodge & Resort, Lake Harmony, PA
Friday, October 30 th , 2015	Halloween Party, Time TBA, @ Pal Che Tang Soo Do, Glenolden, PA
Saturday, November 21 st , 2015	Tentative Leadership Class, from 11:30AM to 1:30PM, @ Impact Martial Arts, Perryville, MD
Thursday – Friday, November 26 th & 27, 2015	Studio (Dojang) Closed. Thanksgiving Holiday Weekend.
Sunday, November 29 th , 2015	Region 8 Instructor's Class, from 10:00AM to 1:00PM, Mimidis Karate, Lancaster, PA
Saturday, December 19 th , 2015	Tentative Leadership Class, from 10:00AM to 12:00PM, @ Pal Che Tang Soo Do, Glenolden, PA

April Birthdays

Joseph Neiss – 1st
Michael Jack Friel – 3rd
Ja'Nya Clayton – 4th
Emily Woods – 7th
Raymond Havens – 12th
Joseph Centrone – 15th
Gabriel Vallejo – 26th
Nicholas D'Amato – 26th

The April birthdays were mistakenly listed as March Birthdays in the previous issues so they are being reprinted here correctly.

May Birthdays

Vernon Mayes – 14th
Jordon Havens – 24th
Farhanaz Asskaryer – 29th

Recent Promotions

Christine Havens – First Degree Black Belt (Cho Dan)
Xander Lyons – Brown Belt with Stripe (Sam Gup)
Mikayla Davish – Green Belt with Stripe (Oh Gup)
Stephen Davish – Orange Belt (Pal Gup)
Christopher Monroe – Dragon Green Belt

New Students

Ernest Jones

Instructor's Angle

By: Mr. Nicholas W. D'Amato

This month's article originally appeared in July 2004 in a section called Black Belt Health and Fitness. It is entitled: "Staying Hydrated." Since the long, hot, dog days of Summer are upon us, it is a good idea to follow this advice.

Staying hydrated is very important, especially in the Summer. As Martial Artists, our physical training can vary from intense workouts to moderate exercising. No matter what we do in the Summer heat, we always need to stay hydrated by drinking fluids, preferably water... and **A LOT** of it. The usual recommendation is 48 to 64 ounces of fluids per day, but more is certainly fine, also. A person should not wait until they are thirsty to start drinking fluids, because it is too late. We humans will feel our performance level dropping off with just a 2% water loss, which is the beginning of dehydration.

Dehydration is a very common Summer problem, but it can easily be avoided. "The best defense against dehydration is a good offense." Everyone should be sure to drink fluids continuously at breakfast, lunch, and dinner, every meal, at least two (2) hours before, during, and after physical activity. When exercising or undertaking any kind of physical activity, drink early, often, and afterwards. In other words, we should be sure to drink before so we avoid dehydration, during to keep up our strength and endurance, and after the activity to replenish lost fluids through perspiration.

We as martial artists should definitely follow these rules of drinking before, during, and after our training. I would like to advise students to ask for a drink if they are feeling ill, however, this does not mean to constantly be asking for a drink and abusing the privilege every time you want a break. Sometimes we must tough it out and train our bodies to go without. Research has proven that water during intense activity leads to better performance, and on really hot nights our Instructors will now stop class for fluid breaks.

Everyone has different fluids needs, due to: gender, body size, fitness level, temperature, intensity, and duration. There is an easy way, under any conditions, to tell if you are getting enough fluid. All that a person has to do is check the color of their urine, when going to the bathroom. If you are drinking enough, your urine will be a pale light yellow or nearly colorless, and odorless. If your urine is dark colored or has a strong smell, you are absolutely definitely not drinking enough.

Depending on a person's activity, there are different things recommended to drink to stay well hydrated. Water is, by far, the **BEST** thing. It is true, that some professional athletes do require some type of sport drinks or, but usually for most people they are not necessary, because we do not need them and can survive without them. Caffeine is not the best thing to drink, but it will hydrate a person just a little. Some tips on what to drink include:

1. Any fluid (except alcoholic beverages) is better than no fluid!
2. Moderate amounts of caffeine are probably OK for most adults!
3. Liquid calories do count and may be an important factor in weight control!

4. Enjoy a variety of beverages; just don't overdo it on any of one of them!
5. When in doubt, drink water, because it is cheap and calorie free!

Remember: This Summer when training in the Dojang or exercising elsewhere, drink water! Drink water all day long. Bring water with you when you go out! Buy bottled water! STAY HYDRATED!!!

Master's Corner

By: Master George T. Celona

This article was written by Master Celona of Impact Martial Arts. He wrote this article to explain the raw training techniques of our martial arts. While Martial Arts have many benefits, students need to remember that these techniques were originally used in battle for protection and even killing. This side of the martial arts is often ignored in modern times, with students and parents focusing solely on the artistic and personal benefits of training in a martial art. It is entitled: "The word 'Martial' comes before the word 'Art'."

As a studio owner, it's my job to be able to tell potential students about the benefits of martial arts. We say that training in Tang Soo Do can help with physical fitness, discipline, focus, and stress relief. Potential students, and their parents, have heard that kids who take karate typically perform better in school than their non-karate peers. Parents and adults in our program have told us that training in our program has improved their confidence and helped them with their ability to "take risks." Both adults and children have made strong friendships in our program, and our studio is definitely one big family.

These are all incredible benefits, and I am happy and proud that I have been able to impact students' lives in a positive way. As instructors, we knew that this would happen, and so we chose the name of our studio accordingly, however, over my years of training, I have become more and more concerned about the "martial" aspect of our martial art, and it is an absolutely essential part of what we do.

What separates a Tang Soo Do Dojang from a health club or a gym? Many of the same benefits described above can be achieved at the gym. Both the gym and the Dojang allow members to meet new people, make friends, sweat together, and relieve stress. A serious health club member can get in great shape if the will and dedication to achieve that goal is present. Health club members also gain confidence because they realize the rewards of their hard work. It also requires discipline to be able to stick to a schedule and not make excuses in place of a workout. Obviously, many of the same benefits are present.

The point is, one can't lose sight of the reason why martial arts were developed in the first place; namely to develop effective fighting techniques for the battlefield, and then later to develop self-defense techniques for protection against thieves, marauders, and crooked, armed aristocrats. Some of the movements were passed down from one generation to the next, and for one reason; they were effective in a combat situation. What was ineffective was discarded, and those techniques that did work were shared with others and used again.

As we train in the martial arts, we can't forget about this martial aspect. In modern times, many times we value all of the other aspects of the training more than the tactical knowledge that the training brings us. We must always train with the mindset that what we do was designed to protect us from harm. Training should be taken with the utmost seriousness, not treated like a casual "Cardio Kickboxing" class or some other fitness event. Students struggle with this because most Tang Soo Do practitioners at our Dojang are very civilized, friendly people who wouldn't want to hurt anybody. There is and must be a distinct difference between *wanting* to hurt anybody and *needing* to hurt anybody if the time came for it. We must have the physical capability, and more importantly, the mindset, to be able to strike with crushing force if the need ever arises. This can only be achieved through serious training, and with a healthy sense of the origins of our art in place.

The mindset of many students is something that is in need of work. Lately, many Tang Soo Do practitioners have focused so much on the "art" that the "martial" aspect is lost. Students prefer techniques that "look good" over techniques that are actually effective. Students must always place prime importance on the effectiveness of what they are practicing. Our techniques must be swift, powerful, and purposeful. Without these, we are missing out on one of the defining characteristics of martial arts training.

Not only is that important, but the martial traditions of our art important to be passed down as well. One major difference between the gym and the Dojang is the set of strict protocols that we adhere to and pass down to our students. We expect that all students show proper respect to each other, and know their place in the Dojang. Everything at the Dojang is executed with a top-down approach, from lining up for class to addressing issues at the school. There is a definite hierarchy that must be adhered to, which is different from a gym or most other activities. This served many purposes in ancient times, mainly to maintain order and efficiency. The same can be true today, but in many places, this hierarchical approach has been lost. Lost with it is respect for elders and acknowledgement of someone's experiences and accomplishments. In some respects, this lack of structure has had negative side effects. Kids and adults often need the structure that a martial arts program offers in order to instill the discipline and respect that many are seeking.

The bottom line is that the "martial" part of our martial arts training is very important, and very different from most of our other daily experiences and activities. Focusing solely on the health benefits of training makes our training lose some of its most vital components. As students we must not let the martial arts get watered down into something that loses the very essence of what they are. It is our job while training to always keep the "martial" in martial arts.

Feature Article

By: Dr. Brian G. Ormiston

Dr. Brian Ormiston is an Environmental Scientist from the western coast of Florida. He has become an internet pen pal of mine after we met on FaceBook through other fellow Tang Soo Do Practitioners. He trains at Suncoast Tang Soo Do in Region 21. He originally started as a teenager in Michigan, but then stopped when he went to college and began his career. As an older gentleman now living in Florida, he found another Tang Soo Do school, and he has returned to studying the martial arts that he started decades earlier. He recently posted this submission as a “Throwback Thursday” on FaceBook, and with his permission, I am reprinting it here. Dr. Ormiston explains why it is essential that students persevere even in the most difficult times when thoughts of quitting enter the mind.



From Left to Right: Green Belt in Tang Soo Do Moo Duk Kwan in 1969 in Detroit, Michigan; Testing for Red Belt with Stripe (Il Gup) in September 2014 in New Port Richey, Florida; Testing for Blue Belt (Cho Dan Bo) in March 2015; and Promotion to Black Belt Candidate in April 2015.

It has been a long journey, and, of course, it's not over. I have a message for younger students that may be struggling or discouraged about their progress. Don't worry about your rank or belt color; just keep going, and eventually you will reach your goals, one small step at a time. I trained for 5 years as a youth and only reached Red Belt by the time I had to leave for college at the age of 17. My initial motivation for taking karate was that I was tired of getting beat up in a tough school system, but what I learned was much more than some self-defense and the ability to stand up for myself. The self-discipline, work ethic, confidence, ability to concentrate, respect for others and myself, as well as the perseverance in those early years served me well in college and throughout my entire adult life. The changes that are occurring in you as you train are not all physical or external. It's the changes inside — in your mind and in your spirit — that really matter. They will be most important to you in the future. The martial arts journey is not about fighting skill or belt color at all. It's about improving, believing in yourself, and having a better life. So, don't quit, keep training, and keep improving yourself at your own pace. Take pride in your accomplishments even when they seem small. Tang Soo!

Submitted Article

By: Ms. Christine A. Havens

This article was written the day after Ms. Christine A. Havens received her promotion to First Degree Black Belt (Cho Dan).

Last night I was officially promoted to Black Belt (Dan). It has been a long 5-year journey. In those five years, I have truly come to understand the 7 tenants of Tang Soo Do:

1. Integrity: To be honest with myself and others both in and out of the Studio (Dojang).
2. Concentration: The ability to give exclusive attention to one thing; while training, we must leave everything aside except for the task at hand.
3. Perseverance: Despite many difficulties and failure, a continued effort is very rewarding.
4. Respect & Obedience: Gaining respect for myself and others and the obedience to know when to submit.
5. Self Control: Learning to control myself in difficult situations, both emotionally and physically.
6. Humility: It's OK to have perspective and respect for one's place, and asking for help is a sense of pride.
7. Indomitable Spirit: Never giving up. Failure to me is not an option. I will continue to work towards the impossible and keep a positive attitude while doing so.

A new journey is ahead, and I vow to continue with all of the above. I would like to give a special thanks to my husband, Bob, and my 3 boys: Jordon, Jacob, and Raymond. They have always stuck by me. I hope I have taught you to never give up. To my other family, my Tang Soo Do family, I appreciate you being there, training by my side, and I hope I have inspired you all in some way. I also give a very special thank you to my Instructor, Mr. Nicholas D'Amato. You have given the guidance and support that I needed to achieve. You also have pushed me way beyond my limits and knew that I would rise to the challenge. Lastly, I have a special thank you to my girl, Ms. Deborah Vallejo. Your support these past years mean a lot. I look forward to many more years of training by your side! Tang Soo!!!



Thoughts for the Month

“It’s not what you are that holds you back; it’s what you think that you are not.” — Denis Waitley, an American motivational speaker, writer, consultant, and best-selling author.

“When someone tells you that you can’t do something, perhaps you should consider that they are only telling you what they can’t do.” — Sheldon Cahoon, a Canadian Jiu-Jitsu practitioner, who is the Founder and Chief Executive Officer of IntuitivePurpose.com, a company based in Vancouver, British Columbia, Canada, that helps business owners connect and share marketing strategies with purpose.

“Every book you have ever read is just a different combination of 26 letters.” – Unknown.

“The best project that you will ever work on is you!” – Unknown.

Photos

Color Belt Test (Gup Shim Sa) – Thursday, April 23rd, 2015

