



Tang Soo Times

Pal Che Tang Soo Do

610-522-9120
229 South Chester Pike
Glenolden, PA 19036

November 2006

Issue No. 184

Calendar of Events

Saturday	November 11 th	Escrima Stick Seminar
Thursday	November 23 rd	Dojang Closed For Thanksgiving
Friday	December 8 th	Gup Test
Friday	December 15 th	Youth Class Christmas Party

Birthdays

Amy Duffy	6 th
Kimberly Willis	6 th
John Krupienski	15 th
George Celona	30 th



New Students:

Alex Nash Colin McCullough Isaiah Martin James Williams Sang Yeo Breanna Kerr Chuck Pearson

You are on the steep portion of the classic learning curve. Every class should reveal something new and exciting to you. If you ever have any questions, do not hesitate to ask a senior student.

Notes

Holiday Party Announcement, I have elected to try something new. On Friday December 15th, I would like to hold a Christmas Party for the students of the youth class. We will have games, entertainment and food. Then in January, after the hustle and bustle of the Holiday, we will hold a night for the adult class. Details to follow.....

Results

Pal Che had another great showing at the WTSDA Region 8 Championship. Great performances were turned in by Tyler Wagner, Ashley and Alison Moll, Omar Assakaryer, Nick D'Amato, Scott Mueller, Bill Blessington, and Michael D'Angelo including medal winners:

Wil McGinnis	1 st Forms	2 nd Sparring	
Donald Roguzewski	1 st Forms	1 st Weapons	
Jillian DiLucido	3 rd Forms		
Chris Imbrogno	1 st Forms	1 st Weapons	
Maria Blessington	3 rd Forms	3 rd Weapons	
Anthony DiLucido	3 rd Forms		
Cody Kunze	2 nd Forms	2 nd Weapons	3 rd Sparring
Conner McCullough	1 st Forms	1 st Weapons	3 rd Sparring

To My Pal Che Family,

I just wanted to take a moment to say how much I appreciate the fact that you included me in this wonderful family at Pal Che Tang Soo Do. I knew when I first came to this studio over a year ago, that this was a special place and something I wanted to be a part of. But, like a step child, I knew it would take a period of transition to be accepted, if at all. In all the years that I have trained in Tang Soo Do, I have never experienced such a family spirit as I have here at Pal Che. The camaraderie and caring of the students and parents alike is something that is special to this school which I know will never dissipate.

I would like to say THANK YOU from the bottom of my heart for allowing me to become a member of your family. I will strive to keep improving and keep myself worthy to teach and train with such caring and loving family members.

Just as important is the acknowledgment of our school's leader and Sah Bum Nim, Master Joe Centrone. Master Centrone has taken a studio started by his Master Instructor and made it flourish in his own caring and loving way. His dedication and gentle way has led Pal Che to become known as one of the top schools in the WTSDA. Without the dedication, leadership, strength and courage of Master Centrone, Pal Che Tang Soo Do would not be what it is today. For his courage and insight in asking me to become a member of his family, I thank him, and I am forever grateful.

So to all my new brothers and sisters and their families which I now share a special bond, I again say THANK YOU!!!!!!

Tang Soo! Vince Melchiorre

Master's Corner

This month marks my first opportunity to write in the Master's Corner. Articles from past Newsletters will now move to the PAL CHE ARCHIVES where our resident editor will select an appropriate article from time to time. So here we go:

"What would you do if you knew you could not fail?"

I too, remember my first night of Karate as if it was yesterday. Like Master Raver before me, and most of you since, I joined Tang Soo

Do for my sons, to demonstrate to him that he would not get hurt. I began classes a month prior to signing him up. Although he never knew, it did hurt - but not from the punching and kicking of others, but instead from the daily stretching and training that was totally new to my body. Sure, I was active as a weekend warrior and gym rat, but not since high school had I pushed myself mentally and physically, beyond the limits of what I thought was possible. And with like every other "hobby" I tried before this, everyone waited for the day when I would become bored quit.

Obviously, they are still waiting. The "it" that has brought me to where I am today was first noticed by two men, Master Raver, and

Dennis DiMarco. In me they saw the special gift that I see in many of you. When I look back over the years, there were many occasions when I wanted to quit, and even more when injuries had given me a perfectly good reason to put an end to my training. To this day, however, the most difficult thing I ever had to do in Karate was having the courage to start. Quoting from a recent article in the Delaware County Daily Times, Catherine Galasso-Vigorito writes: *“The first step in any new venture can be downright frightening, overwhelming and intimidating. But what would like be if we didn’t have the courage to attempt anything?”* Walking in through that door on Chester Pike was no different.

Ralph Waldo Emerson once wrote; *“Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that there is always someone that you are wrong. There are always difficulties arising that tempt you to believe critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them.”*

Once on the path to your goal, you will continue to run into many obstacles, you will run into people who will try to knock you down, make fun of the way you look, make light of your dreams and belittle your achievements, but remember, *“Achievements do not come through ease, but by persisting valiantly and meeting hardships bravely.”* You see, Black Belt, and even more so, Master, are not the result of talent alone. It is the result of hard work, and perseverance. Along the way, you will see many people begin and then leave. If you hang in long enough, a love for the art, the training, and the people involved will develop. Drip by drip, as your sweat wears down the mountain of Black Belt, you will see yourself improve. But more importantly, you will see the growth in others, and knowing you played a hand in their development both as martial artists and people, you understand why this is considered a way of life.

When I started, I never dreamed of becoming a Master, Black Belt yes, Master never. Many of you have been fortunate to have begun your Martial Arts journey at young age and your future in Tang Soo Do looks bright, but the opportunity is there for all of you to succeed in Tang Soo Do, but you must, must overcome the numerous roadblocks that await you. It will not happen overnight. But in time, you too, can accomplish your goals, in Karate, or whatever field you envision yourself doing.

Pal Che Archives

April 2001

This month we will feature a true story about a Hwarang warrior who lived after the Silla (668-918) and Koryo (918-1392) dynasties.

The Hwarang life style and the martial arts fell out of favor during the Yi Dynasty (1392-1910), and adherence to the Hwarang code declined. Several noted Korean heroes, however, did choose to live by this code such as the great Admiral Yi Sun-Sin (1545-1598). He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine.

Admiral Yi is held in such high esteem that when the Japanese fleet defeated the Russian navy in 1905, the Japanese admiral was quoted as saying, “You may wish to compare me with Lord Nelson (one of England’s greatest naval officers), but do not compare me with Korea’s Admiral Yi Sun-Sin...He is too remarkable for anyone.”

In 1597, Admiral Yi became a victim of Japanese espionage within the Korean Royal Court. As a result, he was unjustly relieved of command and placed under arrest, taken to Seoul in chains, beaten, and tortured. Spared the death penalty because of his years of service to the king, he was demoted to the rank of common foot soldier. Yi Sun-Sin responded to this humiliation as a most obedient subject and demonstrated a remarkable ability to maintain his pride in the face of unwarranted demotion.

When the second Japanese invasion came, the Korean fleet was completely defeated. With the news of this disastrous defeat, a loyal advisor of the king called for Yi Sun-Sin’s reinstatement. Yi was left with only 12 boats, but in spite of this, attacked and destroyed a Japanese fleet of 133 ships. Admiral Yi Sun-Sin was a shining example of the Code of the Hwarang. He has come to be known as one of the greatest naval warriors in world history.

The dedication and self-sacrifice of the Hwarang were clearly based on principles much stronger than ego and self-interest. The basis was the Sesok-Ogye (now the five codes of Tang Soo Do), the code of the Hwarang. As students of Tang Soo Do, we should always endeavor to live by the codes and improve our moral character. We should also be very proud of the examples set by the founders of our art and those who lived by the code of the Hwarang. The Hwarang not only set a standard for the ethics and conduct of the Japanese samurai which

followed hundreds of years later, but offer a cultural guideline for today’s Tang Soo Do students to examine and follow in their lives as martial artists.

Submitted Article

By John Krupinski

During class, I often notice when a Black Belt enter or leaves the Dojang, that they are left ignored. If you read and follow the tenets of Tang Soo Do, you know a big part of them is respect. You should always stop what you are doing; whether it is stretching, practicing a technique or just having a conversation with someone, stand at attention and bow to the black belt. This is true whether they have their dobahk on or not. There is no need to wait for an acknowledgement from them. Afterward, you can continue on with what you were doing. This goes for entering and leaving the Dojang as well.

Another tenet of Tang Soo Do is humility. It does not matter if the Black Belt is 12 or 30; they have each earned their Black Belt and deserve the same respect. This is what makes the martial arts different than a sport or working out in a gym. You can teach anyone self defense techniques like kicking or punching. The martial arts are meant to train the mind and body; whole person concept. The martial arts are a way of life. Don’t just memorize the techniques, words, tenets, and codes. Practice them and use them on a daily basis. That is why you train in the martial arts.

Brown Belt Thesis

By Ed Farmer

You don’t stop playing because you get old,
you get old because you stop playing.

My dad used to whistle. He whistled all of the time. If he wasn’t actually talking or singing in church, he was whistling. Then one day I noticed that he didn’t whistle anymore. I can’t remember when he stopped. I simply turned around one day and the happy sound was gone. Then I noticed that he had stopped doing a lot of other things. His Ham Radio gear sat idle. He no longer attended the local radio club meetings and resigned his post as examiner. He turned to TV. For hours and hours he would watch “the box.” Once in a while he would laugh but not too much or too often.

That’s when I saw him age. I guess it was happening before my eyes all along, but I hadn’t seen it. Before I really knew what was happening, he was struggling to get out of his recliner. He no longer stood to his full 6 foot 2 inch height. But stood with legs and back bent to the point where I swore his head was the first thing to enter a room. He grunted at the slightest effort. It seemed sudden, but now he had gotten old.

I don’t know what made my dad age the way he did. The doctors said he had a bad heart and that made everything else go bad. It’s true that he was kept alive by the miracle of modern science for the last unhappy 20 years of his life. Yeah, maybe he did have a bad heart. Maybe the cigarettes did kill him. I think it was something else. He stopped whistling. If he had just whistling he would be alive and well today.

You see, as a younger man my dad played all the time. The whistling was a sign that even while replacing the brakes on the car, he was having fun. He was playing. Did his heart get too old to play? Or, did his heart get old because he stopped playing? Who really knows? For me, I know one thing for sure. My whistling takes the form of music, family and karate. And as long as I keep these up, I’ll look at the world through 18 year old eyes.

Thought for the Month

Sometimes, as some of you have on occasion mentioned to me, I talk a little too much to get across a simple point. But, this is the best way I can tell all of you what you mean to me for all you have contributed to me, my family, and our school.

“One measure of leadership is the caliber of people who choose to follow you”

Thank You