

TANG SOO TIMES

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PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Thurs.	Nov. 27 th	Closed Thanksgiving
Sat.	Nov. 29 th	Closed Thanksgiving
Fri.	Dec. 5 th	Gup Test (Tentative)
Wed.-Sat.	Dec. 24 th - 27 th	Closed for Christmas Holiday
Wed.-Sat.	Dec. 31 st 0 1/3	Closed for New Year's Holiday

Birthdays

Jannise Height	10/3	Dan Lyons	11/8
Eddie Smelstoys	10/6	Alyssa Leaver	11/13
Scott Medendorp	10/8	David Gualtieri	11/16
Nicolo Dubuque	10/10	Holly Smelstoys	11/16
Justin West	10/12	Mekhi Fields	11/29
Alex Nash	10/13	George Celona	11/30
Anthony DiLucido	10/17		
Adam Fagan	10/21		

Pal Che Rocks Region 8

Student's from Pal Che Tang Soo Do, a Karate School in Glenolden, competed in the World Tang Soo Do Association's annual Region Eight Championship this year held at The University of Scranton in upstate PA. Students competed in four events including Forms, Weapon forms, Fighting, and Team Creativity. Competitors from across Pennsylvania, New Jersey, Delaware, New York and Connecticut competed. The Pal Che White Tiger Demo Team placed fourth among 11 teams in the creativity division. In total, the students from Pal Che combined to win 28 medals, with many students winning and placing in multiple events.

NEW STUDENTS

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

Joseph O'Brian	Mekhi Fields
Joshua Johnson	Tyler Celi
Taylor Sharkey	Xander Lyons
Liam Preston	Daniel Puskas
Joshua Primavera	Michael Warholic

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.

Submitted Article by Ellie Francis

The Spirit of Region 8

As a person who has lived a varied life and faced varied situations and challenges, I am consistently amazed at the breadth of interesting, self-actualizing challenges offered me by Tang Soo Do. At the 2008 Region 8 Tournament, I competed for the second time, and truly appreciated that it offered a measure of my own path and the value of the Pal Che instructional experience compared to our peers.

But it also offered a measure of the ease of facing these challenges, once the decision to face them has been made, that results from the support of the Pal Che family. Apparently, although I did not notice at the time, there was a significant group of people encouraging me on and expressing outrage at my sparring partner, who has yet to gain full control of her long-legged kicks.

And in the end, the most important part of the weekend was the many demonstrations of dedication and friendship. There was an opportunity for kids who are just testing their independence to hang out with other kids in a large, safe crowd without their parents. If they did something inappropriate, there was always someone there to keep them in line. Older kids from the dojang offered to and did a lovely job of monitoring the younger kids so that parents could go see a comedy show. The demo team supported each other in their nervousness before, performed with spirit and were gracious at the outcome. A black belt that I never saw before, who'd I'd made a joke to while I was 'on deck' to alleviate my own nervousness, took the time to seek me out and say encouraging things when I'd finished. I saw a little girl in a ring who'd had such spirit in her competing that I took the time to seek her out for similar reasons. (cont')

Kids had great pride in their own performance, whether they had medals or not. I got to hang out with my training partner's significant others. One young man demonstrated his intensity by donating his hair. Kwan Chang Nim giggled at the absurdity of being handed belts by a young man dressed in Roman garb with feathers.

My sister-in-law, Sam Dan Liz Francis, recently told me that, a decade ago, I had described Tang Soo Do and their involvement as a cult. I don't recall even thinking that in a negative way, but, if it is a cult, then hand me the kool-aid. It's a cult of spirit and heart and family and grace and generosity and challenge and support. The Region 8 tournament offers a venue for enjoying those qualities independent of our busy lives.

Editors Note: In her article Ellie failed to mention she won three medals in Sparring, Weapons, and Forms.

THOUGHT FOR THE MONTH

"Our Purpose of attending or sponsoring tournaments is not to win the trophy, but to develop - to reach as high as we can - In Tang Soo Do, The trophy is not the goal; Development of one's self and one's potential is the goal."

Jae Chul Shin

Master's Corner

I am sure you all know someone who claims to know it all or at least something a little something about everything. Especially when they find out you are training in Karate. They know someone who does this or that, trained with this person or that person. And after a few minutes of them rambling, you quickly change the subject or find a way to get away from them. You see to outsiders (non participants) they think they understand us or at the least what we do. If you are like me, or at least are becoming a little like me, you very rarely bring the subject of Karate or training up outside the Dojang. Trying to explain and get others to understand the art is difficult. The main reason for this is basically that "knowing the art" takes forever and without being there to experience it in person, feeling and doing it, it is difficult to explain.

I once read a book entitled, "If You Meet the Buddha on the Road, Kill Him!" based on the subject of avoiding the self-proclaimed prophets and people who claimed to have the answers to some of life's biggest questions. The martial arts communities are full of people just like this. They have styles and techniques to counter every attack imaginable.

Buyer beware. "Knowing the Art" can not be learned from a book. It cannot be learned through moving from style to style, and it cannot be learned by sitting on your couch.

If attacked, your reaction time must be swift, techniques need to flow and be flexible, if one fails you can quickly move to another, and another. Reaction like this takes knowledge and practice. The problem is that knowing takes patience, repetition, understanding, experimentation, and evaluation. These five things are essential in knowing your art. And like your techniques, one must flow directly into the other.

Patience

If you are serious about your art or anything else it can not be learned quickly or rushed. There are many small steps in climbing the mountain to Black Belt. As such, steps need to be taken slowly and in order with one building upon the other.

Repetition

Repetition to some of you is a bad word. "How many times do I have to do this?" The answer is forever. Weeds will grow on an unbeaten path. The path from brain to body is cleared through doing it over and over.

Understanding

Understanding occurs in three phases. First, the explanation of how to do the technique, and why it will either work or not work in various situations. Second, the physical, theoretical, and philosophical aspects of the movement. And third, the self-discovery of understanding the technique and how to do it.

Experimentation

In this stage you will take your knowledge and try to do things differently. You will find a better way to do the technique so it suits your abilities and limitations better. Sometimes you won't and stick to the tried and true way of doing it.

Evaluation

Aahh, now for the most difficult part. Looking at your abilities objectively. Do they look good, or will they really work? Am I putting enough power? Speed? How is my balance? Am I combining realistic fighting techniques into a form or am I doing a 27-step line dance? This stage requires you to be honest with yourself and with others. You must be willing to go back to step one and start over again and restart the process if necessary.

These five steps form a circular pattern helping you to know your art with one leading to the next to form a continuous process of learning. There is a famous martial arts quote that says, "One who says does not know, one who knows does not say." The next time you run into that know it all, remember this five step process and just smile and walk away; they don't have the time to know all this.

Feature Article

Don't Just Celebrate: Give Thanks

" We sometimes need to be reminded about how lucky we truly are, most importantly for the people who are special to us."

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast, establishing a tradition that millions of people have celebrated for nearly 400 years. The harvest meal acted as a symbol of cooperation and interaction between English colonists and Native Americans. For centuries before the arrival of Europeans in North America, many Native American groups, such as Pueblo, Cherokee, and Creek, organized this type of harvest festival which included ceremonial dances and other celebrations of thanks. Now in modern times we spend time with our families eating delightful meals and enjoying good companionship in celebration of the holiday "Thanksgiving."

It's important to remember to reflect on the many things we have to be thankful for, such as the very meal that sits on the table, the roof above your head and the clothes on your back. We sometimes need to be reminded about how lucky we truly are, most importantly for the people who are special to us. People closest to us sometimes are taken for granted. The goal is to see all people as if they were our family, sharing with them the same compassion, love and empathy we would to child. At times we may lose our composure but the goal is to ask ourselves ultimately "How would I like to be treated?" "Ask not what your country can do for you but what you can do for your country" is a famous John F. Kennedy quote that sums it up. What is it you can do for fellow mankind or the planet? Again, it is easy to be in the spirit during times like Thanksgiving or Christmas, but keeping this spirit alive throughout the year is the optimal goal.

This Thanksgiving can be a day to pay it forward and share the gift of love, compassion and empathy by telling people you love and anyone who is special to you that you appreciate them. The simple gesture of recognizing how special people are and saying thanks may be the difference between a good day and an unbelievably awesome day for someone. Bringing a smile to someone's face and seeing that smile shine as bright as the sun is all the thanks you will need in return. Set your sights high and tell your instructor, your fellow students, your family, siblings, Mother and Father or the next-door neighbor how you feel. Give thanks - don't just celebrate.

KID'S KORNER