

# 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. 229**

**October-November 2013**

### Quick Notes

#### **Tuition**

Effective on November 1<sup>st</sup>, there will be an increase in the Tuition rates. As time goes on, the price of things goes up; that is an unfortunate part of life. Here at Pal Che Tang Soo Do, we do our best to keep rates as low as possible for as long as possible, but sometimes changes must be made. With the increasing cost of rent, utilities, maintenance, and supplies, it is time for the rates to go up. As you may know, we have tried very hard this year to recruit new students and hold fundraisers which helped prevent the rates from going up, but now that is no longer an option. The new rates will be as follows: \$80.00 per month for Tiny Tigers, \$95.00 per month for Little Dragons, and \$110.00 per month for Youth and Adults. Each student has received a letter detailing the changes that will be taking place. Family Discounts and Testing Fees will remain the same. This will take effect with the November Payment Due Date for each customer. The Billing Agreement policy which states that 30 Days Notice is required before freezing or canceling an account will be strictly enforced going forward. If there are any problems or questions, see Mr. D'Amato.

#### **WTSDA Building Fund Kick-A-Thon**

Ms. Tatiana Bambushew, Sah Dan, of Region 8 has organized a global event for the World Tang Soo Do Association whereby all Studios (Dojang) are being asked to host a Kick-A-Thon in honor of the 31<sup>st</sup> Anniversary of the founding of the organization. Funds raised will go to support the Building Fund of the World Tang Soo Do Foundation, which is the charitable arm of our organization. The goal of the event is to continue to fund GrandMaster (Kwan Chang Nim) Shin's visionary dream of a permanent World Headquarters for the WTSDA. It was suggested that this event take place on the exact date of the founding of the World Tang Soo Do Association, but Pal Che Tang Soo Do will host this event on Tuesday, December 10<sup>th</sup>, 2013. The Association will be honoring winners in three categories of most money raised: Student, Studio, and Region.

### **Region 8 Championship Results**

Both students from Pal Che Tang Soo Do, who attended the Region 8 Championship on Friday-Saturday, October 25<sup>th</sup>-26<sup>th</sup>, 2013, placed in every category in which they competed and here are their results:

Mr. Pavel Bashkirtsev: 3<sup>rd</sup> Place in Forms, 3<sup>rd</sup> Place in Weapons, 3<sup>rd</sup> Place in Sparring

Mr. Cameron Harper: 3<sup>rd</sup> Place in Forms, 2<sup>nd</sup> Place in Sparring

### **Halloween Party**

The 2013 Halloween Party was a huge success. There was a great turnout, and everybody had a great time. Thank you to everyone who helped with organizing, setup, cleanup, food and decorations. We could not have done it without your help.

### **Adult Program**

Several parents have expressed that they are interested in joining our school. If you are interested or need more information, please see an Instructor. We are looking to expand and recruit more adult students to our school. There are unique benefits for adults including self-defense, relieving stress, building confidence and character, as well as exercise and weight loss, all the while training alongside your child, which can help motivate and encourage them.

### **Holiday Party & Annual Banquet**

On Saturday, January 11<sup>th</sup>, 2014, we will be holding our Holiday Party and Annual Banquet. At the beginning of each new year, we gather together in the Studio (Dojang) as one Pal Che Family for dinner, awards, conversation, and a demonstration to remember all the hard work from the previous year. We hold this yearly event in January after all of the Holidays are over so that it does not interfere with any of the other plans that we have, and it gives us one last time to celebrate as we return to the normal routine of the regular year. This event will be free of cost. We just ask that each family help provide for this potluck dinner. We will need your help in making dinner entrees, supplying snacks and drinks, and providing paper and plastic products. There will be two sign-up sheets on the bulletin board in the lobby. The first is to let us know how many people in your family will be attending. The second will be a list of items to bring, and we ask that it equal the number of people in your family who will be attending. All students and their families are highly encouraged to attend. The Studio will be decorated, there will be games for the kids, a demonstration by students, and it will be a lot of fun. Awards will be given out in various categories: Attendance, Spirit Award, Most Improved, Rising Star, Family of the Year, and Students of the Year. This is truly an event that you will not want to miss so sign up today!!!

### **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.

## **Dojang Tournament**

Pal Che Tang Soo Do will be holding a small In-House Tournament early in the New Year. This is the first of its kind. Proposed by student Cameron Harper, it will give students an opportunity to work towards a goal 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. More information will be available soon.

## **Region 8 Winter Tournament**

Region 8 will be holding its annual Winter Tournament on Saturday, February 22<sup>nd</sup>, 2014 at 9:00AM, at Twin Valley Middle School in Elverson, PA. All interested students are encouraged to compete. This is a local tournament so it would be great if Pal Che had a large turnout like we did last year. Keep in mind that this will be one of only two tournaments held in Region 8 this year (2014), and it is the closer of the two. All competitors must Pre-Register Online at this link: [https://events.membersolutions.com/event\\_detail.asp?content\\_id=43518](https://events.membersolutions.com/event_detail.asp?content_id=43518). The Early Deadline will be on Wednesday, January 15<sup>th</sup>, 2014 with Tiny Tigers and Little Dragons costing \$25.00 and Color Belts (Gup) and Black Belt (Dan) costing \$40.00. The Final Deadline will be on Friday, January 31<sup>st</sup>, 2014 with Tiny Tigers and Little Dragons costing \$35.00 and Color Belts (Gup) and Black Belts (Dan) costing \$50.00. Volunteers 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=43519](https://events.membersolutions.com/event_detail.asp?content_id=43519).

## **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. If you know some people who are interested, take a business card or brochure and share it with them. 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. 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 will receive a cool prize.

## **Calendar of Events**

Thursday, November 21<sup>st</sup>, 2013

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

Saturday, November 23<sup>rd</sup>, 2013

Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA

Thursday & Friday, November 28 <sup>th</sup> & 29 <sup>th</sup> , 2013	<b>Studio (Dojang) Closed.</b> Thanksgiving Holiday Weekend.
Thursday, December 5 <sup>th</sup> , 2013	Terminology & Study Class, from 7:00PM to 7:30PM
Tuesday, December 10 <sup>th</sup> , 2013	WTSDA Building Fund Kick-A-Thon, @ 7:00PM
Thursday, December 12 <sup>th</sup> , 2013	Karate Demonstration & Class at Cub Scout Meeting, from 7:00PM to 8:00PM @ St. Gabriel's Parish Church Hall, Norwood, PA
Saturday, December 14 <sup>th</sup> , 2013	Leadership Class, Time TBA @ Impact Martial Arts, Perryville, MD
Wednesday, December 18 <sup>th</sup> , 2013	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Tuesday, Wednesday, & Thursday, December 24 <sup>th</sup> , 25 <sup>th</sup> , & 26 <sup>th</sup> , 2013	<b>Studio (Dojang) Closed.</b> Christmas Holiday.
Tuesday, December 31 <sup>st</sup> , 2013 & Wednesday, January 1 <sup>st</sup> , 2014	<b>Studio (Dojang) Closed.</b> New Year's Holiday.
Saturday, January 11 <sup>th</sup> , 2014	Holiday Party & Annual Banquet, 6:00PM to 10:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Tuesday, January 14 <sup>th</sup> , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Friday, January 24 <sup>th</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday, February 20 <sup>th</sup> , 2014	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM

### **New Students**

Cameron Patterson

### **October Birthdays**

Rymir Robinson – 17<sup>th</sup>  
Dylan Muldowney – 28<sup>th</sup>

## **November Birthdays**

Dan Lyons – 8<sup>th</sup>

Jonathan Weiss – 9<sup>th</sup>

## **Recent Promotions**

Brian Finley – Brown Belt with Stripe (Sam Gup)

Yasmine Cabrera – Brown Belt with Stripe (Sam Gup)

Deborah Vallejo – Brown Belt (Sah Gup)

Daniel Joyner – Green Belt (Yuk Gup)

Ashon Foster – Orange Belt with Stripe (Chil Gup)

Cameron Harper – Orange Belt with Stripe (Chil Gup)

Johnny Taliaferro – White Belt with Stripe (Ku Gup)

Zachary Smithson – Dragon Green Belt

Damien Wallace – Dragon Orange Belt

Alonzo Jackson – Dragon Yellow Belt

Devon DiTrollo – Dragon Yellow Belt

Bradley Mitchell – Dragon Yellow Belt

Jacob Havens – Tiger Brown Belt

## **Instructor's Angle**

**By: Mr. Nicholas W. D'Amato**

Someone recently told me that I spend over 90% of my time thinking about Tang Soo Do. At first, I was shocked that somebody else believed that and could recognize it, but then as I thought more about it, I realized that it truly was the case. Of course, when I am in the Studio (Dojang), I am obviously focused on teaching, training, signing up new students, and meeting with current parents. Outside of the Studio (Dojang), I am often considering what I can do to improve the status of our school and how to help the students achieve their goals and perfect their techniques. You will be happy to know that I often think about all the students, and I do notice your progress. I have some burning desire to promote Tang Soo Do, and I try to instill that in the students here at Pal Che.

Recently, there were two stories that I heard about some students in Region 8. First, there was a young girl who was a Blue Belt (Cho Dan Bo) testing for First Degree Black Belt (Cho Dan), and she broke her foot in the middle of the Fall Black Belt (Dan) Test in September. When this happened, after consulting with her instructor, she decided to continue with the test and give it her all. Had she not continued with the test, she would have automatically failed despite solidly knowing all of the requirements. I spoke with this girl and her mother a month later at the Region 8 Championship, and they both agreed that it was the right decision and well worth it. Second, there was another boy who was a Blue Belt (Cho Dan Bo) that was 10 years old who broke his toe during the first round of Sparring (Dae Ryun) by kicking right into his opponent's elbow. He told his mother that he thought it was broken, and she suggested that he tell Judges that he needed to stop. With an extremely offended look on his face he refused, and fought several more rounds, going on to win 2<sup>nd</sup> Place. Had he given up, he would have not won anything and not given his all out effort that he clearly knew he had within himself.

While these stories may be somewhat extreme, I mention them so that when you have an ache or pain in class or feel a little dizzy or tired, you must press on. That is what we do. Not everyone can handle the strenuous activity of the martial arts and not everybody has that burning desire to do their best. Pal Che means “Selection of the Best”, and my expectation of students at our school is to always give their best effort. That doesn’t mean everything will be perfect and easy, but I expect everybody to try.

## **Master’s Corner**

**By: Master Ronald G. Raver**

**This article, which was originally published in February 2000, explains how everything in the martial arts — as well as in life — has a cycle and can only be fully understood by going through it in its entirety.**

The “Way” moves in cycles. When an event reaches its zenith, it descends towards its nadir. When a phenomenon reaches its extreme, it changes toward its opposite. Everything moves in cycles. The turning of the planets, movements of the oceans, the extremes of weather, even the buildup of stresses resulting in earthquakes are phenomena moving on cyclical paths.

Even the most minute events of our lives move cyclically. Our successes and failures, our family relationships, our finances, our participation in groups – all these things move in circles. The “Way” is to move and take advantage of these rhythms. This requires extensive experience over a long period of time. You may have disappointments and blunders along the “Way”, but there is no better method of learning.

Just remember to see your cycles through to completion. It is important not just to move in the “Way”, but to complete the cycles in order to learn. We cannot know the circumference of a circle until we have completed at least one revolution. The Um/Yang in both the WTSDA and the Korean Flags are our constant reminder of the cycles in our lives.

## **Feature Article**

**By: GrandMaster Jae Chul Shin**

**This article was written by GrandMaster (Kwan Chang Nim) Jae Chul Shin and published in the September 1990 issue of the World Tang Soo Do Association Newsletter, and it is entitled “The Sun Bae / Hu Bae Relationship”. All students should know what these terms means and understand why they are important in our Tang Soo Do training.**

Literally Sun means Senior, and Hu means Junior. The word Bae translated to Group. Sun Bae means Senior Group, and Hu Bae means Junior Group. The grouping of martial artists within Tang Soo Do is very traditional and allows for an inner social order for all who enter the martial arts circle.

Although other organizations have similar classifications, they are often determined by elections, sex, age, ability, or other arbitrary conditions. The Tang Soo Do Sun Bae / Hu Bae relationship is unique. It is solely determined by the day a member joins and their advancement in rank.

Interestingly the Sun Bae / Hu Bae relationship can change. The Sun Bae can find that they have become Hu Bae, if the Junior person surpasses them in rank. For example, two Second Degree Black Belts (E Dan) are ranked Sun Bae / Hu Bae based on their initial Black Belt Numbers (Dan Bon), however, the Junior Member tests for Third Degree Black Belt (Sam Dan) before the Senior Member. Having the higher rank, the Junior Member now takes the role of Sun Bae. When the now Junior Member receives Third Degree Black Belt (Sam Dan), he will take back the role of Sun Bae since both students are once again the same rank, and original Black Belt Number (Dan Bon) once again determines the relationship.

The Sun Bae / Hu Bae relationship teaches us the correct attitude and discipline necessary for training in the martial arts. The Hu Bae must unconditionally respect and obey the Sun Bae, and the Sun Bae must care for the Hu Bae.

This traditional class system seems natural for our martial art, and it requires us to have a patient, unselfish attitude. Those who join our system today are Hu Bae to those who joined the day before them, however, they are Sun Bae to those who will join the day after. Thereby, the relationship sets up an automatic structure totally free of political or self-serving motives.

In my Tang Soo Do training, I always showed great respect to my Sun Bae, not because their ability and skills were greater than mine, but because I was their Junior. There were times I felt superior to a Senior Member, and I was tempted to show off my superior skills while fighting. I had to control this temptation. It reflects a bad attitude and demands punishment for the insult of the Sun Bae. I truly believe that this system is very important to teach us control, developmental strength, and a strong spirit.

I advocate that all Hu Bae obey their Sun Bae, just as they would expect to be obeyed, and that all Sun Bae care for their Hu Bae, just as they themselves were cared for. Our Sun Bae / Hu Bae system creates order, however, true respect can only be obtained by your demonstration of the true spirit of Tang Soo Do.

I immensely emphasize the Sun Bae / Hu Bae relationship that exists within the World Tang Soo Do Association. It is a simple, independent system, which remains beautiful and a tradition I wish to continue.

## **Student Submissions**

**The following are some thesis answers from students who recently tested and were promoted.**

**By: Brian Finley**

**“An Unfocused mind wastes energy.”**

The phrase “an unfocused mind wastes energy” means that paying attention is important in everything that we do. We need to focus in class. In karate class, at home, and in school, if I put my mind to it, when I am done, it will feel like it was so easy. If I stay focused in like, I will succeed!

**By: Yasmine Cabrera**

**“Do not follow where the path may lead. Instead go where there is no path and leave a trail.”**

It is better to leave a trail than to follow somebody’s already made trail. It is better to follow your path that you created than someone else’s. You should do it yourself and make a better one in your own way. You should do that so it will encourage other people to make their own paths. If you are a leader, it would also be good to make your own trail so that other people could follow yours.

**By: Deborah Vallejo**

**“Achieve your purpose but never show your strength.” -- Lao Tzu**

Lao Tzu’s quote “Achieve your purpose but never show your strength” makes me think of the 7 Tenets of Tang Soo Do, particularly Self Control and Humility. It is great to be proud of your abilities, but you should never be boastful or pompous. Parading your training in Tang Soo Do could draw the wrong kind of attention, resulting in unnecessary battles. In the unfortunate event that a confrontation does arise, you should only do what is necessary to defend yourself. This is the reason why we announce that “we don’t want any trouble” or try to get the attention of others to show that we are not being the aggressor in a confrontation. Overall, our Tang Soo Do training should be used to better ourselves, mentally and physically, and never to intentionally harm anyone, even when we are being provoked.

**By: John Lyons**

**“Tomorrow's battle is won during today's practice.”**

This phrase means to me that if you work hard enough and want it enough half the battle is already won. Practice makes perfect. To reach a goal you must practice and put all of your effort into it. If you practice hard enough today, you'll know what to do the day of your challenge. The battle does not always need to be a fight; it can be anything that is considered a challenge to YOU.

## **Thoughts for the Month**

“We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are not your struggles, and you are here NOW with the power to shape your day and your future.” — Steve Maraboli, author, motivational speaker, and behavioral scientist.

“Judge each day not by the harvest you reap but by the seeds you plant.” — Robert Louis



Stevenson, Scottish novelist, poet, essayist, and travel writer.

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else.”  
— Judy Garland, an American actress, singer and vaudevillian.

“What the mind can conceive, it can achieve.” — Napoleon Hill, an American author in the area of the new thought movement, who was one of the earliest producers of the modern genre of personal-success literature.

“Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snow flake.” — Marie Beynon Ray, author of magazine articles and former editor of Vogue and Harper’s Bazaar.

“A lifetime isn’t forever, so take the first chance, don’t wait for the second one! Because sometimes, there aren’t second chances! And if it turns out to be a mistake? So what! This is life! A whole bunch of mistakes! But if you never get a second chance at something you didn’t take a first chance at? That’s true failure.” — C. JoyBell C.

## Photos

### Halloween Party – Friday, November 1<sup>st</sup>, 2013



## Kids Section

Find the Korean Numbers in the Word Search and then identify the number by writing in on the line next to its name. Then complete the coloring activity below. Submit this page to get a prize.

Z A Y S T T O Y O L T X  
 G D U K E O A B Y T E C  
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Double Jump Kick (Ssang Bahl Cha Ki)