

# TANG SOO TIMES

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PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

## CALENDAR OF EVENTS

Oct 19-20 - Region 8 Championships. No classes.  
Oct 26 - Halloween Party at Dojang.  
Nov 19 - Gup test at Dojang. No adult class.

## MONDAY NIGHT ADULT CLASS SCHEDULE

Oct 1 - No classes. Labor Day.  
Oct 8 - Gup test at dojang. No adult class.  
Oct 15, 22, 29 - Regular adult class.  
Nov 5 - Regular adult class.

## MASTER'S CORNER

Recently we had parents pull a child out of our program because for among other things, they thought we expected too much of an 8 year old child. One of the things I agreed with them, however, was they thought that discipline is taught and learned at home and at school, not at karate. We only have a child several hours a week and we cannot teach discipline but only enforce what the child is learning at home or at any other place where they spend a large percentage of their time - such as school. They also insisted that karate is not important - it is just a hobby. I tried to explain that coin, stamp, and doll collecting are hobbies, Tang Soo Do is a way of life. When they pulled their child out of our school, they wanted names of other karate schools in the area that I would recommend. I gave them some names but I have news for these people. I gave them names of the local studios where I know the Master/Chief instructor and none of them believe that karate is a hobby. We insist on discipline, that is the backbone of the Martial Way. We insist on restraint, integrity, and self-control. They complained of no air-conditioning. We use that to help teach focus and concentration. Attacks on your body - both mental and/or physical - may come at any time, not just in air-conditioned comfort, and the ability to disregard outside influences and focus and concentrate on your needed task is why training in less than comfortable conditions is why we do this. If you believe that Tang Soo Do is just a hobby, then you should seriously consider going to another dojang. Ask any Pal Che Black Belt if they believe karate is a hobby, I know what their answer will be. Ask Mr. Centrone what good it does. Ask Ms. Evangelista, who just tested for 2<sup>nd</sup> Degree with a badly sprained ankle, if karate is a hobby to her. Ask **ANY** Black Belt!!!

## **NEW STUDENTS**

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

PAUL MARCHESANI                      REGINALD THOMPSON  
BETH MCKEOWN

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.

## **CHILDREN'S CLINIC**

On Saturday, September 22, the demo team sponsored a youth clinic, attended by twelve students. The day started with 130 jumping jacks; as compared to the normal 50 the children warm up with. After stretches, two groups were made.

The first group of higher gup attended a seminar taught by Allen Anders and Karen Anderson. Justin Ritter, Cody Kunze, John Simons, Conner McCullough, Neil Casey and Pat Mallee practiced rolls, break falls, dive rolls and flying kicks. After warming up and going through basic rolling, the kids quickly caught on to diving over objects while doing the rolls. They were successful in diving over the punching bag and executing correct rolls. They also jumped over the punching bag for flying kicks.

Angel Evangelista taught the other seminar offered in the morning. Alison Moll, Scott Duffy, Billy Blessington, Michael D'Angelo, Kaitlin and Adam Fagan learned the Korean terminology for anatomy. After learning the words, pronunciations and meanings, a game of Simon Says was played to enforce what they had just learned. After each group finished the first seminar, they switched with the other group, so as each child got a taste of everything being taught for the day.

After the first two seminars, all the children were red in the cheeks and had sweat in their hair. Everyone got changed and walked over to Allen's backyard to have lunch and take a break. The kids all enjoyed the platters put together by the supporting parents of Pal Che. Allen's backyard has a trampoline and swing set the children enjoyed playing with. Allen even showed off some of his trampoline skills for the kids. Back flips, front flips, backwards, forwards and every which way Allen turned lured the kids to watch a little more intently.

After lunch, it was back to the dojang, get changed and one more seminar. The last seminar of the day was tournament sparring. Each participant learned tournament rules and regulations and also how to judge. Kids were matched up by size and put in the ring having fellow students judge their match. Kicks and punches were thrown, landed and points were scored.

For the last hour of the clinic, games were played. Allen taught everyone to play a game called chicken fight. To play, stand on one leg and fold your arms. While hopping up and down on a single leg, the object is to knock over your opponent. It was a funny sight, especially when Allen and Angel had a match up. The winner, of course, was Angel. The day concluded at

three o'clock. The children all agreed it was a fun day and even wants one to be held again. Many thanks to go out to parents for bringing their children and especially those who stayed and helped with lunch.

Congratulations to those who won awards:

Best Performance: Pat Mallee

Best Spirit: Neil Casey

Best Leadership: Cody Kunze

### **BLACK BELT PROMOTION**

We are pleased and proud to announce that Angel Evangelista who tested for E Dan (2<sup>nd</sup> degree Black Belt) was successful. Her promotion will be effective December 1, 2001.

### **FEATURE ARTICLE**

A while back we said we would not rerun articles that we had printed before. However, there are some that are worth repeating. In honor of Angel passing her E Dan test, this is for her. It originally appeared in the June 1991 Newsletter and I have altered it somewhat to fit an E Dan promotion.

The 'Path' to obtaining a Black Belt may best be compared to climbing a mountain. To a new white belt, she looks at the mountain from afar and says to herself, "It doesn't look that steep or difficult. I'll get to the top in no time." However, as she begins her training and gets closer to the foot of the mountain, she begins to see that it is indeed much more of a difficult task than she first thought.

The orange belts are in the undergrowth of forests that lie at the foot of the mountain. They know the mountain is there, but because of the dense forests they cannot see it. It is all they can do to stay on the trail. They can, however, hear their Sahbumnim somewhere ahead of them saying, "This is the way, come this way. The path is over here."

Green belts have broken through the undergrowth. The mountain is not steep and they make rapid progress towards the summit. "How could anything be this easy? Sahbumnim has said this mountain is difficult - boy was he mistaken. I'm gonna break all speed records in getting to the top of this mountain. My Sahbumnim will be so proud of me."

The brown belt has passed the easy part of the climb. Now the path is very steep. She must be strong and powerful to continue the climb. Your Sahbumnim is pushing and pulling you without really touching you. "How does he do it?"

The red belt must be quick and agile. She walks a narrow, dangerous path that does not seem to be making any progress towards the summit. Luckily, all the climbing done to this point has caused all muscle groups to work in unison. This path has pitfalls such as ego and lack of humility that can cause one to falter in the quest. Your teacher is nimbly moving in front of you - indicating the path.

The blue belt has now almost reached the summit. The air is rarefied, and she must clear her mind and prepare for that final assault. How bad do you want to reach the summit? You can turn

back now, those last few steps are extremely dangerous. Who would know? The pinnacle is only a short distance away. Your Sahbumnim can only nod his head and point to the goal. You must do it yourself.

You've reached the summit. You stand there; proud and erect. You take your Sahbumnim's hand. He smiles at you and you notice a glistening in his eye. He welcomes you to the brotherhood as he bows to you. The legacy has been passed. You look down and see the path you've followed. You see the other students at various levels along the mountain. They look up at you and decide to try harder. You're yelling encouragement to them, giving directions and help. But you can't touch to help them, they must do it themselves as people have done for two millennia.

You look around to enjoy the view. Then you see it!!! Another mountain!!! Only this one is more rugged, more difficult!!! This is the mountain of Sam Dan, which only one E Dan in seven will be able to climb. Then it strikes you like a ridge hand to the temple, there will **ALWAYS** be a higher mountain!!!

#### **THOUGHT FOR THE MONTH**

**IT IS TRITE TO SAY THE BLACK BELT ONLY HOLDS UP YOUR PANTS.  
IT ALSO DOES MUCH MORE. A BLACK BELT HOLDS UP YOUR HONOR.**