



Tang Soo Times

Pal Che Tang Soo Do

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

October 2006

Issue No. 183

Calendar of Events

Thursday	October 5 th	Kick A Thon / Break A Thon for Carley
Friday	October 20 th	Region 8 Championship in the Pocono's
Saturday	October 21 st	Region 8 Championship in the Pocono's
Friday	October 29 th	Gup Test / Black Belt Promotions

Birthdays

Scott Medendorp	4th
Mark Valinote	5th
Eddie Smelstoys	6th
Justin West	10 th
Anthony DiLucido	17th
Adam Fagan	21th
Sundar Swaminthan	31st



Master's Corner

By Master Kevin Robinson

An instructor's greatest joy and private pain!

As I sit and reflect on my career in the martial arts I'm flooded with many wonderful memories. It's hard to believe a skinny kid from a tiny town few have ever heard of would be so blessed as I have been. I have met and trained with some of the greatest masters of the 20th century. The late Grandmaster Remy Presas of the Escrima system, Professor Wally Jay founder of the Small Circle JuJitsu system, Professor Shihon David James of Vee-Arnis JuJitsu system and of course my teacher of many years Grandmaster Jae Chul Shin. Each one of these real Grandmasters has their own unique approach to the martial arts and how they relate to our modern society and their impact on the lives of their practitioners and themselves.

Over the years I have heard people ask these great men to share secrets, often they laugh and redirect the question or give a simple two sentence answer. Ironically since 2001 I have had a number of my own advanced students and students at seminars I was teaching ask me to share secrets. I am a lifetime student of the martial arts I have no great knowledge or secret techniques and I'm not sure anyone really does. I will however share a secret that few people know or even understand.

Every time a new student walks through the door and signs up I am excited and thrilled that they have chosen to study the martial arts and receive all of its wonderful benefits. I am grateful that they chose to allow me to be their teacher and trust me to guide them thru their journey. Every time a student works through a personal problem, overcomes a fear or takes a test for more advanced rank I inwardly celebrate their growth and progress.

Over the years I have had students of all ages, races, and cultures come to my studio who've have had a wide variety of problems. Some had health issues, high blood pressure, high cholesterol, over weight, alcohol problems, and cerebral palsy. Some were victims of physical, sexual, and emotional abuse, while others were insecure and shy. We have also had a number of students who came to us do to being diagnosed with ADD, ADHD, and poor academic ability, while others needed to reduce stress and become more coordinated. The greatest joy and instructor can experience is seeing the amazing life transforming changes in their students because they are part of a group that cares about them and their personal development and well being. I can give many examples of students whose lives were changed. We have had dozens of young people who were diagnosed with ADD and academic difficulty graduate in the top of their class and receive numerous academic scholarships. In fact one of our former students received a huge scholarship to M.I.T.

Several times over the years we have had students diagnosed with very serious illnesses and their doctors told them and their families the only thing that saved their lives was the fact that they had been in such great shape from all their training. Watching people who were

abused and very shy become self-assured and outgoing individuals is exciting. Joy is the only word to describe seeing a student reach their goal of black belt. The years of hard work, sacrifice, and dedication did all these things when tempered with genuine love and caring for each and every student. They come to realize the universal truth that each of us is important no one is any better them or worse then them. They discover that if they want to succeed they must keep their eyes on the goals and not let anyone or anything distract them achieving their goals.

Even with all these emotional highs anyone who's taught martial arts also knows the private pain. It is a secret that many of us keep to ourselves. All of our students are important to us and when someone stops training it hurts. I often wonder if I did something to insult or hurt that person in some way. I then wonder is my teaching not motivating or have I not made them aware of all their improvements and positive changes. I then remind myself not everyone is going to love the martial arts like I do and make it a life long pursuit. There are of course different levels of pain and it really hurts when a black belt stops training. All the years of training, the great physical conditioning, the time spent molding and developing these awesome human being and the tight friendship.

The most painful of all is when someone you have trained with for 10, 20, 30 years retires or stops for various reasons. In the past several years I have experienced several losses. In 2001, Professor Remy Presas passed away from brain cancer which was a loss to many around the world. Over the thirty years I've been in Tang Soo Do I have made many close friends, people I have sweat, bled, laughed, and sometimes cried with, all are exceptional people. I truly miss my friends, Master Ron Raver and Master Brian Piersall. This year however was extremely tough. My "karate friend" Master Joseph Leone decided to scale back in his martial arts training. Master Leone and I have been friends since our Cho Dan test in the early 80. He and I have traveled to the Region #8 instructors class together since the very first class at headquarters. We took all of our black belt tests together and in 1994 he and I tested for masters rank together. I learned many lessons about life and martial arts from Master Leone and miss our long rides to class and the master's clinic.

It is important that we as an organization enjoy each and every moment we can together because life can change quickly. Life is about others and then about you.

Instructor's Angle

"The qualities that set the great champions apart from their fellows are the abstracts of judgment, self-discipline, and resilience of spirit that enable them to make the most of good fortune and the best of the bad; the command of absolute concentration on the task at hand; the ability to analyze a situation and weigh the chances, the knowledge of when to gamble and when to play the percentages; the nervous control that under the severest strain will ensure the preservation of rhythm and timing; the gift of positive thought and the courage to face and overcome the prospect of victory. Fear of success is the greatest single destroying factor in life."

Taken from Golf Digest

Saturday September 16th was a great day for the students of Pal Che. One student learned the importance of responsibility as he successfully earned his Black Belt. Another, who epitomizes the word perseverance, overcame many physical and personal setbacks to earn his E Dan. And still two others, who have not tested their will in many years, learned that the fire that once burned in their souls, still resided deep within, one finding out you can go home again, and the other that good things do come to those who wait. But the day was reserved for two Black Belts celebrating their wedding day, who met as teenagers some years ago at the Dojang. At one point during the Wedding ceremony, I looked around the church, I began to realize the tremendous impact a little karate school has had on the people that have come through the doors. As the one person remaining from the early days of the school, I have had the opportunity to meet at least 700 of the 725 students that have signed up for class.

As I sat in the pew and closed my eyes I could see the faces of Joanne Quinn, Amy, and Peter Strallendorph, Dan Emerson and Barry Todd passed through my mind. Mike Currie, Sean Lennon, Joseph, Daniel, and Jessica.....the list goes on and on, of the students that got away. Students who had all the talent in the world but could not, for some reason, either get over the speed bump to Black Belt, or find the desire, discipline and drive to reach higher rank. These are just some of the ones that got away. As a teacher, and fellow student before that, I see in others what they can not see in themselves. I see the potential for greatness in everyone, not just physical as karatekas, but as future teachers, college students, professionals and parents. As a training partner I would push them to reach their potential and was saddened and bewildered when they would quit. Now, as a teacher I've learned to lead and guide, at times pushing, at times pulling, but more importantly allowing space for them to find their own way. The sad thing is, through all these years, I am still saddened and bewildered when they leave.

Still sitting I opened my eyes, I saw two people who decided to reach for greatness. Who worked hard, in the Dojang, in college, and on their relationship. I saw two students who were not afraid to gamble on their future, and who were not afraid of success. Standing with them at the alter were three other Black Belts, one who started with the groom at Shin Karate and has found great success at another school, another who traveled from Ohio, and a third serving mass as an alter girl. Surrounding me in the pews, students and families were seated witness this great day.

From pews to bleachers my mind shifted to Phoenixville High School where still more families and fellow students were gathered to witness yet another great happening.

On test days, teachers are at times uneasy about how well there students will fare at the test. Do they know their material? Are they conditioned to handle the quick pace of the test? Can they handle the pressure? I know this only through listening to the excuses and politicking I hear from other Instructors. Personally, neither I, Masters Raver or Master DiMarco have ever had that problem. As I drove home from the test and to the wedding, knowing how the candidates prepared, worked, and sacrificed to get there, there was no doubt in my mind how their day would turn out. Each of them trained like champions and attacked their day without fear.

Quite often I, like other Instructors, focus too much on the negative aspects of losing students and wonder what we are doing wrong. What could have been done differently to keep them? But as I've been told many times, Karate is not for everyone and people who enter your life, even if it is for a short while, are there for your benefit not theirs. Days like the Sixteenth of September are the days that every Instructor should have a chance to experience at least once. From Phoenixville to Glenolden, this was the payback. This was reward for keeping the door open. Sure it was a day of celebration and joy for Angel and George, of course it was a rewarding and prideful day for Chris, Mark, Ricky and Scott. But man, for one day it was a great to play a special part on a special day for such special people from such a special place.

Thought for the Month

"If I had to choose one word to describe karate, it would be DISCIPLINE."

Master Ron Raver

Kids' Section

POWerful Word Of the Month

DISCIPLINE

Discipline means training the mind and body to achieve set goals by following set rules. The "term" discipline derives from the Latin word "disciplinare" meaning "to teach." Discipline takes focus, perseverance and the ability to think for yourself. It helps teach the rewards of delayed gratification, work before play, and the consequences of ones actions good and bad when they choose to follow through with their decisions. Being disciplined is challenging but inevitably it is the key that opens countless doors to a successful future.

Last month's POWerful word of the month was courage! Here are some words YOU thought of to help describe courage:

Heroes, fearless, strength and bravery!

Niccolo said the bravest person he knows is Pat Tillman for going to Iraq instead of playing in the NFL..

Scott said a time he demonstrated courage was when he was afraid to jump into a pool, but did it anyway!



Here's a very fuzzy picture of Mr. Centrone and Angel from the wedding



This is Il Soo Sik Number 31!