

TANG SOO TIMES

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OCTOBER 2007

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Thursday Oct 4 - Tournament Class 4:30 to 5:30
Thursday Oct 11 - Tournament Class 4:30 to 5:30
Thursday Oct 18 - Tournament Class 4:30 to 5:30
Saturday Oct 20 - Region 8 Championship (No Class)

October Birthdays

Sundar Swaminathan	3	Justin West	12
Scott Medendorp	4	Alex Nash	13
Eddie Smelstoys	6	Anthony DiLucido	17
Niccolo Dubuque	10	Adam Fagan	21

SPECIAL TUITION ANNOUNCEMENT

It seems like the only time I sit and write an article lately is when I have a concern not directly pertaining to karate, and this article is one of them. A few years ago, I had joined a outside company to handle the school tuition. This initial switch was met with much apprehension from the students and parents, and for the first year, things ran smoothly. However, I was unhappy with the company's lack of attention to the problems that did arise and their poor customer service. After my agreement with the company ended, I switched back to collecting tuition payments at the school and through the P.O.Box mailing. This has not worked.

Over the past two years, lack of payments, has become a major problem at the school. Not only from newer students but it has now filtered upwards to long standing students. I am not sure of the reasoning behind this problem, but just in 2007, tuition payments are down 30%. Thirty-percent!

For the record, Pal Che Tang Soo Do the school, is not, nor has it ever been a for profit dojang. The school was originally opened by two hard working men who not only managed and taught at the school, but held full-time jobs and lived with full-time families. The concept of our dojang was to use Tang Soo Do to teach quality martial arts, while at the same time developing quality individuals, all the while keeping the cost of lessons affordable to all. The industry standard for tuition is just over \$125.00 a month for one student. Some people think that the more they pay, the better quality the service? I have and always will disagree. Service is people driven, not money driven. The success of our school is unequalled in this idea. In a business where 1 out of every 100 students who begin training reaches Black Belt, Pal Che has had just over 7. In an industry that sees schools open and close within the first year, we have been at one location for over seventeen years. Student's, who could go anywhere, drive long distances to attend class here at Pal Che. So why do the students have problems paying for lessons? If your child plays youth sports, you pay up front. If you join the Y or a health club, you pay whether you go or not for the remainder of the contract. But here?

I am a Karate teacher first and foremost. I have been charged with the burden and the cost of keeping the doors open while maintaining the quality of instruction expected at Pal Che. We not only teach karate here we share a piece of our lives. But I can no longer serve two masters. Trying to handle both has left me short changed in collections and you short changed in service. **Beginning November 1st of 2007, tuition payments will increase on average 6 to 10% depending on your method of payment. In addition, tuition payments will no longer be accepted at the school or through the mail and will be made to an outside company partnered with the school to collect payment. In the next few weeks, everyone will need to stop in the office and choose one of the options offered for tuition payment. There will be no long term contracts and no exceptions,** everyone must sign up. We will still maintain the month to month payment system as in the past because as I stated earlier, I do not want to profit from people who no longer want to benefit from what Pal Che has to offer. Letters introducing the billing company will be handed out shortly providing more information about the switch over.

Who knows, maybe this will free up enough time for me to return to writing about things more important.....

THOUGHT FOR THE MONTH

SELF-DISCIPLINE IS NO MORE THAN THE ABILITY TO DO WHAT IS RIGHT, RATHER THAN WHAT IS EASY OR WRONG.

NEW STUDENTS

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

Denise Faragalli Kelsey Hendrick Kelly Hendrick

Derrick Ezunkkpe Gianna Lewis Rita Pearce

Logan Mullen David Gualtieri Noah Puskas

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

This month's feature article is entitled, "The Myth of Speed." This was excerpted from the Lake House Tang Soo Do Newsletter dated February 1988.

It is vital and intrinsic to the fundamental concepts contained in the martial arts that one understand basic principles. In Tang Soo Do this is essential. When a student begins to appreciate that Tang Soo Do is a way of going with nature, he begins to see a formula that exists in our Art.

The formula is this: Attitude and form equal speed, which in turn equals power. However, most individuals want power in the very beginning of their martial art experience. They do not understand that this is a developmental process.

It needs to be recognized from the beginning that if one has an intelligent and observant attitude, and practices form only, the movements and techniques will naturally become more rapid and therefore more powerful. Yet, no matter how advanced one becomes, he must always rely on attitude and form.

A reliance on any other approach will provide unsatisfactory results in the long run. When you "go with nature" you become one with it. When you "go against it" you will always pay a price. The question to ask is what kind and how much of a price do you want to pay if you rely on something other than a natural path.

Perhaps we need to give some examples in this matter. Let us say that a new student of the martial arts is told by an instructor to go slowly and practice the movements. Nothing spectacular happens! The student gets impatient and speeds things up. He overdoes it and ends up hurting his body in the process. We know that by kicking, punching, or blocking too forcibly we hurt the joints and connective tissue. Nature teaches us a lesson by swelling up those areas and we experience pain. This is the price one pays.

Another example can be found in those students of the martial arts who do not understand the process of growing solidly in these ancient disciplines. They either do not know, have forgotten, or are not interested in the fact that Oriental martial arts are really, in essence, systems of alchemy. We go from the negative to the positive. By confronting our fears we overcome them. Negative forces become positive creative energy.

What frequently happens is that 'speed' takes over when the 'slowness' of natural growth becomes an impatient process. The process of alchemy that is evident in the martial arts takes time. When one becomes impatient with time and process, one has become caught up in the momentum of speed. It runs faster and faster and gets harder to control. Stopping the process of speed becomes increasingly more and more difficult.

Remember, we are not talking about the speed of techniques here, although in a way we can see similar effects in techniques themselves. When someone throws a technique so fast and hard that they lose control of it, the art is lost. There is no sport, and the very movement becomes reflection of a body out of control and recklessly violent. A complete contradiction of all that the Asian martial arts are intended to be.

When proper ATTITUDE and FORM are not followed, we see evidence of speed showing up in the quest for undeserved rank. We see new people in the martial arts asking how long it will take to get a black belt. We see and hear others farther along in their training, side-tracked by some success, seeking more and more, higher and higher rank.

We need to be constantly reminded that whenever we focus too hard on any one thing, everything else gets out of focus. Enough mishaps with a camera will easily prove this point to even a casual photographer.

Without belaboring these points any further, just take a look around you the next time you are in the company of others like yourself in the practice of the martial arts. See who has that quality of control, that sense of timing and grace. Look at the attitude and form. Most likely you will discover that they have been around for a long time and are not too concerned about the belt they wear.

Once you have seen these people you will notice the others. The quick learners, the speeded-up technicians who feel that they are underestimated. Needing quick results, they pop up like weeds and grow like willows. The slower growing oak trees await patiently to be shaped and formed into buildings, bridges, and boats that last through time. On the other hand the weeds and willows which cannot withstand the seasoning of time are lost in the process of attitude and form. Be sure to take notice of the quick learners and those in a big hurry. After a while you will discover that they are not around anymore and you will hardly remember who they were.

KID'S PAGE

LEGENDS AND HISTORY

Who Were the Samurai?

The Samurai were a class of warriors in ancient Japan. They took power during a time when Japanese society was constantly at war. Families fought for territory in the small island nation. When two families, the Minamoto and the Taira, fought each other in the 12th Century, the samurai were born. They would rule Japan for nearly 500 years as military nobility dedicated to principles of loyalty, pride and honor.

Also known as bushi, samurai warriors followed a code called bushido (“way of the warrior”), which laid out guidelines for samurai living. Samurai who practiced the way of the warrior had to promise to be loyal to their teachers, masterful in martial arts and honorable in death. Samurai were known for being honest, respectful and brave in battle.

A samurai swore eternal loyalty to the emperor and his daimyo (overlord or master). This bond between samurai and lord affected a samurai’s way of life and his death. Samurai were expected to live simply, with few possessions and only inexpensive cloths and belongings. And they were expected to die in battle rather than bring shame to their emperor, their overlord or their family.

With these responsibilities came privileges. For example, while common people were not allowed to wear weapons, samurai could wear a long and a short sword. Some samurai were allowed to go into battle on horseback. But people who wanted to be in the “in-crowd” of the samurai were out of luck-membership in the samurai class was inherited from ancestors.

Next Month: How did they fight?