

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



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Quick Notes

Schedule

Most nights will remain the same. There will be some changes to the Wednesday night schedule. There will be a new class for Advanced Tiny Tigers and All Little Dragons from 6:00PM to 6:30PM, and a Combined Youth and Adult Class from 6:30PM to 7:30PM.

Community Day

A big thank you goes out to all those students, parents, and instructors who participated in the 2012 Glenolden Borough Community Day. The event was a huge success, and the Demo attracted a large crowd. Thanks to all the students who participated. A video of it will soon be posted on the Studio website.

Merchandise Orders

There will be another Merchandise Order. The holidays are approaching, and many items make great gift ideas: T-shirts, Hoodies, Logo Screen Print & Embroidery, Uniforms, Belt Display Racks, Sparring Gear, Weapons, and more. Forms will be available in the lobby. You may look through the catalogs to find more specific information. Order are due on Friday, November 16th, 2012.

Halloween Party

On Tuesday, October 30th, 2012, we will be holding a Halloween Party for all Students and their families. Students may come in the costumes, and snacks will be provided. There is no cost to attend. There will be games, prizes, and various activities so please come out for a fun-filled night. Students and parents are welcome to also bring their own decorations, snacks, and games.

Referrals

As you know, karate is a great activity; it helps build focus, character, confidence, and self-defense skills as well as being excellent for fitness and exercise. Talk to someone you know about trying a class. There is no greater compliment than referring others students to our school to thank your instructors for their hard work. We appreciate your help in growing our school.

Calendar of Events

Saturday, October 20 th , 2012	Leadership Class, from 11:45AM to 1:15PM, Impact Martial Arts. CANCELLED!!!
Wednesday, October 24 th , 2012	Terminology & Study Class from 6:30PM to 7:15PM.
Friday-Saturday, October 26 th -27 th , 2012	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA. Studio Closed. No Classes.
Tuesday, October 30 th , 2012	Halloween Party, from 6:30PM to 8:30PM. No Classes.
Wednesday, October 31 st , 2012	Halloween. Studio Closed. No Classes.
Saturday, November 3 rd , 2012	Leadership Class, from 11:45AM to 1:15PM, Impact Martial Arts.
Wednesday, November 7 th , 2012	New Winter Schedule takes effect.
Saturday, November 10 th , 2012	Wallingford-Swarthmore School District Wellness Fair, from 10:00AM to 2:00PM, Strath Haven High School, Wallingford, PA.
Thursday, November 15 th , 2012	No Classes. Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM; Youth & Adult Students @ 7:15PM.
Thursday, November 22 nd , 2012	Thanksgiving. Studio Closed. No Classes.
Friday, November 23 rd , 2012	Studio Closed. No Classes.
Wednesday, November 28 th , 2012	Leadership Class, from 6:45PM to 8:15PM, @ Pal Che Tang Soo Do. No Kickboxing.
Wednesday, December 12 th , 2012	Leadership Class, from 6:45PM to 8:15PM, @ Pal Che Tang Soo Do. No Kickboxing.
Friday, December 14 th , 2012	Tentative Color Belt (Gup) Test.
Monday, December 24 th , 2012	Christmas Eve. Studio Closed. No Classes.
Tuesday, December 25 th , 2012	Christmas Day. Studio Closed. No Classes.
Wednesday, December 26 th , 2012	Studio Closed. No Classes.

Thursday, Friday, & Monday
December 27th-30th, 2012

Studio Open. Regular Classes held.

Tuesday, December 31st, 2012

New Year's Eve. **Studio Closed. No Classes.**

Wednesday, January 1st, 2012

New Year's Day. **Studio Closed. No Classes.**

Thursday, January 2nd, 2012

Regularly Scheduled Classes Resume.

New Students

Yubing Tong
Dylan Muldowney
Julia Celona
Michael McArthur
Khiloe McArthur
Rudra Bansal
Mason Walker
Zoey Nulty

October Birthdays

Yubing Tong – 21st
Michael McArthur – 27th
Dylan Muldowney – 28th
Anais Piquoin – 31st

Recent Promotions

Jillian DiLucido – Second Degree Black Belt (E Dan)
Jordon Havens – Brown Belt with Stripe (Sam Gup)
Kevin Karjono – Green Belt (Yuk Gup)
Brian Finley – Green Belt (Yuk Gup)
Yasmine Cabrera – Green Belt (Yuk Gup)
John Lyons – Orange Belt with Stripe (Chil Gup)
Xander Lyons – Orange Belt (Pahl Gup)
Deborah Vallejo – White Belt with Stripe (Ku Gup)
Ashon Foster – Yellow-Red Dragon Belt
Leihui Tong – Yellow-Brown Dragon Belt
Zachary Broxton – Yellow-Green Dragon Belt
Gabriel Vallejo – White-Red Tiger Belt
Nahdir Long – White-Green Tiger Belt
Zachary Smithson – White-Green Tiger Belt
Anais Piquoin – White-Orange Tiger Belt
Brooke Henry – White-Orange Tiger Belt

Instructor's Angle

By: Mr. Nicholas W. D'Amato

This month I want to talk about One Step Sparring (Il Soo Sik Dae Ryun). In class we often practice our One Steps, day in and day out, and I notice that many students seem confused as to why we do them or they just do not take them seriously.

One Steps (Il Soo Sik) are an integral part of Tang Soo Do. Before one can learn Free Sparring (Ja Yu Dae Ryun), one must know the basics and how to apply them against an opponent. We start with Pre-Arranged Techniques. This allows students to memorize each one and learn different options for how to react to an attack. Part of this is managing fear, applying discipline, and reacting while keeping self-control. The repetition of One Steps (Il Soo Sik) helps the student become proficient in specific defenses and counter-attacks, which can later be applied in Self Defense (Ho Sin Sul) and Free Sparring (Ja Yu Dae Ryun). In the beginning, they are single techniques, and as a student progresses, he or she will learn combinations of two, three, four, and sometimes even five techniques all in response to a single punch or kick. After years of practice, One Steps (Il Soo Sik) should become second nature. One should be able to perform them without needing time to think and prepare for each one.

There are three specific areas where One Steps (Il Soo Sik) assist us in our training. As a student, I remember being told constantly that we practice them to learn "Distance, Timing, and Focus". All three of these apply to both the Attacker and the Defender in each One Step (Il Soo Sik).

Distance is necessary because despite how powerful or fast an individual executes a technique, if the distance is not correct (either too far, too close, or at the wrong angle), the technique is useless and ineffective. Distance is gauged before each numbered technique so that no one gets accidentally injured. Distance is also important because it is different when one is partnered with different people. Distance changes each time, and that is why it must be carefully judged with each individual opponent.

Timing is essential because the techniques must be performed at the appropriate point. If an attack or a defense is at the wrong time (too early or too late) it may not work as it should. Each numbered technique has its own timing, and that is why both the attacker and the defender Yell (Kihap) to indicate when each is ready to begin. Timing also depends on the partner. If the attacker is slower, you may need to wait to counter-attack. If the attacker is faster, then you need to react more quickly.

Focus is critical because each technique has specific targets where it must connect for the technique to be successful. If a technique is in the wrong place, there are risks of injury and you may make the encounter worse. The Student Manual and the poster on the wall indicate the Vital Points (Kup So) where each of the various techniques that we practice will work in a suitable manner. Students must remember that not every technique is designed to work in all situations, and that is why we practice a variety of Pre-Arranged Techniques.

As you may know, there are 30 Hand One Steps (Il Soo Sik Soo Ki) and 30 Foot One Steps (Il

Soo Sik Jok Ki). For each rank we learn two or three of new numbers in each, but we must remember the old ones as well. Many higher ranking students are forgetting basic One Steps (Il Soo Sik), and that cannot be. Tang Soo Do is all encompassing, and a student cannot forget the basics once he or she learns more advanced skills. Coming to class and practicing the One Steps only once a week is not enough. You must practice each number several times each week in order to improve upon it. Even for Black Belts (Dan) like myself who know all 60 of them, there is still room for improvement. So in the coming weeks and months, I encourage you to practice them not only in class, but before and after class when you are standing there waiting, and also on your own time when you are at home.

Master's Corner

By: Master Ronald Raver

This article was written in May 1997, and I think it gives a concise yet powerful description on what the definition of Tang Soo Do really is.

What is Tang Soo Do? More importantly, what isn't Tang Soo Do? Tang Soo Do is not kicking, punching, fighting, and breaking boards. These are all aspects of Tang Soo Do but they are not Tang Soo Do. Tang Soo Do is self-improvement and self-realization. The above mentioned aspects of Tang Soo Do are the vehicles used to develop individuals. Everyone can stand improvement - hence, there is no 10th Degree Black Belt in our style. The desire for perfection resides in all of us, but can never be obtained.

Tricks like standing on a bed of nails or inserting sharpened motorcycle spokes through your arms were never intended to be any part of Tang Soo Do. Let these sideshow acts be done by the fakirs at an Indian Bazaar. True Tang Soo Do is done with hard work, sweating, and a lot of hours spent in rigorous practice. Pushing yourself to limits you thought not possible is how you build confidence, concentration, humility, perseverance, and indomitable spirit. True Tang Soo Do is not winning trophies at tournaments. True Tang Soo Do is performing your best even if you don't win the trophy.

Feature Article

Instead of having another article this month, I have selected three excerpts regarding the purpose of training in Tang Soo Do and how it relates to belt rank promotions.

“Training is not something you do for promotion, training is something you do for yourself. You train so as to improve yourself physically, mentally, and spiritually. The Martial Arts are dedicated to the perfection of character, not the quest for higher rank.”

“I remember a Color Belt (Gup) Test several years ago that Grandmaster Shin attended. After the test he made some comments to the students who tested for promotion. He said that when he was training in Korea as a young man, he wasn't the best fighter, the best technician, or the most flexible. He was tenacious. The students who were better, more gifted than he, had all dropped

out. He continued to train. Promotions came without his checking hours. Now, he is Grandmaster of an organization with over 100,000 members in 34 countries. The more gifted students are gone. Concentrate on learning what is required of you and continue to practice "stuff" learned at lower ranks."

"Whatever your rank, don't concentrate on the hours that you have accumulated, just come to class and train. Tang Soo Do is not a short walk, it is a path you follow for the rest of your life. A month here and a month there is of no consequence. The Belt (Dee) should not be your goal, but instead, improvement in character is the goal. Just train, promotions will happen."

Thought for the Month

"If you do not change direction, you may end up where you are heading." — Lao Tzu