

Pal Che Tang Soo Do Times



Pal Che Tang Soo Do

229 South Chester Pike, Suite C
Glenolden, PA 19036-2174
610-522-9120
PalCheTSD@GMail.com
www.PalCheTSD.com
Certified Member Studio Number 330
World Tang Soo Do Association
Since 1990



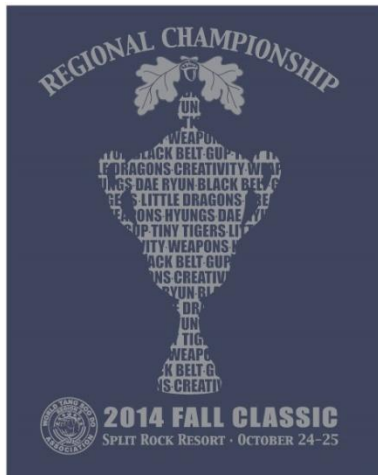
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October 2014

Quick Notes

Region 8 Championship

The Region 8 Championship will be held on Friday-Saturday, October 24th-25th, 2014 at The Galleria at Split Rock Lodge & Resort in the Poconos. This is the Premier Event of Region 8, and GrandMaster (Kwan Chang Nim) Robert E. Beaudoin and Mrs. Moon Suk Shin will be in attendance. The address is 100 Moseywood Road, Lake Harmony, PA 18624. For Hotel Reservations, Call 1-800-255-7625 or E-mail GroupSales@SplitRockResort.com.



Schedule Changes

There is now a class on Wednesdays from 5:00PM to 5:45PM that is open to Advanced Little Dragons as well as all Youth Students and all Adult Students. There will also be a Saturday morning class that will be held once per month at 9:30AM that will run as an Open Floor format where students and come and request drills and techniques that they would like to review.

Tuition Policy

This is a reminder that 30 days notice is required to freeze or cancel any account. Since most customers are on monthly billing, this means that if there is a payment due within the next 30 days following the date of notice of the stop, one final payment is required. Students who are taking a leave must provide notice so that their account with Member Solutions can be frozen.

New Study Guide Policy

Starting in November students will be required to submit filled-in versions of their Study Guides in order to be eligible for testing. All students will receive new copies of their Study Guides in the coming weeks. Students must submit all Study Guides up to their Current Rank in order to be eligible to test. Students who already have old versions of the Study Guides filled out will be permitted to use them. Just as class hours, rank time, and physical pre-screenings are evaluated, completed Study Guides will now be required as part of a new written pre-screening.

Good Jobs Cards

In order to reward everyone for their hard work, some students will be selected periodically to receive a Good Job Card for excellence in class. Be sure to try your best every night when you come to class. Work hard and you will succeed.

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. Students, Parents, and Instructors should seriously consider writing an article for an upcoming issue.

Leadership Classes

Mr. George Celona, Ms. Angel Celona, and Mr. Nick D'Amato have spent a great deal of time planning the upcoming Pal Che Tang Soo Do and Impact Martial Arts Joint Leadership Classes, and we have some awesome things on the schedule. We have a lot of new topics that we want to explore in the next few months, and we have more Guest Instructors scheduled to teach. Those who have already been invited as members of the Program should make every effort to attend these classes whenever possible especially since it's free-of-charge and because they have so much to offer. Remember, you can only benefit if you participate. As the Leadership Program continues to grow this year, (we are expecting **MANY** new students to be invited in the coming months), students who do not attend on a regular basis will be replaced by students who can come more often. Mark your calendars with the dates in the Calendar of Events section!

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 martial arts. Potential students are always welcome to come for a Free Trial Class. If you know some people who are interested, take a business card or brochure and share it with them. A referral program with prizes and incentives will be implemented later this year to thank students for helping to recruit more members to our Studio (Dojang). There is no greater compliment to thank your instructors for their hard work than referring other students to our school. We appreciate your help in growing our school.

Calendar of Events

Friday & Saturday, October 24 th & 25 th , 2014	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA
Friday, October 31 st , 2014	Studio (Dojang) Closed. Halloween.
Saturday, November 1 st , 2014	Halloween Party, from 6:30PM to 9:00PM
Tuesday, November 4 th , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Saturday, November 8 th , 2014	Leadership Class, from 11:30AM to 1:30PM @ Impact Martial Arts, Perryville, MD
Thursday, November 20 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday & Friday, November 27 th & 28 th , 2014	Studio (Dojang) Closed. Thanksgiving Holiday Weekend.
Wednesday, December 3 rd , 2014	Terminology & Study Class, from 7:00PM to 7:30PM
Saturday, December 6 th , 2014	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Wednesday, December 17 th , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Wednesday – Sunday, December 24 th – 28 th , 2014	Studio (Dojang) Closed. Christmas Holiday Weekend.
Wednesday – Friday, December 31 st , 2014 – January 2 nd , 2015	Studio (Dojang) Closed. New Year Holiday Weekend.
Monday, January 5 th , 2015	Classes Resume.
Friday, January 9 th , 2015	2014 Holiday Party & Awards Banquet, from 6:00PM to 10:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Friday, January 23 rd , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM

New Students

Ja'Nya Clayton

Kamryn Baptiste

Xela Jackson

We would also like to welcome back Jonathan Weiss who has returned after a short break.

October Birthdays

Anthony DiLucido – 17th

Recent Promotions

Cynthia Rivera – Orange Belt with Stripe (Chil Gup)

Tomer Gabie – White Belt with Stripe (Ku Gup)

Bradley Mitchell – Dragon Brown Belt

Brockton DePropsero – Dragon Green Belt

Alison Steinmetz – Dragon Yellow Belt

Michael Jack Friel – Dragon Yellow Belt

Feature Article

By: Jeffrey Marx

This article is a selection from Pulitzer Prize winning author Jeffrey Marx's book Season of Life: A Football Star, a Boy, a Journey to Manhood. It is a story about Gilman High School in Maryland, which has a highly successful football team. Its coaches have a few unusual rules, which guide the students on how they should act with respect to others. The requirement that players constantly base their thoughts and actions on one simple question: "What can I do for others?"

"That first day at Gilman [High School] was entirely unlike anything normally associated with high school football. It started with the signature exchange of the Gilman Football Program. This time between Head Coach Biff Poggi and the gathered throng of eighty boys, freshmen through seniors, who would spend the next week practicing together before being split into varsity and junior varsity teams.

"What is our job?" Biff asked on behalf of himself, Joe, and the eight other assistant coaches. "To love us," most of the boys yelled back. The older boys had already been through this routine more than enough times to know the proper answer. The younger boys, new to Gilman football, would soon catch on. "And what is your job?" Biff shot back. "To love each other," the boys responded. I would quickly come to realize that this standard exchange...was just as much a part of Gilman football as running or tackling.

"I don't care if you're big or small, huge muscles or no muscles, never even played football or star of the team. I don't care about any of that stuff," Biff went on to tell the boys, who sat in the grass while he spoke. "If you're here, then you're one of us, and we love you. It's as simple as that. I expect greatness out of you," Biff once told the boys, "and the way we measure greatness is the impact you make on other people's lives." How would the boys make the most impact? Almost anything Biff ever talked about could be fashioned into at least a partial answer to that question. For one thing, they would make an impact by being inclusive rather than exclusive.

“The rest of the world will always try to separate you,” Biff said. “That’s almost a law of nature; it’s going to happen no matter what, right? The rest of the world will want to separate you by race, by socioeconomic status, by education levels, by religion, by neighborhood, by what kind of car you drive, by the clothes you wear, by athletic ability. You name it; there’s always going to be people who want to separate by that stuff. Well, if you let that happen now, then you’ll let it happen later. Don’t let it happen. If you’re one of us, then you won’t walk around putting people in boxes. Not now. Not ever. Every single person has something to offer. Every single person is special. We are a program of inclusion. We do not believe in separation.”

The boys would also make an impact by breaking down cliques and stereotypes, by developing empathy and kindness for all. “What’s empathy?” Biff asked them. “Feeling what?” “Feeling what the other person feels,” said senior Napoleon Sykes, one of the team captains, a small but solid wide receiver and hard-hitting defensive back who had already accepted a scholarship to play college football at Wake Forest. “Exactly right,” Biff said. “Not feeling for someone, but with someone. If you can put yourself in another man’s shoes, that’s a great gift to have for a lifetime.”

That was the whole idea behind the coach’s rules that no Gilman football player should ever let another Gilman boy — teammate or not — eat lunch by himself. “If you happen to see another boy off by himself, go sit with him or bring him over to sit with you and your friends,” Biff said. “I don’t care if you know him or not. I don’t care if he’s the best athlete in the school or the so-called nerd with his head always down in the books. You go get him and you make him feel wanted and special. That’s being a man built for others.”

Ultimately, Biff explained that the boys would make the greatest overall impact on the world and would bring the most love, grace, and healing to people by constantly basing their thoughts and actions on one simple question: “What can I do for you?” “It’s not what can I do to get a bigger bank account or a bigger house? It’s not what can I do to get the prettiest girl? It’s not what can I do to get the most power or authority or a better job title? It’s not what can I do for me? The only question that really matters is this: How can I help you today?”

Biff and the other coaches would constantly elaborate on all of this as the season progressed. “Because in case you haven’t noticed yet, we’re training you to be different,” Biff said. “If we lose every game of the year, go 0-and-10 on the football field, as long as we try hard, I don’t care. If you learn these lessons, and we’re 10-and-0 in the game of life.”

Thoughts for the Month

“If you are depressed, then you are living in the past. If you are anxious, then you are living in the future. If you are at peace, then you are living in the present.” — Lao Tzu, a philosopher and poet of ancient China, best known as the reputed author of the Tao Te Ching and the founder of Taoism.

“Be a fountain, not a drain.” — Rex Hudler, American sports radio broadcaster, former Major League Baseball utility player, and motivational speaker.

“If you learn from defeat, you haven’t really lost.” — Hilary Hinton “Zig” Ziglar, an American author, salesman, and motivational speaker.

“Your life does not get better by chance; it gets better by change.” — Jim Rohn, an American entrepreneur, author, and motivational speaker, whose rags-to-riches story influenced his work and success in the personal development industry.

“Strive for progress, not perfection. Don’t put the key to your happiness in someone else’s pocket.” — Unknown.

“Success is not final, and failure is not fatal. It is the courage to continue that counts.” — Sir Winston Leonard Spencer Churchill, a British politician, who was the Prime Minister of the United Kingdom, regarded as one of the greatest wartime leaders of the 20th century, officer in the British Army, historian, writer, artist, and Nobel Prize Laureate, and honorary citizen of the United States.

Photos

Pal Che Tang Soo Do & Impact Martial Arts Joint Leadership Class – Saturday, September 13th, 2014 – Guest Instructor: Master Robert Kloss



Color Belt Test (Gup Shin Sa) – Thursday, September 25th, 2014

