



Tang Soo Times

Pal Che Tang Soo Do

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

September 2005

Issue No. 170

Calendar of Events

Sept 2,3 and 5 - Labor Day Weekend - No classes
September 14 - No Adult Class
Black Belt Class -Blue Belts and higher welcome
September 17 - No classes - Black Belt Test
September 23 - Gup Test
September 30 - No Adult Class - Social Night

Birthdays

Shannon Keeely	1
Billy Blessington	3
Matt Byrne	6
Karen Fagan	8
Phil Pollock	28
Justin Ritter	29

New Students

Sandra Collins Ed Farmer Jiavoni Collins Nick Putiri Dymin Collins Ashley Moll Nathaniel Mango
Train often and train hard. You are on the steep portion of the classic learning curve and every class should reveal something new to you. If you ever have any questions, do not hesitate to ask a senior student.

Instructor's Angle

Everyone begins their Martial Arts journey seeking to get out of their training something personal. Regardless to what brings you to the Dojang initially, our duty as instructors is to keep you there, and keep you interested in training. Although each student may have short-term goals for themselves, as head instructor, my goal for every student who walks through the door, is long term. For me, Tang Soo Do, is a way of life. It is not a hobby or something I do in my spare time. And, although I work a full time job, I consider instructing the students of Pal Che my career. I understand that not everyone is like me, and I acknowledge, that for many of you, Karate is something "you do," as opposed to a "Way of Life."

No two teachers instruct alike. If they did, I would not need them all instructing. The wide variety of instruction allows each teacher to express themselves to the class, and to share some of the things they have learned in the course of their training. If every instructor were a clone of Master Raver or me, we would only need to hold class two to three nights per week. Instead, the flexible schedule not only allows the student to grow and explore the Martial Arts from various viewpoints, but it is also allows the teacher a chance to grow in their understanding of the student.

Add to this the fact that Tang Soo Do, under the direction of Grandmaster Shin, provides each of us a time and battle tested system from which to learn the Martial Arts. Contained within this system, are movements and techniques from many different styles of Martial Arts, including but not limited to, Judo, Hapkido, Kung Fu, Eastern Boxing, Western Boxing, Greco Roman Wrestling, American Wrestling, and even ECW Wrestling. We practice fighting skills learned on the streets, from Hong Kong to South Philly. We will imitate the movements and techniques of animals, both big and small, masters and movie stars. During our training, we will be required to use obsolete weapons from our past, which serve of no value in today's high tech world of destructive toys, while at the same time learning how to use anything handy as a weapon to defend you today; proving the fact that the Martial Arts did originate all other the world as needed.

Confusing? Consider this, Tang Soo Do not only teaches us how to prepare us for physical attacks, but also prepares us for life as well. In life, as with Karate, not everything can be learned from one teacher, no more than any one way to train is the better than another. I was once told there are no bad systems of Karate, only bad teachers. I believe this, and I feel it is my duty to you as your instructor, to never cease trying to find ways to prepare you for battle both in and out of the Dojang.

I see my Martial Arts journey as a never-ending journey for both perfection and knowledge. Therefore, no one class or one teacher can define or limit me in what I can accomplish. With the world as my class room, everyone who enters it is my teacher, and every night I am at class. By taking what I can use and discarding what I cannot, my

Bulletin Board

Announcement

Congratulations to Mr. George Celona and Miss Angel Evangelista on their engagement. They are planning to getting married in September of 06.

Special Thanks

I would also like to thank all the parents and students for their SPECIAL card and gift to help me continue with my promotion to Sah Dan.

White Tiger Social

Our 3rd Annual White Tiger Social will be held on Friday September 30th at the American Legion Post 566 located on Boon and S. Glen Ave. in Glenolden. This event is for Students, Family and Friends over the age of 21.

The new schedule is now available. Pick up a copy on the shelf in the lobby.

journey continues.

As students, I challenge you to not limit your Martial Arts journey by the preconceived notions and ideas of what you think Karate should be, but rather open your eyes and mind to the endless possibilities of what could be. In life, attacks, both physical and mental, will come at us from various angles, we must prepare in the same fashion.

Master's Corner

August 1993

At the recent Dan Clinic in Millersville, the souvenir "T" shirt was inscribed with the Korean symbol for "Do" with the inscription, "The Path I Chose." Wow! That really grasped the essence of what Tang Soo Do is all about. You have been exposed to many articles about Tang Soo Do being a path (Tang Soo Times May 1993, WTSDA Newsletter Fall 1992). The Do or Way of the Warrior is the Path a Tang Soo Do Black Belt walks.

Not a path of physical fighting as the word warrior indicates to many people, but rather a path where battles are mental. In this day and age where everything is handed to us, perseverance is not needed. We can get a fast food meal, we can buy anything we want with a piece of plastic rather than plan and save, we get instant gratification.

As your training progresses, watch the many distractions that can be presented to you your friends are going to the movies but you have class. What's one class more or less? Your friends are making fun of you what good is being able to fight with your hands and feet when almost everyone carries a gun? It's 100 degrees outside, let's go to the pool. Who wants to spend the evening in a smelly, hot karate class? The distractions go on and on. Our records of prior students are full of people who were dropping out for a month to play baseball, soccer, or any other myriad of sports. People who were stopping for a short time because their family gave them grief about the time spent in the dojang. Students were dropping out because they were tired from working during the day. People were dropping out for the summer to vacation, etc, etc, etc. The list goes on and on. These are the battles a Tang Soo Do warrior faces everyday. A Tang Soo Do Black Belt has the same number of distractions that you have, maybe even more. The warrior confronts these distractions, balances Um and Yang, works out a solution, and stays on the chosen path.

No one ever said it was going to be easy. To the contrary, we always will tell you that making Black Belt is something special. Not because a Black Belt is a superman but because it takes a commitment of time, energy, and effort. This is a chance for you to see what you are made of inside. You can drop out for any number of reasons, reasons limited only by the imagination of your mind. Or, you can grit your teeth and stay with Tang Soo Do. You can become one in ten thousand, and you

will be able to call yourself a Black Belt. Then, after becoming a Black Belt, you can make a further commitment of yourself and begin the journey to become a Martial Artist.

This “Do” is not an easy road to walk, however it is the one we have chosen. Come, walk with us.

Black Belt Health

Submitted by Kim'D'Angelo

Eating Well Affects Many Things

Playing sports is a lot of fun. When we join any type of sport, whether it be soccer, baseball, basketball, football, lacrosse, hockey and even karate, we are always coached on the game we are playing. Our coaches or instructors fill our minds with the rules, correct conduct and basic skills for the sport we are playing. We learn these things to help us do the best we can.

Hopefully, if you have a good coach, you start the practice by stretching. We all know how important this is for our muscles to adapt to the work out we are about to do. Then they will move on to the basic drills, teaching and playing of the game. Our minds become full of the game and our bodies learn to react in the game. To enable them to react the way they should, we need to give it the correct fuel prior to the practice.

Eating nutritious foods and the right drinks can help you perform better on the playing field. When you play a sport, you make sure you have the equipment you need, like your glove for baseball, cleats for soccer, and high-top sneakers for basketball. You couldn't play the game very well without this gear. You need to help your game from the inside out. You need to cover the basics- protein (found in meat, eggs, and dairy foods), protein (found in meat, eggs, and dairy foods), vitamins (as found in fruits and vegetables, for instance) and minerals like calcium (found in dairy products). Kids need some fat, too, but that's not usually difficult to get. It's found in meats, cheeses, nuts, oils, and butter.

Calcium and iron are two important nutrients for kids - especially athletes. Calcium builds strong bones, which are less likely to break under the stress and strain of heavy activity. You'll find calcium in dairy products, like milk, yogurt, and cheese. Other good sources include dark, green leafy vegetables and calcium-fortified products, like orange juice. It's important to include iron-rich foods in your diet, such as meat, eggs, and dried fruit. Without enough iron, kids might get tired more easily.

When it's time to practice or play, you'll get energy from the foods you've been eating all week. But it's still a good idea to eat well on that day. If you're going to eat a meal, have it 1 1/2 to 3 hours before practice or game time. If you have a full stomach, your body will need to spend energy digesting food, leaving less for you to use in your game or practice.

But you don't want to be hungry either. Bring a snack, especially for long practices, competitions, or all-day events. Half a sandwich, fresh or dried fruit, or a small handful of nuts are all good snacks. Sports bars, or energy bars, are convenient.

Avoid sugary stuff like sodas or candy bars right before you practice or compete. You might get a little energy boost, but it will fade fast leaving you feeling tired. Eating and drinking the right stuff will help you play your best.

“Eat your breakfast. It's the most important meal of the day!” Why are people always saying that? Imagine your body is a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going! Just like with other meals, try to eat a variety of foods, including: grains (breads and cereal), proteins (meat, beans and nuts), fruits and vegetables, milk cheese and yogurt. Many of us, as adults skip breakfast. We know we shouldn't, but do anyway. What I find alarming is the number of kids skipping breakfast! Here are some ideas for weird incentives to eat this important meal!

Banana Dog- Peanut butter, a banana, and raisins in a whole grain bun.

Breakfast Taco- shredded cheese on a tortilla, folded in half and microwaved; top with salsa

Fruit and Cream Cheese Sandwich, use strawberries or other fresh fruit.

Some people skip breakfast because they sleep too late or because they think it's a way to stay thin. But skipping breakfast doesn't help people maintain a healthy weight. In fact, someone who skips breakfast tends to eat more calories throughout the day. If you find yourself skipping breakfast because you're too rushed, try these quick breakfasts. They're easy to grab on the way out the door or can be prepared the night before: single servings of whole-grain, low-sugar cereal, yogurt, fresh fruit, whole grain muffin, and the all time favorite- trail mix of nuts, dried fruits, pretzels, crackers, and dry cereal.

Just in case you need more evidence that you should eat breakfast, studies show, kids who don't eat breakfast are less able to learn at school, get less iron, an important nutrient in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight. On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. This applies to adults in the workplace also. So tomorrow morning,

don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Eating healthy affects everything we do. It gives us the energy we need to play sports, do well in school and work and maintain overall good health. So next time you think about skipping that all important meal, remember you need to treat your body good- give it the correct fuel it needs- for it to be good for you.

Submitted Article

This article was submitted by 10th Gup, Bertrand Deranaut

Last Monday, Mr. Centrone told us about how we should be a dry sponge absorbing as much knowledge as possible from every teacher we have, each offering their own perspective of the Art. Even as a studio owner, Mr Centrone is still in this state of mind and ready to learn new things from white belts. So as a beginner, I decided to give you a non-representative sampling of what I have learned so far in these three months of Tang Soo Do.

First of all I would like to say it has been the shortest and longest three months in my life. Looking back it has only been three months. That's what my calendar tells me (and he rarely lies). But when I look at what I have learned so far, it's been ages; and it's only the beginning. I learned a new side of relativity. Now my week is divided in two kinds of days: with or without a Tang Soo Do sessions.

Second, coming to Tang Soo Do, I discovered that a twelve year old kid can do more push-ups than me or that a girl that is maybe 18 inches shorter than me and 60 pounds less can easily destroy my nose with her heel if she fancies it. When I found this out, I gave myself the advice the carefully stick with the very formal, “Yes Ma'am, no Ma'am” response. (Note to Angel: Ma'am, if you read this and I made any mistake in the estimation of your weight, it is absolutely involuntary. Really.)

The other thing I learned is that there are plenty of nice people – not that I am usually surrounded by mean people. So far, everyone I have met at Pal Che is a nice person with a rich personality. I don't know if people become nice when practicing Tang Soo Do or only nice people are interested in practicing, but these people help each other, are involved in many things, polite and easy to talk to and interesting to listen to.

A third thing I learned is where the famous “efficiency/economy of moves” comes from that some martial arts texts attribute to practitioners; you know, the absence of useless movement, of fidgeting that old masters are supposed to show in their simplest activities. After my first session it was obvious to me, no big mystery here. When I came back home and sat five minutes to find my breath back, I found out I could barely move! That night when I did the dishes, all my moves were very efficient. No muscles worked in vain, no calories wasted, no fiddling, nothing... I went through the whole process thinking how it could be done with the minimal use of my sore body.

And of course, I also learned the different basic punches, kicks, forms, and terminology. But must of all, Tang Soo Do teaches me about myself. I found out that I have some physical limits that I was unaware of, but also that with training I can push my limitations. I discovered I could stand a good amount of physical exercise and enjoy it. I discovered that Tang Soo Do gave me a new perspective of day to day life; nothing revolutionary, but subtle and strong.

Now I know that things such as Tang Soo Do exist, and that anyone can be a part of it if s/he has the drive (and the time) and that your life can become richer and fuller by learning new things. Everybody knows martial arts exist; they know about it, but they don't. Learning it from the inside is another world.

You surely have already read that kind of thing about other practices like music or poetry. But I learned it in my Tang Soo Do studio. And I am ready to learn more.

Thought for the month

“All martial artists are beginners; some of us have just been beginning longer!”

GM J.R. West

