

TANG SOO TIMES

ISSUE NO.205

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SEPT 2008

PAL CHE TANG SOO DO

229 SOUTH CHESTER PIKE

GLENOLDEN, PA 19036

CALENDAR OF EVENTS

Fri.	Sept. 19 th	Tournament Class 6:00
Fri.	Sept. 26 th	Tournament Class 6:00
Fri.	Oct. 3 rd	Region 8 Championship
Sat.	Oct. 4 th	Region 8 Championship (School Closed)
Fri.	Oct. 12 th	Next Gup Test

AUGUST Birthdays

Dana Leaver	6 th	Amine Moukrem	18 th
Karen Fagan	8 th	Bryan Neuber	24 th
Billy Blessington	9 ^h	Tracy Donnelly	27 th
		Phil Pollock	28 th

SPARRING

As many of you are aware, more and more interest has been expressed in sparring in class. Due to the continuing interest, I have asked the nightly class instructors to include sparring into more of their classes. When sparring, we will follow strict guidelines to ensure both a positive learning experience and safety. I will be handing out a list of rules regarding sparring.

All Students will be required to have sparring gear at Orange Belt level. White belts will be introduced to some of the concepts of sparring during class. In order to spar, students **MUST HAVE** the following protective equipment.

1. HELMET
2. HAND PROTECTION
3. FOOT PROTECTION
4. MOUTHPIECE
5. GROIN PROTECTION FOR MALE STUDENTS

Optional equipment such as Shin guards, rib protection and full face protection is also available. Please see me about ordering gear and costs.

NEW STUDENT

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

Bridgett O'Shea

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.

Master's Corner (Master Raver June 91')

Why do we as Tang Soo Do practitioners, wear various colored belts? If things are as our Masters and teachers say, that Tang Soo Do strives for individual growth, not victories over others, but victory over ourselves, why wear something external that may inflate our egos? The answer to these questions is clear. The various colored belts represent short-term goals that need to be achieved in quest of a longer term goal. That is life! You are promoted from first grade to second to third and so on until you finally graduate from high school; you save so much money each week until you have enough down payment for a new car or for that dream vacation; and at work there are the little achievements that take place each day for your boss to say at the end of the year, "You are doing a great job and deserve a raise."

Originally in the martial arts, the practitioner would wear the same white sash each day to practice. Over the years he would practice, the dirtier this sash became until it was filthy. People could tell that person had been practicing a long time because his belt was black. Hence, the origination of the Black Belt. I've heard students make fun about the condition of a Black Belt's belt. It was frayed and worn. That merely means he has been a Black Belt for a long time and his belt is beginning to return to the white stage - innocence.

As a member of the World Tang Soo Do Association, you should be well versed in our color belt scheme. You should be aware of the analogy between the colors and the cycle of the seasons. However, stop and consider exactly what is being said, and for the beginners this might be difficult to understand because you haven't "been there" yet.

White is innocence. You know nothing, your techniques and knowledge are dormant, just as plants are in winter.

Orange represents that first spring flower that breaks through the snow. You show some understanding of techniques.

Green puts you on the steep portion of the classic learning curve and you are learning rapidly. Almost every class reveals something new.

Brown has muscle groups now working in unison. Proper hip movement and alignment into techniques has developed your power.

Red helps you realize the power you have and you now spend time on controlling this power. Communication between specific muscle groups and the brain has been established and you notice increasing speed.

Blue represents the flattening of the learning curve so far as techniques are concerned. Now comes the mental part. You are close to the Black Belt and now must begin to assume responsibilities in the dojang. Things may be asked of you that can only be accomplished if you are mentally prepared.

Black represents the end of the color belt cycle. Your techniques are established. Now you can spend the rest of your life trying to perfect them, training is now mostly mental. You have an obligation to two millennia of forebears. You are a modern day warrior. And, a "Warrior Stands Alone."

THOUGHT FOR THE MONTH

**THE TRUE VALUE OF TANG SOO DO IS NOT IN THE DEE YOU WEAR,
BUT THE CHANGES THAT HAVE OCCURRED WITHIN YOU IN YOUR QUEST FOR
THEM.**

JAE C. SHIN

KID'S KORNER

Welcome to Kids Korner, the mind boggling, brain teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

Martial Arts Cryptography: How it works - Each code letter below represents another letter. Guess them all and you break the code! Each time the code letter appears in the text it will represent the same decoded letter. Hints: Each code has a key (the relationship between the code and decoded letters). Observe punctuation. Work on short words first.

Example: O C T V K C N C T V U K U I T G C V
Solution: M A R T I A L A R T S I S G R E A T

KEY = the decoded letter is two letters before the coded letter in the alphabet (D =B, etc)

D N C E M D G N V G Z E G N N G P E G K U D G K P I
V J G D G U V
A Q W E C P D G C V G X G T A V J K P I A Q W
F Q.

