

# 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  
Since 1990



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### Quick Notes

#### **Region 8 Championship**

The Region 8 Championship will be held on Friday-Saturday, October 25<sup>th</sup>-26<sup>th</sup>, 2013 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 Beaudoin and GrandMaster (Kwan Chang Nim) Jae Chul Shin's widow, 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. Early Registration ended on Sunday, September 15<sup>th</sup>, 2013, and the **Final Registration Deadline is Friday, October 4<sup>th</sup>, 2013** with Tiny Tigers and Little Dragons at \$45.00 and Youth and Adult Students at \$70.00. Students must register online at the following link: [https://events.membersolutions.com/event\\_detail.asp?content\\_id=41691](https://events.membersolutions.com/event_detail.asp?content_id=41691). There will be Tournament Preparation Classes held at the Studio (Dojang) on Wednesday, October 16<sup>th</sup>, 2013 at 7:30PM and Wednesday, October 23<sup>rd</sup>, 2013 at 7:30PM. Volunteers are also needed to make this event successful, and students, especially Black Belts, are expected to sign up here: [https://events.membersolutions.com/event\\_detail.asp?content\\_id=41803](https://events.membersolutions.com/event_detail.asp?content_id=41803).

#### **Tuition**

Effective on November 1<sup>st</sup>, there will be an increase in the Tuition rates. As time goes on, the price of things go up; that is an unfortunate part of life. Here at Pal Che Tang Soo Do, we do our best to keep rates as low as possible for as long as possible, but sometimes changes must be made. With the increasing cost of rent, utilities, maintenance, and supplies, it is time for the rates to go up. As you may know, we have tried very hard this year to recruit new students and hold fundraisers which helped prevent the rates from going up, but now that is no longer an option. The new rates will be as follows: \$80.00 per month for Tiny Tigers, \$95.00 per month for Little Dragons, and \$110.00 per month for Youth and Adults. Each student will receive a letter detailing the changes that will be taking place. Family discounts will remain the same. This will take effect with the November Payment Due Date for each customer.

### **Community Day**

Glenolden Borough will be holding its Annual Community Day this Fall on Saturday, October 5<sup>th</sup> from 12:00PM to 4:00PM at Glenolden Park. For the past two years, Pal Che Tang Soo Do has performed a demonstration at this event, and we will be doing so again this year. We will be organizing a Demo Team to perform at this event. There is a Sign-Up Sheet on the Bulletin Board in the Studio (Dojang) Lobby. There will be two (2) **MANDATORY** Practices will be on Wednesday, October 2<sup>nd</sup>, 2013 at 7:30PM and Friday, October 4<sup>th</sup>, 2013 at 7:30PM.

### **Merchandise Order**

There will be a Merchandise Order for any students who would like to buy T-shirts, Tank Tops, and/or Hoodies. Students may also get the Studio (Dojang) Logo Screen Printed or Embroidered on their Uniform (Dobohk) Jackets. Students should also consider purchasing their own Sparring Gear and Gym Bags as well as Weapons for training. Anyone who spends over \$50.00 will receive a 10% Discount on their entire order. Order Forms are in the Studio (Dojang) Lobby. These are great gift ideas since the holidays will be coming soon. All Orders and Money are due on **Friday, October 11<sup>th</sup>, 2013.**

### **Halloween Party**

We will be holding a Halloween Party here in the Studio (Dojang) on Friday, November 1<sup>st</sup>, 2013. Students and their families are welcome to come dressed in their costumes for some fun and games. There will be music, dancing, activities, and prizes. The cost will be \$3.00 per student which will go toward covering the cost of snacks, candy, and drinks. Last year's event was really fun, and you will definitely do not want to miss out.

### **Dojang Tournament**

Pal Che Tang Soo Do will be holding a small In-House Tournament this Fall in early December. This is the first of its kind. Proposed by Cameron Harper, it will give students an opportunity to work towards a goal and gain experience with competing. It will allow all students to participate without needing to travel to a far away competition, and it will provide extra practice to those students who plan to compete in the future. There will be prizes for the winners of each event. More information will be available soon.

### **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 a class. If you know some people who are interested, take a business card or brochure and share it with them. **There is no greater compliment to thank your instructors for their hard work than referring others students to our school.** We appreciate your help in growing our school.

### **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. Consider writing an article for an upcoming issue. **Reminder:** Each month there is an activity in the Kids Section of the Newsletter. All students who complete and submit the activity will receive a cool prize.

## Calendar of Events

Saturday, September 28 <sup>th</sup> , 2013	Black Belt (Dan) Test from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA
Wednesday, October 2 <sup>nd</sup> , 2013	Demo Practice for Glenolden Community Day @ 7:30PM
Thursday, October 3 <sup>rd</sup> , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Friday, October 4 <sup>th</sup> , 2013	Demo Practice for Glenolden Community Day @ 7:30PM
Saturday, October 5 <sup>th</sup> , 2013	Glenolden Borough Community Day, from 12:00PM to 4:00PM, Glenolden Park
Friday, October 11 <sup>th</sup> , 2013	Merchandise Orders Due.
Wednesday, October 16 <sup>th</sup> , 2013	Tournament Preparation Class @ 7:30PM
Thursday, October 17 <sup>th</sup> , 2013	<b>No Classes.</b> Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Black Belt (Dan) Promotion Ceremony @ 7:00PM Youth & Adult Students @ 7:15PM
Saturday, October 19 <sup>th</sup> , 2013	Leadership Class, Time TBA, Impact Martial Arts, Perryville, MD
Wednesday, October 23 <sup>rd</sup> , 2013	Tournament Preparation Class @ 7:30PM
Friday & Saturday October 25 <sup>th</sup> & 26 <sup>th</sup> , 2013	Region 8 Championship, The Galleria at Split Rock Lodge, Lake Harmony, PA
Wednesday, October 30 <sup>th</sup> , 2013	Instructors Class & Meeting, from 7:30PM to 8:30PM
Thursday, October 31 <sup>st</sup> , 2013	<b>Studio (Dojang) Closed.</b> Halloween.
Friday, November 1 <sup>st</sup> , 2013	<b>Studio (Dojang) Closed.</b> Halloween Party @ 6:30PM.
Tuesday, November 12 <sup>th</sup> , 2013	Terminology & Study Class, from 7:15PM to 8:00PM
Thursday, November 21 <sup>st</sup> , 2013	<b>No Classes.</b> Tentative Color Belt (Gup) Test: Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
Thursday & Friday, November 28 <sup>th</sup> & 29 <sup>th</sup> , 2013	<b>Studio (Dojang) Closed.</b> Thanksgiving Holiday Weekend.

Wednesday, December 18<sup>th</sup>, 2013      **No Classes.** Tentative Color Belt (Gup) Test:  
Tiny Tigers & Little Dragons @ 6:30PM  
Youth & Adult Students @ 7:15PM

Tuesday, Wednesday, & Thursday,  
December 24<sup>th</sup>, 25<sup>th</sup>, & 26<sup>th</sup>, 2013      **Studio (Dojang) Closed.** Christmas Holiday.

Tuesday, December 31<sup>st</sup>, 2013 &  
Wednesday, January 1<sup>st</sup>, 2014      **Studio (Dojang) Closed.** New Year's Holiday.

### **New Students**

Amari Johnson

David Rivera

We would also like to welcome back returning students: Devon DiTrollo & Damien Wallace.

### **September Birthdays**

John Lyons – 11<sup>th</sup>

Rudra Bansal – 22<sup>nd</sup>

### **Recent Promotions**

Cameron Harper – Orange Belt (Pahl Gup)

Brian Conklin – White Belt with Stripe (Ku Gup)

Leihui Tong – Dragon Blue Belt

Zoey Nulty-Oliver – Dragon Green Belt

Andrew Fischer – Dragon Orange Belt

Anais Piquion – Tiger Blue Belt

Brooke Henry – Tiger Blue Belt

Rishwanth Suresh-Kumar – Tiger Green Belt

### **Instructor's Angle**

**By: Mr. Nicholas W. D'Amato**

It's Fall. This is the time of year when leaves begin to change, the weather cools down, and students return to school for another year of learning. After a long, hot, busy, and fun Summer, what changes are you ready to make to enhance our Tang Soo Do training? You can never be truly satisfied with where you are in your journey. Despite how talented you are and how awesome-looking your techniques may be, there is always room for improvement. I encourage everyone to do some self-reflection and examine your own progress. Find that those little things that need fixing and correct them. Are your Stances (Ja Seh) strong and deep? Are your hands always chambered correctly? Are you using the correct part of your foot on your Kicks (Cha Ki)? Whatever it is that you need to work on, practice it. Don't wait! Do it now!!!

## **Master's Corner**

**By: GrandMaster Jae Chul Shin**

**This story, which was written down by GrandMaster (Kwan Chang Nim) Jae Chul Shin and published in the December 1989 issue of the World Tang Soo Do Association Newsletter is entitled "Humility". Before you think about criticizing another student, you must always stop and think about your own limitations.**

Humility is the act of being humble. Webster defines "humble" as: low; not proud, arrogant, or assertive; meek; modest. We in Tang Soo Do view it slightly different. Humility to us is not looking down on yourself or your abilities, but rather, to appreciate and hold up all of creation.

As a boy I remember being told a story by one of my Masters. There was a young man who desired to master the Art of Tang Soo Do. He went high into the mountains to seek out and study under a very prominent Master. For years they lived in isolation. The student would wake up early in the morning to go out and gather wood for the fire. After cooking and cleaning, he would spend the rest of the day training in Tang Soo Do. The student began to yearn for his family and the more genteel aspects of city life. His master intuitively recognized his pupil's desire and inspected his techniques. He realized that his student's techniques were very good and there was not much more he could teach him. Later that night, he approached his student planning to tell him that he could leave in the morning. He found the pupil laughing as he sat watching to sparrows fighting.

"Why are you laughing?", asked the Master.

"I am amused at how stupid their fighting methods are. They cannot punch or kick; they just peck at one another.", replied the student.

"I think they are great!", said the Master.

"You do?", replied the pupil inquisitively.

"Yes", stated the Master. "Much better than you."

"How can you say that, when I am so much stronger and skilled in technique?", asked the pupil.

"Let me see you fly!", replied the Master.

"I can't.", said the pupil.

"And I can't let you leave yet. Maybe in a few more years, your training will be complete.", stated the Master.

## **Feature Article**

**By: Mr. Nicholas W. D'Amato**

**As students in the Youth and Adult Classes already know, during the month of September, we are focusing on practicing our One Steps (Il Soo Sik) at every class. I wrote this article last year in October 2012. It explains why One Steps Sparring (Il Soo Sik Dae Ryun) are important and how they help us with our training.**

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. The student 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 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 should not happen. 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.

## Special Article

By: Kenney Myers

**Kenney Myers is an executive with over 15 years of experience leading companies serving as CFO, CTO, COO, and CEO of several successful business ventures including WhiteFence, CollegeDegrees, CMN, eNannySource, GoNannies, and Morningside Nannies. He specializes in industries including childcare, senior care, pet care, and other types of in-home care services. In addition to running multiple websites and businesses in this industry, he participates in various coalitions and organizational boards. Here is an article that explains the benefits that children can obtain by training in the martial arts.**

In a culture that seems to glorify violence in everything from music to video games and television shows, the idea of enrolling your child in martial arts training classes doesn't always seem like a good one. While martial arts-centered action films seem to be filled to the brim with violent behavior and gory injuries, you may be surprised to learn that martial arts training is actually very beneficial to kids. Like so many other things that Hollywood doesn't always get right, martial arts isn't quite the brutal, vicious pastime that it seems. In fact, these are 10 of the reasons why you may want to consider martial arts training for your kids.

1. **Fostering Self-Discipline:** One of the central tenets of all forms of the martial arts is an absolute focus on self-discipline. Today's kids are so accustomed to receiving instant gratification that lessons in self-restraint and discipline aren't always easy to come by. Kids with a martial arts background, however, are continually reminded of how essential self-discipline is.
2. **Boosting Socialization Skills:** Kids who don't always thrive in highly social environments may find it easier to get to know people and make new friends when they're in a room filled with peers who share a common interest. The kids on the playground may not always have much common ground, but devotees to the martial arts are able to get to know one another through shared pursuits. Partner-driven forms like jiu jitsu can also foster camaraderie, as they force kids to pair off and build their skills together.
3. **Encouraging Physical Activity:** Limiting screen time is a great idea when it comes to getting kids off the couch and encouraging them to be more active, but it only goes so far. Enrolling an inactive child in such a physically demanding pastime not only discourages the sedentary lifestyle she's used to, but also gives her an enjoyable activity that inspires her to keep moving.
4. **Learning to Set and Achieve Goals:** Most forms of martial arts are based around an accomplishment system of colored belts that signify the wearer's degree of skill. When your child strives toward each new belt, he's learning valuable lessons about setting and reaching his goals.
5. **Increased Self-Esteem:** Confidence comes with achievement, so your child's self-esteem level will get a boost with every new move he masters and every belt he earns. Kids who struggle with a low sense of self-worth usually become more confident as time progresses while they're enrolled in a martial arts class.
6. **Instilling a Sense of Respect:** Learning any martial arts style will require your child to show her instructor unflinching respect. Today's kid culture doesn't always include respect for authority, adults or those in advanced positions. When she goes to her karate or tae kwon

- do class, though, your child will be learning lessons in respect along with new moves.
7. **Encouraging Non-Violent Conflict Resolution:** Thinking that martial arts instruction promotes violent behavior is justified if your only experience with the activity comes from television or movies. In fact, many defensive styles teach kids peaceful, non-violent conflict resolution skills and emphasize the importance of avoiding a physical altercation.
  8. **Improving Listening Skills:** In order to master the skills she's being taught and advance through the belt ranks, your child will have to exercise superior listening skills. Kids who aren't always adept when it comes to paying attention to what they're told can benefit from the verbal instruction and one-on-one work in her dojo.
  9. **Developing Teamwork Skills:** Whether he's breaking boards to get a new belt or sparring in a practice setting to master a new maneuver, there are few things that your child does in his martial arts classes that will be done on his own. Working together to learn new things and accomplish goals is an important life lesson for kids to learn, and instruction in the martial arts can help your child learn that lesson.
  10. **Improvement in Other Areas of Life:** The benefits of martial arts training don't end in the dojo. The boost in confidence, increased fitness level and new cooperation skills will also help your child navigate the academic and social aspects of school, affect his behavior at home and have an all-around good influence on him as he develops into an adult.

If you're still concerned about encouraging violent tendencies or teaching your child to fight, it may be helpful to visit a few dojos/gyms in your area. Speak with the instructors, administrators and other parents to get an idea of how things operate, and hold off on forming a negative opinion of the martial arts until you've done a bit of exploratory research. You may even find that training is the perfect activity for your entire family to do together!

### **Thoughts for the Month**

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”  
— Ralph Waldo Emerson, an American essayist, lecturer, and poet; led the Transcendentalist movement of the mid-19th century; seen as a champion of individualism and a prescient critic of the countervailing pressures of society; author of dozens of published essays and more than 1,500 public lectures across the United States.

“The sky has never been the limit. We are our own limits. It's then about breaking our personal limits and outgrowing ourselves to live our best lives.” — Unknown

“A man who dares to waste one hour of time has not discovered the value of life.” — Charles Darwin, an English naturalist; established that all species of life have descended over time from common ancestors; introduced the scientific theory of evolution, resulting from natural selection.

“The best way to predict the future is to create it.” — Dr. Forrest C. Shaklee, founder of the Shaklee Corporation, an American manufacturer and distributor of natural nutrition supplements, weight-management products, beauty products, and household products, emphasizing natural, organic, and environmentally-friendly products.

“Maybe you can afford to wait. Maybe for you there's a tomorrow. Maybe for you there's one thousand tomorrows, or three thousand, or ten, so much time you can bathe in it, roll around it, let it slide like coins through your fingers. So much time you can waste it. But for some of us there's only today. And the truth is, you never really know.” — Lauren Oliver, an American author known for her young adult books.

## Kids Section

Decode the message. Use the numbers to discover the corresponding letter.

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20 8 1 20   9   23 9 12 12   2 5   16 18 15 21 4   15 6

13 25   19 21 3 3 5 19 19

1 = A	6 = F	11 = K	16 = P	21 = U
2 = B	7 = G	12 = L	17 = Q	22 = V
3 = C	8 = H	13 = M	18 = R	23 = W
4 = D	9 = I	14 = N	19 = S	24 = X
5 = E	10 = J	15 = O	20 = T	25 = Y
				26 = Z



Tang Soo Do