

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



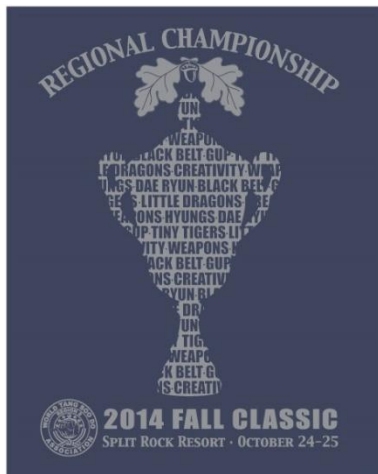
Issue No. 239

September 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 Beaudoin 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 Monday, September 15th, 2014, and the **Final Registration Deadline is Friday, October 3rd, 2014** with Tiny Tigers and Little Dragons at \$50.00 and Youth and Adult Students at \$75.00. **Students must register online** at the this link: https://events.membersolutions.com/event_detail.asp?content_id=48916. There will be Tournament Preparation Classes held at the Studio (Dojang) on Wednesday, October 15th, 2014 at 7:30PM and Wednesday, October 22nd, 2014 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=48917.



Testing Paperwork

Unfortunately, students and parents continue to submit testing paperwork past the stated deadlines. A lot of work goes into making sure each student is prepared for the test and that everything is processed in a timely manner. Each testing candidate receives a clearly-written and detailed invitational letter explaining all of the dates when the necessary items are due for the test cycle. Often times, exceptions are made, and sometimes parents leave the paperwork on my desk past the due date without including the additional fee. Effective immediately the \$10.00 surcharge will apply and students will have their promotion ceremony delayed until paperwork and the fee are submitted. I thank you in advance for your cooperation.

Schedule Change

Effective immediately, all **new** Beginner Little Dragons will train at 6:00PM on Mondays.

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 this Fall students will be required to submit filled-in versions of their Study Guides in order to be eligible for testing. 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.

Project: YES Weight Loss Challenge - Delco's Biggest Loser

Pal Che Tang Soo Do will be hosting Project: YES Weight Loss Challenge, which is Delaware County's largest Weight Loss Challenge! Weigh-Ins will take place on Tuesday evenings at 6:00PM starting on Tuesday, September 23rd, 2014. Contestants will have 8 Weeks to lose weight and win money. The cost is \$30.00 to enter. With more people, the prize will be a very large sum. This event is open to everyone and anyone who is looking to lose weight (even if it's just 5 pounds). Students, Parents, Instructors, Friends, and Family are all invited to participate.

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.

Tang Soo Do Duel

Pal Che Tang Soo Do will be holding a small In-House Tournament set sometime in the near future. This will be the first of its kind. Proposed by student Cameron Harper, this "Tang Soo Do Duel" will give students an opportunity to challenge themselves and gain experience with competing. It will allow all students to participate without needing to travel very far, and it will provide extra practice to those students who plan to compete in upcoming tournaments. There will be prizes for the winners of each event. Events will include: Forms, Weapons, Sparring, Self-Defense, Breaking, and Fighting. It will be open to students of all ages and Programs, and I am exploring options to invite students from other Studios (Dojang) to join us for this fun event.

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 including various Weapons (Moo Ki) and other martial arts styles.

We have some Guest Instructors coming. 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

- | | |
|---|---|
| Saturday, September 20 th , 2014 | Black Belt Test (Dan Shim Sa), from 8:30AM to 4:00PM, Freedom Valley YMCA, Phoenixville, PA |
| Tuesday, September 23 rd , 2014 | Delco's Biggest Loser Weight Loss Challenge Registration @ 6:00PM, Pal Che Tang Soo Do, Glenolden, PA |
| Thursday, September 25 th , 2014 | No Classes. Color Belt Test (Gup Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM |
| Saturday, October 4 th , 2014 | Glenolden Borough Community Day with Demonstration, from 12:00PM to 4:00PM, Glenolden Park, PA |
| Wednesday, October 8 th , 2014 | Terminology & Study Class, from 6:30PM |

Saturday, October 11 th , 2014	Leadership Class, from 10:00AM to 12:00PM @ Pal Che Tang Soo Do, Glenolden, PA
Wednesday, October 22 nd , 2014	No Classes. Tentative Color Belt Test (Gup Shim Sa): Tiny Tigers & Little Dragons @ 6:30PM Youth & Adult Students @ 7:15PM
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, from 6:00PM to 10:00PM @ Pal Che Tang Soo Do, Glenolden, PA

Friday, January 23rd, 2014

No Classes. Tentative Color Belt Test (Gup Shim Sa):
Tiny Tigers & Little Dragons @ 6:30PM
Youth & Adult Students @ 7:15PM

New Students

Christopher Monroe

September Birthdays

Jeremy Nixon – 24th

Recent Promotions

Jeremy Nixon – Green Belt (Yuk Gup)
Damien Wallace – Orange Belt (Pahl Gup)
Alonzo Jackson – Dragon Brown Belt
Aidan Glover – Dragon Orange Belt
Akari Shinozaki – Dragon Orange Belt
Jordan Lee – Dragon Yellow Belt

Instructor's Angle

By: Mr. Nicholas D'Amato

I have noticed over the last few months that there seems to be a lack of protocol in the Studio (Dojang). I thought this would be a good opportunity to review some of the rules that we are required to follow. This is not meant to punish or shame anyone, but to remind everyone of what the proper protocol is in Tang Soo Do. Here are some rules that all students can work on.

1. Upon entering and leaving the school, a student should bow to all Students and Instructors who are present. Karate begins and ends with respect. Bowing is one of the easiest rules to follow, but it may seem unnatural at first. Bowing is a sign of courtesy to others. A lot of times students come and go without bowing.
2. There are to be no Shoes worn in the Training Area (Dojang). The Training Room should be treated with the utmost respect. Shoes should never be worn in the Dojang. We are lucky to have a large lobby with many places for shoes. Often times, shoes are left on the floor when they should be put on the shelves.
3. Salute the Flags when entering and leaving Training Area (Dojang). Each time a student moves from the Lobby to the Training Room, a student must salute the flags or bow. This can be done by doing a formal bow or raising one's right arm over their chest. If a class is in session and you need to enter the training room (to access the bathroom or locker rooms, for example), you should be quiet and not disrupt the instructor who is teaching the class. If it is crowded or a limited amount of space, you should wait until the Instructor grants permission. No students should be playing or running around the training room before or after class, especially when there is no instructor present. The Training Room is to be treated with respect.

4. Call if you cannot make class for an extended period of time. Most students and parents give proper notice, but it sometimes occurs that students take a leave of absence or go on vacation for a few days or weeks. Students should provide notice so that the Instructor will know why you are not in class. Since attendance is important for testing, it is necessary to inform the instructors if you will be gone for more than just a few days. Additionally, here at Pal Che Tang Soo Do there is a 30-Day Notice Policy for a student's account with Member Solutions to be frozen or put on hold. If you don't provide notice, your will continued to be billed.

5. Arrive 15 Minutes early to stretch and practice techniques already learned. Most students arrive on time, which really is great, but they usually converse in the lobby or dither before the class assembles. This is the perfect opportunity to work on one's Forms (Hyung), One Steps (Il Soo Sik), or Self Defense (Ho Sin Sul). Students should never arrive late, but in the event that a student is late, he or she must wait until the teacher grants permission to join the group. Students may warm up and stretch on their own before participating in the regular drills.

6. No Gum, Jewelry, Eating, Drinking, or Smoking is allowed while class is in session. While this may seem like common sense, it needs to be stated so that everyone is aware of it. Gum and food can cause a choking hazard. Drinking is only permitted at designated break times. Jewelry is forbidden to prevent injuries to oneself or other students.

7. Students must keep the Training Area (Dojang) clean and organized. When class is finished, many students leave right away without taking any consideration to clean or organize the Studio (Dojang). All Targets, Weapons, and Gear should be places in their proper spots. Water bottles should be disposed of in the recycling bins. These have been ongoing problems in our Studio (Dojang). Students seem to have a lack of concern for their surroundings. Pal Che does not have a cleaning service, and students are expected to treat this space as they would treat their own home.

8. Answer Instructors: "Yes Sir/Ma'am" and "No Sir/Ma'am". Instructors should be addressed as "Mr." or "Ms." both inside and outside of class. Students must respond to all commands that are given in class by the instructor. When a class teacher gives an instruction, it should be carried out right away. When students are told to line up, some students take their time and wander over to their position in line. That is not acceptable. Students should walk quickly and respond loudly as they assemble into formation. When addressing a teacher, they should be addressed with Mr. or Ms. before their first or last name. Instructors should never be addressed by the first name alone.

9. Say Thank You (Ko Map Sum Ni Da) and You're Welcome (Chomanio). Use proper terminology in class. Students must use the formal Korean salutations in and out of class. Students should use Korean terminology as often as possible to learn the correct names of our techniques. Students are required to be knowledgeable in areas like history and philosophy as well.

10. Students must have proper attitude and be serious during class. During drills, students must work hard and have a positive attitude. There should be no talking or complaining. If a mistake is made, don't announce it; move on, and try to do it better the next time. Attitude is a huge consideration when students are evaluated for testing.

Feature Article

By: Martin E. P. Seligman

This article is a selection from Flourish by Martin E. P. Seligman. A generation ago, the study of psychology was dominated by a focus on the abnormal and the negative. More recently, there have been academic movements that have undertaken a data and research-based study of the positive dimensions of psychology, with a view toward prescribing activities that can be imbedded into a person's life and increase that person's structural level of happiness. One such effort comes from Martin Seligman and the University of Pennsylvania. The following is a sample of the type of activity this academic school of thoughts recommends based on its own systematic studies to deal with the increasing prevalence of depression in our society.

Here's a brief exercise that will raise your well-being and lower your depression: The gratitude visit. Close your eyes. Call up the face of someone still alive who years ago did something or said something that changed your life for the better. Someone who you never properly thanked; someone you could meet face-to-face next week. Got a face? Gratitude can make your life happier and more satisfying. When we feel gratitude, we benefit from the pleasant memory of a positive event in our life. Also, when we express our gratitude to others, we strengthen our relationship with them, but sometimes our thank you is said so casually or quickly that it is nearly meaningless. Your task is to write a letter of gratitude to this individual and deliver it in person. The letter should be concrete and about three hundred words. Be specific about what he or she did for you and how it affected your life. Let the person know what you are doing now, and mention how you often remember what he or she did. Make it sing! Once you have written the testimonial, call the person and tell her you'd like to visit, but be vague about the purpose of the meeting; this exercise is much more fun when it is a surprise. When you meet her, take your time reading your letter. You will be happier and less depressed one month from now.

Here's a second exercise to give you the flavor of the interventions that we have validated in random-assignment, placebo-controlled designs: The What-Went-Well Exercise (also called "Three Blessings"). We think too much about what goes wrong and not enough about what goes right in our lives. Of course, sometimes it makes sense to analyze bad events so that we can learn from them and avoid them in the future, however, people tend to spend more time thinking about what is bad in life than what is helpful. Even worse, this focus on negative events sets us up for anxiety and depression. One way to keep this from happening is to get better at thinking about and savoring what went well.

For sound evolutionary reasons, most of us are not nearly as good at dwelling on good events as we are at analyzing bad events. Our ancestors who spent a lot of time basking in the sunshine of good events, when they should have been preparing for disaster, did not survive the Ice Age. So to overcome our brains' natural catastrophic bent, we need to work on and practice this skill of thinking about what went well.

Every night for the next week, set aside ten minutes before you go to sleep. Write down three things that went well today and why they went well. You may use a journal or your computer to write about the events, but it is important that you have a physical record of what you wrote. The three things need not be earthshaking in importance (e.g., a friend bought your favorite ice cream as a

treat), but they can be important (e.g., the birth of a new healthy child in your family).

Next to each positive event, answer the question “Why did this happen?” For example, if you wrote that your friend picked up ice cream for you, write “because he is really thoughtful sometimes” or “because he was thanking me for a project that I assisted him with.” If you wrote that a family member had a healthy newborn child, you might pick as the cause “the universe was looking out for that baby” or “the mother did everything right during her pregnancy.”

Writing about why the positive events in your life happened may seem awkward at first, but please stick with it for one week. It will get easier. The odds are that you will be less depressed, happier, and addicted to this exercise six months from now.

Submitted Article

By: Mr. Jordon Havens

This article is Jordon Haven’s essay for his test for Blue Belt (Cho Dan Bo), which is a Black Belt Candidate. The thesis topic is: “What are the responsibilities of a Cho Dan Bo both in and out of the Dojang?”

I have been training for four years. It has taught me that time and patience is key. I didn’t think it was going to take me this long to get to Cho Dan Bo, or even Black Belt for that matter. Through my training it made me realize that this is not something that happens overnight. That is why it has taught me patience.

Tang Soo Do has also taught me to never give up on your goals. When you want something you have to work hard for it every day. Think about it. Four years! I still haven’t given up even when I thought I was ready and my instructor disagreed. It’s just like anything else in life: school, sports, etc. If things become difficult, one must continue to practice. Then what you thought was hard won’t be anymore, and it will be so simple.

I have committed myself to training for four years. I commit myself in everything that I do. I will continue to train, practice, and learn in everything that I do. This will make me a better person, who others respect and look up to.

So as a Cho Dan Bo, my responsibilities both in and out of the Dojang are to teach others the things that I have learned. I want others to learn from me that it takes a lot to succeed. I want to show them that by never giving up, you can get you what you want. You just have to work hard and persevere. I want to encourage other students to reach their goals. Everything is possible. I now know that things don’t come easy. Have confidence in yourself!

Thoughts for the Month

“Attract what you expect, reflect what you desire, become what you respect, mirror what you admire.” — Unknown.

“Commitment means staying loyal to what you said you were going to do long after the mood you said it in has left you.” — Orebela Gbenga.

“I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match.” — Mia Hamm, a retired record-setting American professional soccer player as a forward for the United States women's national soccer team and a founding member of the Washington Freedom.

“Stay committed to your decisions, but stay flexible in your approach.” — Tony Robbins, an American life coach, actor, self-help author, and motivational speaker, known for his infomercials and self-help books.

“The different between ordinary and extraordinary is practice.” — Vladmmir Horowitz, a Russian-born American classical pianist and composer, whose use of tone color and the excitement of his playing were legendary.

“Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you have won, and all the fears that you have overcome.” -- Unknown

“Every accomplishment starts with the decision to try.” — Gail Devers, a retired three-time Olympic champion in track and field for the United States Olympic Team.

Success is the ability to go from one failure to another with no loss of enthusiasm.” — Sir Winston Leonard Spencer-Winston 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.

“Discipline is just choosing between what you want now and what you want most.” — Augusta F. Kantra, a licensed counselor, psychotherapist, yoga instructor, and co-founder of The Center for Calm Living in Alabama.

“The things you are passionate about are not random. They are your calling.” Fabienne Fredrickson, an inspirational mentor to thousands of clients worldwide, author, international speaker, entrepreneur, and founder of The Client Attraction Business School in Connecticut.

“Every test in our life makes us bitter or better; every problem comes to break us or make us. The choice is ours whether we become the victim or the victor.” — Unknown.

Starting is half the task. (Shijaki banida.) — Korean Proverb.