



Tang Soo Times

Pal Che Tang Soo Do

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April 2005

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Calendar of Events

April 7th	Tiny Tiger Promotion
April 16 th	Dan Test
April 22 nd	Gup Test
May 7 th	Lancaster Tournament
June 10-12	Youth Dan Clinic
June 17-19	Adult Dan Clinic

Quick Notes

1. All Orange Belt and above students are required to have protective gear for sparring. Equipment can be purchased through me or from an outside source on your own. Forms are available in bookcase.
2. Lately, after class, the Family room has been left with chairs scattered, trash, and food on the floor and counter. Please clean up any mess you or your children may have made and straighten out the chairs around the room.

New Students

Hushia Masoadparaha Elijah Goodman Lacie Connelly

Train often and train hard. If you ever have any questions, do not hesitate to ask a senior student.

Instructor's Angle

If I were asked what the one tenet of Tang Soo Do was the key to attaining Black Belt it would be Perseverance. There is no way anyone can attain this goal without it. As students come and go, the one who remains focused on the goal of Black Belt sets himself or herself apart. Persistence is the essence to what we do; if we do not pursue what we want, we will never attain it. One of the saddest things is watching students give up when they don't realize just how close they are to obtaining it. Students train for months; sometimes years, only stumble when they hit a bump in the road. What these students don't understand is that, everyone hits the same bumps. We may call them by different names, injury, lack of time, family or work commitments, school, money, boredom, but not one student has ever made Black Belt without something disrupting their journey. The key to success comes from the actions that are taken when the road block appears. Some try harder, others re-think their route, and still others find a way to get back up after being knocked down, time, and time again.

There are times when I have more respect for the student who quits after only a few months of training than the ones who have been through the wars. They understand early, that karate is not for them, or they are not for karate. It takes a certain type of individual to withstand the physical and mental rigors of training. Once it gets in your blood, I find it difficult to believe that it just vanishes one day. Somewhere along the way, the student has missed the most important lessons. As your instructor, I try every conceivable way to find what I think is the proper way to challenge and motivate a student. Sometimes I succeed and other times I totally miss the mark. One of the benefits of having a small school is the connection I make with each student. But for this to work, two things need to happen. One, the student must attend class. Two, when the student attends class, their mind and heart must accompany their body. Lessons can be as obvious as a new technique and other times it may be as obscure as a passing thought or comment. Rarely is a moment wasted. The student must be receptive to the lesson at all times, if not the moment could come and go in the blink of an eye.

Recently I was notified that a student, who I thought had great potential, was taken some time off for personal reasons and had become disenchanted with the time between belt tests. I, along with the other instructors and Black Belts, had spent a considerable amount of time teaching not only Tang Soo Do but also life skills to this student. I have personally counseled the student on high school problems, bully problems, and overall behavior problems. But poor attendance led to infrequent testing opportunities and more importantly, missed lesson opportunities.

Pushing through the physical challenge of a tough class or a difficult kick equates to the daily hurdles we must overcome each day. Training side by side with students you don't care for prepares us to work later in life with dreaded co-workers. Taking direction from

instructors, who are senior in rank but junior in years, gets us ready to take direction from the new corporate hot shot. Board breaking, speaking in front of the class, falling, getting back up, bleeding, hurting, struggling, succeeding, all prepare us for life. Not all the lessons are learned in one night. It takes years of "one night's" to understand the overall lesson.

Warriors, whether in the martial arts or life share something they have deep within them: a desire, a dream, a vision. They have stamina; they move a little faster, jump a little higher. But most importantly they have the ability to continue on when others have quit. Persistence overcomes almost everything, even nature. Remember, "The will must be stronger than the skill."

Master's Corner

This month's Master's Corner comes from Master Raver's 5th Dan Thesis, "How to Teach Breaking." If you would like to read more, ask Mr. Centrone about renting out the copy from the office.

Breaking (*kyuck pa*) has been associated with karate since its introduction to the west. People marveled at the ease at which black belts broke all sorts of materials and did not get injured (or at least appeared that way). Other than the outward appearances to audiences, why should a Tang Soo Do stylist be asked or required to break any object and cause trauma to their being? Some styles or schools actually advertise that they do not require their students to break wood, saying it is not natural and ask, "What good does it do? Especially since wood cannot hit back."

Breaking can be a great confidence builder to the beginning Tang Soo Do student, especially if the instructor learns to use this tool correctly. Either at a grading test or during a regular class the instructor can ask the student to attempt a break using his best technique. For instance, at a grading test when a child is attempting their first break, I always have a felt tipped pen ready to write the date and type of technique on the board for the student after the successful break. The smiles on their faces are worth this small effort. I have been told that many of these boards become treasured possessions and end up prominently displayed in their bedroom or in their trophy case.

Breaking of objects, i.e., wood, ice, bricks, cinder blocks, etc., has almost faded into obscurity in Tang Soo Do due to the lack of breaking competitions in the local World Tang Soo Do Association sanctioned tournaments. This aspect of Tang Soo Do has been replaced, for the most part, by creativity competitions. The average dojang does not actively teach the art (science) of breaking to their students, but rather at a test they hold up a board (s) and tell the student to execute a break of some degree of difficulty based upon the student's rank, age, sex, and technical capabilities. Sometimes, if the student has never witnessed any promotion tests other than his own, he will have no idea of what to do, what is expected of him, and what will happen if he does not accomplish the break.

KID'S SECTION

Black Belt Health

Submitted by: Mark Valinote

Recently I was told my blood sugar level was slightly high – 101. According to the American Diabetes Association the normal range for blood sugar levels after fasting for 12 hours is between 69 and 99. The standard recently was lowered. For years doctors would say you were “borderline” if your blood sugar level was at 110. Now if you are over 99 they warn you because studies have shown damage can occur to your cardiovascular system at the borderline levels.

The good news is you have a good shot at getting your blood sugar level under control through diet and exercise. But, it takes discipline, one must control their eating habits, not only what you eat but also “portion control”- the amount you eat. Also aerobic exercise is a key factor in reducing your blood sugar to normal levels. The ADA suggests 35 minutes a day, 5 days a week. Personally I would rather exercise and eat right, then have to rely on prescription medicine to bring my blood sugar down to normal levels.

Developing good eating habits and exercising regularly have long been known to be a healthy way of life. Unfortunately some of us tend to ignore what is good for us. Since I was told about my blood sugar level I have been a lot more conscious of what I eat and how much. For example, I have been eating a lot more fruit and vegetables, chicken and fish, and lean red meat - and reading the labels on everything. From apple juice to yogurt, I have had to steer myself away from some of the things that I've been eating for years like cheese steaks, hoagies, beer, ice cream, you know, all the good stuff. It's not to say I couldn't have some of those things once in a while, however I can not ignore the warning of a slightly high blood sugar level, and all its implications. To sum it all up, self control (one of the seven tenets of Tang Soo Do) is what it will take for me to try to get my blood sugar level down in the normal range-there is no guarantee, but hopefully by taking the old bad habits and replacing them with some new good habits, and employing self control I will be able to do it. I will have another blood test in August to see where I'm at with my blood sugar level - so we'll see what happens.

Book of the Month

Recommended by: Karen Anderson

Kodo: Ancient Ways - by Kensho Furuya

“This Books is a compilation of articles written between 1988 and 1995 in the Ancient Ways column in Martial Arts Training magazine. In the forty-one essays included in this book, you will find that these lessons are inspired from the teachings and wisdom of the ancients. They are lessons from teachers and martial artists who have devoted thier lives to instruct us, and I believe they should be preserved as treasures for us and future generations. I hope these little bits of wisdom will inspire and guide you, in some way, in your training and in your life as they have inspired and sustained me over many, many years.

The world is changing very quickly. In the martial arts world, in our desperate search for something fulfilling, we have, to a great degree, cast away our traditions in search of something new and innovative. In this day and age, I hope these notes will be a refreshing and revitalizing step back into the past to rediscover the ancient ways.

The true warrior looks to the future, but does not discard what he has gained from the past, living each moment in the present.”

Quote of Month

“Following our hearts is the key to motivation, but it is dogged determination and steadfast persistence to an unrelenting pursuit of our goal-a commitment to excellence-that will enable us to the attain success we seek.”

Catherine Galasso-Vigorito

This is an essay written by Tori Milligan that came in second place in the American Isum Contest.

Dear Soldier,

Hello, my name is Victoria Milligan. I am 11 years old and I am in the 6th grade. I go to Delcroft school in Folcroft, PA. 19032. I have 3 sisters but no brothers. I like to play sports like volleyball, softball and soccer.

Me and other people I know understand why you are over there. You are there to make the world a better place. You are aso there to get peace, protect freedom, and to fight for justice. I hope you do help Iraq start a new government so maybe they will just give up and move on.

I just want to thank you for helping our country be safe. You must bereally brave to do something like this. I would like to honor you and you should be proud of yourself. And i am sure that the whole country is proud of yourself. And just one more thing, keep up the good work. And I am sure that the whole country is proud of you.

I want you to stay healthy and keep going for your goal. Be care□ful for what's going on. I want to say good luck and I hope you beat Iraq. And I hope you will be coming home soon.

I feel really strong about this war. I think that you are over there for a good reason. When I get older I would like to do what you are doing. I think it would be really good for me and the country. Ans I really think it would be a good experience for me. So I just wanted to say good luck and don't give up because people are counting on you and others fighting in Iraq.

Hey Kids! Give this guy something to say! Fill in the bubble, color in the karate practitioner, ask an adult to help you cut him out and give him to Mr. Centrone. We will post your submissions on the bulletin board. (thoughts do not have to reflect your own!)

