



# Tang Soo Times

Pal Che Tang Soo Do

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

August 2005

Issue No. 169

## Calendar of Events

Saturday August 13 - Kick -a -thon  
Tuesday August 16 - No Adult Class  
Black Belt class - Blue belts and higher welcome  
Tuesday August 16 - Deadline for Food drive  
Friday August 19 - Gup Test  
Saturday Aug 27 - Bring sneakers, gym shorts,  
T-shirt and water bottle to class

## August Birthdays

Joseph Graham - Aug. 3  
Angel Evangelista- Aug 6  
Alexander Balawejdar -Aug. 8  
Thomas Schoettle - Aug. 11  
Maria Blessington - Aug. 11  
Kaitlin Fagan - Aug. 22  
Raj Vadigpalli - Aug. 25  
*\*I apologize to anyone I may have missed -  
I will update my birthday log in the near future  
so there are no more missed birthdays.*

## Instructor's Angle

I once read a quote by Bruce Lee, where in trying to describe the complexity of Martial Arts he said; "When I first began Kung Fu, a punch was just a punch and a kick was just a kick. When I began to understand more throughly, I found a punch was much more than a punch and a kick was much more than a kick. Now after many years of training, and studying different masters I find, a punch is just a punch and a kick is just a kick."

There are times when I watch students drive themselves crazy trying to understand Tang Soo Do. They analyze and scrutinize each technique until the technique that was first demonstrated is no longer recognizable. Freeing the mind to let the body move naturally is probably the most difficult part of karate. The Dojang is the place a student should come to let their mind take a break from the mental stress that comes with living in today's world; a world filled with technological, social, and physical clutter. With all this going on, training should be easy. However, for some reason we make it harder than it should be.

Your training regimen should not be born out of guilt. It should not be motivated by belt promotions or bragging rights amongst your friends. It should be out of a love for the art; a conscious decision to come to class and work hard for no other reason than self-improvement. It cannot be a last minute decision to come to class when all other plans with your friends have fallen through. Training should be a clearly thought out schedule

and then plan life around it, not vice-versa. Martial Arts training does not take place the same time every night when class begins. It should begin the moment you wake up, with your day centered on some sort of training. Whether it is physical or mental.

Right about now you are saying, wait a minute, he has contradicted himself. First he is saying we should keep training simple, next he is saying we should make it part of our already cluttered everyday life. And you're right, that is exactly what I am doing. Nevertheless, here is my point. When we train, our body, mind, and spirit, needs to be there together to fully appreciate what we do. If we do not prepare our lives outside the Dojang, our hearts and our minds will not be open to receive the benefits Tang Soo Do can offer in the Dojang. You can relieve the clutter through proper planning.

When I began training, I was no different from any of you. I looked so deep into what I was doing I sometimes missed the obvious.

## Bulletin Board

### Monthly Tuition

Please remember the new tuition payment system begins this month. People who have had monthly dues automatically deducted will now have to send a check. I also would like everyone to stop in this month and sign **new Tuition Agreements**. There are options for one and two year agreements. Sign up as soon as possible to avoid the tuition increase.

### Kick-A-Thon

Every year or so, we have held a Kick-A-Thon to raise money for a deserving cause. This year, we are combining with Mr. Celona's family in participating in a Day-long fundraiser for Alex's Lemonade Stand. This year's event will be held in Glenolden Park on August 13<sup>th</sup>. It will be an all day event with plenty of things to do including softball, games, plenty of food, DJ music, and live entertainment. You do not have to be present that day to raise money. Kicks will be counted in class for anyone who cannot attend, anyone wishing to play softball please sign up as soon as possible.

-All students are reminded that they are encouraged to submit articles for the monthly newsletter. All submissions go to Angel Evangelista. Share your thoughts!

But in time, I began to understand with deeper meaning. Now after many years of training and teaching, learning in class and at clinics directly under Kwan Chang Nim, I have learned this; "Performance is a direct result of preparation." Train with the curiosity of a white belt constantly seeking knowledge, and the heart of a Black Belt, never failing to adjust to the new things learned through that curiosity. When I started Tang Soo Do training was just training, it still is....

## Master's Corner

April 1995

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."

### Black Belt Health

Submitted by Karen Fagan

#### Eat for Energy

It is very important to eat smart when you are training, whether it be karate, jogging, or whatever activity you are involved in. When exercising your body requires more energy; therefore, you need to store glycogen, for energy, in advance.

If you are athletic and training in the hot, humid days of summer, you cannot cut out certain food groups. You need carbohydrates for energy. Sources of carbohydrates, which boost energy, can be found in these food groups: breads, potatoes, rice, and pasta. You cannot cut carbs out of your diet and expect to have energy for training. When you are working you need energy. Karate classes are very strenuous, especially in the humid weather.

Glycogen is the source of energy for your muscles. Your muscles break down glycogen, which you get from carbohydrates, when you are exercising. Glycogen is stored in your muscles, and it is what allows you to complete your exercise. Your muscles naturally store small amounts of glycogen. But if you are exercising at a high intensity, as you do in karate, your muscles run out of glycogen. This results in poor stamina and decreased energy and performance.

We have a group of students in our school training hard for their Black Belts and Sam Dan promotions. These students in particular, should increase the amount of carbohydrates they eat the entire week before their test. When you load up on carbohydrates, you are forcing your body to store more energy. Also, as mentioned in the previous newsletter, hydration is also extremely important. The week prior to a strenuous event, such as a Black Belt test, you should load up on carbohydrates and drink a gallon of water daily. You should also reduce exercise and also maintain a sufficient amount of protein, vitamins, and minerals through proper eating. This allows your muscles to be prepared for the athletic event, by drawing from a bank of glycogen.

If you follow this regimen, you will notice an abundance of energy when you most need it. You will feel better prepared for the event and be better able to give your "All out effort!"

### Book Recommendation

S.M.A.R.T. Self Defense

This book was written by Master Robinson, Mr. Centrone's formal instructor. Many of us have met and trained under Master Robinson. His book is described as "a common-sense guide to keeping yourself and your family safe in today's world." All of the information and strategies in this book are applicable to both martial artists and non-practitioners. Mr. Centrone has a copy of this book in his office and they are also on sale through the school for ten dollars each. This would be a great book to start or add to your martial arts library.

### Thought for the month

*Tough ain't enough.*

-Million Dollar Baby

# Kids' Section

Do you know your martial arts superstars? Take this quiz to find out!

Answers:

Jet Li

Jae Chul Shin

Kwi San

Master Raver

Rocky Balboa

Pavel

Master Robison

Mr. Centrone

Master Strong

Chuck Norris

Hwang Kee

Bruce Lee

Jackie Chan

Splinter

Bill "Superfoot" Wallace

Miyamoto Musashi

Bruce Lee

Mr. Borriello

Won Kwang

Mr. Miyagi

Shredder

1. This karate instructor spent years observing the ninjutsu teachings and wisdom of Master Hamoto Yoshi. \_\_\_\_\_

2. The most famous swordsman. He wrote "the Book of Five Rings." \_\_\_\_\_

3. This famous martial artist created the style Jeet Kune Do. \_\_\_\_\_

4. This karate instructor is known for the line, "wax on, wax off." \_\_\_\_\_

5. This karate instructor is known for the line, "psycho shower scene, take 1." \_\_\_\_\_

6. This karate master is especially known for his skill and knowledge of self defense. \_\_\_\_\_

7. After the death of Bruce Lee, this martial artist made it big by being one of the first to combine comedy with action. \_\_\_\_\_

8. This famous martial artist was born in Korea in 1936 and now runs a worldwide organization that spans 36 countries. \_\_\_\_\_

9. This martial artist was told he may never walk again and now he is on the path to Master. \_\_\_\_\_

10. This film star was raised in China, studying Wushu. His most recent movie released in the U.S. was Hero. \_\_\_\_\_

11. This martial artist first learned under Grandmaster Shin. He was the 6 time undefeated world professional middleweight karate champ. He now sells the total gym. \_\_\_\_\_

12. This young aristocrat died living by the five codes. \_\_\_\_\_

Answers: 1. Splinter 2. Miyamoto Musashi 3. Bruce Lee 4. Mr. Miyagi 5. Master Raver 6. Master Robinson 7. Jackie Chan 8. Jae Chul Shin 9. Mr. Centrone 10. Jet Li 11. Chuck Norris 12. Kwi San