



# Tang Soo Times

Pal Che Tang Soo Do

610-522-9120

229 South Chester Pike

Glenolden, PA 19036

December 2005

Issue No. 173

## Calendar of Events

|           |             |   |
|-----------|-------------|---|
| Wednesday | December 7  | First Wednesday Youth Class 6:00        |
| Friday    | December 9  | Gup Test ( No Class )                   |
| Wednesday | December 21 | Black Belt Class: Youth 6:00 Adult 7:15 |
| Friday    | December 23 | School Closed for Christmas Holiday     |
| Saturday  | December 24 | School Closed for Christmas Holiday     |
| Monday    | December 26 | School Closed for Christmas Holiday     |
| Friday    | January 6   | Holiday Party                           |
| Sunday    | January 8   | Winter Championship-Valley Forge        |
| Friday    | January 20  | Gup Test                                |
| Saturday  | January 28  | Black Belt Pre-Test Maintenance Test    |

## Birthdays

|                     |    |
|---------------------|----|
| Brilliana O'Donnell | 3  |
| Alison Moll         | 22 |
| Karen Anderson      | 31 |

## Bulletin Board

I received little feedback on the issue of Friday night Youth class. Since attendance has not picked up, we will move this class to Wednesday night at 6:00 beginning on December 7<sup>th</sup>. The class instructors will be Misterys Byrne and D'Amato. As for the adult class, we will continue classes at 7:15 on Friday and reevaluate this class at the end of the month.

Tickets are now available for the **Annual Holiday Party on January 6<sup>th</sup>. Please contact Liz Kunze at 610-534-0995** to purchase or at the least place an order for tickets. The deadline for tickets will be Saturday December 31<sup>st</sup>.

On Saturday January 28, 2006, we will hold our first ever Black Belt Maintenance test. For students scheduled to test in the April Dan Test this test will be your initial Pre-Test. Plan now to be there, **NO EXCUSES WILL BE ACCEPTED**. A list of students required to test will be posted on the bulletin board. The fee will be twenty dollars.

## New Students

Rachel Holst      Gianna Rossillo      Joe McDade      Amit Chauhan      Nimita Chauhan  
 You are on the steep portion of the classic learning curve. Each new class should reveal something new and exciting to you. If you have any questions, do not hesitate to ask a senior student.

## Instructor's Angle

Recently at work I've been enrolled in a Leadership Course to help me in becoming a better leader and coach on the job. One of the assignments was to write a personal leadership philosophy and hand it out to the men who work with me and for me. While writing it, I could not help but think how much Tang Soo Do has influenced my life and my way of thinking. With this thought, I have modified it and decided to share it with you. This gave me another idea, in the upcoming months I will be asking the Black Belts to each write one for themselves and eventually share it with you.

### My Personal Leadership Philosophy

By Joe Centrone

My personal leadership philosophy is based upon a quote I once read in the book *The Art of War*. Roughly translated it says, "If you treat your soldiers like babies, they will cry and whine. If you treat your soldiers like men, they will go into battle and die for you." I have always tried to teach and lead with this in mind. By treating each individual with courtesy and respect, I am able to lead from the front. I will always welcome input and suggestions as I feel this allows individuals an opportunity for personal growth and success.

My goals in life as well as in the Dojang are to motivate, encourage and challenge others in ways that they may reach their full potential in accomplishing any goal. I believe loyalty to be the most respected virtue among warriors. I respect people who are honest and unafraid to speak their minds and encourage you to be up-front with your intentions and motives. I am rigid yet fair, and believe as our Black Belt Manual suggests, while truth and justice at times may have a bitter taste, I will always remain fixed on the side of truth and justice.

Important guidelines for behavior in dealing with me always stem from being straightforward. At times, I misguidedly wear my emotions on my sleeve, but will take the time needed to reflect on important decisions. I believe that

people's initial reaction and response to be their true feelings. I am quick to forgive yet even quicker to apologize when I am wrong. I like to know about complaints and problems prior to them becoming the reason you leave the school.

Although I relish the spotlight, I find greater joy in seeing others receive the accolades they deserve for their hard work and a job well done. As your teacher, I will use every trick in the book to motivate you, paying close attention to when you deserve a pat on the back, or when you need a kick in the butt, applying each when appropriate. I will push, pull, pick up, and even carry you. If you are willing to sacrifice, I will sacrifice with you in an effort to accomplish our goal. I loathe quitters and anyone who is not willing to persevere through hard times. I believe that character is not built during difficult times but rather it is revealed.

Things to avoid when dealing with me are lying and anything that could be perceived as self-serving at the expense of others. No matter how bad a situation may be, we will work together to find an appropriate solution. I find comfort in people who take responsibility for their actions and errors in an age where blaming others seems to be common place.

Most importantly, I believe a leader is defined by the success of the people who choose to follow him or her, and will constantly strive to move others ahead while keeping my own ego in check.

### Master's Corner

May 2000

As the years go by and we continue to practice, we may look for opportunities outside the dojang to broaden and deepen our knowledge of martial arts. Unfortunately, these hopes are seldom realized and such activities may even prove a hindrance. For instance, we may decide to visit another school of martial arts, maybe even one teaching the same art as ours. The reason we will give for visiting will be curiosity, a desire to see what other students are doing, so that we can add breadth to our training and increase our knowledge. On the surface it might seem that curiosity of this sort is laudable

and should be encouraged. But, as we look deeper, we might notice that going elsewhere to see what is happening there might indicate a certain restlessness and a belief that our training lacks something. An extreme expression of our unsettledness and doubt might extend to our enrollment in another school, while we continue to attend our own, in the hope of making even faster progress.

Even if we want nothing more from our practice than to learn a useful skill, we would be well advised to remain quietly with one teacher for perhaps five years. We will gain little additional expertise and may even lose some of what we have already established. Furthermore, if our two teachers differ in their way of performing a particular technique, and they usually will, we will find ourselves somewhat confused and upset as we try to resolve the differences. A teacher is usually not pleased to know that one of his beginners is attending another teacher's classes. This displeasure is not just caused by a bruised ego but also by the knowledge that the student's early training suffers in this situation.

Another problem with learning from two teachers at the same time is that the student will probably make comparisons between the two, both in their grasp of and the ability to teach technique, and if his interest extends to it, in their mental and spiritual development.

This same philosophy holds true for one teacher teaching two different martial arts to the same *beginning* students. If, as according to the Dan Manual as written by Grandmaster Shin, "...perfecting one art takes a lifetime...", how confusing it must be to *beginning* students being subjected to two vastly different martial arts where terminology, as well as subtle differences in the same basic techniques, are presented to them in the same one to two hour class.

### **Black Belt Health** By Tracey Donnelly

**N**ovember 14<sup>th</sup> was National Stress Out Week sponsored by the Anxiety Disorders Association of America. We all have to deal with some levels of stress on a daily basis, some of us respond better to stress than others. I actually work best under more stressful conditions

throughout my workday. I have been told & guiltily admit that I then take out my anxiety at a later time. Unfortunately the way we deal with stress can effect us emotionally as well as physically. To prevent the chances of developing these side effects try some of the following suggestions. I can honestly say I have tried a few of these suggestions and they do work.

1. Write It Down- scribbling about what's troubling you can make you feel better. Try writing continuously for 15 minutes.

2. Just Breathe- it's easy, and it works. Inhale for four counts, slowly ticking off the numbers in your head. Then exhale, counting backward slowly for four.

3. Listen To Your Body- tuning into your stress can help you respond to it. Close your eyes and notice when you're feeling tension. Is your jaw tight or your fists clenched? Concentrate on the trouble spots and think about releasing.

4. Get Repetitive- doing simple movements again and again, like rolling your shoulders or flexing your toes will distract you and lull you into a calmer state.

5. Find A Mantra- focus on a word, phrase or sound you feel neutral about, like peace. Repeat this each time you inhale for ten minutes to banish stressful thoughts.

6. Picture This- vividly imagine a soothing object or scene, including sounds or images. The more pleasant your picture, the more your tension will dissipate.

7. Stay In The Moment- Wake up five minutes early and lie in bed, letting your self feel your head on the pillow and listen to the sounds of the morning around you. By learning to focus on where you are wherever you are, you'll be able to squash your worries about what's around the corner.

# Kids Section

Have you ever played a video game or watched a cartoon called Double Dragon? Where do you think that name came from? It could be a variety of different places, maybe somebody's imagination, but maybe the name came from the old legend, "The Test of Courage":

Whenever a young monk undergoing training at Shaolin was thought ready to leave, having mastered all the skills to kung fu, he had to take a life-or-death test. According to legend there were only two doors to the temple: the side door, which gave exit from and entry to the grounds, and the main entrance, which was only used by masters upon leaving. The candidate, in order to prove that he was a master of Kung Fu, had to make his way to this exit via a specially designed labyrinth filled with all manner of traps and dangerous obstacles designed to test his skills to the utmost. If the Candidate failed the test, he would die in the tunnels and never be heard of again. The successful candidate, having mastered all the perils of the labyrinth, would eventually emerge at the front gate only to find it blocked by a huge smoldering metal urn. He had to move his last obstacle before gaining his freedom.

Because of its weight, the monk would have to bare his forearms and grasp the urn in his arms to lift it out of the way. In doing so, the front gate would be triggered open. As the monk lifted this obstacle, he would be branded by the red-hot metal with the mark of the dragons on his fore-arms. This signified to everyone that the man marked with the twin dragons was a fighting priest of Shaolin, and a master of kung fu.

