



Tang Soo Times

Pal Che Tang Soo Do

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229 South Chester Pike
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June 2005

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Calendar of Events

June 10-12 Youth Dan Clinic
June 17-19 Adult Dan Clinic

Birthdays

Omar Asskaryer 6/8
Michael D'Angelo 6/17

New Students

Paul Allen Bertand Deranaud
Zachery McFarland Eddie Snestoys

Train often and train hard. You are on the steep portion of the classic learning curve and every class should reveal something new to you. If you ever have any questions, do not hesitate to ask a senior student.

Instructor's Angle

Per the 30,000 word thesis and testing for Master this month, Mr. Centrone asked me to go into the archives for an article. This is from February of 1998, when Mr. Centrone was an E Dan.

In the past year and a half I have been forced to look at the reasons I continue to train in the martial arts. Physically, my body does not recover well from the rigorous training we endure. Mentally, I find myself frustrated because of my physical limitations. So, why continue?

Once I see myself beyond these minor setbacks, I remember why I continue. When I first started Tang Soo Do, my goals weren't clear. I enjoyed the training and learning self defense, but I was not thinking about the long term.

As the months turned into years, I began to see the intrinsic side of the martial arts; where at first karate had been a sport and hobby, it was now becoming part of my life. Not in the sense of becoming obsessed with the training aspect, but more in the way my life had changed in the process. Before, I had been someone who "took" karate, now I was someone who was "living the martial way."

What does this mean, "living the martial way?" The martial way is a way of living. It is a holistic discipline aimed at the pursuit of excellence, not just in the do jang but in life. I know that all of you are familiar with the meaning of 'DO' in Tang Soo Do. It translates to the 'WAY,' or how to live. At our school or 'DO' jang (the place where the way is taught), we believe in living our lives according to the codes and tenets described in our Gup and Dan Manuals.

Like the Commandments of the Bible and the Golden Rule of the Buddhists, our codes and tenets describe guidelines for us to live an honorable life. In the book, *Living the Martial Way*, Forrest Morgan breaks honor into three basic tenets: Obligation, Justice, and Courage. In upcoming Newsletters, I will talk about Justice and Courage, but for now I want to talk about Obligation. Obligation is the root of all warrior honor, and meeting one's obligation is the principle part of what makes a warrior honorable.

No matter how old we are, we all have an obligation to someone or something. As children we have an obligation to our parents, elders, and siblings. As parents we have an obligation to our children and spouses; as employees to our employer, as students to teacher, and as teachers to students. One of our obligations as students is to pay dues. Now hold on, I know what you are thinking, all this talk about honor and he leads us down the road to a financial issue. This is about more than money; it is about a need to survive in today's world. In earlier times, students and teachers would conduct class in their homes, in open fields, and even in temples. Today's regulations make it difficult

Quick Notes

Congratulations to Mr. Centrone for his admirable performance during his second year of testing in Alabama at the Master's Clinic. We are all proud of you!

Look out for the new summer schedule! It will be posted on the bulletin board soon!

Pal Che had a great turn-out for the Lancaster Tournament. Congratulations to all the competitors and thank you for your support to all who came!

The Pal Che Family would like to extend a heartfelt good bye and good luck to Christine Hartle. She will be moving to South Eastern, PA. We will miss you and wish you good luck with all your endeavors!

to teach out of the public eye. Because of legal and ethical standards, schools need to be available to the public.

Despite what many people think about martial art schools, we, at Pal Che, are not in this for the money. The instructors at this school receive no pay for their time. Knowing what I know about Sah Bum Nim he would be more than happy to see a zero as opposed to red ink at the end of each month. At Pal Che Tang Soo Do we are not selling you a service but rather giving you a part of our lives.

Returning to the book, *Living the Martial Way*, "...Qualified instructors devote many years to mastering their craft. They spend countless hours in the training halls, usually following days spent at full time jobs. They pay for their expertise with blood, sweat, and broken bones. In fact, a classical warrior is probably the most highly trained professional in our society. So, how do you think your monthly pittance of dues can pay for your training, it only supports your instructor and the school, making it possible for him to offer you his art..."

Recently, I noticed some students, rather than pay their monthly dues, watch hours of training time disappear; a small setback in their master plan to obtain a Black Belt. Too often we have seen students vanish for months at a time and then reappear and act as if nothing has happened. Maybe it is the fact that you can be a no show, no pay student and suffer no harm. One of the qualities of a traditional martial art school (and make no mistake about it, Pal Che is a traditional martial art school) is the benefit of not having to pay a funding company and receive a coupon book for your dues. Notice we call them "dues" as opposed to payment. You are joining a fraternity, a family, and as in a family we need to communicate. Instead of ignoring your obligations, call or come in and talk to Sah Bum Nim something can always be worked out.

As you continue on your path I hope you will understand the martial way is not a month to month hobby, but rather a life long commitment to living as a warrior.

Master's Corner

April, 1994

This article is from Master Raver's experience at the Master's Clinic.

Recently, I had my first promotion test in five years. I noticed as I was packing my suitcase to leave for Alabama, the sight of the test, that everything I did was very deliberate. My dobohks were carefully folded and neatly placed in my carry on luggage (I didn't want to risk losing them), weapons were packed, changes of clothes, etc., were all placed in the suitcase, one item at a time all with extreme care.

I didn't think of it at the time, but after several days of clinics and meetings, the day of the test arrived. I rose early, shaved and showered. Even though I've put my dobok on thousands of times this time was different. I carefully tied my pants and began putting on the top. With great precision, I tied my top on and pulled out my black dee. It had been a long time since I inspected that frayed and worn black sash I've worn around my waist these past many years. Memories came flooding back to me to times when I was much younger, my legs much fresher, my knees healthy, my hair not speckled with gray. Thoughts to when I had that white dee tied on me for the first time (and when I showed up for my second class, I couldn't remember how to tie it), how I glowed and was so proud when I received the orange belt. When I made blue belt, I was so excited I had been invited to join the Black Belt club. The black belt test it was yesterday! At least in my mind's eye.

As I sat there on the edge of the bed, I realized many things in my life have changed except for one very important thing. I'm still as excited about Tang Soo Do as I was that first night many years ago. Tang Soo Do has been good to me. It has given me friends from all over the world, it has allowed me to meet special people, it has gotten me to far away exotic places. Master DiMarco and I have wonderful caring students who understand what the family of Tang Soo Do is all about. We have touched your lives and you certainly have touched ours.

Carefully I tied my belt and inspected myself in the mirror. I had "girded my loins for battle." It wasn't going to be a life or death struggle, but a battle nonetheless. I wondered if other candidates had these same feelings. I think they did. We are not different, especially if we've dedicated so much of our lives to our beloved Tang Soo Do.

As the test time drew nearer, I was sitting with the other candidates. We all drew silent and began that introspective look at ourselves. We began to become one with ourselves © knowing that good luck was not going to get us through this ordeal, but rather the many hours spent in the dojang practicing the same techniques over and over with our Sahbumnim. We could have no excuses. Personally, I thought of the two millennia of warriors who were looking at us, in whose footsteps we were walking. They were urging us on © to give our best or to put it simply:

NEVER RETREAT IN BATTLE.

Black Belt Health

Submitted by: Cody Kunze

The Importance of Sleep

One of the most important things in anyone's life is getting the correct amount of sleep. Although this doesn't sound very difficult, 80% of Americans don't get enough sleep. Adults need 7-9 hours of sleep per night, children need about 10 hours per night. However, the average American is only getting 6.9 hours of sleep each night.

100,000 car crashes each year can be blamed on people falling asleep while driving. There are many ways to help improve your chances of getting a good nights sleep; here are a few:

1. Stick to a schedule – even on weekends
2. Don't eat or drink a lot before bedtime
3. Avoid stimulants like caffeine and nicotine and avoid alcohol
4. Exercise regularly
5. Cool rooms are better than warm rooms for sleeping
6. Try not to nap in the daytime
7. Keep your bedroom quiet – no radio or TV
8. Take a hot bath or shower before bedtime
9. Don't take sleeping pills

If you follow these simple rules, you should improve your sleeping habits. However, if you are still not able to get a good night's sleep, there are many hospitals and medical centers with sleep clinics that can diagnose sleep disorders.

Ko Map Sum Ni Da

from George Celona

I just wanted to take the time to thank everyone who came out to support this year's White Tiger Picnic. I thought that the day was a huge success, and I hope that everyone enjoyed it as much as I did. I especially want to thank the adults, some of whom are not even students, who stepped up to help with cooking, cleaning, set-up and breakdown, raffles, and many other tasks. I tend to be the type of person who puts all of the burden of a task on myself, and so I was

immensely worried about the outcome of the picnic, from the weather, to our new location, and many other factors. However, throughout the day everything went so smoothly, I could not believe that this was something that Ms. Evangelista and I had put together.

The family environment at our school is something that I truly believe is unparalleled at any other school. We really have a school in which everyone cares about what's happening, and people always step up to fill in wherever and whenever they are needed. We are friendly and respectful to others at all times, as I saw when you dealt with our guests. One of my students from Springfield High School, who has been training in the martial arts said to me "You're school is awesome; not because they're really talented, but because there are no jerks. Most schools have at least some jerks, but your school doesn't have any. Everybody's cool." As an instructor, it makes me proud to be able to hear such things about the people I teach and their families. Our school is unique, and it is my hope that this attitude of respect continues to grow within our Dojang community. You have truly all been an inspiration to me, and my motivation to do what I do. Thank you.

Thought for the Month

The true value of Tang Soo Do is not the dee you wear, but the changes that have occurred within you in your quest for them.

-Grandmaster Jae Chul Shin

Kid's Section

Hey Kids! Try this word puzzle out!

E	A	Y	Z	A	Y	D	S	W	N	H	C	C	S	J
R	H	U	V	F	D	Y	Z	W	U	J	O	X	W	P
G	E	B	P	I	K	K	H	A	M	N	A	D	A	H
N	S	T	X	A	J	S	Y	Q	C	W	I	S	U	D
A	A	P	S	Y	H	M	E	E	T	K	E	M	G	E
J	J	K	P	A	L	L	N	L	K	F	I	Z	H	E
O	L	W	H	K	M	T	P	A	F	L	F	C	X	T
D	U	X	M	A	R	D	H	U	I	W	L	S	C	C
Y	K	J	S	A	B	C	N	T	T	A	O	L	E	Z
E	U	R	T	R	P	O	Y	A	P	K	I	U	N	A
P	H	I	A	H	U	G	D	M	R	C	I	Q	T	P
T	O	K	A	Q	U	T	W	A	S	G	B	X	R	D
N	U	T	M	T	A	N	G	S	O	O	D	O	O	C
E	S	N	E	F	E	D	K	O	R	E	A	K	N	Y
Z	J	O	Z	S	X	W	H	J	N	T	X	W	E	B

Word Bank:

AHPCHAKKI
CENTRONE
CONCENTRATION
DEE
DEFENSE
DOBAHK
DOJANG
GRANDMASTER
HADANMAHKKI
HUKULJASEH
HUMILITY
KOREA
PAHLPUTKI
PALCHE
SELF
TANGSOODO