



Tang Soo Times

Pal Che Tang Soo Do

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

March 2005

Issue No. 164

Calendar of Events

March 11 - Gup Test

Birthdays

Christian Carver 3/6
Praveen Charkavarthula 3/8
Dan Ward Senior 3/8
Connor McCollough 3/9
Paul Fragale 3/12
Joseph Carver 3/16
Charles Klemontowich 3/30

Instructor's Angle

The 7 Ways to Becoming a Great Martial Artist

On the never ending path of martial arts, it is important to remember the seven ways of becoming great in the martial arts. They never change, regardless of the style that you practice, your geographical location, or your time and place in history. The principles of how to become great remain the same.

1. You must **find a good teacher** (It's never to late). In the martial arts there is nothing more important than the student-teacher relationship. Once the teacher is found, the student must listen. How can you call someone your teacher and then refuse to learn from them?
2. **Patience** is the next step. We have all started things full of excitement and wonder just to forsake them because of a slow beginning. Patience is not just one of the seven ways; it is something we develop in ourselves through the practice.
3. **Perseverance** is the ability to stay the course through the rough times. It is consistency over time that truly teaches the student discipline.
4. **Practicing hard** is the backbone of the martial arts. Without practice being hard physically, mentally, and emotionally at times, it doesn't deserve the name martial arts. In fact, it is insulting to the generations of masters before, to not give 100% effort in every class.
5. **Practice exactly what you want to perform** is what transforms a practitioner into a student. A student questions their technique, the application as well as the execution. Extending this principle into everyday life: the student is forced to ask the question, "Am I living the way I want to live?"
6. **Meditation** is the foundation of the practice. To teach a student to take control over the mind is one of the most valuable skills they will ever learn. Learning to be mindful is carrying practice into every aspect of life. Life itself takes on a new dimension.
7. **Passion** teaches us that if we are not completely immersed and committed to something it may never reveal its deepest and most significant virtues. Being passionate means to fall in love with the art. It is no longer a discipline that is forced but a philosophy that is embraced. It is a never ending path that allows you to reach your truest potential

New Students:

Mark Badalamenti Michael Overholt Tim Watkinson
Daniel Conway Bianca Salneron Dontae Marino
Noah Newell

You are on the steep portion of a 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.

Master's Corner

By: Master Scott Homschek

Teaching the Hard Lessons

As a martial arts instructor it is my responsibility to look to the development of the entire student. There are three primary purposes of learning Tang Soo Do: Self Defense, Better Health, Better Person.

The first two purposes are fairly obvious. Tang Soo Do's early developed evolved during an almost constant state of warfare in the early history of the Korean peninsula. The self-defense aspect of Tang Soo Do is a direct result of learning to use martial skills in combat to protect yourself, your loved ones and your kingdom. The physical nature of learning the self-defense skills naturally lead the practitioner to develop stronger-healthier bodies.

The third purpose (better person) does not immediately jump out as an obvious purpose of training in Tang Soo Do. In past issues we have discussed the goal setting skills that are inherent to Tang Soo Do. This skill lends itself to becoming a better person but it is not the core of how and why.

Why should the Tang Soo Do instructor want to develop his students to become better people? The answer is simple. We teach the skills that can potentially take the life or livelihood of another person. As instructors we have a moral responsibility to be sure those that we teach use their skills only in righteous ways. To teach a student the combat skills of Tang Soo Do without also developing their concepts of humanity is reprehensible.

Now that we understand the why it is important to understand the how. As an instructor it is important to discuss with the students the philosophies of the seven tenets and five codes of Tang Soo Do. We must also speak with students individually to uncover the challenges that they face in everyday life. When working with children it is often necessary to work with the parents to mold the ideals of Tang Soo Do with their goals as parents. When the instructor understands the challenges and goals of the student they can help to steer and guide the student down the correct path.

The specific methodologies that are used to guide the student vary depending upon the individual. Typically we utilize the goal setting skills previously discussed with a plan to steer them on the path. Ultimately the goal of the instructor is to teach the student the value of self-evaluation. To help them develop the skills to determine proper action from improper action.

As instructors it is sometimes necessary to hold a student back from promotional testing until they are able to demonstrate they have improved their understanding of the five virtues of Tang Soo Do. Trust, Humanity, Respect, Etiquette, Wisdom. Students should demonstrate by their actions a continually improving understanding of these virtues. If the student lacks the proper level of understanding they should remain at their current level of training until they can demonstrate this understanding.

Often times the student or the parent of the student will not understand the importance of this development. Western society believes in the time-served concept. If I spend a prescribed amount of time at this level then I should automatically be granted access to the next level. Martial societies believe in progress through achievement. Show you have mastered a certain level and you will be granted access to the next level.

Unfortunately failing to understand this principal will often leave students believing they are being treated unfairly. This is as far from the truth as possible. The instructor must establish the standards and constantly monitor the student's progress against these standards. The instructor must be willing to deny a student the next level of training until they see they have adequately mastered the current material. To do otherwise is inherently unfair to all the students. The student who is granted access before they are ready will most likely not properly develop the skills necessary for future progress. The students who did properly develop the skills will feel that their accomplishment has been diminished because the bar was lowered for other students.

It is the instructor's responsibility to say yes and no to the students at the appropriate time. If a student should decide to quit training because they were told they are not ready then they truly were not ready to progress in the art. We hope that one day they will realize the lesson that was being taught and will return to the art. If they do chances are they will be ready to take that next step. If they do not, then the other students in the art will have a clearer understanding of the accomplishments that they have achieved.

As Tang Soo Do instructors it is our job to ensure that the art does not get watered down to appease those who do not wish to learn the art by the methods that have been laid out before them. We are charged not only with preserving the art for future generations but also preserving the integrity of the art, even when it requires us to teach the hard lesson.

Black Belt Health

By: Angel Evangelista

Training in karate more often than not includes a cardiovascular workout. It is important both as instructors and students to know what our limits are when it comes to aerobic conditioning, especially for adults. In order to find out how hard you are working, if you need to work harder, and/or if you are working *too* hard, you should monitor your heart rate. Obviously, this information applies to your out-of-*dojang* workouts as well as the in-*dojang* workouts.

Generally, there are three paces your heart can be set at: working, rest and recovery. The rest rate is the number of times your heart beats in a minute while you are resting. The best time to determine your resting heart rate is after you have woken up naturally (not to the shrill sound of an alarm clock). Before standing up, place your first two fingers on your wrist and count your pulse for ten seconds. Multiply that number by 6 and that is your resting heart rate. "For women the average resting rate is between 74 and 84 beats per minute, for men it is between 72-78" (Theobald).

The same manner is used in determining your working heart rate, but after at least five minutes of vigorous exercise. It is important to figure out what YOUR specific working heart rate is so you can get the best cardiovascular workout possible. Another reason it is important to work at a target level is for safety. Experts recommend working between 55 and 85% of your maximum heart rate, or target heart rate. "The way to find your target heart rate is to do this formula. Take your age and subtract it from 220. Now multiply that number by .55. And, multiply the same number by .85.

Here is an example: Maria is age 40.

$$220 - 40 = 180$$

$$180 \times .55 = 99$$

$$180 \times .85 = 157$$

Maria should have a heart rate above 99 while exercising to get any cardiovascular benefit. But, she should never allow her heart rate to go above 157 while exercising. A pulse somewhere in the middle will be the best for optimal performance and in the safest range" (Theobald).

After a cardiovascular workout, you should properly cool down your body. It is a shock to your system to workout at your target heart rate and stop suddenly and sit down. The more cardiovascularly fit you are, the quicker your heart rate will return to normal. That said, your cool down should not be finished until your heart rate is back to normal. During your cool down, wait one minute before taking your heart rate, then another two minutes and then another five minutes.

This is valuable information. Take the time to determine your target heart rate to not only work at your peak level, but also to make sure you are staying healthy.

Resource:

Theobald, Donna. (2002). *How to Determine your Target Heart Rate Zone*. Retrieved on March 2, 2005, from http://ar.essortment.com/targetheartrat_rxmh.htm

We all know there is much more to learning the martial arts than punching and kicking. Here is the first of the new monthly Book Recommendations. If you yourself have any books you would like to recommend, please contact Angel Evangelista.

March's Pick (By Mr. Centrone)

The Overlook Martial Arts Reader Vol. 1 Edited by Randy F. Nelson

Forms Interpretation Seminar

Last month five students took up the opportunity to visit Master Mimidis' school and train under instructors from the United Kingdom. Here is what two of them had to say.

By: Mark Valinote

"SHARING IN THEIR ENLIGHTENMENT"

Experiencing the forms interpretation seminar, a number of words come to mind: outstanding, inspiring, motivating. But one word echoed in my mind "enlightenment." These two gentleman Master Green and Master Khan did nothing short of blowing away everyone in attendance. Not only with interpretation, but also with execution of all the moves in the Sae Kye and Pyung Ahn forms.

One can never look at a form in the same way, after seeing the forms "opened up" and having their full potential revealed. Master Khan's conversation/lecture was peppered with philosophy,

Personal insight, quotes and stories of some of the great martial artists were all included. This seminar never had a dull moment, the two masters clearly demonstrated how each move in a form is important and how no moves are wasted.

One young lady commented that "it was a lot to grasp in one evening." Master Khan pointed out that he understood by saying "we are trying to teach you twenty years worth of work in one night, you can't expect to get it all in one night." However it opened our eyes and our minds to a world in which forms are alive with action, potency, and function.

On the ride home we all commented on the different techniques and moves we had seen that evening. Clearly the two masters had broadened our horizons and we shared in their enlightenment.

By Nick D'Amato

It's Wednesday, February 2nd, 2005, 4:30p.m., and I am shoved into the back seat of a car going, with Mr. Celona, Ms. Evangelista, Mr. Pollock, and Mr. Valinote, to Mater Paul Mimidis's Studio, Mimidis Karate, in Lancaster, to one of the most exciting Tang Soo Do events that I have ever been to. It was a Form Interpretations Seminar taught by Master Mujahid Khan and his good friend Master Jeffrey Green of the Great Britain Tang Soo Do Dojang, who were both visiting the United States of America from the United Kingdom.

When we arrived, we were welcomed by Master Mimidis, got changed, and were invited to join in many difficult warm-up drills. Soon we got underway with the in depth study of the Pyung Ahn Hyung. My partner, Mr. Valinote and I were so amazed at all the different views of the Hyung, which we had never seen or even thought of before. The interpretations were so overwhelming. Every technique was so specifically detailed, with 3 to 5 possible viewpoints for each segment of moves. Master John Godwin, who was also there had acknowledged, along with Master Khan, that we would probably only remember 5% of all this information that was being given to us, but the learning experience had "planted a seed" inside of us, which will help us remember and develop our skill while training.

It had lasted from about 6:30 to just after 10:00 at night. It was a great evening, and I really appreciated all the time it took for Master Khan and Master Green to do all that they did.

Thought for the Month:

When a student enters the *dojang*, he is in another world with its own sense of values, a world where both mind and body function in complete unity and communion.