



# Tang Soo Times

Pal Che Tang Soo Do

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Glenolden, PA 19036

November 2005

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## Calendar of Events

Friday	November 11 <sup>th</sup>	<b>Black Belt Class</b>
Thurs.-Sat.	November 24 <sup>th</sup> -26 <sup>th</sup>	<b>Closed Thanksgiving Weekend</b>
Friday	December 9 <sup>th</sup>	<b>Gup Test</b>
Friday	January 6	<b>Holiday Party</b>

## New Students

Alisha Vargo Tabitha Zug (guest student from Master Mimidis's)  
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.

## Bulletin Board

### Birthdays

Amy Duffy 7  
Mark Badalamenti 18  
Erik Wright 24  
George Celona 30

- The Friday night 6:00 youth class is suffering from poor attendance. In the past month, a total of 6 students have attended 4 classes. Please let me know if you are interested in having your child attend this class, Nick has been giving up his time but he is now getting older and will soon find other things to do on his Friday nights. We need to keep him busy.
- The 2006 Holiday Party date is set for Friday night January 6<sup>th</sup>. For the newer students, we hold our Annual Banquet/Holiday Party, after the holidays to avoid adding to your already busy schedules. Tickets this year will once again be handled by Liz Kunze and should be available the second week in November.

## Instructor's Angle

### A Month to Remember

As I had mentioned in last month's article, October 2005 ended three years since I have taken over Pal Che Tang Soo Do from Master Raver. It also was, without exception, one of the greatest overall months in regards to both individual and school accomplishments. This October saw the promotion of eight new Cho Dan's (First Degree Black Belt), two students to the rank of Sam Dan (Third Degree Black Belt), and Mr. Melchiorre and I promoted to Sah Dan (Fourth Degree Black Belt). Together all of these students have logged in over 100 years of Martial Arts Training.

In addition to the Black Belt promotions, our school once again stood out at the recent Region 8 Championship. Our Demo Team performed admirably in the Creativity Division, they have improved each year. Miss Evangelista earned the Region 8 Scholarship Award for her dedication to both school and Tang Soo Do. To add to this, Pal Che Tang Soo Do walked away from the Tournament with over 25 medals.

Although having your students win that many medals is great, I receive a greater sense of pride walking around and hearing complementary things said about our students, not just in their performance, but more importantly on their behavior, sportsmanship, and friendliness. Earning accolades like that will last a lot longer than a medal. And when the competition was finished, we took over the dance floor at the post tournament parties.

## IF

*"Winning and Losing are distinguished only, by having, or not having done your best."*

## HOW'D WE DO!

### 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**

By: Angel Evangelista

**B**ack in April, a new food guide was released to help Americans eat right and stay healthy. It was long awaited and now you can follow the new steps created to help you look and feel the way we all want to. Specifically, the food pyramid was re-evaluated to battle childhood obesity. Getting the youth of America back to a healthy weight is very important when looking at the future of health and health care costs.

So, what are the differences from the old food pyramid? It has been twelve years since the creation of a governmentally funded dietary plan. The old plan encouraged variety, which the new plan also suggests. However, the 1993 guide did not stress fat reduction and the importance of increased vitamins and fiber. Another main point the new edition emphasizes that was not part of the original is disease prevention.

Grains, vegetables, fruits, milk, and meats & beans are the new groups. Below are the requirements from each food group for a person who requires 2000 calories a day, but remember not everyone needs the same amount of food intake every day. The amount of calories you need depends on your gender, weight and daily activities. Six ounces of grains, 2 ½ cups of vegetables, cups of fruit, 3 cups of milk or another dairy product and 5 ½ ounces of meat and beans make up a day of food consumption.

This guide especially makes the amount of consumption easier for the typical person. The old guide specified a serving amount, but who knows how much a serving size is? For example, a banana is two servings of fruit. The 2005 guide specifies cups or ounces, making servings much easier to decipher.

If you are interested in seeing exactly what foods are right for you and all the recommendations the dietary committee has made, a good website to visit that explains everything clearly, is <http://www.ring.com/health/food/food.htm>.

### **Thought for the Month**

*Martial Arts Origins, Philosophy, Practice*

There was once a great kung fu master who was in autumn of his years and as tradition dictates, he had to hand down all the secret knowledge of his kung fu style to his most senior student. Seniority in this instance was dictated by more than just time served. The problem with this particular master was that he had two students of equal competence and skill. So in order to decide which one of the two students should inherit the secret learning and also become headman of the system, he set them to a test. He ordered both students to go outside and each draw an animal in the dirt. The student who drew the animal the fastest and providing it was instantly recognizable by the master would inherit all.

Each student grabbing a stick, quickly set to work with the task. The first student's instinct was to quickly draw an elongated letter 's' in the dirt; upon looking up he saw the second student still drawing away in the dirt. Feeling ill at ease because he had been too quick with the set task, he began to embellish upon his earlier attempt by adding a series of squiggles meant to represent legs. As he was about to add a third leg, the other student straightened up indicating he had finished the task. The master walked over and proclaimed the second student the winner and true inheritor and heir apparent to the style. Turning to the first student, he asked, 'Tell me, why did you carry on drawing after you had finished painting in the sand what was obviously a snake?' The student replied, 'Because master, having thought of drawing a snake, and doing it so quickly I then had doubts that you would not recognize what it was supposed to be. So I had the bright idea to put legs on it so that it would resemble a lizard.' 'The doubt in your mind and the hesitation you displayed,' retorted the master, 'cost your position as head master of the style.' And from that time on, the saying 'don't paint legs on a snake' is meant to indicate not to try and improve upon something that is already perfect or understandable.

## Kids' Section

We always encourage everyone to visit the World Tang Soo Do Association Website. This month, Adam Fagan's picture was posted under the Kid's Zone.



Back in 2001, as a member of the children's class, **Justin Ritter** wrote an article for the newsletter about Attitude. We welcome all members of the children's classes to submit their thoughts on attitude or another subject to Ms. Evangelista to be included in an upcoming issue of the Newsletter.

I think that "attitude" is the main source of the Martial Arts. If you don't have a good "attitude" you will never master the two goals of Tang Soo Do – 1. Becoming a Black Belt, and 2. Becoming one with nature. Even though "The goal of Black Belt" is very, very difficult, it is much more difficult to "become one with nature." I haven't reached either but wish to have them. Becoming a Black Belt will take a long time but becoming one with nature will take even longer. I need to practice every day even if I am injured. From now on I will try always to put forth 100% effort in all my blocks, kicks, punches, forms, and techniques. I will also try to have the best "attitude" at every single class, at home, and everywhere else.

### **Physical Challenge for the month:**

Lean your legs against a wall, or have a partner hold them, and complete 5 handstand push-ups!

