



Tang Soo Times

Pal Che Tang Soo Do

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229 South Chester Pike
Glenolden, PA 19036

October 2005

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Calendar of Events

Friday – Saturday	14-15th	Region 8 Championship - No Class
Thursday.	20 th	Black Belt Class Blue/ Up - No Adult Class Ages 13 and Up Only
Friday	28 th	Gup Test 6:30 PM - No Class Black Belt Promotion Ceremony
Monday	31 st	Halloween - No Youth Class

October Birthdays

Sundar Swaminathan	3
Scott Medendorp	4
Mark Valinote	5
Eddie Smelstoys	6
Kevin Wagner	12
Tim Watkinson	15
Anthony DiLucido	17
Adam Fagan	21
Jim Fox	21
Samantha Wright	24

Quick Notes

I was hurt at a recent Black Belt Class when only 3 people out of 20 claimed to have read the September Newsletter. A lot of work and thought goes into the monthly newsletter and it's a great chance to share my thoughts and feelings with the students. We write it for you. Please read it!

Belt promotions will no longer be presented following Gup Tests. If the students pass, they will be promoted on the following Thursday, or their next class with me after that.

Instructor's Angle

"...It is not the techniques of the hyung or the severity of the training that is beneficial to a young person. It is the consistency. In a world where values are turned upside down, where fashions come and go, Tang Soo Do is steadfast.

The etiquette, the methods, the challenges – all are the same for them as they had been for us, our teachers, and for their teachers before them. Outside our doors the storms of social change rage and ebb, but inside is a calm of a temple. Tang Soo Do is timeless. Styles and fashions ebb and fade, but the values of self-discipline, respect for others, and long term commitment required of Tang Soo Do are here to stay..."

Rambling

I recently had lunch with some other martial Artists after a class, and an intense discussion began over teaching philosophies and methods. Why do we continue to teach "useless techniques?" Would techniques taught in class actually work in a real fight? What surprised me most was the way some very experienced Tang Soo Do teachers viewed our system of teaching Karate, mostly our one-steps. Although I do not contain the wealth of knowledge they have, I am not naïve. I understand real life struggles and real time fights. And I thought at least one of them did also. But when was the last time you picked up a paper, or heard in a news report of someone being attacked with a right punch or a kick? Attacks very rarely happen the way we practice them in class. So how do we prepare students for the unexpected? Do we solely focus on the physical aspects of the martial arts, or do we develop the whole person? In today's society, Martial Arts schools need to teach more than kicks and punches, and far more than how to defend yourself, physically, against an attacker. Tang Soo do, at least the way it is taught at Pal Che, paints a broader picture into the preparation needed to face life's battles.

The above quotation is an excerpt from a letter Master Raver gave to me as he turned the school over to me three years ago. As you can see, he has left me with quite a responsibility. This October marks the beginning of our fourth year. With a change in leadership comes new

New Students

Ned Satchfield Kyle Willis Cody Capone

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.

ideas and new ways of doing things. Some have been good, some not so good. We have gained many new students and lost some good friends. Students, who were lost, have now returned; old friends have discovered the magic we have at Pal Che, and transferred in. Why?

Whenever I lose sight of where I came from, whenever I question why I continue to teach, I re-read the above passage. Not everyone sees things the way we do. But that's okay, we'll wear them down. Not just anyone can be selected to represent Pal Che. When other schools jump on the latest martial art craze, we will continue with tradition. While some claim Pal Che is not a fighting school, or claim that we are soft, I will remember the seven young warriors who stood tall while others crumbled in the heat of the 9-17-05 Dan Test, and wonder if they actually know what a warrior is. If Tang Soo Do was solely about winning and losing a fight, what category does the growth and success of someone like Nick, fall in? When I overhear, "Pal Che is this kind of school or that kind of school," I will no longer verbally defend our ways, and instead, I will remain quiet and remember the above mission statement that describes what our school really stands for. When other teachers boast of their monthly profits, I will glow internally with pride knowing the dividends that will pay off for the students later in life.

Yes, I, in fact, all of us have been left with a heavy responsibility. But we are up to the challenge. I take comfort in knowing what I have been taught, and I am always open to what I will learn in the future. Change? For who? For what?

Black Belt Health

Submitted by Dan Ward

The winter months are coming up and that means flu and cold season. The flu and cold spreads quickly from person to person from coughing, breathing, and even sneezing. Here are some tips to help prevent you from getting sick:

- 1. Wash your hands frequently:** This is often your best defense. Wash the entire hand using warm water and soap. Don't forget to clean under fingernails.
- 2. Avoid putting your hands near your eyes, nose or mouth, unless you have washed:** Most bacteria and germs are spread from a surface to your hands to your face. Few germs are transmitted through the air.
- 3. Clean your shared spaces more often than other times of the**

year: Remember phones, keyboards, steering wheels, office equipment and other items used by several people during the day.

4. Get a flu shot: Flu shots are especially beneficial for those with weakened immune systems, the elderly or those who come in contact with a lot of people.

5. Get enough sleep: During sleep, your body's immune system goes into high gear to protect you from illness. Lack of sleep can reduce immune functioning making you vulnerable to sickness.

6. Drink more water: In the fall and winter, it is easy to overlook your thirst and get dehydrated. Make sure you consume 8 glasses a day.

7. Continue a moderate exercise program: Try to maintain a 3-4 day a week exercise routine.

8. Limit alcohol intake: Alcohol can be dehydrating which, in turn, may decrease your resistance to bacteria.

9. Listen to your body: If you are less than 100% you will feel better and recover faster if you let yourself rest.

Black Belt Test

Over the years, we have had many proud moments as a family and as a school here at Pal Che. On Saturday, September 17th, we had nine of them. On this day, our largest single group of students tested for Black Belt and advanced ranks. While others wilted, overcome by the heat in the testing center, our nine stood out strong and proud. I challenged them at the beginning of the summer, to devote themselves to this one goal. Throughout the summer, they trained, and studied, and sweated all together. They might not understand the impact that day had on them just yet, but someday, together they will look back and know it was no small accomplishment.

In another school, this would not seem like much, just another group of students getting Black Belts right on schedule, three years from the day they signed their enrollment agreement. At Pal Che, it is different. No promises are made to students that they will receive a Black Belt in 36 months. There is however a promise that if they work hard and sacrifice for the art, significant changes would occur in them in route to earning a Black Belt. Of the nine who tested, not one made it in the minimum time. In fact, all have been waiting at least five years while seven of them have been training in Tang Soo Do over half their lives. Reaching Black Belt is no easy task, if it was, we would have 700 students at Pal Che.

Billy Blessington, Anthony DiLucido, Scott Duffy, Kaitlin Fagan, Adam Fagan, Michael D'Angelo, and Alison Moll, Cho Dans all started karate within months of one another and where this school's original Tiny Tigers (Tiger Cubs). They have trained non-stop for over five years and more than deserve to wear Black Belts. **George Celona, Sam Dan**, began his Karate career as a young boy and earned the rank of Cho Dan Bo (Blue Belt) while a student at Shin Karate in Philadelphia. He later transferred to Pal Che where he acceptingly wore a White Belt. While here, he not only excelled in Karate, he excelled academically while attending both Bonner and Villanova, and in the process becoming a great role model for others to follow and look up to. **John Alesi, Sam Dan**, one of the last remaining students from the original Tang Soo Do Institute. John is the perfect example of the water wearing away the rock. His loyalty and dedication helped make my transition from student/teacher to teacher/owner much easier. Congratulations to all, well done!

Submitted Article
By George Celona

One-Steps: Developing Useful Traits for Self-Defense

Since I have just finished my Sam Dan thesis with the same title, I thought it would be interesting to include some of my findings and thoughts in this month's newsletter. It seems to me that there is an increasing number of people in our Association and elsewhere in the martial arts who believe that one-steps are a foolish, useless practice because they are impractical. They will often state this because "you wouldn't get attacked like that on the street," or "one strike isn't enough to stop an opponent." These points are true, and furthermore, an encounter on the street will not be static like our practice of one-steps usually is. So with all these problems, why do we practice one-steps, anyway?

First of all, it is important to note that many styles of traditional martial arts utilize some form of set sparring (one steps, three steps, etc.) in their teaching. Unfortunately, the history of one-step sparring is not well recorded like the history of our forms is. It is very difficult to pinpoint where the idea of one-steps comes from, but it is suggested that they originated as a peaceful alternative to full-out fighting. After all, that is what sparring is, a fight with rules designed to protect the practitioner. In Japan, for example, the art of *Kendo*, or "Way of the Sword" was derived from *Kenjutsu*, or "Techniques of the Sword" once Japan went into a more peaceful point in their history. It is thought that one-steps were developed in a similar period. In fact in Shotokan, Gichin Funokoshi's son, Yoshitada, is known to have brought one-steps to Karate for the first time in 1933. Since Hwang Kee was very much influenced by Shotokan karate, it is probably here that Tang Soo Do picked up the practice of one-steps. It is also important to note, however, that Grandmaster Shin was the creator of our one-steps.

One-steps have been around for a long time now, so I doubt that they are a pointless practice. Most people who believe that don't really understand what one-steps are for. They believe that someone told them "this is what you do when someone attacks you on the street." We know that this is not the case. Rather, one-steps were designed to teach timing, distance, and focus. Watch any beginner students sparring, and then advanced belts sparring as well. What are the major differences? The first two things that you will notice is that beginner students will wildly throw techniques into the air or at target areas not allowed in sparring much more frequently than advanced students will. The next characteristic you will notice is that beginners only move forward and backward, while advanced students make use of side-stepping. The last thing you will notice is that beginner students go back and forth between offense and defense utilizing only one attack at a time, much like a tennis match, while advanced students will use offensive techniques as a defense, and put together combinations of movements and attacks. These skills are habits that are acquired through repetition of one-steps. Of particular importance is the use of side-stepping, because it is the best way to defend against an attack, but is the most unnatural to a beginner, because we don't walk sideways.

We can also enhance our one-step practice to make it more useful, once we learn the techniques correctly. I have come up with a simple 8 step guideline for practicing and teaching one-steps, but I don't have the space here to describe that. However, here are a few pointers (in order) for perfecting your techniques and developing good habits for the street.

1. Once you learn the technique, practice it in slow-motion. It will help your timing
2. Your counter-attack should be no more than 2" away when you first learn it.
3. Once you get those 2 down, and your stance is good, work on speeding up.
4. Now that you can do the technique quickly, hit your target (with control)
5. Practice the same technique against different attacks (hook punches, left hands...)
6. Add on extra strikes and make modifications to one-steps for street use
7. Pick the best ones and do them over and over again.

This is just a quick overview; if you're really interested, my thesis is in the office.

Another Quick Note

The demo team would like to thank all who helped to make the fundrasier a success. The raffle raised all the funds needed to complete the demo. Congratulations to Frank Imbrogno and Anna Imbrogno, they split the \$1000.00 prize.

Thought for the month

HAVING TO FIGHT IS THE END OF SELF-DEFENSE, NOT THE BEGINNING. HAVING TO FIGHT MEANS YOU PROBABLY MADE A MISTAKE.

ROBERT MITCHELL