



Tang Soo Times

Pal Che Tang Soo Do

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229 South Chester Pike
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July 2007

Issue No. 191

Calendar of Events

Friday	July 20 th	Gup Test (No Class)
Saturday	July 21 st	Black Belt Classes - no gup classes
Thursday	July 26 th	Breaking Class
Wednesday	August 1 st	Last Day for School Supplies Drive
Saturday	August 25 th	Eastern Region 8 Championship(Closed)

Birthdays

Cody Kunze	5th
Gianna Rosillo	5th
Donald Roguzewski	13th
Sang Yeo	16th
Elizabeth Brasch	24th



Bulletin Board

School Supply Drive

Pal Che will be having a school supply drive throughout the month of July. All items will be donated to Sharon Hill Elementary school for underprivileged children. All types of school supplies are welcome; some ideas are lunch boxes, pencils, pens, crayons, notebooks, calculators, flash cards, rulers, scissors, binders, folders and more! Donations will be accepted until August 1st. Please see Mrs. Amy Duffy with any questions.

Breaking Class

Pal Che will be having a breaking class to help prepare students for the approaching breaking tournament, and to improve breaking ability and just to have a fun night. Youth class will be from 6:00 - 7:00 and is for 12 and under - \$6.00 for all the boards you can break with three techniques. The adult class will run from 7:05 to 8:30 and is \$10.00 for all the boards you can break with three techniques. Please see Mr. George Celona with any questions.

Master's Corner

July 1998
Master Raver

One of the reasons we have this Newsletter is to present writings to you which demonstrate the philosophy of the martial arts. In doing this we will print writings of legitimate martial artists from all disciplines, not just Tang Soo Do. In following with that reasoning we present to you the closing remarks of the chapter entitled "Earth," from the "Book of Five Rings" written by Japan's greatest swordsman, Miyamoto Musashi (1584-1645).

It must be understood that training is never completed. When the warrior thinks that training is over he will find that the "spirit of the thing itself" he has been studying will elude him and fail to provide him with any future revelations. He must never stop training. In this way the spirit of the warrior will continue to grow.

The Way of the warrior is a Way of life and can never be construed as a hobby unless you are seeking only to impress others with your technique. You must never stop studying the written passages of masters relating to the art you have chosen to practice. Nor should you stop studying other arts that the warrior studies to broaden his horizons. The heart is essential in helping the intellect to understand the spirit.

If you do not have a map in unfamiliar terrain, how can you hope to get to where you want to go without difficulty? Even if you have directions, you may still have to negotiate roadblocks along the way. Likewise, if you do not set your mind and heart on the required principles, how can you ever hope to understand what it is you are trying to accomplish?

It is important for the warrior to constantly meditate upon these things:

- 1) Think honestly within yourself in the dealings with all men.
- 2) Constant training is the only Way to learn strategy.

- 3) Become familiar with every art you come across.
- 4) Understand the Way of other disciplines.
- 5) Know the difference between right and wrong in the matters of men.
- 6) Strive for inner judgement and an understanding of everything.
- 7) See that which cannot be seen.
- 8) Overlook nothing, regardless of its insignificance.
- 9) Do not waste time idling or thinking after you have set your goals.

The nine basic attitudes I have listed are essential for freeing your spirit from negative thoughts that would interfere with your journey. They must be thought about constantly; you must take them into your heart. Once you have accepted the need to study these attitudes, you can proceed with deliberateness, diligence, and comfort. You will be able to beat many men just by looking them in the eye. They will realize that you are a formidable opponent and will not have the heart to attack.

Remember timing. Do not forget harmony with the Universe and self. Remember that continuous study is essential for approaching perfection in a chosen art. Although some people may appear to be "there" they too must continually deal with change based on the rise and fall of timing and rhythm. However, through devotion to the Way of your art you can remove yourself from the general mass of people and be able to concentrate more effectively on your chosen Way. It is also essential to remember the need to function in society, good or bad, and that in order for your Way to be successful, you must interact with society. If you wish to control others you must first control yourself. That is why it is necessary to study continuously. This is the essence of my strategy.

Submitted Article

By: Angel Celona

The shore is a popular destination for many of us during these summer months. A shared trait of all beach-goers is to sit back in a nice low beach chair, and let the sand run through your toes. The warmth of the sun-beaten sand feels so good on our stressed feet. Why? This is one of the rare occasions where we might truly be able to relax our whole body, but it also an occasion where our body is able to intercept the energy of the Earth.

Most martial art styles practice bare-footed, as well as yoga practitioners and if you think back to the earliest days of the Olympics, those athletes did not wear shoes either (or anything for that matter). Bare-footed training gives feet the opportunity to stretch, flex and extend freely from the confines of school shoes, work shoes and even sneakers. Bare-foot movement also enhances stability in the joints in your feet, ankles, leg and even up to your knees and hips. Naked toes have the ability to grip, squeeze and move, all important for balance.

When I go sneaker shopping, and probably when you go too, a lot of time is spent deciding which sneaker is right. Width, length, cushion, shock absorbers; there are so many little pieces to a shoe that make it perfect. When I ran competitively, I would wear one pair of sneakers casually and had another pair just for running. In most sports people put a lot of stock in their footwear; it provides ankle support, stability, knee support, protection from outside debris, etc. Try to look at it from a different point of view though: if you injured your neck and wore a brace to help with stability, motion control and cushioning for a week, it would most likely be very beneficial. However, if you wore that neck brace for the rest of your life, your neck muscles would weaken and could not perform their job unaided. Same for feet.

Feet are also dappled with pressure points all over. Reflexology is an entire study dedicated to reflex responses and techniques for stress relief and healing promotion. Allowing your feet freedom from socks and shoes affords them the opportunity for natural stimulation of all of the pressure points located on the bottom of the feet.

In Northern Mexico there is a group called the Tarahumara Indians famous for barefooted running. They compete in marathons and ultra-marathons barefooted. In Africa, children are raised playing rugby, soccer and basketball barefooted. In 1984, Zola Budd-Pieterse, from South Africa, age 17, set a world record for the 5000 meter race – bare footed. Earlier, in 1960 Abebe Bikila of Ethiopia won the Olympic marathon in Rome with an impressive time of 2:15:16 – bare-footed.

Amadou Thiam is from Senegal, Africa and has played organized sports bare foot his entire life. He admits getting cuts and bruises from glass and rocks, but says it made his feet tougher, “Barefoot on the playing field represented strength. Barefoot guys were always the most intimidating opponents.” (American Fitness, March/April 2007).

Just like karate, yoga and other ancient traditions, bare footed training has become a fad in the fitness industry and will probably come and go a few more times. However, karate at Pal Che is not a trend. We, like all of our WTSDA schools, train barefooted and reap the benefits of the freedom of foot movement. It is deeper than a lot of think though, and much deeper than a lot of us *know*.

A Dose of Korean History: Dae Jo Yeong

By George Celona

Every Thursday and Friday night at 10 pm, Korean History comes alive when Dae Jo Yeong, a Korean historical drama, comes on WYBE (RCN channel 14). This show is a look back into the Korean Peninsula which focuses on the kingdom of Gogoryeo (Kogoreo) and how it struggled against Chinese invasion and internal political division within the country during the years prior to the unification of the 3 kingdoms in 668. The show runs for 1 hour with no commercials, and is in Korean with English subtitles. There are many interesting characters in the show, and I have not missed an episode since I began watching about a month ago. In some episodes there is some fighting action, but this is not the main focus of the show. I have learned how badly we pronounce some of our Korean terminology, and I am learning more and more about Korean history and traditional culture. It is truly a captivating show (at least to me), and I would highly recommend that you check it out.

Thought for the Month

“Aspire to be like Mt. Fuji, with such a broad and solid foundation that the strongest earthquake cannot move you, and so tall that the greatest enterprises of common men seem insignificant from your lofty perspective. With your mind as high as Mt Fuji you can see all things clearly. And you can see all the forces that shape events; not just the things happening near to you.”

-Miyamoto Mushashi

KIDS SECTION

Summer and Tang Soo Do: The Pool

By George Celona

Over the summer, many of you will enjoy the benefits of keeping cool by swimming, especially during the hottest days. Before talking about some interesting activities you can do in your pool remember that a pool can be a very dangerous place if you're not careful. Always make sure that parents or supervising adults know where you are and are checking in on you and your family and friends while swimming. Remember that self-defense doesn't just mean protecting yourself against an attacker; it means to keep oneself safe in ANY situation. With all this said, here are some ideas for activities you can do in your pool that are fun, and you can practice your Tang Soo Do at the same time.

Activity #1: Forms- Try doing your forms in the pool and get in a stance so that everything except your head and neck is underwater. Set up so that your shoulders are just about to come out of the water, and as you do your form, don't let your shoulders come up out of the water. It's very difficult, and is good practice for in class.

Activity #2 Hand and Kick techniques- Practicing techniques in the pool is great, because the pool gives you resistance so that you'll build speed and power when you practice as fast as you can. Also, it will help you with your balance, because it's easier to keep your balance in the pool than on the ground. Try doing some high kicks that are high enough to get your feet out of the water! If you have a partner, you can even try sparring (carefully), because the water will slow you down enough so that you don't get hurt.

Activity #3 Jump Kicks in the pool- Standing IN THE POOL, you can practice kicks like 180 back kicks, 360 back kicks, and others, because you don't fall down as fast as on the ground. Work on tucking your legs in on flying side kicks as well.

Activity #4- Jump kicks (again)- If you are old enough to swim in a pool that is deep enough for jumping, you can try double jump front kicks into the pool. Even more fun is doing flying side kicks, double flying side kicks, and triple front kicks. Only try this in a pool deep enough to be safe, and make sure that an adult is watching.

All of these activities are fun and will actually benefit your Tang Soo Do training. Swimming is one of the best exercises out there, but it's also one of the most fun. Enjoy!



Are you ready for the Breaking Class?

Next month we will hear from Alison Moll. Your article is due Friday, July 27th. If you need any ideas, please see the envelope in the office for topics.