



TANG SOO DO MARTIAL WAY ASSOCIATION

Newsletter



Founder's Message

*Kwan Jang Nim Andrew Ah Po
9th Dan*

Dear Association Members,

I hope that you are as excited as I am to receive the Association's 2011 Summer Newsletter. As previously stated, our major purpose for publishing the quarterly Newsletter is to maintain close communication with all of you regarding the latest events and activities of the association, and to also serve as a vehicle for providing you with an opportunity to be exposed to information, educational materials, and human interest stories regarding the history, philosophy, principles, training methods and personal experiences of fellow members that will help to enhance your overall Tang Soo Do training experience.

I want to begin by again thanking all of those who took the time to write and contribute articles to this issue, especially Master Constantino Terrigno for his personal commitment as editor-in-chief and publisher of our newsletters and whose devotion and sacrifice makes this all possible. Tang Soo Do is best appreciated and enjoyed when we are able to share our knowledge and experience so please feel free to contribute articles along these lines for future publications. This quarterly issue includes a very special "children's section" which I hope our younger students will enjoy and want us to continue.

I know that you will all enjoy reading the unique articles contained in this Newsletter and wish you success in your quest to achieve excellence in your overall Tang Soo Do training and continued development. In closing I want to take this opportunity to again express my appreciation for your continued loyalty, confidence and support.

*Tang Soo!
Andy Ah Po, Kwan Jang Nim, TSDMWA*

Birthdays Since Last Issue

Kwan Jang Nim Andrew Ah Po

On May 22nd, Kwan Jang Nim celebrated a milestone - his 70th birthday. What's even more noteworthy is that he has been training since age 6 for a total of 64 years - that's over 91% of his life dedicated to martial arts. Something to remember when we think we've been at it a long time!

At Two Dragons Tang Soo Do

Ty Flagler - April 23
Seth Lenhof - May 14
Deshawn Martin - May 16
Madison Anest - June 18
Toni Flagler - June 28

**Happy Birthday and
Tang Soo to all!**

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“What is the purpose...?”

Master Kevin Watson
Myrtle Beach, South Carolina

I used this title for this article, because I wanted to write down a few of my thoughts and opinions on Kwan Jang Nim’s “Statement on the Purpose of Tang Soo Do”. And, I believe that for many of us, the answers will be different.

Nearly every day, I read this statement written by Kwan Jang Nim, and try to put into action what he has written. One of the main reasons I do this is because unlike the stated purpose in other Dan and Gup manuals of the past, Kwan Jang Nim’s statement, I believe, is unique in it’s content and emphasis.

One of the first things that struck me as being different about Kwan Jang Nim’s Statement is that no mention is made concerning “self-defense” or “violence”. Some people (particularly other martial artists from other styles) may view this as a weakness or oversight. I, on the other hand, view this as a supreme strength due to the fact that the emphasis is on the mind--on our mental training and how to actualize that into reality.

As Kwan Jang Nim stated, the primary purpose of our training is development of the human character. It is only in recent years during my life that I have come to an appreciation and better understanding of why this is important. To me, it is of the utmost importance because it is the only way people who wish to practice Tang Soo Do (or any other martial art for that matter) can stay on the path .

An example of this can be found in the terms “Do” and “Jitsu”. Although these terms are used primarily in the Japanese/Okinawan martial arts, they have meaning for us in Tang Soo Do as well. For example, as the art of Karate spread from Okinawa to mainland Japan, many different terms were used to describe this martial art - “Te”, “Te-jitsu”, “Karate-Jitsu”, etc. It was only in the late 1920’s to early 1930’s that the term “Karate-Do” was accepted and used. Many well-meaning martial artists made an important distinction between these two terms and rejected anything that implied a “Do” or “way” of being and developing one’s self as opposed to a “Jitsu”, which in some translations simply means “technique” or even “a method of homicide”. The

implication of course was that anything which was evolving into a “Do”, for example, Ju-Jitsu to Ju-Do, was somehow less effective and unusable in “an actual fight”.

However, if we look at this idea in the modern day, we can see how this separation is not only wrong, but unworkable in the world in which we all live today. If you think about it, the martial artists of the past who made this distinction lived in a time when very few people trained in martial arts, and almost no women or children trained at all. Their teachers had emerged from an era in which they had probably seen actual combat, and that is what was emphasized--devoid of philosophy or any mention of using their training as a vehicle for self-improvement.

One of the things in the modern era of martial arts training that we are currently in that I find ironic is that there is no longer any distinction between these two terms - nor should there be.

Why is this so? In my opinion there are a few reasons for this:

- 1.) Any teacher that I ever met and trained with for any length of time has always, without fail, had a strong sense of values and spiritual strength. They were/are active in their communities, churches, etc. They put their family above all other commitments and showed by their actions the example we should all follow.
- 2.) A highly-ranked martial artist whom I have never met but whose writings I respect once wrote about Karate training: “I would not want to train in the early days of Karate because of the risk of serious, debilitating injury, or even death, as a result of practice.” Certainly I am sure we all feel the same way. How many of us would still train if this was a possibility just from regular practice?
- 3.) As Master Garbowsky stated in an earlier newsletter article (and I am paraphrasing), “although other martial arts stress the same values as we do in Tang Soo Do, I have never seen the way these values are put into action using the method that Tang Soo Do uses”. And this is what brings us back to Kwan Jang Nim’s statement.

In other words, how can we as practitioners and teachers achieve what Kwan Jang Nim has shown us in terms of the “purpose” of Tang Soo Do? In a wider sense, how is this done for the “average” person, or anyone for that matter?

Again, these are only my thoughts and opinions, but I

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find that by constant study of Kwan Jang Nim's statement and by studying the concepts of our art such as Moo Sang (visualization), Yu Sang (imitation), and Sun Do (harmony of mind, body & spirit), we can take concrete steps on a daily basis in order to improve not only ourselves, but the quality of our lives and the lives of those around us as well.

Since we do live in the modern era, I find that there is no "Do" without "Jitsu", and no "Jitsu" without "Do". They are one and the same and progress will be limited if one does not pay attention to this. As Kwan Jang Nim says in his Statement: "Students strive to improve their character through a system of intense physical training that requires a high level and degree of mental focus and concentration, and Moo Do (Martial) discipline".

I have noticed during training with Kwan Jang Nim that at times, he uses the word "combat" to refer to fighting or to the mental state we have to achieve in order to be more effective. Perhaps it can be said that we must embrace combat in order to strengthen the mind, and strengthen the mind in order to embrace combat.

In closing, I would like to ask everyone to read Kwan Jang Nim's Statement and form your own opinions on how we can all improve our character, and in so doing improve ourselves as martial artists and human beings.

Have a great Summer!
Tang Soo!!!

**NOTE: The word "jitsu" used in this article, I believe, is referred to as "ki" in the Korean language, although in this usage it does not refer to what we all understand as "ki" - energy. In my understanding it was/is used as a reference to the historical evolution of our art; or in other words, "Soo Bahk Ki", which was used prior to the modern era and the use of the terms "Soo Bahk Do" or "Tang Soo Do".

If anyone has more information on this term and it's use, or if I have used it in error, please feel free to let me know.

Thank you!

Upcoming Events



South Hills Karate Academy
**Dan Preparation Seminar
& Shim Sa**
Pleasant Hills, Pennsylvania



Worldwide Tang Soo Do Family
**2nd Biennial All Tang Soo Do
International Festival**
Lake Buena Vista, Florida



Humor

A hungry Buddhist monk walked into a busy pizzeria.

When asked what he wanted he replied, "make me one with everything."

After paying for the pizza and asking for his change, he was told "change comes from within."



Did you hear about the Buddhist monk who refused Novocain during a root canal?

His goal: transcendental medication.



"Golden Rules"

*Master John Dove
BTSDF, Warwickshire, England*

In the middle of 2007 the British Tang Soo Do Federation (BTSDF) was honoured to be accepted as an organisation to visit by Kwan Jang Nim Andy Ah Po. We were wowed by the 'degree of chance' that Kwan Jang Nim Ah Po took in traveling half way around the world to visit a group of practitioners in England with whom he had no prior engagement. As time goes on we become ever more aware of the amount of information about 'who we were' that the Kwan Jang Nim gleaned from the numerous telephone conversations held prior to that visit; He did not travel blind. That was our first lesson - one that comes straight from the 'Seven Responsibilities of a Student'.

So why did the BTSDF invite Kwan Jang Nim Ah Po to England? What level of synergy and potential would prompt our invitation to such a senior Tang Soo Do figure? (that is not an invite you extend lightly).

Well, odd as it sounds when compared to the incredible (and I do mean incredible) depth of knowledge that Kwan Jang Nim Ah Po has to draw on when offering instruction, the synergy and potential can be simply summed up like this; the gentleman has **and personally practices** Golden Rules. We only have to read the famed Ah-Po-isms, the Seven Responsibilities of a Student, the Responsibilities of a Dan Member, the methodology of ho-hup in distinguishing hyung characteristics - the list goes on. All of these made real technical progress from five thousand miles away a distinct possibility for us. A possibility (now a reality) that we are still benefiting from.

As we planned Kwan Jang Nim's first visit to the UK a few of his Golden Rules became clear. For us the synergy reflected thus; In our own way the BTSDF had also tried to define Golden Rules that guide technical progress. Please don't get me wrong, these were not in the same league as Kwan Jang Nim's erudite and experientially honed pearls of wisdom. But isn't that exactly what you look for in an instructor, someone who does what you do and can easily do what you would like to be able to do? Some one who 'gets you where you want to be'? As my Sports Science teacher used to say "if you want

to play better go and practice with those that are better than you, and better than you by a long way if you want to be really good." That was enough for me. The invitation was on.

So almost exactly four years on do any of the old BTSDF Golden Rules hold up to inspection in the current climate? You can decide. Here is a Golden Rule that we use as an additional 8th Gup Assessment general knowledge question. It fits right on the back of the Seven Responsibilities of a Student by asking about the way in which we experience our own application of those vital Seven Responsibilities;

What are the Four Experiences that make a beneficial class ?

Stretch - make sure that you reach the point of sustained muscular tension followed by relaxation at the outer limits of your physical motion during stretching periods in order to benefit and progress your flexibility.

Burn - make sure that you experience that bent leg burn when holding a correct back or side stance and that heavy arm feeling when holding out a correct punch or block position and that 'fast twitch muscle fibre' burn after you execute repeated lightening fast sparring combinations.

Breathe - make sure that you experience that temporary breathless feeling that comes from real physical exertion.

Learn - make sure that you experience technical progress and progress in your knowledge base of Tang Soo Do. Deposit these points of progress into the memory's 'Happy Bank' when you meditate at the end of class and withdraw them when you meditate at the beginning of your next class

Building the levels of personal discipline that will allow us to gain these four beneficial experiences every time that we train is neither easy nor convenient. However, these experiences are a great way to set us on the path towards self reliance. As we like to remind BTSDF Members "discipline is rarely convenient but always beneficial". Stretch, Burn, Breathe, Learn; The Four experiences that make a beneficial class; Never go home without them.

So why were Kwan Jang Nim Ah Po's Golden Rules such a decisive factor in the BTSDF's invitation to visit and eventual affiliation to the Martial Way Association? Simply put they made us feel at home while offering a distinct path of progress, and in my book that is instant harmony.



"The Student Shim Sa"

Master Gene Garbowsky
Pleasant Hills, Pennsylvania

How The Student Shim Sa (Rank Testing) Teaches Goal Setting and Determination

Inherent in most traditional martial arts or karate styles, Tang Soo Do included, is the procedure for testing for promotion or advancement in rank. The importance of this traditional procedure for the development of the student of Tang Soo Do cannot be overstated.

For the typical student enrolled in Traditional Tang Soo Do the entire testing procedure can be fun, troubling, frustrating and invigorating. **One thing for sure is that it is a culmination of training effort.** It is apparent what is involved in the Tang Soo Do testing procedure - learn the required curriculum and when the opportunity presents itself, the student of Tang Soo Do displays their requirements in front of a testing panel and receives a grade, and hopefully a promotion. The goal is set. Make a quality showing and receive the promotion. However, we need to take a detailed look at what is involved in the entire process in order to understand the importance of testing for advancement in traditional martial arts.



Since we know the end goal, the question is, how does a student of Tang Soo Do achieve it? Yes, as Kwan Jang Nim Ah Po preaches, "Practice, practice, practice!" But what is involved in this practice? It includes detailed training of technique at a heightened level along with feedback from the student's instructor and other senior students. The desire to do well **should motivate the student to undergo diligent practice.**

As the preparation is taking place, the student should be receiving constant correction, advice and constructive criticism. The student of Tang Soo Do then needs to figure out how to implement these corrections through their training. Some days the training goes well and at other times the student may face some difficulties such as an injury, illness or

another setback. However, **one needs to persevere with the determination of reaching the end goal.** All through the training and preparation process the student needs to balance their thoughts and emotions which may contain stress and worry over success or failure.

When the day comes for testing, the student has to finish the task alone. No one can do it for them because it is the individual student who steps up and is judged. The testing student must control their emotions in order to be successful. After testing is over the student either feels relief and happiness for a job well done or an emptiness which may allude to the fact that the student could have done more to prepare and could have done better!

When we look at this entire process, how is this any different than preparing for a tough business meeting (adults) or preparing for an upcoming school exam? Do you see any relation to giving a speech to room packed full with coworkers or preparing for the SAT exam or a spelling test? You bet! **Goal setting, preparation, hard work, diligence, perseverance, determination, mental and emotional control are all involved in every aspect of human life** no matter what occupation or lifestyle a person has. At some point they will have to step up to the line and be judged whether it is a job, as a spouse, as a student or as a parent. **Life involves stepping up to be judged as does testing for rank promotion in most systems of martial arts.** Putting yourself out front to be judged is an essential part of Tang Soo Do practice as in life.



Both adults and children grow in different aspects. However, both grow by having new life experiences. In

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Students Help Make School Lunch Enjoyable



Eric Garbowsky, pictured in suit

Eric Garbowsky, age 11, is a fifth grader at the Gill Hall Elementary School in Clairton, Pennsylvania. The son of Master Gene Garbowsky and Mrs. Karen Garbowsky of South Hills Karate Academy, he is also a Cho Dan in Tang Soo Do.

Karen Garbowsky, as you might recall from our Winter 2010 issue is also a Cho Dan as well as a strength trainer and fitness consultant at their new training facility. It should come as no surprise then that Eric has learned more than a few things about health and nutrition growing up. Add to that his Tang Soo Do spirit in taking on difficult challenges and you have the makings of the story that recently appeared in the South Hills Record.

Click the button to read the full story online.

[Click Here](#)

Merit Awards

The following students at Two Dragons Tang Soo Do in Sanford, Florida were recently presented certificates in recognition of their achievements in three categories - **Discipline**, **Improvement** and **Attendance**.

The Attendance Award is given monthly to one student with the greatest number of classes attended, with a minimum of 14 classes to qualify. The Improvement Award is given to students who clearly show improvement in their techniques over a three month period, and the Discipline Award, also given every three months, is for consistently demonstrating excellent Tang Soo Do behavior in the do jang.

The recipients were:



Amon Guerrero, Jr.
Discipline



Ryan Anest
Improvement



Keyonce Lee Harris
Attendance (16 classes)

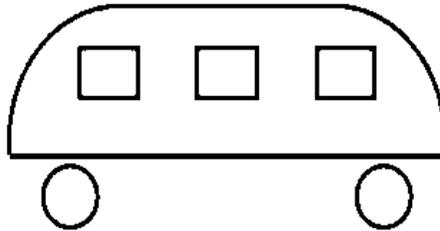
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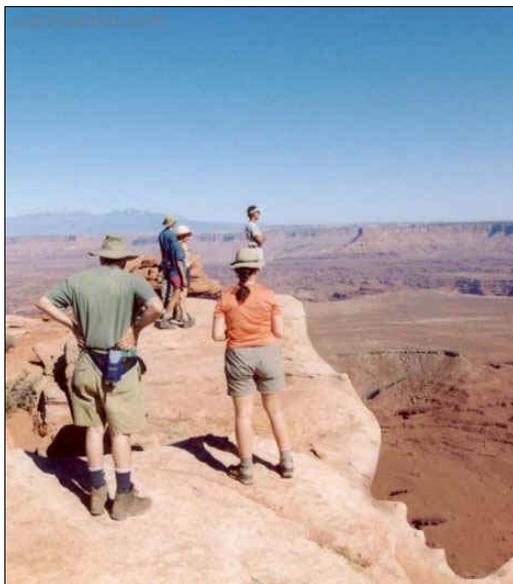
Brain Training



Which way is the bus below traveling...toward the left or the right? Pre-schoolers all over the United States were shown this picture and asked the same question, and 90% of them gave the correct answer!



Find the face hidden in each of the photos.



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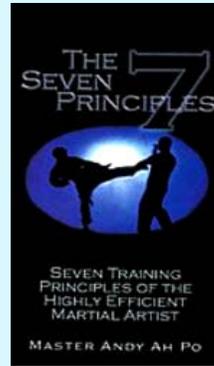
order to grow, a person must put themselves in **uncomfortable situations at times and then learn from those situations.** The person needs to work on the negatives and then try again. Once the experiences are learned and when that situation is faced again it is no longer uncomfortable! The person has just evolved into someone better than they were before because of the experience.

This is what testing for promotion in Tang Soo Do



affords us! It creates a situation that may be stressful, but that stressful situation has rules and is in a controlled environment. It allows us to create a dynamic that helps to direct the path to personal growth and development. The further a student advances in Tang Soo Do the more they see that this growth is an essential aspect of life. One of the biggest enemies we can face in our lives is settling for average, and constant growth requires us to test ourselves and to see how we respond. Testing for advancement in Tang Soo Do creates a fantastic opportunity to get experience for life in goal setting, preparation, determination, perseverance, taking criticism and self-reliance. It is a controlled medium for growth in every aspect of life.

TSDMWA Training Videos



**Grandmaster Ah Po's
The Seven Training
Principles of the
Highly Effective
Martial Artist**

VHS

\$49.95



**Grandmaster Ah Po's
Tang Soo Do Training Combinations**

3 DVD Set

\$79.95

Add \$5.00 S & H

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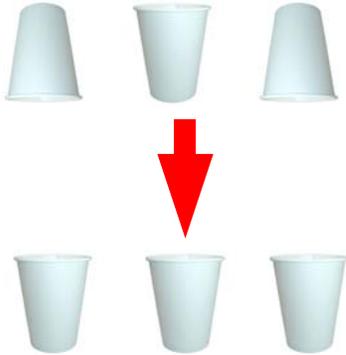
Spring - March 15th
Summer - June 15th
Fall - September 15th
Winter - December 15th

Brain Training Answers for Spring 2011

Cups Up

Your task is to get all the cups right side up, but you must follow these rules:

- You have only three moves.
- For each move, you must turn over two cups at a time - never one at a time.



Solution



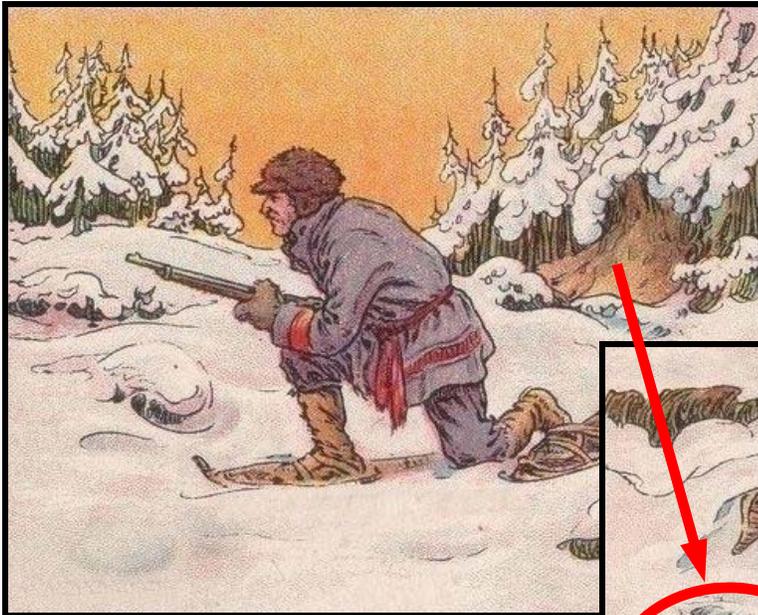
First move: Turn over the first and second cups.



Second move: Turn over the first and third cups.



Third move: Turn over the first and second cups.



Find the Bear in the picture at left.

