



TANG SOO DO MARTIAL WAY ASSOCIATION

Newsletter



Founder's Message

*Kwan Jang Nim Andrew Ah Po
9th Dan*

Dear Association Members,

*I hope that the **Spring 2011 quarterly association newsletter** finds all members continuing to enjoy their training and eager for more information about Tang Soo Do and the association. Opportunities for all of our association members and students to broaden their horizons and to have the opportunity to personally experience our martial art on a grander scale do not come that often. However, all of you now have the opportunity to be able to be part of a historic and monumental Tang Soo Do event that I predict will be both a valuable and rewarding experience for you.*

*That is why I am taking this opportunity to ask all members to attend the **Worldwide Tang Soo Do Family 2011 International Championships in Orlando, Florida on August 11-13, 2011** which is being coordinated and hosted by my student, Grandmaster Ferraro of the Tang Soo Do Mi Guk Kwan Association. This is an effort on the part of Grandmaster Ferraro, me and the original founders of the **"Worldwide Tang Soo Do Family"** to make Kwan Jang Nim Hwang Kee's (the founder of the Tang Soo Do Moo Duk Kwan) final wish come true. It is rare for me to make such an appeal directly to the members of the association, but this event is one that is very close and dear to my heart.*

In his final years, the late Kwan Jang Nim Hwang Kee had one final wish as part of his overall vision for the future of Tang Soo Do. That wish was that an event such as this be organized to provide all of his former students and Tang Soo Do practitioners from throughout the world an opportunity to come together for the

single purpose of promoting goodwill, peace and brotherhood amongst ourselves while also seizing the opportunity for us to promote and "show case" the martial art of Tang Soo Do at the highest possible level to the benefit of us all.

We currently have the support of several of the different heads of the various Tang Soo Do Kwans in this country and the commitment of at least 15 countries. And, every day scores of Tang Soo Do leaders and practitioners from around the world are joining the ranks of those that have already made the commitment to attend. This event provides us with the opportunity to set any differences we may have aside; eliminate any unnecessary politics; and, to be true role models to the entire world wide Tang Soo Do community by uniting under the single purpose of helping to make Kwan Jang Nim Hwang Kee's final wish come true. I have fond memories of my days in the Moo Duk Kwan and

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"Preparation"

Master Adam Preston
BTSDF-South East Region
Milton Keynes, England

As tournament season approaches I would like to take a little time to reflect on the physical activities that I am engaged in and the relative merits of the competitive opportunities that each activity offers.

As well as my enthusiastic participation in all things Tang Soo Do, I play a Dutch sport named Korfball. Korfball is a sport where four male and four female players work together to 'shoot' a ball into a basket called a 'Korf'. The team is split into two divisions consisting of two male and two female players. Like Tang Soo Do practitioners, Korfball players must be equally skilled in attack and defence. During a Korfball match, after two goals are scored, the two divisions swap over. Players are usually involved in one-on-one battles as well as being an integral part of a team battling for victory.

Recently I asked myself a question; **"in what way can my experience in Korfball tournament help me to prepare for Tang Soo Do tournament?"** To answer this question I carefully thought through my experiences as a participant in the 2005 University National Korfball Championships and subsequent experience at county club level.

Korfball clubs, like many sporting organisations begin their tournament preparation by picking a squad. Typically ten players are required, although teams prefer a dozen attendees to allow for the relief of fatigued team-mates. The selected squad then begins regular 'team training' activities where a high level of understanding develops between the players. That understanding is crucial as each member will have a role to play within their division. Awareness between players at high level Korfball is fascinating; on occasions we witness players' ability to pass the ball between team-mates without making initial eye contact. It is as if they know that their team-mate will cover them. So, that was my first link between Korfball and Tang Soo Do; the nature of successful advanced engagement required an enhancing **awareness** beyond the normal. As Kwan Jang Nim says; *"ordinary powers of observation are not sufficient for a Tang Soo Do practitioner. We must develop extraordinary powers of observation."* Like Tang Soo Do, Korfball offers opportunities to develop such powers whilst building personal fitness.

On day one of the 2005 University's tournament our squad participated in the initial group stages. The team consisted of battle-hardened players as well as newcomers to the charged atmosphere of a national tournament. The newcomers needed guidance and support from those who were accustomed to the demands of the event. We often find the same responsibility at Tang Soo Do tournaments.

Listening and watching Sa Bom Nim Dove encourage students to perform their best and to be proud of that performance regardless of their resultant placing creates **inspiration**; something I look to achieve with my Tang Soo Do students as well as my Korfball team-mates. Armed with that mindset I review the match that we lost in the 2005 series. It was not that we didn't perform to our best physical standards or that our squad communication was lacking. The loss was due to mental preparation and continued focus, or the lack of it.

After victory in the initial group stages the team believed the whole event would go our way. We were wrong. Odd as it sounds, our **confidence** reduced our **hunger** to the level where we had to try and play catch-up with our latter stage opponents. As a result, our opponents ran away with the match. Becoming complacent and losing the clear mental focus to stay hungry from the get-go to the final whistle was something our team vowed never to suffer again. Since then we have kept our vow. The critical lesson for us in that loss was; **treat all competitors with respect regardless of age or experience**. Another great Tang Soo Do analysis.

Subsequent to that lesson the squad has found itself regularly chasing the game leader. We have learned to ensure victory through sheer **determination** and the strongest possible **desire to win**. What is more, our confidence has grown again over the ensuing years. We have learned to marry that confidence to our desire to win and more importantly, we remain focused. Now that is a powerful weapon.

So, if I ask myself today; in what way can Korfball support my Tang Soo Do endeavours and visa versa, I have an answer that has been proven by experience. Both practices improve my awareness, fitness, focus, mental preparation, respect and determination. They offer me opportunities to provide inspiration to others and, although Tang Soo Do is not primarily a sporting practice, like Korfball it offers important life lessons that show us **victory can be as short lived as loss can be beneficial**. So where is the downside to having a go? I do not see one. I know that I will be taking the important lessons that Korfball has afforded me into the 2011 Tang Soo Do tournament season with renewed vigour.



"Know Your Tools"

*Master Robert McCoy
Hutchinson, Kansas*

I feel extremely lucky to know so many excellent teachers and practitioners in our art. And that feeling is renewed each and every time I work to apply the wisdom and lessons I have been exposed to in my study of Tang Soo Do.

Many of those lessons have to be learned over and over, but the openness and accessibility of our instructors is unparalleled. Unlike other organizations that have a "do as I say and not as I do" attitude, our seniors have been exactly where we all have to travel, and are also still studying, learning and training. And, they are always willing to share their knowledge.

I think that the openness that has been shared with me has impressed upon me the need to share my experiences in my own training. It helps to know you're not the only one that has had trouble learning to tie their belt. We are all human, and as such, share a lot of the same trials and hardships.

Classes, events, camps and seminars have given me experiences and methods that I use in my training, as well as in my teaching. One of the greatest examples of this is something I remember from a clinic outside of Sacramento, California, called Lake Wildwood. The clinic was conducted by Grand Master Ah Po, along with several other Masters from Region Nine. I will have to paraphrase, since this was a clinic from over 15 years ago, but the message is still clear.

Kwan Jang Nim Ah Po delivered this message on more than one occasion, but this clinic seemed to help drive it home. "You have to be a martial mechanic before you can be a martial artist!"

As our group trained under a clear sky with a hot sun, and surfaces that weren't always level and smooth, we were reminded that we may not have known our *basics* as well as we would like to have thought we did. Balance, stability of stance, and mobility were all a challenge outside of our familiar Do Jangs.

We moved through the tasks given us, punctuated by the crisp, clear commanding voice of Grand Master Ah Po, as he went on to illuminate the meaning behind his "martial mechanic" example. He described how in any skilled field, the practitioner must understand the tools with which they work. For instance, a talented painter must first understand the different brushes, canvas, line, form, shadow, light, atmospheric perspective, etc., before using these tools to "create" pictures. Even then, these skills must be practiced and refined, to the point that they become part of the painter's natural movement, before the painter's creativity can flow without seeming "mechanical". A carpenter, who's masterpiece may be fine furniture or exquisite finish work in a home, first had to learn to use a tape measure, saw, sandpaper, level, and so on. Even then, understanding the grain of the wood he worked with, and the type of finish that would bring out the beauty of his work had to be refined. And, when you go to get your car fixed, do you want to go to one of the thousands of mechanics that have

read the manual, and can get the job done, or do you want to go to the one mechanic with the experience to understand your car and get the job done right?

As our group struggled to do front stance on a slope, not uphill, not downhill, but only slightly falling away to our right,

and our endurance started to wane, another subtle AhPoism came from our instructor; "how does that feel?" The answer, of course was "all too familiar, Sir!"

So the point was the same as that old saying, "take care of your pennies and your dollars will take care of themselves." Refine your skills, know your tools. Take care of your basics, and the more advanced techniques will be easier to conquer.

Change things up when they feel too simple. Get outside. Train on different surfaces. Add some challenges like using a blindfold when you do kicking combinations. Use earplugs so you can focus more on the sound of your own breathing. Work diligently on being a martial mechanic so the martial artist in you can mature. And utilize the magnificent resources we have available in our seniors and instructors. That's why they do what they do.

Tang Soo!

***"You have to be
a martial mechanic
before you can be
a martial artist!"***



News *From Across The Pond*



The BTSDF was one of eight Tang Soo Do organisations who attended and participated in the 3rd Tang Soo Do Union 'Training with the Masters' event. The city of Bristol played host to the event that had previously taken place in Bridgend, South Wales and Coventry, Warwickshire. Twenty seven BTSDF Members braved a cold February morning to attend the event where instruction was delivered by four Ko Dan Ja guests.

Master Chris White of the host Dragon Tang Soo Do organisation taught knife self defence for Gup ranks and Knife hyung for Dan grades, Master John Trudgill of the Traditional Tang Soo Do Federation taught core skills for pad work and sparring routines, with insights from his Sports Science lecturing background and Master Dove Po had delivered during his October 2010 visit to England (at the request of several participating groups).



The fourth of the one hour slots saw responsibilities divided between Masters Simon and Adam Preston of the BTSDF and Masters Jeff Merique and Mark Lyle of the TGI Tang Soo Do. In both cases the delivery centred on one step sparring.

Opportunities to engage in inter-organisational training activities have increased dramatically in the UK in recent years. If days like this are the result; long may they continue.



Do Jang News

In our last issue we mentioned that Master Gene Garbowsky of Pittsburgh and Master Constantino Terrigno of Florida, were both in the process of renovating space for their new schools.

On this page, we feature Master Garbowsky's facility that is a combination fitness center and Do Jang.

Master Terrigno's Do Jang is shown on the next page.



Do Jang Name

**South Hills
Karate Academy**

Location

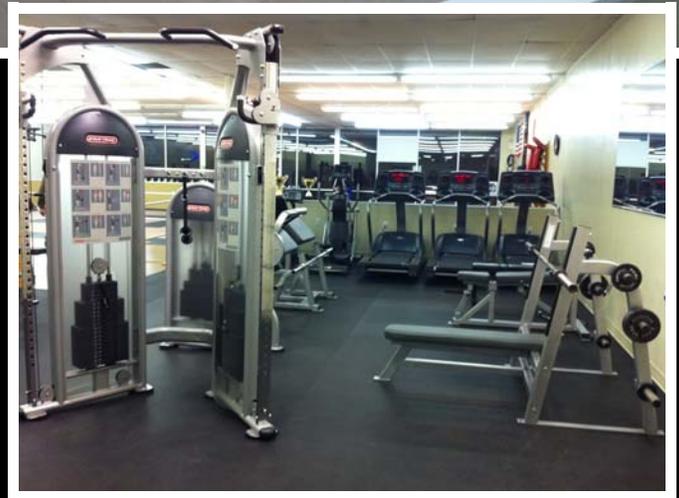
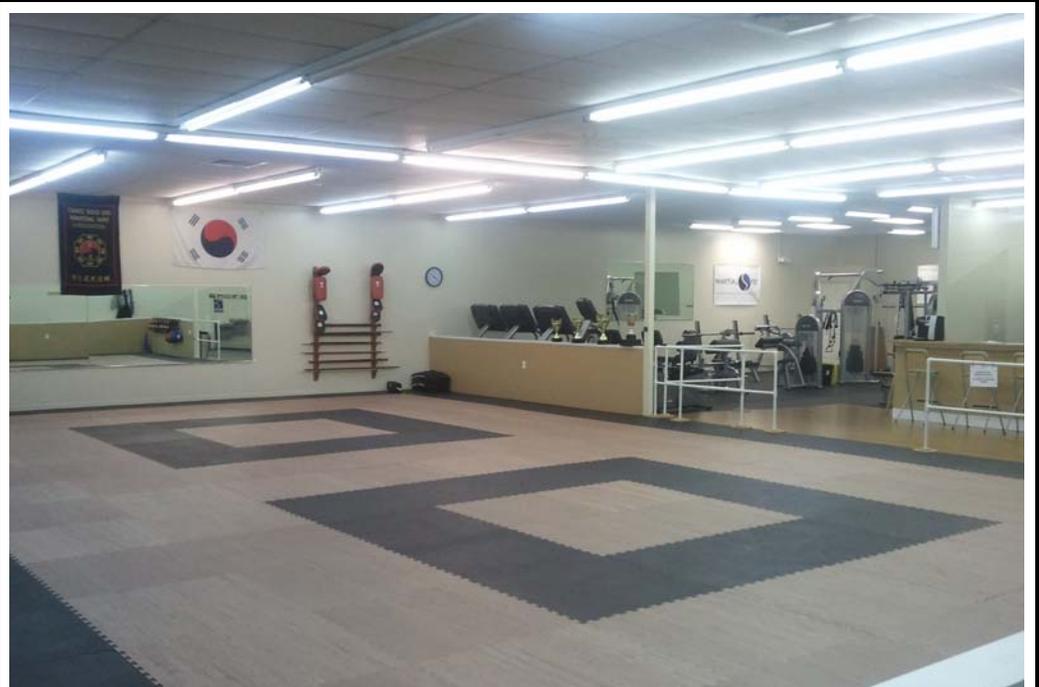
**705 Clairton Blvd.
Pleasant Hills, PA 15025**

Square Footage

**Overall: 4,800 s.f.
Do Jang: 2,000 s.f.
Weight Training: 1,800 s.f.**

Services

**Gym, Personal Training,
Tang Soo Do,
Juice Bar / TV**



Do Jang Name

Two Dragons Tang Soo Do

Location

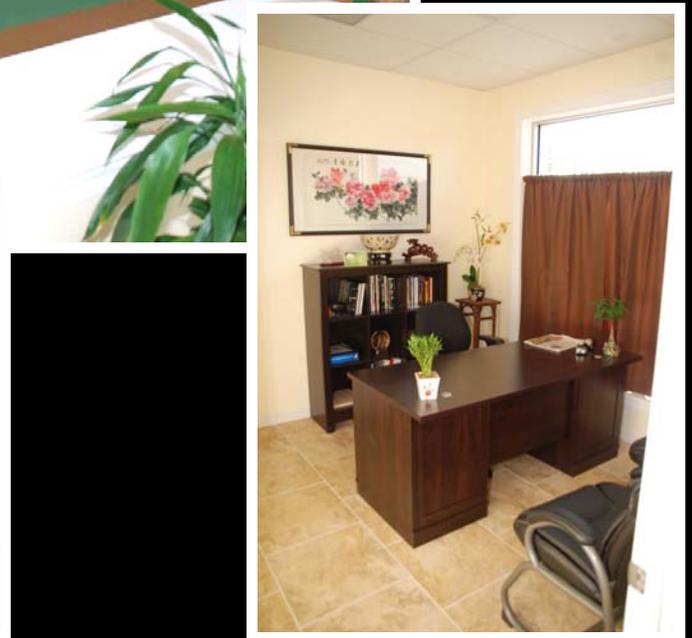
**115 S. Oak Ave.
Sanford, FL 32771**

Square Footage

**Overall: 1,800 s.f.
Do Jang: 1,100 s.f.**

Services

**Tang Soo Do,
Women's Self-Defense**



More Do Jang News - From California

New School and Name:

In October 2010, Masters' Alan Crawford, Matt Sumpter and Mark Weil collaborated to start **Mission Tang Soo Do** in Sacramento, California. Formerly **Martial Fit** under the direction of Master Matt Sumpter, this new venture takes its name from the facility; Mission Oaks Community Center.

However, there is much more to the new name that helps to support the energy and direction of our school. It is the **MISSION** in which we teach that relies on three important principles:

1. Preserving the tradition of Tang Soo Do as established and developed by the late Great Grandmaster Hwang Kee.
2. Teaching the philosophies, techniques and practices of Kwan Jang Nim Andrew Ah Po.
3. Understanding that our responsibility is to serve and support our students and strive to make them the best Martial Artists possible.

Our new contact information is: **Mission Tang Soo Do, 4701 Gibbons Dr., Carmichael, CA 95608**
Alan.Crawford@sacramentotangsoodo.com, Matt.Sumpter@sacramentotangsoodo.com
Mark.Weil@sacramentotangsoodo.com

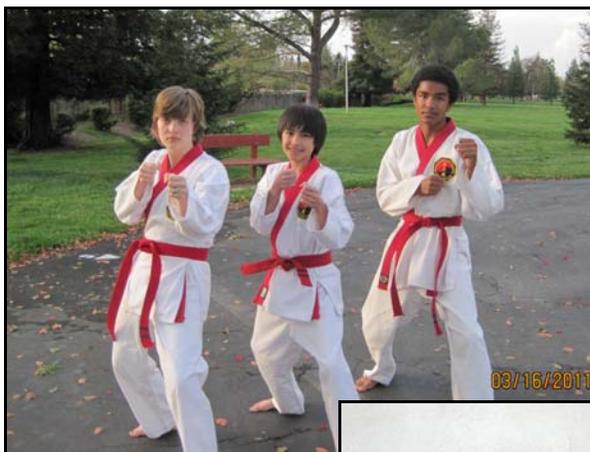
Winter Shim Sa 2011

Mission Tang Soo Do held its first Shim Sa on February 25th, 2011. Candidates tested for Cho Dan, E Dan and Sam Dan under the Shim Sa panel of Kwan Jang Nim Andrew Ah Po, Master Stephen Propst, Master Annette Ah Po, Master Alan Crawford and with Master Matt Sumpter proctoring the event.

Supported by a full house of spectators, the candidates did an excellent job and the commitment to training certainly showed in their performance. Tang Soo!



*Above: E Dan Candidates:
Ms. Amanda Diaz and
Mr. Adam Odabashian*

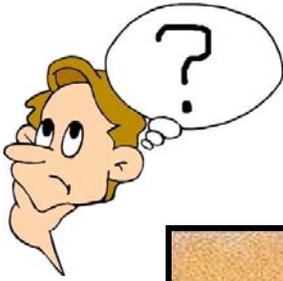


*At Right:
Sam Dan Candidates:
Ms. Melina Diaz
Ms. Lisa Bui*



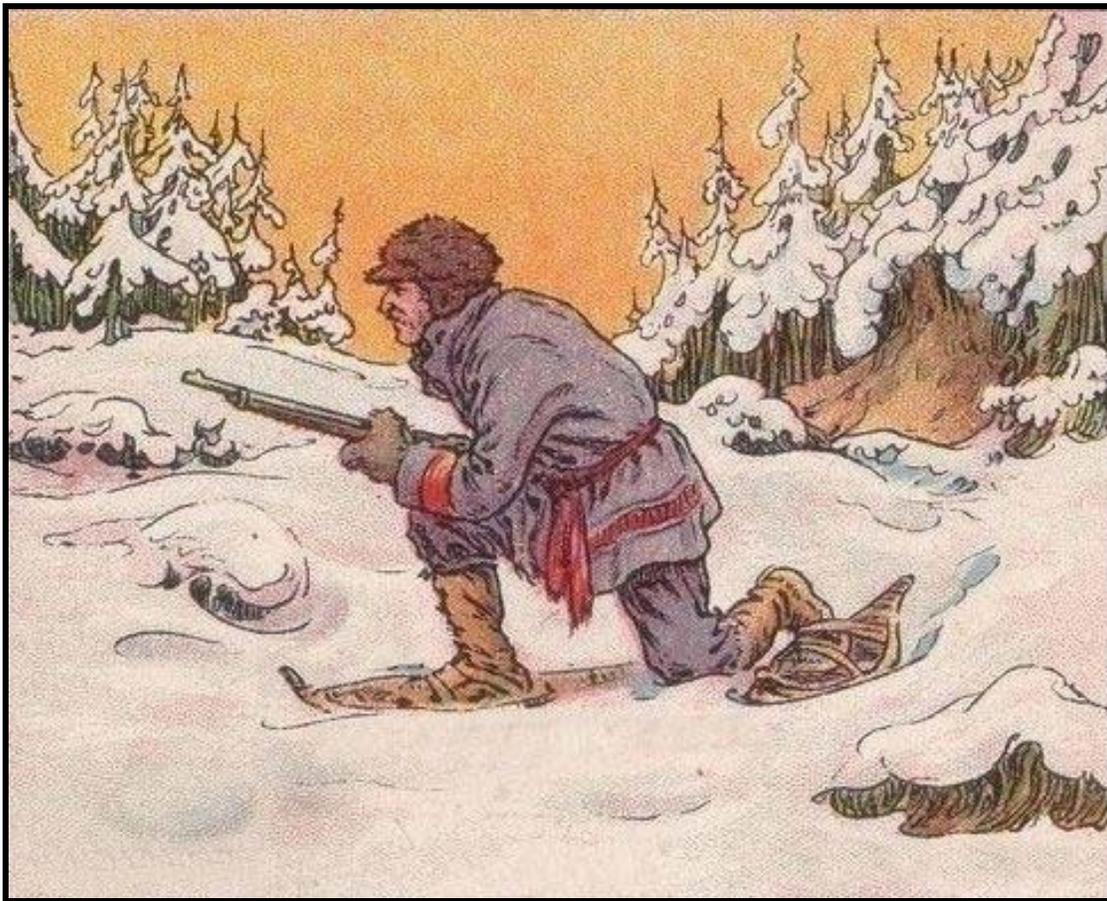
*At Left:
Cho Dan Candidates*

*Lauren Crawford
Andrew Fleming
Kyle Smith*



Brain Training

Find the Bear in the picture below.



Cups Up

Take three paper cups and put them in a row. Turn the first and third cups upside down, but leave the middle cup right side 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.



Upcoming Events

2011



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

Continued from page 1

am looking forward to seeing some of my old friends. I know that as members of the Tang Soo Do Martial Way Association you will support this event by attending it and also encourage other members to actively participate.

To view and access the entire tournament package for this event, please go to the **"Worldwide Tang Soo Do Family" & 2nd Biennial Tang Soo Do Worldwide Championship/Festival 2011 Event"** Facebook pages online to get all specifics and registration forms for the event.

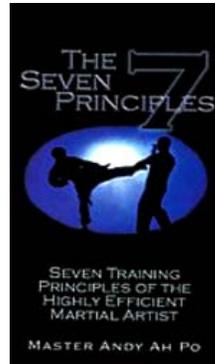
I would encourage you to book your air travel ASAP due to the rising gas prices which could cause air-fares to escalate in the next few months. In addition, you should plan to book your stay at the **Disney Contemporary Resort at the Walt Disney World, in Florida** which is the designated tournament site. The special rate of \$159.00 plus tax per night was negotiated by Grandmaster Ferraro for this event based on a projected number of registrants that would be attending. By comparison, the regular room rate for the accommodations being provided is normally \$285.00 plus tax per night.

In closing, I would like to state that I feel any personal or financial sacrifice that you would need to make to attend this event would be relatively minor compared to the enormous amount of personal sacrifices and lifetime of commitment that Kwan Jang Nim Hwang Kee made to fully develop and leave us with "his legacy" which is the Tang Soo Do that we all love, practice and teach today. Don't allow this to be a "lost opportunity" for you. I know that I will be able count on your 100 % support.

In Tang Soo Do,

**Andy Ah Po, Kwan Jang Nim
Tang Soo Do Martial Way Assoc., Inc.**

TSDMWA Training Videos



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

VHS

\$49.95

Add \$5.00 S & H



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

3 DVD Set

\$79.95

Add \$5.00 S & H

**Tang Soo Do
Martial Way Association, Inc.**

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Submission deadline for all issues

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

Brain Training Answers for Winter 2010

How many animals can you find in the picture below?

There are 25 animals

- | | | | | | | |
|-------------|---------------|--------------|-----------------|--------------|------------|------------|
| 1. Pelican | 2. Elephant | 3. Python | 4. Hedgehog | 5. Chameleon | 6. Dolphin | 7. Snail |
| 8. Lizard | 9. Cockatiel | 10. Oyster | 11. Starfish | 12. Fox | 13. Sloth | 14. Turtle |
| 15. Rabbit | 16. Horse | 17. Toucan | 18. Grasshopper | 19. Whale | 20. Tiger | 21. Crow |
| 22. Peacock | 23. Orangutan | 24. Kangaroo | 25. Bear | | | |

