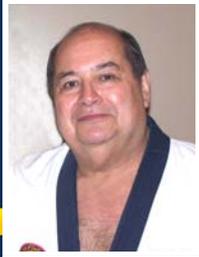




TANG SOO DO MARTIAL WAY ASSOCIATION

Newsletter



Founder's Message

*Kwan Jang Nim Andrew Ah Po
9th Dan*

Dear Association Members.

Once again we are pleased to be able to provide you with another Association Newsletter for the Spring of 2012.

As I have previously articulated, the quarterly Newsletter continues to be our primary means for maintaining close communication with all of you regarding the latest events and administrative activities of the association, and also serves as a vehicle for providing you with an opportunity to be exposed to information and educational materials regarding the history, philosophy, principles, and training methods that will enhance your overall Tang Soo Do training experience.

I again want to thank all of those who took the time to write and contribute articles to this particular newsletter for the benefit of all association members.

I know that you will enjoy reading the interesting articles contained in this Newsletter and wish you continued success in your quest to achieve excellence in your overall Tang Soo Do training and character development, and continued focus on becoming a productive and giving human being.

Tang Soo!

*Andy Ah Po, Kwan Jang Nim
TSDMWA*

From The Editor

To all Tang Soo Do Martial Way Association members.

We're sorry for the late arrival of this Spring issue of our newsletter. The last few months have been an extremely busy time for me both in my personal work as well as Association related matters, and the delay was unavoidable.

While it may have been easy to put this issue on hold, one of Grandmaster Hwang Kee's Ten Articles of Faith on Mental Training kept coming to mind - "always finish what you start." So here it is for you.

We will also slightly adjust the timing of the Summer and Fall newsletters to bring everything back into sync by the end of the year.

Thank you for your patience and I hope you enjoy this issue.

Best regards.
Constantino Terrigno

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Spring 2012



"Thoughts on the 8 Key Concepts" (Mind, Body, Technique)

Master Kevin Watson
Myrtle Beach, South Carolina

As everyone is aware, the 8 Key Concepts of Tang Soo Do are an important part of our training. We are introduced to them from the very beginning of our study and practice. Just for quick review, they are:

- 1.) **Yong Gi** - Courage
- 2.) **Chung Shin Tong Il** - Concentration
- 3.) **In Neh** - Endurance
- 4.) **Chung Jik** - Honesty
- 5.) **Kyum Son** - Humility
- 6.) **Him Cho Chung** - Control of Power
- 7.) **Shin Chook** - Muscular Expansion and Contraction (tension and relaxation)
- 8.) **Wan Gup** - Speed Control

Before you read the rest of this article, ask yourself a question: "How many of these 8 Key Concepts are Moo Sang (internal or invisible in nature) or Yu Sang (external or visible in nature)?" After some reflection on this, your answers may surprise you!

As I touched on in the conclusion of my last article, in nearly all Martial Arts, there is a general consensus on the order of training:

- 1.) Mind (also interpreted as "spirit")
- 2.) Body
- 3.) Technique

Again, note that the **last** item on this list is technique.

The first and most important component to be trained in any Martial Art is the **mind**. This is the most important part of our being, because this is where we store the memory (or, result of training) and most importantly, the mind tells the body what to do (technique). Without proper training of the mind, nothing else works.

As in any mind-body function, training should be geared towards retention. Once the mind retains the training, then there must be remedial (repetitive) training to keep the retention at an acceptable level. This is no different than firearms training, driving a car, swimming, etc.

The gravest mistake is to think that the knowledge

and skills acquired in the beginning of our training will forever remain with the Martial Artist. Without continued training you will soon forget the procedure or technique. To be of any benefit at all, techniques and procedures should be practiced to the point that they are a habit. The lack of good continuous training breeds complacency.

The second most important component is training the **body**. All of us are aware of this, and we all know where we stand in terms of where we need to improve--especially if we are putting the Key Concept of Chung Jik (Honesty) in our training. Simply put, you cannot shoot pool with a rope, and you should not expect your body to respond in an emergency if you are out of shape. Training the body should extend beyond the basics (again, think of yourself as a "Combat Athlete"). The rewards of good health are many, but none more important than being able to perform when necessary.

The third component to be trained is **technique**. The first question when selecting techniques or procedures should always be the effectiveness of the technique. Does it work? Is it a proven technique that has survived the test of time, or is it a modern day invention of someone whose closest encounter with reality was a Bruce Lee movie?

Maintaining our **own** safety is the primary reason we train in self-defense. Also, if the technique is effective it will afford the **attacker** the maximum safety. Techniques should have a tolerance level controlled by the Martial Artist in order to adhere to an acceptable level of force. *It is foolish to rabbit hunt with a cannon, and more foolish to bear hunt with a BB gun.*

Techniques should be few in number, and with proper training, simple to execute. Traditional Martial Arts are generally very narrow in the number of techniques used, but rather emphasize principles and repetition of training.

In conclusion, after training the mind, body, and technique, consideration should be given to offering sustained training sessions that include practical application (emphasizing the 8 Key Concepts) in realistic scenarios. I am convinced that this will increase Martial Artists' skills and confidence in making the tough decisions as to what technique and use of force may be needed.

Thankfully, Kwan Jang Nim Ah Po has given us a method through his teaching that allows us, as students of Tang Soo Do, to put into **action** the philosophy behind the 8 Key Concepts. A great deal of this information is contained in Section II of the

Continued on page 7



"What is Chi Gong?"

Master Constantino Terrigno
Sanford, Florida

On April 11-15, nine Senior Ko Dan Ja gathered at the Canterbury Retreat and Conference Center in Oviedo, Florida for Grandmaster Ah Po's Chi Gong Symposium. The event, only the 3rd ever conducted by Kwan Jang Nim Ah Po was by special invitation only and provided an intense training regimen developed by Kwan Jang Nim for advanced level practitioners on the subject matter.



"Chi" as depicted by the character at left is the Chinese word for "energy". The Japanese refer to it as "Ki" and the two terms are often used interchangeably. In the Eastern Indian tradition it is called "Prana" while in Grandmaster Ah Po's native Hawaiian culture it is known as "Mana."

By whatever name you choose, it is the energy that resides in all living things and which gives us life - it is literally the "life force".

From a purely historical perspective, "Chi Gong", which translates to "breathing or energy exercises", was developed in China six thousand years ago as a holistic approach to preventing disease by strength-

ening the immune system and thereby increasing the human life span.

Again, depending on the culture and location, many different methods and exercises were developed down through the ages for achieving the same goal. Kwan Jang Nim Ah Po draws from his lifetime of knowledge and training in his native Hawaiian tradition to achieve these results through a process he refers to as "**developing a higher level of conscious awareness**" - hence the title of our symposium, "The Keys for Getting in Touch With, Accessing and Channeling Your Ki (Chi)".

This short article is not intended to be an in-depth account of our symposium. That is covered in an article by Master Kevin Watson now available on the Tang Soo Do World website.

What I hope to do here is encourage all Tang Soo Do students, regardless of training level, to explore more fully the concept of Chi through independent study and research. It will open new areas of thought for you not only in your Tang Soo Do training, but also in your personal life, because to understand energy is to understand life and our place in the universe. As one popular quote states,

**"We are all spiritual beings
having a human experience."
- Author Unknown**

Tang Soo!



Standing L to R - Masters A. Preston, C. Terrigno, K. Watson, S. Propst, A. Ah Po-Macias, J. Dove, S. Preston
Seated - Kwan Jang Nim Andy Ah Po, Kwan Jang Nim Darryl Khalid



"An Approach To Sparring"

Master Robert McCoy
Hutchinson, Kansas

Sparring is not necessarily the most important aspect of the martial arts, but it can be the most exciting...or the most stressful. For beginners, introduction to sparring can be the reason for staying or for quitting their training.

In our system of Tang Soo Do, as in other martial arts, introduction to sparring is done by practicing one step, three step, and short, choreographed sparring routines before being allowed to free spar. These exercises allow the student to learn distancing and control. Timid or less aggressive people can get comfortable working with a partner using various techniques in a controlled situation before the faster, and less predictable pace of free sparring. Also, more aggressive individuals are able to learn control from the more systematic exercises of one steps, etc. In this manner, as students move into free sparring, respect and safety are already well established.

When practicing one steps or prearranged semi sparring, as well as free sparring, students should always use safety equipment, and maintain total concentration. Do not become "mechanical". Always practice weak and strong sides equally. Start slowly. Remember what Kwan Jang Nim Ah Po says, **"Practice slowly and only within your ability to perfect your techniques. Speed will result from having perfected your techniques and not merely by attempting to develop speed."**

Just like the rest of our training, one should be consistent and regular in your practice. These exercises should be non-contact, and always with the supervision and permission of your instructor.

Once a student begins to free spar, the strategy of offense (attacking) is usually learned first because the concept is easier to apply than reaction to attack. When attacking skills become strong and natural, counter attacking skills will balance out sparring and self-defense skills.

The great thing about using one steps, three steps and semi sparring to build sparring skills is that they are not really tied to any level of training. Even

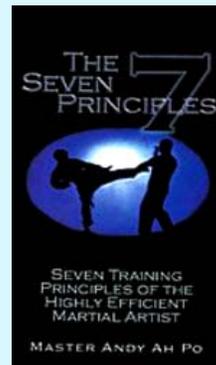
advanced students can benefit from returning to these practices to sharpen and strengthen fighting ability. Your advanced skills and techniques are all built on your basics.

Instructors, through experience in their own training, develop ways of introducing different skills. So not all classes will be conducted exactly the same. Have faith in your Instructor, and in yourself.

If you have concerns or problems with sparring, or any of your training, speak with your seniors or your Instructor. You will probably find that everyone has the same obstacles on the path to mastery.

If you follow the guidance of your Instructor, and put in the effort and practice, you will find that, not only will your sparring improve, but techniques and forms will become sharper from sparring, and sparring will become more fluid and comfortable from practicing techniques and forms.

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



News From Across The Pond



British Tang Soo Do Federation Coloured Belt Assessment

Saturday the eleventh of February saw Region 1 host the first BTSDF coloured belt assessment day for 2012.

Participants were separated into three categories. Starting with our 4 - 7 year old BTSDF Tigers assessing between 12:30 - 1:30 pm followed by BTSDF Dragon and Adult Members up to and including 7th Gup assessing between 2:00 - 3:00 pm, and concluding with Dragon and Adult Members assessing for 6th Gup through 1st Gup from 3:30 - 5:00 pm. Over one hundred and thirty chairs had been set out for supporting family Members creating a wonderful 'pressure test' environment for younger Members.

The BTSDF Technical Advisory Committee had elected to increase the period of training required between coloured belt assessments from three to four months. As a result the assessment day paid witness to a universal growth in confidence from participating Members. That fact resulted in an assessment that was concluded without a single failure and only three referrals. A first for the BTSDF. Congratulations to all who took part.



Congratulations Masters' Preston.

British Tang Soo Do Federation Technical Advisory Committee Members Masters' Simon and Adam Preston have both been awarded recent work promotions.

Not only has Master Simon Preston been awarded a prestigious position as one of the UK's first one thousand Specialist Leaders in Education (SLE) for Mathematics but he has also had his hard work and diligence rewarded with a promotion to Deputy Head at the Westwood Academy in Coventry.

Master Adam Preston has been promoted to Hall Leader for Mathematics at Stantonbury Campus in Milton Keynes. His new role will begin after the Easter break in April. Good luck to both of them !



More good news.

Miss Anita Reeves, a Cho Dan from Region 1 is nearing the completion of her GCSE in Physical Education. Miss Reeves has successfully integrated her love of Tang Soo Do into her GCSE. The resulting 'Martial Arts PE' module has led to her recording her activities as Assistant Instructor at Master Dove's After School Club at The English Martyrs School in Rugby. Analysis of her basic coaching and interaction skills led to a ten out of ten result in her summary report. Congratulations Miss Reeves !

Other News

Kwan Jang Nim Andrew Ah Po Celebrates 65 years in the Martial Arts

Grandmaster Andy Ah Po's illustrious martial arts career began in 1947 in Hawaii when he was only 6 years of age. The art he studied was Sil Lum Gung Fu. During his early school years in the islands he went on to achieve Black Belts in Jiu Jitsu, Aikido, and Japanese Karate. In 1959, after leaving the islands to join the U.S. Air Force he began what would become his lifelong training in the art of Tang Soo Do Moo Duk Kwan.

Kwan Jang Nim Ah Po has dedicated his life to preserving the vision and ideals of the late Great Grandmaster Hwang Kee under whom he studied until the late Grandmaster's passing in 2002.

Master Kevin Watson Celebrates 35 years in the Martial Arts

Master Watson began his Tang Soo Do study in 1977 under Dennis Miller and continued training in this art for the next 17 years. As his training progressed, he eventually came into contact with teachers and students of other Martial Arts, particularly those involved in Japanese/Okinawan Karate. This motivated him to study deeper into the methods and techniques of Traditional Budo. In 1992, he met William H. Price, Soke at a clinic on Hilton Head Island, S.C. and became direct a student and remains so to this day. He holds a 6th Dan in Kuniba-Ha Shito-Ryu. In 2007, he was also able to continue his training in Tang Soo Do after reconnecting with Grandmaster Andy Ah Po with whom he also continues to train diligently. In April of 2010, Master Watson was promoted to 6th Dan by Grandmaster Andy Ah Po after successfully completing the Ko Dan Ja Shim Sa (Senior Black Belt Testing and Clinic).

Matt Sumpter's Mission Tang Soo Do

On January 3rd, 2012, Master Matt Sumpter opened his new Do Jang in Carmichael (Sacramento), CA.

Said Master Sumpter, "Kwan Jang Nim Ah Po held a fantastic training session on our first night and he will continue to host his Dan and Sa Bom instruction at this new location on Tuesday nights at 6:00 p.m. and on the first Saturday of each month at 10:00 a.m."



The new Do Jang address is: **Matt Sumpter's Mission Tang Soo Do, 4711 El Camino Ave. Carmichael, CA 95608.** The website is up but still under construction and eventually both www.missiontsd.com and www.missionkarate.com will get to the site. The Do Jang phone number is 916-715-7315.

Help Grow Tang Soo Do!

By Master Robert McCoy

When you learn a new technique or form, learn everything you can about it, not just how to do it. Where did it come from? Who created it? When? Where? When you know all those things, the techniques will mean more to you.

Then, when you have practiced for a long enough time that you feel really comfortable with the techniques, ask one of your seniors if you can pretend to teach it to them!

When one of your juniors is learning the same techniques, ask your Instructor if you may assist teaching your juniors (always ask your Instructor before working with your juniors).

Assisting in class shows that you are motivated, and it also shows respect for your Instructor and Tang Soo Do. When you help others build their understanding of our art, you are helping keep Tang Soo Do alive and growing!

Tang Soo!

True or False?

- The word “**Soo**” means to take someone to court.
- In the finished position of a side kick, the toes are pointed “**up**”.
- There are only “**three**” colors in the Korean flag.
- In a horse-back riding stance, your toes are pointed “**forward**”.
- The target for a middle punch is the “**belly**”.
- The word for knee is “**Moo Roop**”.

Match the hand techniques to their correct Korean terms



Choong Kwon



Kwan Soo



Kwon Do



Soo Do

There are at least 14 different words you can make from the letters in the word **KARATE**. How many can you discover?

Answers are on next page

Continued from page 2

TSDMWA Manual (*Training Principles*). I would humbly ask that everyone study this methodology and seek to apply it both on and off the training floor.

Also of note is the fact that this methodology is a direct reflection of what Great Grandmaster Hwang Kee taught--the fact that **Moo Do is an action philosophy**. In the text, *Moo Do Chul Hak*, written by Great Grandmaster Hwang Kee, he explains other parts of this philosophy in great detail. One statement of importance is the *Moo Do Creed* written by the Great Grandmaster, in which he says (in part):

“The purpose of Moo Do is *Hwal* - to cultivate ourselves. Moo Do does not end in offense or defense. It is one step further, the purpose is life itself. Even facing the enemy, our goal is to save them...”

Now, with these ideas in mind, I hope that my brief thoughts expressed here give you a lot of food for thought--especially concerning the 8 Key Concepts and how we can apply them in a number of ways both inside and outside the dojang. Good luck in your training, and most of all, never give up!!!

Tang Soo!!!

(Author's note: some information contained in the above article was excerpted from a speech given by William H. Price, Soke --Chief of Police in Bristol, VA.--to the Virginia General Assembly).

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

Answers for the Kids Page

True or False?

- False - It means **hand**.
- False - Toes are pointing slightly **down**.
- False - There are **four** colors: black, red, blue and white (background).
- True - Toes are pointed **forward**.
- False - The target is the **solar plexus**.
- True - The word for knee is **Moo Roop**.



Kwon Do



Soo Do



Choong Kwon



Kwan Soo

The 14 different words you can make from the letters in the word **KARATE** are.

Karat, Rate, Rake, Take, Tear, Teak, Ear, Eat, Tea, Rat, Tar, Ark, Art, Ate