



# TANG SOO DO MARTIAL WAY ASSOCIATION

## Newsletter



### Founder's Opening Address

*Kwan Jang Nim Andrew Ah Po  
9th Dan*

#### Dear Association Members,

I am sincerely happy to provide you with this first edition of the Tang Soo Do Martial Way Association's Quarterly Newsletter. The primary purpose of the newsletter is to provide all association members with a formal means of communication, ongoing education, and to keep you up to date about all current as well as future association events and activities.

I want to take this opportunity to personally thank Master Constantino Terrigno not only for urging me to publish the Newsletter, but for also taking on the responsibility to be its Editor and Publisher. Once you have had a chance to review this first issue, I'm sure you will agree that he has done an exceptional job at both designing and putting this first issue together. I also wish to thank the senior Ko Dan Ja who took the time to write and submit the articles included in this first edition. It is only through this type of dedication, commitment and contribution that the Newsletter has finally become a reality.

I would appreciate hearing from you to receive feedback and also any suggestions or recommendations that you may have about the newsletter or how the association can better serve you. I hope that you will enjoy this first edition and find it both informative and beneficial.

Tang Soo!

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

### New Association Manual

The TSDMWA is currently in the process of finalizing the new Tang Soo Do Martial Way Association manual which will be a combined manual for both Dans and Gups.

The manual will be the most comprehensive collection of information on our organization, its philosophies, principles and rank testing requirements to date.

It has been a monumental task that will provide the groundwork for current and continuing education for all Association members.

More details will follow through your instructor.

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## "Reflections"

By Master Kevin Watson  
6th Dan  
Myrtle Beach, S.C.

I began training in Tang Soo Do Moo Duk Kwan in 1977, when I was 9 years old. Thankfully, my Mother could see that I needed this type of training and discipline, since like many young people I was introverted and not very interested in sports or physical activity.

As training progressed, and as I grew older, I could not believe how fortunate I was to have the opportunities available to me through the discipline of martial arts, and how indebted I was to my Mother for giving me such a gift - a debt that can never be repaid.

After my Cho Dan promotion in 1986, I was able to attend the Summer Camp held by the U.S. Federation in Phoenicia, N.Y. Another very special event was to take place at this camp, which I treasure to this day. Kwan Jang Nim Ah Po, who was present, gave the attendees a lecture and demonstration of Chi Gung.

For many of us present, it was the first time any of us had ever heard of Chi (Ki) or even seen any type of demonstration of this energy. I will never forget what I saw that day, as I am sure no one else who was present will forget either. Kwan Jang Nim gave an unbelievable demonstration of Chi Gung in which he performed selective breaks on a stack of 3 bricks, un-spaced. He would call out for one of us to simply select which brick to break, and he would break only that brick while the other two remained intact.

He did this numerous times and broke the top, middle, and bottom bricks in separate breaks (after setting up 3 bricks each time) and finally broke all 3 bricks. He moved the leaves of a plant from approximately 5-7 feet away while everyone in the room gasped, unable to speak. He called out to a friend of mine and asked him to attack. My friend stood as if rooted to the spot he was in. Although he was able to move from side to side, he could not move forward at all. Afterward, when I asked him what happened, he simply said that it felt like he was standing next to a blast furnace. With every attempt to move forward he said it felt like overwhelming heat was hitting him, making him

unable to move. Kwan Jang Nim told us also about Chi, and he left no doubt in the minds of anyone in the room that it was indeed real, and that we could attain these skills if we continued to train and study. It was truly one of the most inspirational things I have ever witnessed.

As time passed and I continued to train, I came into contact with people from other styles and systems who helped me over the years. And as a result, I was able to see their perspective on training and application of technique. Many times, though, this left me with more questions than answers. For example, one of the most fortunate experiences I was able to have came through my training with Darnell Leak, Sa Bom Nim, of Greenwood, S.C.

Mr. Leak was the National Champion in free sparring at the 1<sup>st</sup> Annual International Tang Soo Do Moo Duk Kwan Championships. Although it seems in hindsight his achievements were overshadowed by the International Team Competition held that year, a few people remember his performance that day.

Mr. Leak was stationed in Okinawa as a member of the U.S. Marine Corps prior to becoming a student of Sung Duk Cho in Tang Soo Do in Spartanburg, S.C. But while there, he earned a 4<sup>th</sup> Dan in Shorin-Ryu under Eizo Shimabuku. This gave him an obvious advantage in Tang Soo Do training, and it was through training with him that I was first introduced to application of techniques in Hyung. A practice that in Karate-Do is known as "bunkai", or analysis of techniques. That, plus getting to spar with him on a regular basis, was also an eye-opening experience for me.

Training with people like Mr. Leak, and others, seemed to arouse the ire of other people in the Federation at the time. Many people I tried to speak to or share my experiences with, particularly my seniors, dismissed my views and said that "Mr. Leak trains too hard". I was dumbfounded by this response. To me that seemed like someone criticizing a Priest for praying too much! At any rate, time passed and I continued to train, wondering all the while why we in Tang Soo Do did not utilize some of the approaches and methods that not only Mr. Leak, but other styles of martial art used.

Shortly after my 3<sup>rd</sup> Dan and Kyo Sa promotion in 1991, I felt compelled to make one of the hardest decisions I have ever made - leaving the Federation and unfortunately, Tang Soo Do. Without getting into too much detail, since it is beyond the scope of this article, I felt that my seniors in the area where I lived were not focused on Tang Soo Do as a Moo Do, or martial path, where training was balanced by

realism and functional relevance. A cult-like mentality had seemed to pervade things, at least to me, and it was with a heavy heart and great sadness that I simply withdrew from the Federation in 1993. Although I was not asked to leave, or ever formally resigned, I simply did not renew my membership and went on my own way.

Now I did not know what to do at all. How could I continue to train and find quality instruction while also trying to help others and someday have my own school? I knew Tang Soo Do was an awesome martial art that I had practiced nearly my entire life up until that time, but the people I truly admired and looked up to, like Kwan Jang Nim Ah Po, lived 3000 miles away. I was back in my hometown of Myrtle Beach, S.C. which was 5-6 hours away from Mr. Leak. Fortunately I had met someone who was able to help me become a better martial artist. His name was William H. Price, Soke.

In 1992, I attended a clinic held in Hilton Head Island, S.C. taught by Price, Soke ( "Soke" is a term in the traditional Japanese Budo which basically means the

same thing as "Kwan Jang Nim" ) What grabbed my attention about Price, Soke and still does to this day was not so much what he demonstrated, but his demeanor and personality--the way he presented himself. This was of course due to his many years of martial arts training but also because his entire career had been and still is in law enforcement. Price, Soke is currently the Chief of Police in Bristol, Virginia ( which he was when I met him 18 years ago ). In addition, he pioneered the Defensive Tactics Program for the Virginia State Police and was the Head Defensive Tactics Instructor for the Virginia State Police for many years. However, it would be remiss not to mention his Sensei, the founder of Kuniba-Ha Shito-Ryu and Kuniba-Ryu Goshin-Do, Shogo Kuniba, Soke.

Price, Sensei met Kuniba, Soke in 1971, during Kuniba, Sensei's first visit to the U.S. He began training with him at that time and continued until the unfortunate passing of Kuniba, Soke in 1992 due to stomach cancer. Kuniba, Soke was born to a Samurai family and had no job as we in Western culture understand it. His job was to study, practice, and train in the martial arts. At the age of 5, he began studying with his father, who was a student of Choki Motobu, as well as practicing Judo and Kendo. Several years later, as WW II progressed, the founder of Shito-Ryu, Kenwa Mabuni, came to live with the Kuniba family in their home in Osaka. Many people who knew the Kuniba family

in Okinawa who were masters of various martial arts came to live with the Kuniba family. In exchange for room and board, they were asked by Kuniba, Soke's father to teach his son, Shogo Kuniba. As a result, Kuniba, Soke was able to study Judo, Kendo, Iai-do, Karate-Do, Aikido, Kobudo, and Jiu-Jitsu with some of the greatest masters of the era, achieving legitimate ranking and skill in these arts. During his lifetime he was the highest - ranking Japanese Sensei living outside of Japan, having made his home in the Virginia Beach area during the early 1980's.

Shortly before his death, he named my Sensei, William H. Price, as his successor for the martial arts of Kuniba-Ha Shito-Ryu and Kuniba-Ryu Goshin-Do. (Goshin-Do is a martial art Kuniba, Soke created from his training in Judo, Aikido, Jiu-Jitsu, and Karate-Do. "Goshin-Do", literally translated, simply means self-defense, and can be likened to the Ho Sin Sool of Tang Soo Do) . This passing of the art to Price, Soke, an American, was unheard of in the traditional Japanese Budo and contested heavily by some of Kuniba, Soke's other students in Japan.

***"Styles don't make people,  
people make styles."***

So it was that I began a journey with Price, Sensei, who is like a second father to me. I met a Kuniba-Ryu Sensei who lived in Myrtle Beach, had trained with Kuniba, Soke also, and wanted to open a dojo, which we did. And for the past 18 years, once a month, I traveled to Virginia and other areas in the U.S. and sometimes elsewhere, training and teaching with my Sensei, Price, Soke. His perspective on the reality of violence and how to train to meet that threat is truly remarkable.

However, I always continued to practice Tang Soo Do techniques and Hyung on my own, sharing my limited experience in this art with my friends and seniors in the Japanese Budo, who were receptive and respectful of all martial arts, as we should all be. I felt that my previous training in Tang Soo Do was a huge benefit to me as I trained in Karate-Do, and after many discussions with my Sensei and comparing techniques, he allowed me to begin teaching more and more at clinics and expanding on training in areas such as kicking, which although misunderstood, is generally not regarded as an area of strength within most Karate-Do styles. Price, Soke told me many times, however, he saw Kuniba, Soke teach and practice similar kicks, techniques, etc.

*Continued on page 9*



## "Don't Stop Believing"

By Master Gene Garbowsky  
5th Dan  
South Hills Karate Academy  
Pittsburgh, PA

Now that summer is upon us, adults start to move their activities outdoors. Yard work, grass cutting and other chores take over our adults lives. Children on the other hand start to spend more time playing outside with friends, and baseball and other sports may take precedence over Tang Soo Do training.

My question to all of you is what will happen to your Tang Soo Do training? As an instructor and student of the martial arts for 28 years, I have seen many people stop their training when spring and summer comes around because other things become more important. Sure, most want to continue and often tell themselves "as soon as baseball is over, we will get back to the dojang", or "as soon as we get back from vacation, we'll start up with our Tang Soo Do." Sound familiar?

But what actually happens is that many students never come back. Among the many reasons, the main one is that they will feel "out of place" or "behind" where they left off. Most don't stop to think that if they would just put in a little effort they can quickly get back to where they were before leaving.

I would therefore encourage students not miss class for extended periods of time. If your schedule is tight, come at least **two times per week**. At best, this will take up only 2.5 hours per week! But many people are "busy" doing things that really offer little or no benefit to their lives. America's favorite pastimes are eating and watching TV, with the average U.S. citizen spending about 4.5 hours per week watching T.V. As a student of Tang Soo Do, I have to ask, "are you an average American?" At two classes per week, you'll still be able to keep up with the curriculum while still getting some of the physical benefits, albeit not optimal. Students need to understand that Tang Soo Do is a life-long activity. It is not a recreational activity. When you quit, you will slowly lose all the benefits it may have taken you years to develop.

Some of the benefits that both adults and children experience through their continued training are:

**Respect** - This seems to be the number one reason why parents enroll their children in the martial arts. Respect starts as soon as you walk in the door, by bowing. Students learn to respect others, their instructor and the Tang Soo Do system. Respect is earned and not just given. The traditional history of Tang Soo Do is also taught and gets more advanced as students progress in their training and can handle the more advanced teachings.

**Confidence** - While training in the martial arts, a student's confidence levels increase as they move up through the ranks. After years as an instructor I can attest to the fact that after students quit, their confidence level decreases.

**Focus** - Many students who have been practicing Tang Soo Do for three years or more have learned how to focus with the mind, body and spirit. These students are martial artists and have begun to live their lives the "Moo Do" way. They possess a certain look and attitude that other adults or children just don't have. Now imagine what happens after 5 or 10 years of training.

**Self-Discipline** - Tang Soo Do Yu Dan Ja (Black Belts) are self-motivated. I see it all the time. Wouldn't you love for your child to be self-motivated? In the Tang Soo Do Martial Way Association we are developing self-discipline before achieving Cho Dan. We want our Yu Dan Ja to be accountable for their actions. While this principle is taught primarily in the advanced stages of training, several things in the early stages of training also help teach basic self-discipline, such as tying the di (belt), signing in before class, and preparing for class.

**Self-Control** - Another key principle taught in Tang Soo Do. Students learn how to control their mind and body through their training. As Kwan Jang Nim Ah Po states "Develop a high level of conscious awareness." By learning traditional techniques and sparring applications, students learn self control. They are also taught how to control emotions by participating in events such as Gup Testing, Dan Testing, internal school events and various tournaments and competitions. Hyung (forms) training also incorporates self-control. Holding positions, keeping Shizan (line of sight) and controlling the body help develop self-control.

**Life Skills** - Traditional training at **Tang Soo Do Martial Way Association** schools offers something that no one else is offering...Life Skills. This is can be seen in Kwan Jang Nim Ah Po's Seven Responsibilities of Students:

- 1. Look with the intent to learn**
- 2. Listen with the intent to learn**

3. Record to enable visualization
4. Imitate
5. Practice, practice, practice
6. Develop a higher level of conscious awareness
7. Study, explore, and then create Ryu Pa

These Seven Responsibilities not only are great for our Tang Soo Do training, but they can and should be applied in our daily lives, be it school work, our careers and personal lives. Also, our Tang Soo Do teaches the following life skills principles on a daily basis: work ethic, learning how to learn, planning, preparing, leadership training, teamwork, how to network, how to make decisions based on knowledge (not emotion), learning how to grow by reading and constantly expanding the way you think!

**Goal Setting** - Every Tang Soo Do class teaches us how to set a goal, and more importantly how to achieve a goal. The traditional Tang Soo Do belt system is a great way to show children (especially) how to set goals. It's very important to start with the end in mind. The goal of most students is Cho-Dan. The only way to make the dream work is through hard work and a steadfast resolve to achieve it.

**Character Development** - Through training, personal character is developed. How? With hard work and determination! Tang Soo Do training was never meant to be easy! At the end of the day, all each of us has is our personal character.

**Leadership** - Many times as Gup (beginner) students you may be asked to assist other students or to help lead a class. This helps students to develop leadership skills. When I was a student these opportunities helped me to develop basic leadership skills that I use every day in the dojang and in business.

**Tang Soo Do Excellence** - I remember the days before I was a Ko Dan Ja (senior Tang Soo Do Black Belt). Today, I'm a changed person because of Tang Soo Do. I truly believe that I would have never accomplished the things I have without Tang Soo Do! It has allowed me to move past my limitations.  
***Tang Soo Do and the Tang Soo Do Martial Way Association creates people who are never satisfied until excellence is achieved.***

Tang Soo Do has taught me to fight through challenges where most people would have just thrown in the towel. I'm a fighter with Tang Soo Do Choong Shin (Tang Soo Do Spirit) and armed with a Moo Do (martial way) Attitude. This is without a doubt an edge in life....

The Tang Soo Do Way of Life.....

## 2010 Ko Dan Ja and Yu Dan Ja Shim Sa Results

### 6th Dan

*Master Kevin Watson*

### 5th Dan

*Master Annette Ah Po*

### 4th Dan

*Kyo Sa Alan Crawford*

*Kyo Sa Robert McCoy*

*Kyo Sa Matt Sumpter*

*Kyo Sa Mark Weil*

### Sa Bom Certifications

*Master Kevin Watson*

*Master Gene Garbowsky*

*Master Simon Preston*

*Master Adam Preston*

*Kyo Sa Alan Crawford*

*Kyo Sa Robert McCoy*

*Kyo Sa Matt Sumpter*

*Kyo Sa Mark Weil*

### 1st Dan

*Jon Anest*

*Joshua Stokes*

**Congratulations to all**

## "Integrity"



*If you have integrity, nothing else matters. If you don't have integrity, nothing else matters.*

*~Alan Simpson*

## The Healing Shim Sa

By Kyo Sa Robert McCoy - 3rd Dan



When Kwan Jang Nim Ahpo honored me by inviting me to participate in the 2010 Ko Dan Ja Shim Sa in Oviedo Florida, I was more than a little apprehensive. Not only was I concerned about the material, not being familiar with all of the Martial Way Association's curriculum, but I was only partially recovered from knee surgery. I was instructed by my surgeon not to jump, kneel, pivot or run. The list of what I could do was far shorter than the list of restrictions. Only a year before, I participated in Kwan Jang Nim's clinic in Orlando Florida just a few weeks after a broken back, and the nagging fear of that pain was ever present. But all of that aside, there was no way I was going to pass up this opportunity!

So I set about trying to be as prepared as I could. Stationary bike took the place of running. Lots of crunches and stretching, and visualizing forms that were too painful to practice.

*Continued on page 11*







## News From Across The Pond



On Saturday the members of the (BTSDF) headed across the border between England and South Wales in support of the Traditional Tang Soo Do Federation's annual International Championships. The Championships have grown into Europe's premier competitive Tang Soo Do event, attracting over 700 entrants this year.

15<sup>th</sup> of May 2010 a coach filled with British Tang Soo Do Federation

Thirty eight BTSDF competitors returned from Cardiff with forty one medals. More importantly BTSDF Members had another excellent opportunity to demonstrate the latter developments that Great Grand Master Hwang Kee incorporated into his art as taught to us by Kwan Jang Nim Ah Po.



The Championships were extensively supported by all eight Members organisations of the Tang Soo Do Union; a UK umbrella organisation of which the BTSDF is a founder member. The Tang Soo Do Union exists as a contact body for the purpose of facilitating cross organisational educational and competitive events for traditional Tang Soo Do practitioners here in the UK.

The British Tang Soo Do Federation Spring Dan Assessment cycle saw senior Members of the organisation gather the sleepy Mid-Warwickshire village of Bourton-on-Dunsmore. Bourton boasts twenty eight homes, a duck pond, a solitary bus stop and the finest village hall in the Warwickshire.



*Master Adam Preston, Miss Chovancova, Master John Dove*

It has become a BTSDF tradition to run the bi-annual 'Dan Day' celebration as a microcosm of the Tang Soo Do Martial Way Association's Ko Dan Ja Shim Sa. In support of that aim the day commences with a twenty to thirty minute review of all of the hyung curriculum up to Cho Dan. The grading there after is a closed door ceremony attended by our three KoDanJa Members and the few Dan Candidates that may be eligible to test.

For this Spring cycle only one Cho Dan candidate was deemed ready to assess for Dan rank and to earn the right to apply for Membership to the Kwan Jang Nim Ah Po's Tang Soo Do Martial Way Association.

That candidate was Miss Martina Chovancova, a talented Martial Artist with a 13 year unbroken training record. She had won Gold in Deh-ryun and Silver in Hyung at the South Wales Int'l. Championships during the weekend prior to her Dan assessment. Miss Chovancova joined Master

Dove's classes three years ago entering as a white belt despite her ten years of training in traditional GoJu Ryu in her home land of Slovakia. She was well placed to adopt the BTSDF curriculum with great gusto. Our heart felt congratulations go out to Miss Chovancova on her promotion to Cho Dan with an Excellent 9 'mean' pass mark.

## **“Reflections”** - continued from page 3

As time passed, I never thought I would be able to practice Tang Soo Do again due to no one in my area being present who would even train with a person from another style. I still loved Tang Soo Do though, and sometimes wondered if I would ever be able to enjoy training with other people in Tang Soo Do again. Fortunately, in 2007, I saw an announcement that Kwan Jang Nim Ah Po was conducting a clinic in Pittsburgh, Pa. at the dojang of Gene Garbowski, Sa Bom Nim. After contacting both Kwan Jang Nim and Sa Bom Nim Garbowski, I was able to attend the clinic and rekindle a friendship and student-teacher relationship with Kwan Jang Nim, something that I never in a million years would have thought possible. It is because of the kindness shown to me by Kwan Jang Nim and the other members of the Tang Soo Do Martial Way Association that my dream has come true. Although I have a small dojo (dojang) and continue to teach, it is only because of the lessons imparted to me by my two teachers that I see how much more I still have to learn--indeed we are students forever, as symbolized by the dark blue in our belts.

This article may not make much sense to some who read it, since I must admit I have rambled a bit. I was asked to provide some perspective on what it is like to train in two seemingly different martial arts. To me, however, there is very little difference. And the reasons for that sometimes surprise me. For example, ***I have lost count of the times that I find either Kwan Jang Nim or Price, Sensei saying, demonstrating, or teaching virtually the same techniques and principles, yet they have never met or trained in the same art!***

I realize now that I have the blessings of both my teachers because there are universal truths, principles, concepts, and techniques that go beyond “styles” as we know them. One of the best ways I can explain this is because of a saying I heard once from one of my seniors in Kuniba-Ryu, and can be applied to any martial art.

One day while training in the dojo, my senior looked at me and said: ***“You know, Karate doesn’t exist. It isn’t real.”*** I could not believe what he was saying and thought he was a little crazy when he continued: “Go to the store and buy me a box of Karate. You can’t do it, can you?” I simply looked at him. He continued: “So what does that mean? ***It means the only time it exists is when you do it!***”

For me, this sums up a great deal of the underpinning philosophy of both Karate-Do and Tang Soo Do as taught by Kwan Jang Nim and Price, Soke. All martial arts are a philosophy of action. We are not

what we say, but what we do. This is why I believe my Karate-Do Sensei gave me his blessing to train in other arts just as Kwan Jang Nim has done. (Ironically, I think this is the same attitude that all great martial artists throughout history have had, regardless of “style”, but it is only recently that the whole world seems to be captivated by “mixed martial arts”, cage fights, etc. Yet since the earliest days of martial arts, all martial arts have been “mixed”--but this is a subject for another time). My Sensei (Price, Soke) also summed it up when he said that “styles don’t make people, people make styles”.

I do not know if this article will give anyone any perspective, but it is just a brief glimpse of my training and practice over the past 33 years. I am only a student. Forever.

In closing I would like to thank Kwan Jang Nim and my Sensei, Price, Soke, for allowing me to train in both of these wonderful martial arts. It is only through the efforts of people like these that we are able to enjoy what we do today. I know that I echo the sentiments of all who know either one ( or both ) of these fine gentlemen when I say that we shall always be in their debt, along with an indebtedness to all the great martial arts masters of the past, on a wider scale.

And finally, to Kwan Jang Nim - thank you for showing us all the real essence of all martial arts in general, and Tang Soo Do in particular - ***That essence is the spirit, the heart, that binds us all together as brothers forever.*** And nowhere was that more evident than at the recent Ko Dan Ja Shim Sa I was privileged and honored to attend along with all of the wonderful people present. It was a truly humbling experience and one of the best things I have ever been a part of in my whole life.

TANG SOO!!!

### Upcoming Events

	<b>South Hills Karate Academy Fall Festival in Pittsburgh</b>
	<b>British Tang Soo Do Fed. 3rd Exposition Weekend</b>



# Brain Training

## Cryptoquote

Each of the letters below stands for a different letter.  
Write the letter you think it stands for in the box above it to solve the quote.

"	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
	A R R U	S G F	A B W O P G	Z B O X	
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O X P	B G O P G O	O R	A P S L G		
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C Z S G	V S G D	G B E	S G F J	S X	H R

1. What name was Great Grandmaster Hwang Kee given at birth? \_\_\_\_\_
2. What month, day and year did the Great Grandmaster found the Moo Duk Kwan? \_\_\_\_\_
3. What does "Sip Sam Seh" mean? \_\_\_\_\_
4. What is Kwan Jang Nim Ah Po's Pin (Dan) number? \_\_\_\_\_
5. Where was Kwan Jang Nim Ah Po born? \_\_\_\_\_
6. Kwan Jang Nim Ah Po is often referred to as the \_\_\_\_\_ of Tang Soo Do.

## Word Search

U	I	D	W	H	C	A	E	T	L	E	B
P	T	A	N	G	Z	P	S	W	K	R	U
A	W	N	P	E	U	I	V	I	N	K	E
H	F	L	A	G	F	Q	R	D	E	C	L
I	Z	I	N	S	A	E	M	X	E	A	B
K	S	U	I	K	F	Q	D	C	H	T	O
X	Y	T	H	N	I	P	S	O	O	T	W
H	V	G	C	I	G	A	L	U	B	A	F
Q	V	E	C	N	A	T	S	E	Q	O	L
R	O	U	N	D	H	O	U	S	E	K	K
O	T	N	I	H	C	R	O	Z	A	H	R
V	G	D	O	J	A	N	G	C	S	P	W

Circle the following words in the puzzle at left.  
Words can be up, down, sideways or upside-down.

- |        |            |        |
|--------|------------|--------|
| CHAGI  | HYUNG      | ELBOW  |
| DOBOK  | ROUNDHOUSE | SPIN   |
| KIHAP  | HEEL       | DEFEND |
| KNEE   | PASSAI     | SOO    |
| TANG   | STANCE     | CHIN   |
| CHINTO | BELT       | GUP    |
| ATTACK | DOJANG     | DAN    |
| FIST   | TEACH      | FLAG   |

**All answers will appear in next issue**

**“The Healing Shim Sa”** - continued from page 6

But once the Shim Sa began, the pain was different. It was still there, but it wasn't important. I understood that there was a chance to injure myself again, but that wasn't important. What became important was everything *but* me and my problems. Supporting the other candidates by doing my best in their classes was important. Contributing to my group's project so others didn't have to carry me was important. The energy that all of the participants and our Grandmaster were so willing to share was important. I struggled with new material, stumbled, and had a hard time getting up from the floor. I knew everyone was as tired as I was, but I don't remember, when I was struggling, ever getting up on my own. There was always a hand up.

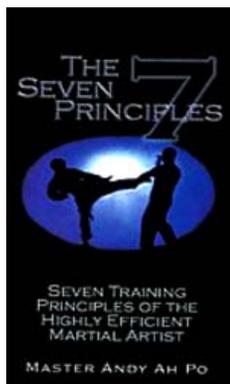
And that is the point. What became important to me was everything but me, and what seemed important to my Tang Soo Do brothers was everything but themselves. The realization that you can draw great strength from your concern for others, that you can give strength to others by letting them know you are concerned about them, and learning to be forgiving of yourself is what is important.

My knee is still wrecked. It will have to be replaced. I'm still struggling with new material, that's a journey we all take. But my Spirit is stronger for having shared so many experiences with such great Tang Soo Do family members at the Healing Shimsa.

Thank you to Kwan Jang Nim Ahpo, for your selfless dedication to our art, and to all who have traveled, and are traveling this same path with me. Thank you all.

TANG SOO!

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