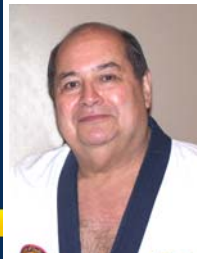




TANG SOO DO MARTIAL WAY ASSOCIATION

Newsletter



Founder's Message

*Kwan Jang Nim Andrew Ah Po
9th Dan*

To All Association Members:

Once again we are pleased to be able to provide you with another Association Newsletter for the Summer of 2013.

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.

This particular newsletter contains articles by some of our association Ko Dan Ja regarding their experiences resulting from training sessions that were conducted by me and specific physical as well as philosophical benefits that they feel were derived from these training sessions.

You will also read about the results of Dan testings that were conducted this past quarter and of the tremendous success many of our members achieved at Grandmaster Charles Ferraro's "All Tang Soo Do National Championships" that were recently held in San Antonio, Texas.

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.

Tang Soo!

*Andy Ah Po
Kwan Jang Nim, TSDMWA*

From the Editor:

As Kwan Jang Nim mentioned, this newsletter is a great communication and educational resource for our members. To that I would add that it is also a time capsule of our activities and of ourselves, and photos are a great way to remember the "good old days."

We all love looking at pictures from years gone by and saying things like, "that was me?", "I had more hair then" or I used to be able to kick that high." So let's have some fun and make some memories. I invite everyone to submit to your Instructor a photo of your best martial arts pose, kick or break for our next issue. Take your time and make it a good one. Years from now you might even look back and say, "I can still do that, only better!"

*Tang Soo!
Constantino Terrigno, SBN*

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"Beyond The Physical"

Master Kevin Watson
Myrtle Beach, South Carolina

For two days in early May, Association Ko Dan Ja were fortunate enough to train with Kwan Jang Nim Ah Po at the Mission Karate Dojang in Sacramento, California. This was a welcome opportunity to review material, gain new insights, and, as Kwan Jang Nim said to us during the first day of training, achieve a "point-in-time" check of our performance levels with regards to Tang Soo Do.

As always, training with Kwan Jang Nim is an eye-opening experience, to say the least. Perhaps it could be said that the overall theme of the training was to listen and apply the idea that Kwan Jang Nim said from the first moments we lined up to begin:

"Seek what value you can be to your students beyond the physical."

It is this concept --"beyond the physical" which we all worked on during the weekend, and will seek to take forward as we progress and deepen our understanding of Tang Soo Do.

With this in mind, we practiced basic techniques under the watchful eye of Kwan Jang Nim and sought to refine our ability by utilizing the "5 Influences of Movement" as defined by Kwan Jang Nim:

- 1.) Shi Sun (both mental and visual)
- 2.) Gravity - and its influence on technique
- 3.) Hu Ri
- 4.) Dan Jun
- 5.) Technique Characteristics

It is the final influence --technique characteristics—that in my opinion connects the other 4 concepts together. It is also the easiest one to understand intellectually but the most difficult to demonstrate physically. The end result of application of these concepts helps the practitioner achieve what Kwan Jang Nim refers to as "freedom of body". In other

words, to achieve power as an end result of efficiently using the internal and external body—"maximum power with minimal effort"—as Kwan Jang Nim said.

So it was that we got right into basic technique and hyung for the next several days as Kwan Jang Nim taught and expounded upon these ideas. One of the questions he asked us was: "How do you study your own body when you are performing?" And, although I don't believe many of us do this enough, he reminded us of this simply by going right back to basic techniques and perhaps most importantly, not teaching any "new" Hyung or techniques, which on many occasions he does. I was thankful for this, because this gave us a chance to understand and apply what he was sharing with us. He summed this up quite eloquently when he stated: "Even though some people are learning 'more advanced' material, that does not in itself a martial artist make." The primary way of showing this to us, of course, was for us to review as much basic technique and Hyung as we could over the next few days. What we were seeking was what he told us when he also stated: "Seek to use the unconscious mind to perform, and the conscious mind to evaluate your performance."

Now, with all the above being said, how do we do it?

At least, that was the question running through my mind as we trained. As we began the second day of training, Kwan Jang Nim gave us another clue by telling us to practice in a more "ballet-like" manner.

What did he mean?

He explained by boiling the idea down to a few words: "speed", "fluidity", "active", "beauty". He continued by saying that the words "Martial Art(s)" are seemingly contradictory terms, but by using these concepts, we could in fact grasp what he was teaching and achieve more fluidity in movement with less tension. We took this concept to an extreme as we trained and executed movement with absolutely no "weapon intensity" or "weapon formation". Again, the idea was to achieve "freedom of body" movement capability by completely eliminating tension. In this way, Kwan Jang Nim explained, although the techniques may feel weak at first when doing this, by eliminating tension power will result because it is properly manifested—not "contrived", as he reminded us.

He expanded on this by also reminding us that, up until the level of 1st or 2nd Dan, we are not performing Tang Soo Do the way it is ultimately meant to

Continued on next page

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be, we are actually performing unnaturally to develop technical actions. Then, as we continue our training, we seek to move more efficiently by utilizing the 5 Influences of Movement. Up until this level, most of us are trying to use proper posture, proper detail, proper form, and probably most important, completion of technique. Although this is certainly correct, after some time it can actually become an impediment. I can attest to this first-hand because, unfortunately, Kwan Jang Nim has to remind me quite often to stop pausing after each sequence in a hyung, or combination of techniques, because this is completely contradictory to Chung Ga Nyu movement—the correct combination of internal and external actions. Instead, he reminded me along with everyone else that by focusing on uninterrupted movement, we will breathe naturally and correctly. Then we can begin to achieve a higher level of performance. I think that he summed it up best when he said on the final day of training: “Anyone can learn a form technically and choreographically correct, but if you cannot demonstrate it characteristically correct, you have not achieved the level of performance that Great Grandmaster Hwang Kee expected of us.”

It is this final point that is the most important, in my opinion, because it speaks not only about the correct technical performance of our art but about whether or not we are seeking to improve our character, as Kwan Jang Nim has told us many times—“The primary purpose of Tang Soo Do is the development of the human character.” In my “youth”, like many people, I heard statements like this and could not understand what this idea had to do with becoming a Martial Artist. It is only in recent years that I have come to appreciate, much less even begin to understand, what these words mean. There is a point for all Martial Artists in their lives at which they will have to acknowledge, understand, and seek to develop their character in order to achieve stronger levels of technical and physical performance. Mere physical practice, regardless of how hard, long, and grueling, is not enough. We must merge our physical, mental, spiritual, and emotional selves in order to get to our goal. This, to me, is immensely profound and humbling. It is also reassuring. Because once one reaches a point where they begin to understand these ideas, an entire new world of training opens up for the practitioner. If the practitioner is honest, they will acknowledge their deficiencies in these areas and strive for improvement.

In closing, I am reminded of reading many years ago of the first Ko Dan Ja Shim Sa that was held in the United States which utilized the now-“infamous” 7-8

day testing format. The Sa Bom who wrote the article said: “The experience cannot be described adequately but to say that it changed all of us in a perceptible way...though I have been home for some time now, our experience together continues to go round and round in my head...” I share this feeling every time I return home after training with Kwan Jang Nim and trying to remember and practice what he has so graciously taught us. In some small way I have tried to relate through the written word a glimpse of what we shared and trained in together under his guidance, but words are admittedly a poor substitute for direct experience.

Great thanks and appreciation must be expressed to the following Sa Bom Nim for being present and creating yet another memorable training experience:

Stephen Propst, Sam Wallace, Guy Petroski, Constantino Terrigno, Annette Ah Po, Matt Sumpter, and Alan Crawford.

Special thanks to Matt Sumpter, Sa Bom Nim for allowing us the use of his dojang and for all of the wonderful hospitality he showed in helping us with getting around town (and the coffee, too)!

Of course, most profound thanks and gratitude must go to Kwan Jang Nim Andy Ah Po, our teacher, for giving us the opportunity to see things in Tang Soo Do that many people may go their entire lives without ever having a chance to experience or know. This is a testament to the decades of hard training, courage, leadership, and hard work towards making us the best we can be, and I think I can speak for all of us who are fortunate enough to train under him when I say thank you, Kwan Jang Nim, for being a true living embodiment of the art for us to follow in every way!

I hope that we will be able to have more training like this in the near future, and that our association, like a family, will continue to grow strong and proud in a manner that follows the true tradition of Tang Soo Do, Grandmaster Andy Ah Po, and Great Grandmaster Hwang Kee.

Have a great summer!

Tang Soo!!!

Kevin Watson



"Training That Deserves Respect"

*Master Matt Sumpter
Carmichael, California*

In a recent training session, Kwan Jang Nim Ah Po made a bold observation about the martial arts climate of today. In the post-"Karate Kid" era of martial arts, where the commercially marketed "karate training centers" have moved from industry domination to struggling to keep up with the demand and popularity of MMA, Kwan Jang Nim Andy Ah Po posed the question:

"Why is it that many practitioners training in the traditional martial arts today aren't taken seriously by the public and MMA practitioners?"

In order to answer his question, many reasons may immediately come to mind in defense of the traditional methods of training on a physical level, as well as the confidence, discipline, and respect that comes along with maintaining our Tang Soo Do atmosphere. One who has devoted so much of his or her life to studying any discipline will most likely jump at the chance to defend their martial art. But Kwan Jang Nim offered a simple and honest answer.

"Because many don't deserve to be taken seriously." Boom. There it is.

As Kwan Jang Nim Ah Po explained, commercialism has often taken the emphasis off of serious physical training and realistic self defense in "traditional" martial art gyms to focus on the entertainment value that comes from training in martial arts. The result often is that martial arts training has just become another activity for kids and adults, and isn't always representing the centuries-tested, tough training that has timelessly molded white belts into black belts.

Such a poignant observation took me back to another famous "Ah Po-ism": "All martial art styles are perfect, it is those practicing that aren't." Both statements reflect a challenge that we as instructors face. We may believe in our practices, and we may be teachers of truly authentic and effective martial arts, but to those outside of our studios we may look the same if they don't witness our training on the mat. To the public, we can be wrongly lumped in with the "black belt factories" or "kiddie karate" studios that dot the martial arts landscape.

I met Kwan Jang Nim Ah Po when I was nine years old. I came to his dojang with just over a year of experience from the then American Taekwondo Association. Even at that young age, I easily recognized the stark difference in training environments and the style itself, and so did my parents. It was my interest in the martial arts that drove our search for the right instructor and the rigor I knew existed. I was ready to paint fences and sand floors for real, tough karate training. In fact, Kwan Jang Nim's intensity of training would sometimes scare off potential students (what other instructors may call customers). I know of one student whose parents walked out wide-eyed in the mid-80s, although he later returned as an adult and has made Cho Dan under Kwan Jang Nim.

After six years of training, three days during the week and some Saturdays, I earned my Dan (black belt) during my sophomore year in high school and began assisting in and instructing classes. In that era, I was considered a young Dan member at 16, and at that time, I believe I was the third or fourth youngest Dan the then Sa Bom Nim Ah Po had promoted. No allowances were made, and despite my small size—I weighed about 80 pounds at the time—I cut my teeth on the mat with the adults, taking punches from full-grown adults (we didn't wear protective gear).

When I returned to the dojang after college graduation, and I resumed training and teaching in the dojang three to four times per week, it was amazing to see the evolution of our art. Kwan Jang Nim organized the Martial Way Association, established the continuity of our curriculum and still taught religiously—and rigorously—on the mat. Our dojang was holding up in the modern day. We were legit.

This caused me to reflect as a young adult. Why was Kwan Jang Nim's studio still successful and respected even though the industry has changed so dramatically? We now have the vast spectrum of McDojos grabbing their established market share on one side and the publiclyperceived "tougher" MMA and Brazilian Jiu-Jitsu on nothing less than a meteoric rise as they are marketed to the public on the other side. My suspicion was that the answer was because he was very good at what he does. But, how will the public continue to find us?

Every month I receive at least two glossy-covered solicitations disguised as industry magazines. Each promises to show the path to find success in teaching martial arts through sales, program gimmicks, and hosting birthday parties, without any real mention of what happens on the mat. Sometimes they include an article or two with instructional ideas or

Continued on page 10

Dan Promotions

Mission Karate, Carmichael, California

2nd Dan (2nd row - left to right)

Ms. Lauren Crawford
Mr. John Lind
Mr. Asa Goldsby
Ms. Dumindra Gurusinghe

1st Dan (1st row - left to right)

Mr. Zack Wright
(Junior Dan)
Ms. Angelica Deluca
(Junior Dan)
Ms. Gianna Giacomotto
(Junior Dan)
Ms. Kim Sullivan



Dan Promotions

Two Dragons Tang Soo Do, Sanford, Florida

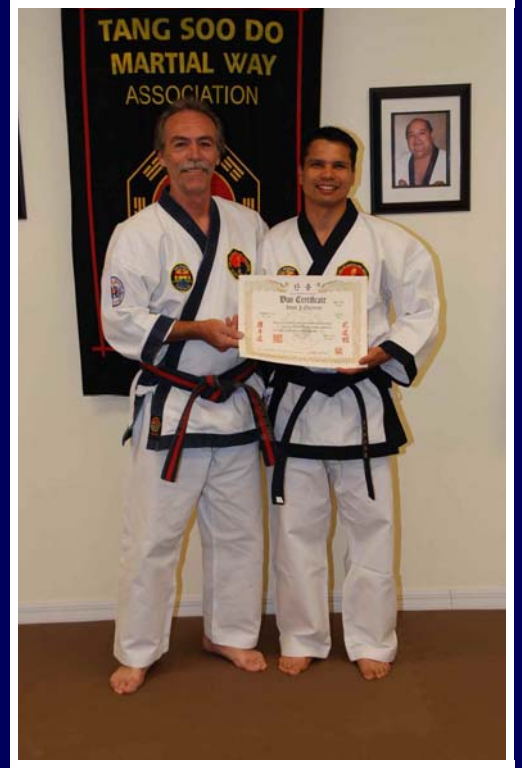


**Kyo Sa
(Left)**

Mr. Jon Anest

**1st Dan
(Right)**

Mr. Amon Guerrero



Tang Soo Do Mi Guk Kwan Tournament Results



The Mission Tang Soo Do Dojang from Sacramento, California accompanied Kwan Jang Nim Ah Po to San Antonio, Texas for the 18th Annual All Tang Soo Do National Championships on July 26th and 27th. The event was hosted by the Tang Soo Do Mi Guk Kwan Association and 11 competitors and their families made the trip from Sacramento to represent the Martial Way Association as one of four Tang Soo Do organizations present.

In total, the Mission Tang Soo Do Dojang brought 19 medals back to Sacramento, including 11 golds. All competitors participated in both forms and sparring, and Master Matt Sumpter performed in the Master's weapon division as well, performing Yang

Pyun (High Whip form), an empty-hand form created by Great Grandmaster Hwang Kee, adapted to use the double tanto (short knives) as encouraged by Kwan Jang Nim Ah Po.

The members of the team included:

Master Alan Crawford, Master Matt Sumpter, Ms. Lauren Crawford, Ms. Kim Sullivan, Ms. Angelica Deluca, Mr. Zack Wright, Haleigh Barlow, Jeff Wright, Kate Foltz, Max Sumpter, and Ray Barlow.

In all, the team garnered 11 first-place finishes, 6 seconds, and 2 thirds. Among other victories, the Dojang had three Dan competitors—Lauren Crawford, Kim Sullivan and Angelica Deluca—in the traditional forms Grand Championship, a division that was decided by just 3 tenths of a point. Also, all three white belt competitors from Mission Tang Soo Do took gold in both their forms and sparring divisions.

Forms, Open (Gup), Men Red Belts 35 and over: Jeff Wright—Gold
Forms, Open (Gup), Men White Belts 35 and over: James "Ray" Barlow—Gold
Forms, Open (Gup), White Belts 7 - 8: Max Sumpter—Gold
Forms, Open (Gup), White Belts 9 - 10: Kate Foltz—Gold
Forms, Traditional (Dan), 11 - 12: Angelica Deluca—Gold
Forms, Traditional (Dan), Women 1st and 2nd Dan 16 - 34: Lauren Crawford—Gold
Forms, Traditional (Dan), Women 35 - 44: Kimberly Sullivan—Gold
Sparring, Dan Women 35 and over, Middle: Kimberly Sullivan—Gold
Sparring, Gup, Men White Belts 35 and over: James "Ray" Barlow—Gold
Sparring, Gup, White Belts 7 - 8: Max Sumpter—Gold
Sparring, Gup, White Belts 9 - 10: Kate Foltz—Gold
Forms, Open (Kodanja), 40 and over: Alan Crawford—Silver
Forms, Traditional (Dan), 11 - 12: Zachary Wright—Silver
Sparring, Gup, Men Red Belts 35 and over: Jeffrey Wright—Silver
Sparring, Kodanja, Men 39 and under: Matt Sumpter—Silver
Sparring, Kodanja, Men 40 and over: Alan Crawford—Silver
Sparring, Young Dans, 11 - 12: Angelica Deluca—Silver
Forms, Open (Kodanja), Under 40: Matt Sumpter—Bronze
Weapons Forms, Open (Kodanja), Under 40: Matt Sumpter—Bronze

The team from Sacramento had a great time in San Antonio and is looking forward to next year's trip to the tournament on the East coast. Visit the Media page at www.missionkarate.com for more pictures and video of this year's event.



Word Search

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

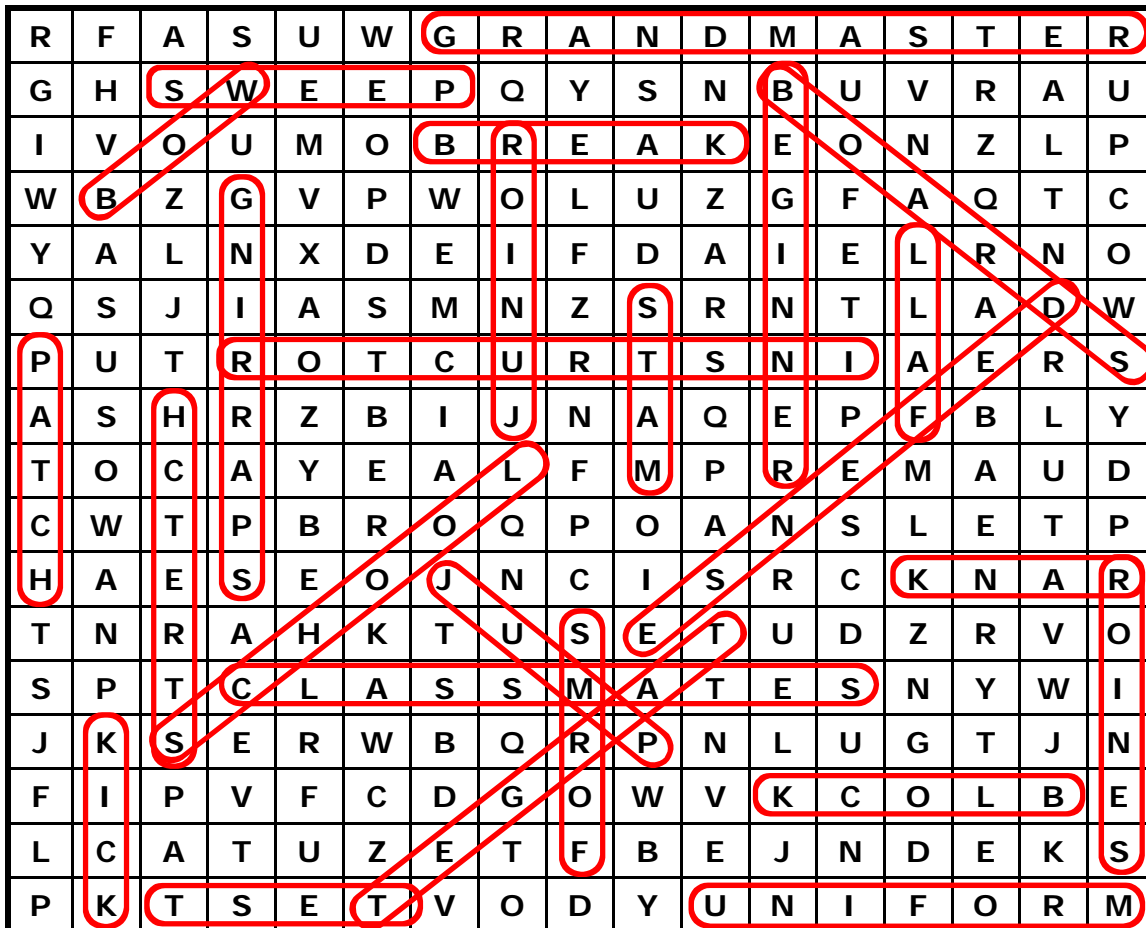
SCHOOL	BEGINNER	CLASSMATES	SWEEP	GRANDMASTER
INSTRUCTOR	SENIOR	BREAK	BOW	PATCH
TARGET	TEST	BOARDS	RANK	UNIFORM
FORMS	SPARRING	DEFENSE	JUNIOR	MATS
BLOCK	KICK	JUMP	FALL	STRETCH

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

Answers on next page

Word Search Solution

SCHOOL	BEGINNER	CLASSMATES	SWEEP	GRANDMASTER
INSTRUCTOR	SENIOR	BREAK	BOW	PATCH
TARGET	TEST	BOARDS	RANK	UNIFORM
FORMS	SPARRING	DEFENSE	JUNIOR	MATS
BLOCK	KICK	JUMP	FALL	STRETCH



Continued from page 4

a "silver bullet" program, which in itself is an adherence to their own sales strategy of "adding value" to solicitations. They preach to teach weapons, because then you can sell weapons (one publication is owned by a martial arts supplier). Or, they tell you to add a cardio-kickboxing class for moms to grab more customers from your existing base. The problem is: I'm not a professional cardio-kickboxer.

Any dojang owner can get easily lost in the sea of advice out there on how or what to "add" to their studio program to increase revenue each month. "Certifications" you can post on the wall in your dojang or industry association memberships are sold to instructors as a way of legitimizing their studios in the marketplace.

Does it help?

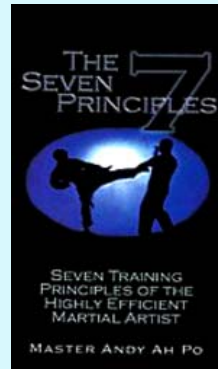
Since I took on the role teaching as a head instructor at Kwan Jang Nim's studio, and then having the opportunity to open my own dojang, I have pretty unashamedly talked with other martial artists (parents too) from all styles about their training experiences. Periodically, I visit dojangs, dojos and gyms too, which gives me some observational insight into what the training looks like outside of my own studio. There are some really good martial artists and people around. There are shams too.

My purpose for this research is not to adapt myself or our training to conform, but in fact, just the opposite. Each visit or conversation that I have helps me understand the power of our style of disciplined, challenging training, and reaffirms our commitment to our Charter. I have been very satisfied that we continue to practice Tang Soo Do in the manner that Kwan Jang Nim teaches it. We can't be afraid to "turn the screws" on our students to challenge them - even out of their current comfort zone. We can't be afraid to lose students in order to maintain a challenging atmosphere that will bring in more.

We must resist the urge to accommodate to survive. People want good training. People want it tough. The best compliment I have ever received from a young student was to say that my training was "way too hard". If he chooses to come back, it will be because he wants to dedicate himself to the challenge.

Without sounding too much like the iconic Jerry Maguire. Fewer students. Better training. If you want more dedicated students and more money, be tough and be the best. It's good to remember that Bruce Lee charged \$275 per hour. In 1968! Before he was world-famous!

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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