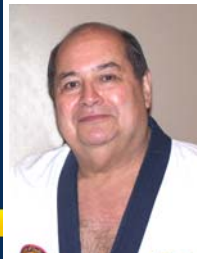




TANG SOO DO MARTIAL WAY ASSOCIATION

Newsletter



Founder's Message

*Kwan Jang Nim Andrew Ah Po
9th Dan*

To All Association Members:

I am taking this opportunity via this newsletter to thank each and everyone of you for your continued support this past year and for your sincere dedication and commitment towards utilizing Tang Soo Do as a vehicle for helping you to further develop your character and to become a better human being. This, of course, is best demonstrated by your willingness to help and to serve others, which I trust you will all set out to accomplish this coming year.

In closing, Mrs. Ah Po and I wish you all a "Happy Holiday" and joyous, healthful and bountiful New Year. As members of the association (either as a Dan member or through your Instructor), you continue to provide me with the inspiration that I need to be an effective leader and positive role model, and I pledge to do everything I can this year to better serve you.

I hope that you will enjoy this issue of our newsletter and value the contributions made by those who worked hard to ensure its publication.

*God Bless you all.
Andy Ah Po, Kwan Jang Nim*

From the Editor.

First, let me also wish everyone a Merry Christmas and best wishes for the coming New Year.

As you may have noticed, our last published issue was in the Spring of this year. There are a few reasons for this, one of which is it has again been a very busy time for me both professionally and personally and the other, that we do not always have enough material to fill the pages.

Our newsletter, like our Constitution, is by and for the people. It's a way for us all to get involved, share knowledge, our thoughts and news with our Tang Soo Do family. I realize that there are many ways today for people to communicate, not the least of which is Facebook, however our newsletter helps us to stay connected in a way that transcends social media, so I urge not only our member school owners to make all students aware of this publication as soon as it is available, but also that all student members get involved.

For the New Year, we will be adopting a different distribution approach. Rather than confining ourselves to a seasonal schedule, we will publish the newsletter as and when we have enough information to warrant it. It may be only a few pages but in this way the information is always timely.

Tang Soo!
Constantino Terrigno, SBN

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“What about the other 85% of the time?”

Master John Dove
BTSDF, Warwickshire, England

Mistakenly, I used to think that I spend a lot of time in my Do Bok. On reflection I came to realise that my teaching schedule of seventeen classes Monday to Friday leaves me with a lot of non-uniform time. Even if I add on three hours on a Saturday taken up by either Dan Clinic, graduations or competitive events, my weekly Do Bok time still totals less than twenty four hours.

Every schoolboy knows that is only a seventh of a week. So what about the other 85% of my time? Did I stop doing Tang Soo Do then? Or have I learned enough to be able to say, “I practice a Tang Soo Do skill during every waking moment?”

Obviously we are not talking about mere physical skills here. We are talking about the improvements in our mental strength and awareness that can accompany our on going engagement with a traditional Martial Art such as Tang Soo Do. Is there a waking moment when we do not need one of these skill or personality traits; personal discipline, tenacity, fortitude, empathy, foresight, the list goes on. The question is this; Did we, and if so how did we measure the effect of our Tang Soo do training on the other 85% of our time?

When we entered the Do Jang for the first time as beginners we probably brought with us a few of the usual preconceptions about the benefits of Martial Arts as well as our own ideas and personal goals. There was a driver behind our actions, a reason to be there. In the main, that driver is negative, we want to add something to our lives. We do not go to class because we are the most popular child in school or the most confident player in the work place. Nonetheless I guess that most of us achieved those initial goals or we would most likely have ceased attendance by now. I would go further and hazard a guess that we believe that we are still gaining something from our on going engagement with Tang Soo Do. Run down the line to today and I wonder how often we stop and ask ourselves; how did I benefit from this Martial Art beyond those initial goals?

If you will allow me to, I would like to share a few questions that I occasionally ask myself. All of these

questions start with the line **“As a result of continued Tang Soo Do training”;**

- Do you feel better physically than you did one year ago?

Your answer;

- Do you feel mentally stronger than you did one year ago?

Your answer;

- Do you feel a closer physical connection to and understanding of your body?

Your answer;

OK, the first three questions are a little self-centred but I guess we all started training for ourselves. That said, here comes the good stuff;

- Are you a more functionally capable human being better equipped to help others?

Your answer;

- Are you sufficiently at one with nature (your own nature) to better serve others?

Your answer;

- Is the example that you set today worthy of your place here?

Your answer;

Would we have come up with any of those final three questions on our first day at the Do Jang? I for one would not. But today I can answer all six questions in the positive. That is in no small part because I have benefited from the examples set by my seniors. I have witnessed and benefited from their ‘duty of care’ even when it was not deserved.

I understand that such a level of benevolence comes from a deep understanding of, and involvement with the key concepts and ethical principles of Tang Soo Do’s mental training. It is made possible by a strength of character. A strength that can only be forged through hardship and/or facing adversity in training. I believe that the resultant compassion benefits us all.

But what do you think?



"Hyung - Kata Comparison"

Master Kevin Watson
Myrtle Beach, South Carolina

helps us bridge the gap between the traditional forms (hyung) we practice in Tang Soo Do and the various Katas of other martial arts styles, most notably the Japanese / Okinawan systems.

He also includes those forms which are rarely practiced in our art as well as those created directly by Grandmaster Hwang Kee, such as the Chil Sung Hyung and Yuk Ro Hyung.

The article, which is quite lengthy, has been posted to the Tang Soo Do World website for all to see and can be accessed by clicking on the following link:

http://www.tangsoodoworld.com/reference/reference_hyung_kata_comparison.htm

In this article, Master Watson has compiled one of the most comprehensive collection of Hyung - Kata comparisons to date.

Pulling from his own extensive experience and knowledge of the Japanese arts as well as Tang Soo Do, he has provided an invaluable resource that

Using A Training Journal **By Byron Ruiz - 4th Gup** **Two Dragons Tang Soo Do, Sanford, Florida**



I started Tang Soo Do about a year and a half ago. Back then, I was 40 years old and I thought it was too late for me because of my age. Nevertheless, I took the chance to enroll and quite honestly, I was very, very skeptical if I was going to be able to do it or pass the first month.

Thanks to the continuous support of my teacher, Master Terrigno and my friends and classmates at the do jang, I found the journey to be a combination of mixed emotions. There were many days when I felt really discouraged, overwhelmed, and frustrated and I considered quitting, but time after time, I always had the support of the Two Dragons Tang Soo Do family.

When I became a 9th Gup I started feeling like I could possibly be able to continue practicing. I noticed a new way of thinking starting to develop in myself - a sense of responsibility, discipline and physical strength that made me feel better about myself. I realized that small steps can take you far one day at a time.

Now that I'm a 4th Gup, training about two or three times per week, one thing that has helped me a lot is a training diary. I realized that I am not retaining everything in memory. Everyone who trains in Tang Soo Do knows that the forms, combinations, techniques and terminology only get harder and harder, and for many like myself, it got to the point where I was getting confused between all of them. One day, I read one of Master Terrigno's article on the Tang Soo Do World website about the importance of having a training journal. (http://www.tangsoodoworld.com/articles/create_a_training_journal.htm) I remember the first time after I practiced, I went to my journal and wrote down everything that I could remember about the specific practice day. As time goes by I find myself referring to my journal before class and going over my notes. It was really amazing the difference it made for me, something handy to take a quick look at and practice right there. It helped me to correct mistakes and improve my techniques.

I normally go to the do jang 10 or 15 minutes earlier so I can use the extra time reviewing my journal to help clarify certain techniques, forms, etc. that I get confused with. I definitely recommend that if you want to see improvements in your training, start a journal in your own words. Then you will have a reference point to go back to anytime to refresh your memory.



News From Across The Pond



2012 - Has been a landmark year for the British Tang Soo Do Federation. Ko Dan Ja Members were honoured to make their fourth visit to Kwan Jang Nim Ah Po in the US as the Federation passed its fifth year as an affiliate body to the Tang Soo Do Martial Way Association. The BTSDF witnessed the instigation of a new Region; Region 3, based in the East Midlands County of Leicestershire, will be headed by Kyo Sa Martina Chovancova who moves into full time Martial Arts Instruction. Master Adam Preston's Region 2 (South East Midlands) achieves its first full time Instructor with Mrs. Katrina Creaser expanding her network of classes for younger Members into a full time role.

The establishing of the BTSDF recently passed the right moment for the formulation of a 'Special Activities Body' whose purpose it is to assess and enhance the 'community' aspect of BTSDF Membership and visibility. Special Activities include; Public and internal demonstrations (internal demos are offered to show junior Members the exciting path ahead) Social events (such as recent celebratory dinners for new Dan Members and for Master Dove's 20 years as a Kyo Sa) and Members' feedback Coordinators (a 'go-to guy' in every class whose role it is to feed back the positive and negative experiences of Members who may otherwise feel that they have no voice). Thank you to the volunteers who filling those important roles.

2013 - For the first time the Federation has elected to offer a professionally built web site (online by year end 2012 at www.family-martial-arts-classes.co.uk) that will be compatible across all current net media applications. Yearly statistics show us that higher percentages of net viewings land via mobile phone and hand held electronics rather than traditional tower computer systems.

Full 2013 Events Calendars will be available to Members prior to the 2012 Christmas break. None of the above has been achieved without a constant river of experience and sound business and personal advice flowing from Kwan Jang Nim Ah Po backed by the fellowship of our Stateside colleagues. Thank you all for your strength and presence .

Other News



Master Alan Crawford, Sacramento, CA holding his 1st Place win in the Senior Ko Dan Ja Forms Division of the Tang Soo Do Mi Guk Kwan 17th National All Tang Soo Do Championships in August. The event is hosted annually in Connecticut by Grandmaster Charles Ferraro, the organization's founder.

Way to go Master Crawford!

Upcoming Events



Tang Soo Do Martial Way Association

Ko Dan Ja Training

Matt Sumpter's Mission Tang Soo Do
Sacramento, CA

Other News - continued

On Saturday, July 28, 2012, Master Terrigno's Two Dragons Tang Soo Do in Sanford, Florida held its third Women's Self-Defense Seminar. This year the event was organized to raise funds for 'Grace-N-Grits', a local soup kitchen that has been feeding the homeless in Sanford for the last 20 years. The organization was co-founded by Ernie Mander of St. Peters Episcopal Church, and Betty and (the late) Bob Sonnenberg. Betty has been overseeing the day to day operations since inception.

We are happy to report that on short notice, we were able to assemble 17 participants. Mr. Joshua Stokes, Mr. Jon Anest, Katie Doyle and Brian Nash, all students at the school were also on hand to lend assistance. While the fee was kept low to encourage participation, we did manage to raise \$400.00 to help the organization.

The impetus for holding this event for 'Grace-N-Grits' was the fact that Mr. Stokes, a 2nd Dan at the school has worked tirelessly for the last 5 years giving his time and love to the cause to help others. Said Master Terrigno, "when I see an individual like Joshua selflessly working to make other's lives better I felt inspired that we as a school should do what we could to support him in his efforts to help our community. We will also be expanding that effort to include an annual food / clothing drive beginning this Christmas."

A check for the proceeds was presented to an appreciative Mrs. Sonnenberg on her return from vacation.



Dan Promotions

Mr. Jon Anest and Mr. Joshua Stokes of Two Dragons Tang Soo Do were awarded their 2nd Dan in the Tang Soo Do Martial Way Association in June. Beginning just one week apart, they were the first two students at the do jang back in June 2006. As the school was growing they spent countless classes working their way through the ranks together, very often the only two students on the floor. Congratulations to them both for their perseverance and loyalty. Mr. Anest is also an Assistant Instructor who has two children that train.

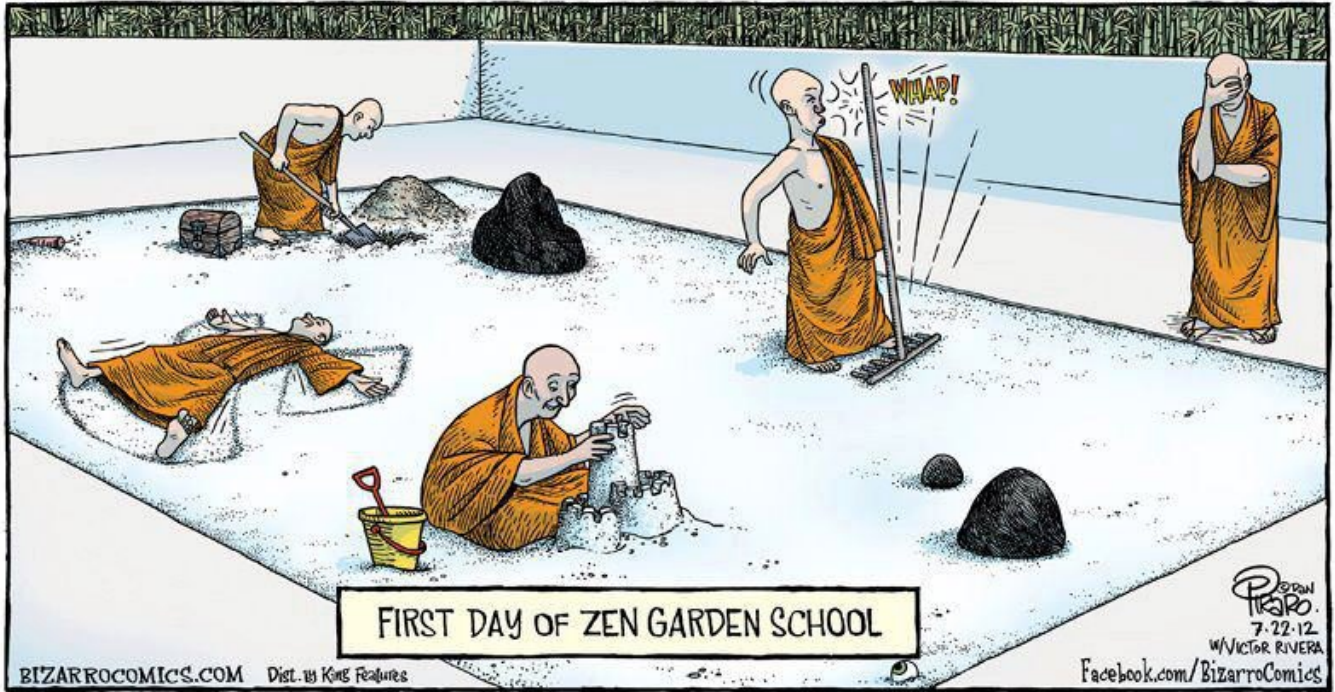


Mr. Jon Anest

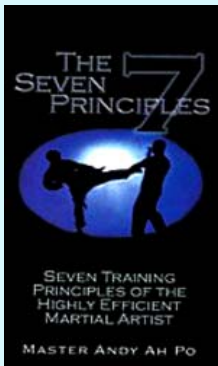


Mr. Joshua Stokes

Humor



TSDMWA Training Videos



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The Seven Training
Principles of the
Highly Effective
Martial Artist**

VHS

\$49.95



**Grandmaster Ah Po's
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Add \$5.00 S & H

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