



TANG SOO DO MARTIAL WAY ASSOCIATION

Newsletter



Founder's Message

Kwan Jang Nim Andrew Ah Po
9th Dan

In closing I want to take this opportunity to again express my appreciation for your continued loyalty, confidence and support.

Tang Soo!
Andy Ah Po, Kwan Jang Nim, TSDMWA

Dear Association Members

We are happy to provide you with a copy of the Association's 2011 Fall Newsletter.

As previously stated, our major purpose for publishing the quarterly Newsletter is to maintain close communication with all of you regarding the latest events and activities of the association, and to also serve as a vehicle for providing you with an opportunity to be exposed to information, educational materials, and human interest stories regarding the history, philosophy, principles, training methods and personal experiences of fellow members that will help to enhance your overall Tang Soo Do training experience. After all, Tang Soo Do is best appreciated and enjoyed when we are able to share our knowledge and experience, so please feel free to contribute articles along these lines for future publications.

My appreciation to all association members who attended and participated in the Worldwide Tang Soo Do Family International Championships last month in Orlando, Florida. Although our faction was small, our members faired quite well and placed in a number of competition categories. I know that all who attended would agree that this was a very unique and successful event and that Grandmaster Ferraro (who is one of my direct students) and the members of his Tang Soo Do Mi Guk Kwan Association are to be congratulated for a job well done and for exceeding all expectations.

I hope that you will all enjoy reading the unique articles contained in this Newsletter and wish you success in your quest to achieve excellence in your overall Tang Soo Do training and continued development.

From the Editor

This issue features two articles from personal perspectives on last month's 2011 Worldwide Tang Soo Do Family Championship in Orlando, Florida, as well as a number of photos.

A comprehensive article provided by Kwan Jang Nim Charles Ferraro has also been posted on Master Terrigno's www.TangSooDoWorld.com. The article includes complete Championship results, videos and over 120 photos.

Archived recordings from the live webcast are available at <http://www.tsdmgk.com/webcast>

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"Variations on Dull Ryo Cha Gi - The Roundhouse Kick"

Master Kevin Watson

The roundhouse, or round kick, is one of the most used yet least understood techniques in many ways. It is also one of the easiest techniques to use if properly practiced.

Here are some ideas and thoughts on training with this technique:

"Snap" vs. "Thrust" - As Kwan Jang Nim has taught us, most kicks can be executed with either a snapping motion or a thrusting motion. The round kick is no exception. Generally speaking, the "snap" round kick is thrown with the leg closest to the opponent - the front leg. But the snapping motion can also be used to great effect with the back leg, as we can experience when we practice Sam Dan Sam Gup (Combination #3).

Practice both methods - The basic way of training this technique - which should always be practiced by everyone - is to use the back leg to kick (Figure 1), allowing the hip and supporting foot to turn 180 degrees as you complete the kick. This is crucial for you to practice, since the hips must be used for maximum power and, most importantly, if the kick is attempted by beginners without using the hips in this way, injuries will result from repetitive swinging of the leg without hip support.



Figure 1

Remember that all of our movements and techniques must be executed as Kwan Jang Nim has taught us, with fluidity. Tension only occurs when technique culminates. This is one way we can feel the key concept of "shin chook" - muscular expan-

sion and contraction. In short, all movements should be practiced until they feel natural to you, not forced. Note that in Figure 1, the supporting foot is fully turned so that the heel is facing the opponent, and the shoulder, hip, and knee are aligned.

When proficiency is achieved in this technique, begin to practice and feel the difference between snap and thrust in the kick. Begin by practicing the kick with the front leg while standing in Hu Gul Jaseh (Back Stance). Still use your hip so that your supporting foot is turned towards the opponent as in Fig. 1-A.



Figure 1-A

With practice, there should be no difference in the finishing position of the technique whether you are using the front or back leg.

Also important to note is the distance at which the technique is practiced (Figure 2). Maintain this distance when you practice to allow yourself to experience the full use of hip, which is crucial.



Figure 2

For beginners as well as most gup students, this is an important step in being able to use the kick at various distances. In other words, you are learning and practicing the kick at a distance that allows you to extend your leg fully through the entire range of motion.

When you feel comfortable, begin to close the distance to arms-length (Figure 2-A). Then, starting with the back leg, use the kick at a sharp angle (Figure 2-B). The first thing you will notice is how difficult it is to use the kick at this distance. This is why it is so important to practice with a full range of motion for many months, perhaps years, before using this variation of the kick. Muscle memory as

well as prevention of injury are the key considerations here. Countless injuries have occurred by rushing this stage of practice, and damage to the hips and lower back are the usual result. Therefore, please be honest with yourself and what you can do. Whether you are young or old, practice smarter, not harder.



Figure 2A - Close distance - This is where fights happen!



*Figure 2B - Round kick at close distance
(Note that hip cannot rotate fully due to distance, so “snap” must be present for technique to generate power.)*

Generally speaking, the thrust in the round kick is more easily experienced when kicking with the back leg, while the snap is needed when kicking with the front leg - this is all related to distance.

Use the front-kick chamber position - When you are comfortable with the technique, begin to practice throwing the kick from a front-chamber position (Figure 3). In fact, you should practice so that you are able to throw front, round, or side kicks from this position. Obviously this requires a lot of practice before you should attempt throwing the kick from this position. It is especially important to note that if you rush into practicing this technique using this chamber, you will eventually injure yourself! Again, you must practice the correct technique for many months or years before trying this. This skill is important, however, in order to “disguise” the kick so that your opponent cannot

tell which kick you are throwing. This is a key towards being able to use the kick in both sparring and the street.



*Figure 3
Front kick chamber position*

The “snake kick” - After practicing these elements for a long time, you can “modify” the kick by throwing it just as you would in a front kick, but at the last moment, twist the hip and supporting foot enough so that the kick has a corkscrew motion. This is difficult to describe, but with practice this allows you to “get around” blocks that opponents typically use against these techniques, particularly to the body. (Figures 3A, 3B)



*Figure 3A
Kick continuing towards target, still resembling front kick*



*Figure 3B
Completed kick
(Note supporting foot is not turned as much as the “regular” round kick)*

Continued on page 12

"The Family Experience"

*By Master Adam Preston and Mrs. Ellie Preston
Milton Keynes, England*



On Saturday the 30th of July 2011 I was lucky enough to marry my (now) wife Mrs. Ellie Preston. A beautiful day was matched by our beautiful location. To cap it all, good fortune had allowed us the opportunity to combine the second week of our Florida and Bahamas honeymoon with attendance at the long anticipated Worldwide Tang Soo Do Family Festival at the Contemporary Resort in Disney World. Ellie and I would like to share our experience with readers from the perspective of the competitor, the spectator and most importantly, as a new Family.

The Worldwide Tang Soo Do Family Biennial was hosted by Grandmaster Charles Ferraro and the Tang Soo Do Mi Guk Kwan Association. Clearly both Grandmaster Ferraro and his organisation had spent a lot of time, thought and effort preparing for the event. Given the large number of nations involved, the variety of activities available during the weekend was considerable. Attendees and participants were left with no doubt that it did not matter where you came from, it was important that we all honoured the Great Grandmaster Hwang Kee's last wish of seeing different Tang Soo Do organisations from different parts of the World coming together to experience their Tang Soo Do in the unity of gathering.

On 11th August 2011 the festival began with a breakfast for Ko Dan Ja and studio owners. For Ellie, this was her first opportunity to meet our Martial Way Association Family and to see Tang Soo Do on a worldwide scale. For me it was a chance to bring two big factors of my life together. The welcome that was extended to my new wife moved me greatly. Hearing people refer to her as 'Mrs. Preston' was a strange but enjoyable experience, a thought that we are still growing accustomed to. The break between breakfast and the start of the Grandmasters' Clinics enabled us to view and enjoy the fantastic accommodation the resort had to offer; our balcony over-

looked a lake, we enjoyed a spacious room and perfect sunshine; ideal elements to add to our wonderful honeymoon experience.

The three superb clinics gave everyone present a chance to train with Kwan Jang Nim Ah Po, Kwan Jang Nim Khalid and Kwan Jang Nim Ferraro. Spectators had the opportunity to watch and enjoy seeing everyone train together and integrate with people they had never met. Other family members could use the time to enjoy the park's considerable facilities whilst their families were busy on the mat. Ellie did just that, taking the monorail to various locations across the sizable park. From the perspective of a participant I was reminded of why I enjoy Tang Soo Do so much.

The benefits of this being a 'Family event' became clearer to me in the evening. Following a conversation with Kwan Jang Nim Ah Po about the importance of Family, I began thinking of how valuable it was to have Ellie with me. Although it was the first time that she had been to a tournament, she had helped with my mental preparation for the competition. I noted a similar observation when a parent, watching his daughter by the lake, offered guidance and supported confidence. How many children can say they performed a hyung by the lake at Disney World at sunset?

The tournament was a huge success, allowing us to see and experience the professionalism of Mi Guk Kwan events. By 'us' I mean the whole world. Uniquely from any other tournament I have been to the hosts had organised a live webcast for the public to view at home. It was truly a world stage. I was told that members of our British Tang Soo Do Federation watched the webcast and sent messages of support to us.

For me, the opening ceremonies added a great deal of prestige to the overall event. All participating countries

were acknowledged in the parade of flags, being accompanied by an example of their nation's musical heritage. The Kwan Jang Nim then entered the hall to a rapture of applause.

Spectators were treated to an array of the finest elements of our Tang Soo Do practices. Ellie was unsure whether to watch her new husband's sparring category. The intensity was high but she was pleasantly surprised by the conduct of the spirited competitors and soon became engrossed. She was amazed by the general good conduct of competitors, the way in which they demonstrated care and attention to traditions when entering and leaving the ring, the levels of mutual respect displayed despite the equally high levels of competition. For me it was an excellent opportunity to test myself and to make sure I came out of the competition with my head held high. I hugely enjoyed supporting other competitors and appreciated their reciprocal words of encouragement.

Another competition highlight was 'Team Sparring' which enthused the whole room. Teams competed at both National and International levels providing a wonderful spectacle.

During the evening of the third day we attended the Grandmasters' presentation Banquet. The banquet was a chance for everyone to let their hair down, enjoy a three course dinner and a pleasant evening together. Our deepest gratitude goes to Grandmaster Ferraro for hosting such a fantastic event.

After the close of the event this pair of newlyweds was able to enjoy a few extra days at the Disney Resort. Ideal chill time after an unforgettable fortnight.

For us it was a trip of a lifetime. We sincerely hope it was for you too and look forward to renewing old and new friendships at the next Worldwide Tang Soo Do Family Festival due in 2013.



South Hills Karate Academy

1st Dan

Mary Cayte Reiland

Ritwik Gupta

Sumanyu Gupta

Steven Harroun



Jade Mountain Martial Arts

1st Dan

Chris Rumbak



Anniversaries

Master Stephen Propst celebrates 40 years of training in the art Tang Soo Do.

Master Constantino Terrigno celebrates 30 years, the first 6 years in Japanese karate and the remaining 24 in Tang Soo Do.



"Mission Tang Soo Do Travels to Internationals"

Master Matt Sumpter

Last month we had 14 members of our Mission Tang Soo Do dojang from Sacramento, California travel to Orlando to compete in the highly successful Worldwide Tang Soo Do Family International Championships. This was a first overall tournament experience for some of our members, and it certainly was a first for all of us, in that practitioners from all over the world were brought together in an unprecedented event.

For those of us who have been training for a number of years, it was a welcome reminder of how beneficial these events are, and this particular tournament provided an opportunity to train in clinics under 3 different Grandmasters from all parts of the United States. Kwan Jang Nim Ah Po was joined by Kwan Jang Nim Darryl Khalid and Kwan Jang Nim Charles Ferraro as they each rotated through nearly 4 hours of clinics for Gups, Dans, and Sa Boms. This opportunity alone was a first, and the response was impressive. Rows and rows of Tang Soo Do martial artists came together to learn from these legends, each taking with them a piece of history.

All of us from Sacramento participated in forms and sparring in the days that followed, and members who were unable to make the trip were able to see many of their dojang brothers and sisters perform on the live stream over the Internet. In addition to the traditional team sparring and forms events, this tournament added a very creative and entertaining new "Dojang Demonstration" event that opened up the opportunity for groups to use music, props, weapons, breaking and self-defense. Our dojang looks forward to participating in the demonstration and team events at all future tournaments.

As an Instructor, it was wonderful to see students from all parts of the globe meet each other, train, compete and instantly have something in common: a passion for Tang Soo Do. I saw children and adults both compete hard and then congratulate each other with an equal enthusiasm. Opening ceremonies featured an impressive procession of Sa Bom from each country across the world and the wonderful surprise of a duet of the Star-Spangled Banner sung by Kwan Jang Nim Ah Po and Mi Guk Kwan Sa Bom Omar Yacoub!

In the clinics and competition, Gups and Dans from different countries were exposed to each region's unique practice of our martial art, and the feedback from students was this experience was as much about the study of Tang Soo Do as it was an opportunity to perform and compete for medals.

On this note, the Tang Soo Do Martial Way Association Sa Boms from all over the country participated and I was excited to have our dojang members able to not only meet the leaders of our association, but also see these high-level practitioners in action. The TSDMW Association Sa Boms in attendance were:

Sa Bom Nims Steven Propst, Kevin Watson, John Dove, Gene Garbowsky, Constantino Terrigno, Annette Ah Po, Adam Preston, Alan Crawford, Matt Sumpter, Mark Weil and Robert McCoy

Our dojang was able to have eight Gup-level members as well as six Dans and Sa Boms make the journey. It was inspiring to see members and their families come together in the months leading up to the Internationals, as most participated in fundraising events to help cover the costs. The support from friends, family and the community was exciting, and plans for future trips have already begun. Congratulations to all our participants!

Dans: Mr. Odabashian (2nd Dan), Mr. Nick Berry (1st Dan) and Ms. Lauren Crawford (1st Dan).

Teen & Adult Gup: Kim Sullivan (1st Gup), Jeff Wright (4th Gup), and Mason Bangs-Bates (7th Gup).

Youth Gup: Gianna Giacomotto (1st Gup), Angelica Deluca (2nd Gup), Matt Flynn (2nd Gup), Zack Wright (2nd Gup) and Haleigh Barlow (7th Gup)

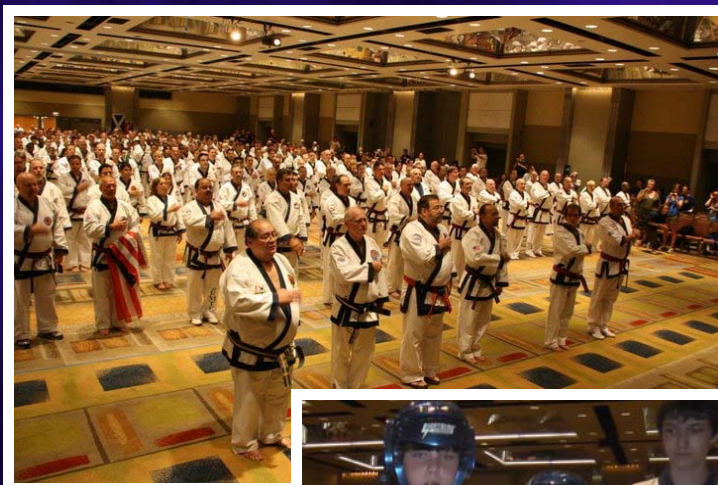
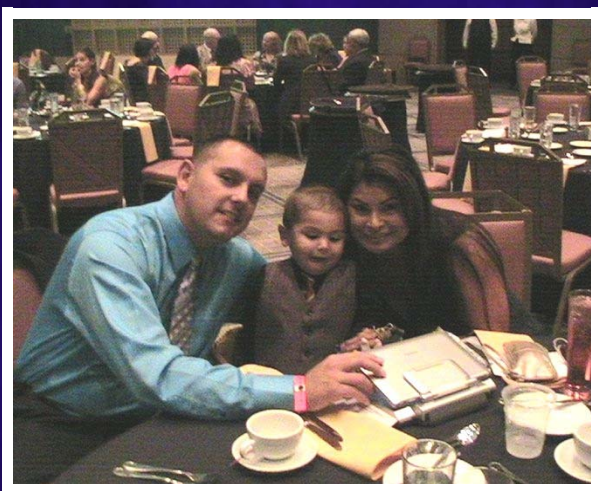
All of our members performed well and the overwhelming positivity on the faces of competitors underscored how significant the Internationals was to those who participated. Many of our participants placed in their divisions: (See Results on page 8).

One of our members, Mr. Jeff Wright, traveled with his wife Charlene and his son Zack, and was impressed with the commitment of Tang Soo Do practitioners all over the world to travel great distances to participate.

"I was in awe of the number of participants who traveled so far, and of the reach of Tang Soo Do across the world. Their dedication to the art was truly inspiring and I cannot wait to participate in the next one," Mr. Wright said upon his return to his home dojang.

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Worldwide Tang Soo Do Family 2011 International Championship



Member Results

**1st Place - Senior Men Ko Dan Ja - Forms &
Master Kevin Watson**

Myrtle Beach, South Carolina

**1st Place - Ko Dan Ja Men - Sparring
Master Mark Weil**

Sacramento, California

**1st Place - Dan Senior Men - Traditional Forms
Mr. Jon Anest**

Sanford, Florida

**2nd Place - Dan Women - Traditional Forms
Ms. Lauren Crawford**

Sacramento, California

**3rd Place - Red Belt Men - Forms
Amon Guerrero**

Sanford, Florida

**3rd Place - Red Belt Senior Women - Sparring
Kim Sullivan**

Sacramento, California

**1st Place - Red Belt Pee Wee - Sparring &
3rd Place - Red Belt Pee Wee Forms
Angelica Deluca**

Sacramento, California

**2nd Place - Red Belt Pee Wee - Sparring
Zack Wright**

Sacramento, California

**4th Place - Red Belt Pee Wee - Forms &
4th Place - Red Belt Pee Wee - Sparring
Gianna Giacomotto**

Sacramento, California

**2nd Place - Green Belt Senior Men - Forms
Jeff Wright**

Sacramento, California

**2nd Place - Orange Belt Junior Boys - Sparring
Mason Bangs-Bates**

Sacramento, California

**3rd Place - White Belt Women - Forms
3rd Place - White Belt Women - Sparring
Chanya Bruno**

Sacramento, California





News From Across The Pond



BTSDF Tang Soo Do Tigers Day of Action

Saturday the 16th of July saw the British Tang Soo Do Federation's Second Annual Tang Soo Do Tiger's Day of Action. Our venue was the John Atkinson Sports Centre within a mile of the world famous Warwick Castle in Warwickshire. A fitting location for for a well intentioned Martial Arts activity.

The name 'Day of Action' has a dual meaning – firstly the obvious, a day full of physical action, entertainment and friendly competition. Twenty eight Tang Soo Do Tigers took part in this year's series of challenges. These include a tunnel race, a high kick challenge, a parent's punching challenge and a Ki-Hap-O-Metre contest that measured the Tang Soo Do Tiger's KiHap in decibels. Can you believe that the four to seven year old age group regularly topped one hundred decibels with their Ki-haps?



The name 'Day of Action' also reflects the day's actions in support of charity. The Tang Soo Do Tigers, along with their family members raise money to support our community. This year the charity of choice was the Bethany-Shannon Snowflake Tribute Fund which sponsors the work of Hope House Children's Hospices. These hospices specialise not only in caring for children with life threatening conditions, but also supporting bereaved families as they get back on their feet.

I am proud to be able to tell you that this year our 'Day of Action' raised a huge £800. That figure represents an approximate increase of 400% on our 2010 total. That sum also reflects the growing good communications and unity across Tang Soo Do in the United Kingdom; Fellow Tang Soo Do Union Members sent donations despite there being no opportunity for them to enjoy the day with us.

Our sincere thanks goes out to all the parents and contributors who supported the event and most importantly to our young Tang Soo Do Tigers who made the day so special with their unique character.

Very Well Done!

*Master Simon Preston
Birmingham, England*





Similarities Between Golf and Tang Soo Do Karate

*By Seth Lenhof - 9th Gup
Two Dragons Tang Soo Do,
Sanford, Florida*

In July Seth, who is 8 years old, went off to

attend an annual golf camp with his family. His Instructor, Master C. Terrigno asked him to think about what things were similar between the practice of golf and his martial arts. Here is Seth's observations.

"Three months ago when I started karate, I discovered a few similarities with golf. Some of these include power control, aim, concentration, posture, balance, eye contact, practice, focus and follow through. A couple of the most important similarities are eye contact and follow through. You will need eye contact in Karate because you need to look at the people you are battling. In golf you will need eye contact because you need to look at the ball or you will have a horrible shot.

Follow through is also important in karate and golf. In Karate follow through is important because without it all of your techniques will be weak. As for golf, follow through is important to make the ball go a longer distance.

I am trying to work on eye contact and follow through this month."

IT TAKES FAITH!

By Master Robert McCoy

I would like to present a challenge to our young martial artists. The "Ten Articles of Faith on Mental Training" are an important part of the philosophy of Tang Soo Do. Without these concepts, we would just be learning to fight. So, with that in mind, try to match each of the Ten Articles of Faith on the right with its complete explanations below them by putting its number in the blank space.

Try this without consulting your manual. If you are unable to match them all up, then look in your manual or ask your seniors!

1. *Be loyal to one's country.*
2. *Be obedient and respectful to one's parents.*
3. *Be loving and kind to one's husband or wife.*
4. *Be cooperative between brothers and sisters.*
5. *Be respectful to your elders.*
6. *Be faithful to your teacher.*
7. *Be faithful to your friends.*
8. *Have a reverence for life.*
9. *Never retreat in battle.*
10. *Always finish what you start.*

— *Develop your Moo Do spirit through the practice of duty, loyalty, unselfishness and loving kindness between teacher and student.*

— *Develop unity, cooperation and unselfish dedication between your family as well as your Moo Do brothers and sisters.*

— *Believe and you will achieve. If you can see it, you can achieve it! Never start anything that you cannot finish.*

— *Children should be respectful and loving to their parents, and parents should also be loving and kind to their children.*

— *Engage in battle only for truth and justice with courage, bravery, and a pure heart.*

— *Honor friendship and strive for peace, happiness and harmony toward all mankind.*

— *Through dedication and sacrifice fulfill your duty to your country and its citizens. This philosophy originates through the tradition and spirit of Hwa Rang Do.*

— *Engage in combat only in justice and with honor.*

— *Marital happiness is the result of unselfish and unconditional love toward each other.*

— *Respect, honor, and protect the rights of elders with courtesy, consideration, and deep appreciation.*

See page 13 for answers



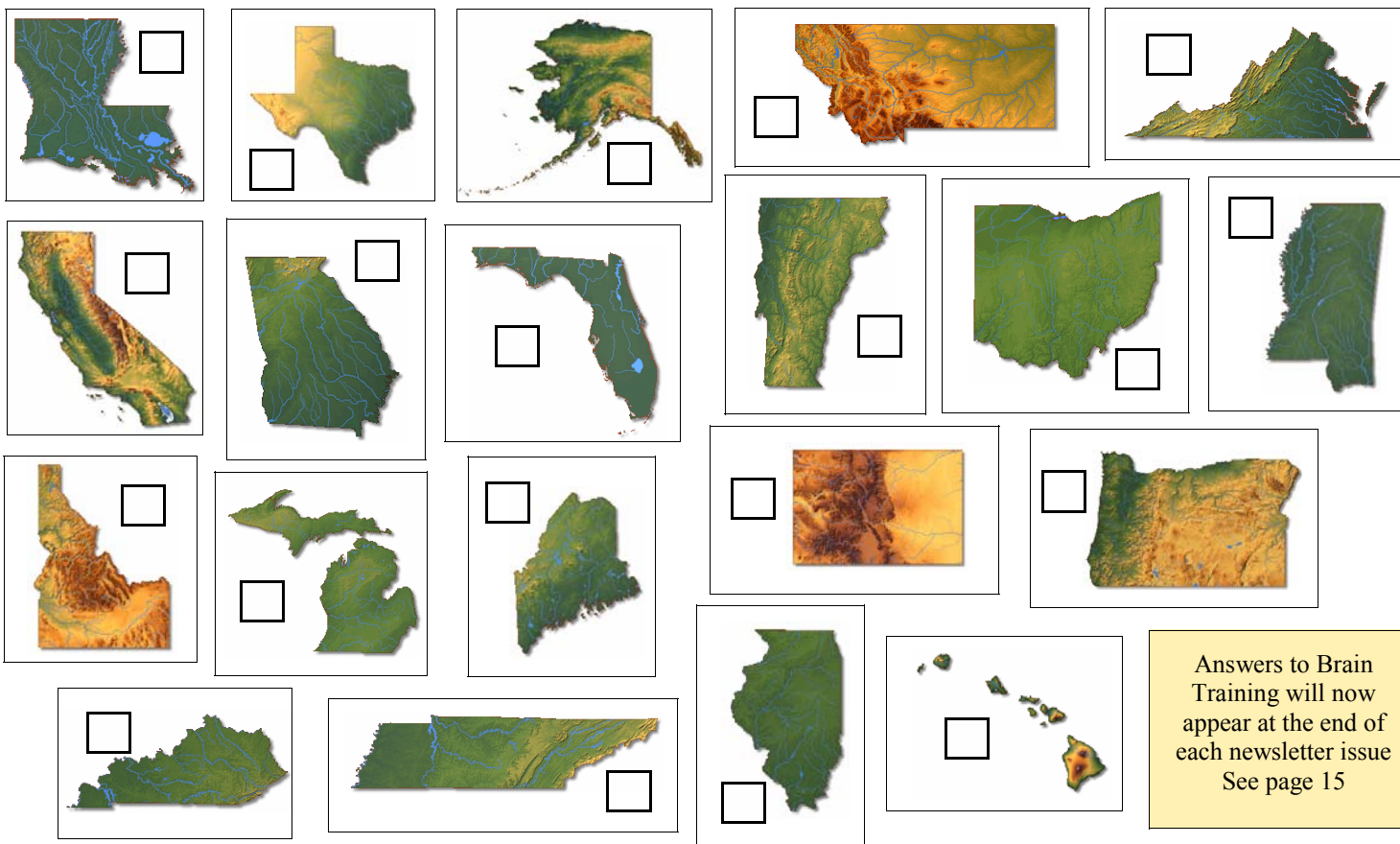
Word Search

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

For the second part of the exercise, match each state with its shape below by putting its number in the box next to it.

1. Alaska	11. Montana
2. Michigan	12. Illinois
3. Ohio	13. Georgia
4. Florida	14. Idaho
5. Colorado	15. Mississippi
6. Texas	16. Kentucky
7. Maine	17. Louisiana
8. Oregon	18. Virginia
9. California	19. Hawaii
10. Vermont	20. Tennessee

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



Answers to Brain Training will now appear at the end of each newsletter issue
See page 15

Continued from page 3

Use the toes! - As mentioned in #3, to make this kick “bite like a snake”, form the foot as shown in Figure 4. Fold the middle toe over the big toe, and begin very gently to kick while using keeping the foot in this formation. At first this will be extremely difficult just to form the foot this way, and you will have to condition the foot for impact with the tips of the toes. However, if you will spend time doing this, you will gain improvement in all kicks, due to the strengthening of the ankle and foot muscles. Use common sense and honesty in training so that you do not exceed your limits and hurt yourself by rushing into practice.



Figure 4

This is just a brief overview of tips that everyone can use, regardless of skill level, to improve their performance of the round kick. But, in the final analysis, you must commit to “practice, practice, practice” as Kwan Jang Nim has taught us in order for this or any technique to be of use to you.

A martial artist who won many tournaments in sparring told me once, “If you want to be the best spaghetti eater in the world, you have to eat a lot of spaghetti. If you want to be the best kicker and puncher in the world, you have to practice kicks and punches every day. Physical exercise, conditioning, running, weights, etc., all have their place and are extremely important, but you must practice techniques above all else.”

I notice that as people train in Tang Soo Do or any other martial art for that matter, people put the correct emphasis on the fitness aspects and benefits from training, and progress in this area, but few people look at their training from the standpoint of making the techniques more efficient.

It has been said that after you train for many years, your technique doesn't even resemble anything like what others are doing, but in my humble opinion this is a result of natural progression in following Kwan Jang Nim Ah Po's teachings in regards to technique being both technically and characteristically correct. The reason an “advanced” practitioner performs techniques in a way that other people may

not recognize even if they have been practicing for a number of years is because with training, the practitioner becomes one with the technique because they have studied the techniques from both perspectives - technically and characteristically.

By studying the proper character inherent in the techniques we unlock a new level of understanding, thus returning full circle as Cho Bo Ja (beginners) so that we may always practice basics in the correct spirit.

To summarize, there is no “graduation” from the dojang. I have tried to put this mindset into my training and I hope everyone will do the same. Additionally, I hope this article is of some help to everyone regardless of skill level.

Tang Soo!!

Ask Kwan Jang Nim

Kwan Jang Nim Ah Po was recently asked if he would clarify the difference between the terms **Ki Cho Ki So** and **Ki Cho Ki Sul**. Here is his reply.

Ki Cho Ki So refers to the correct application of technique - when a practitioner is performing Tang Soo Do techniques both “technically” as well as “characteristically” correct, but it has nothing to do with whether or not they are being performed in either a “dynamic”, “standard” or “lackluster” fashion.

Ki Cho Ki Sul is the demeanor displayed by the practitioner while performing and it implies that not only is the practitioner performing Tang Soo Do techniques technically and characteristically correct but is also demonstrating a high level of **charisma** thus making their performance dynamic.

Upcoming Events



**4th British Tang Soo Do Fed.
Exposition Weekend**

Warwickshire, England

Continued from page 6

"It was an honor to have such renowned Kwan Jang Nim enlighten us with their knowledge."

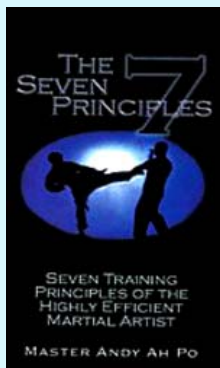
His son Mr. Zack Wright, who participated in the 9 & 10 year old divisions mirrored his father's statement.

"I was happy and surprised that everyone got along so well even though our ways of doing things were a little different and we were from different places," he said.

These feelings were expressed in common by all of our members who went, and I was excited and impressed to see the commitment and turnout from the individuals and families who supported each other, traveled together, even sharing rooms and spending time off the mat. I am greatly looking forward to the 2013 in Europe!

Tang Soo!

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

Answers for Kid's Challenge - page 10

6 Be faithful to your teacher.

Develop your Moo Do spirit through the practice of duty, loyalty, unselfishness and loving kindness between teacher and student.

4 Be cooperative between brothers and sisters.

Develop unity, cooperation and unselfish dedication between your family as well as your Moo Do brothers and sisters.

10 Always finish what you start.

Believe and you will achieve. If you can see it, you can achieve it! Never start anything that you cannot finish.

2 Be obedient and respectful to one's parents.

Children should be respectful and loving to their parents, and parents should also be loving and kind to their children.

9 Never retreat in battle.

Engage in battle only for truth and justice with courage, bravery, and a pure heart.

7 Be faithful to your friends.

Honor friendship and strive for peace, happiness and harmony toward all mankind.

1 Be loyal to one's country.

Through dedication and sacrifice fulfill your duty to your country and its citizens. This philosophy originates through the tradition and spirit of Hwa Rang Do.

8 Have a reverence for life.

Engage in combat only in justice and with honor.

3 Be loving and kind to one's husband or wife.

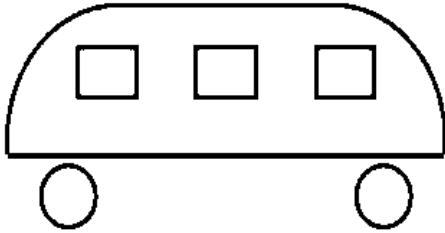
Marital happiness is the result of unselfish and unconditional love toward each other.

5 Be respectful to your elders.

Respect, honor, and protect the rights of elders with courtesy, consideration, and deep appreciation.

Brain Training Answers for Summer 2011

Which way is the bus below traveling...toward the left or the right? Pre-schoolers all over the United States were shown this picture and asked the same question, and 90% of them gave the correct answer!

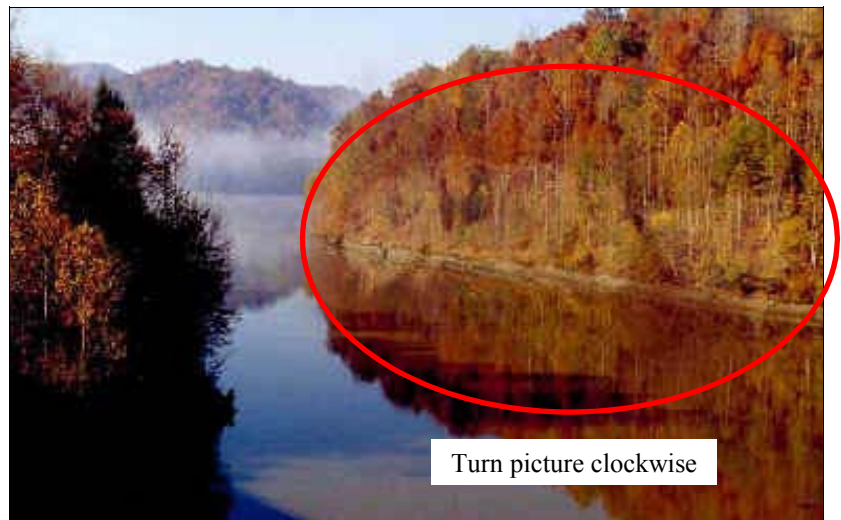


Answer:

If you said to the left and live in the U.S. you're correct because the door is not visible on this side.

However, if you live in England and said to the right you're also correct since traffic moves on the opposite side of the road there and the door would be reversed.

Find the face hidden in each of the photos.



Brain Training Answers for Fall 2011

Word Search

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

For the second part of the exercise, match each state with its shape below by putting its number in the box next to it.

1. Alaska	11. Montana
2. Michigan	12. Illinois
3. Ohio	13. Georgia
4. Florida	14. Idaho
5. Colorado	15. Mississippi
6. Texas	16. Kentucky
7. Maine	17. Louisiana
8. Oregon	18. Virginia
9. California	19. Hawaii
10. Vermont	20. Tennessee

