



Dragon's Den

唐手道

VOLUME 11 ISSUE 3

AUGUST 2011



Vaughn's Dojang
2808 Audubon Village Drive
Audubon, PA 19403
Phone: 610-676-0691
Fax: 610-676-0693
www.vaughnsdojang.com

Email Comments or Pictures to:
newsletter@vaughnsdojang.com

The Fist that Strikes the Teacher

By Master Vaughn

Inside this issue:

This newsletter features the WTSDA World Headquarters Ground Breaking , youth and adult Black Belt camps, sword history, and a student essay!

Testing Your Knowledge	2
World HQ Ground Breaking	3
Adult BB Camp	3-4
Wise Guyz	5-6
Using Your Skills to Help Others	7
Student Essay	8
Sword History	8-9
Malvern Parade	9
Congratulations	10
Want Ads	10

Upcoming events:

Sept 2—Hosting Special Dragons BB Test

Sept 10—Region 8 Dan Testing

Oct 28-29—Region 8 Championship

The subject I picked for this article has defied a quick or short rendering. The Newsletter staff has been patiently waiting for my contribution to this quarter's edition, and I apologize for this delay.

It has been my recent observation that we, as a martial arts community, may have a way to go in eliminating aggression and violence from our competitions. I believe it's time to evaluate the mentality, or mental attitude, of our students.

We see examples of aggression and violence every day in the news. We see countries torn apart by civil wars. We watch our neighborhoods become war zones, where people are not safe, even in their own homes. Isn't this one of the very reasons that people seek out our instruction? They come to learn ways of combating this plague of violence. They come to learn self-defense, but they also come for a deeper reason. Could that reason be that they seek peace?

In order to produce good Black Belts, we, as instructors, must make a maximum concentrated effort to educate students, beginning at white belt, against the evils of allowing our aggressive nature, our ambitions, and our ego, to take control over our better judgment.

Could it be that we as instructors spend too much time in teaching our students how to memorize the fourteen attitude requirements, the seven tenets, and the five codes of conduct, that they may spit them out when called upon to pass their promotion tests, rather than teaching or showing them by example how to incorporate these ideals into their lives, so that they too may have them ingrained upon their individual natures? Isn't it preferable to produce Black Belts who will walk the talk, rather than just talk the walk?

Lip service to these concepts, rather than embracing them and endorsing them and taking them to heart, is easy. Walking the talk takes a more special kind of dedication, of devotion, of commitment. Wasn't one of the original names from martial art Hong Sow, which translates from Chinese to English as hard work?

Author Edward Conion, warns in an article for *The New Yorker*, in its September 1997 issue titled "Men in Blue, why do cops go berserk?" He writes, "Those who traffic in violence regardless of the justice of their cause, risk their hearts and minds as much as their lives. And those who retain their integrity throughout the ordeal deserve our respect, for it is on our behalf that they fight."

One of the hardest lessons an instructor in the martial arts can experience is to witness students turn their back on the oath of loyalty and honor. This sort of behavior can leave a negative effect on the Association as well as the studio. It can break an instructor's heart, and can happen, and too often does happen, in the best of studios. We must work together in unity to encourage a better show.

As always, it starts at white belt. The eagerness of white belt, causes her to learn at an accelerated rate. We tend to forget how intensely and how closely the beginner watches. We tend to forget how we, when we were white belts, viewed our instructors and how we interpreted what we saw. Watched more closely are their mannerisms than their techniques. By keeping this in mind, an instructor has the power to teach on or off the dojang floor. Correcting poor behavior in these areas in the beginning, before they become habit, can be the most important catalyst to a student's growth.

(Continued on page 2)

The Fist That Strikes the Teacher

(Continued from page 1)

A bona fide litmus test for attitude is to observe the behavior of students during Dae Ryun. Questions to ask are, do they exercise control of their techniques? Do they maintain an even temper throughout the Dae Ryun? When sparring the instructor, do they try to “hit” her?

The very history of martial arts, going back to the Shaolin temple, is rich with lessons in self-sacrifice and humility, yet we demonstrate the opposite. If you ever get the opportunity to make the pilgrimage there, you will find a less known temple, not too far from the gate of the Shaolin. It was erected in honor of a monk name Lin-chi.

The way the story is told, Lin-chi, seeking enlightenment, traveled to the great monk Daruma (Bodhidharma), who, being uncompromising in his teaching and finding himself at odds with the emperor, retreated to a mountain cave in an area near Shaolin, in the Hunan province of

China. There he sat in meditation facing a stone wall for nine years, and because he was disheartened with the world, refused all students who approached him, including Lin-chi.

Upon being rejected, the majority soon became discouraged, and left to seek fulfillment elsewhere. All except Lin-chi, who upon sensing that Daruma was the master that he needed, kept a constant vigil outside of the cave, enduring rain and heat, and cold, in hopes of being accepted as his pupil.

The legend tells of Lin-chi waiting for years with no results, and yet he persisted. Eventually, out of desperation, and to show his sincerity, he cut off his right hand and presented it to the master. This supreme act of self-sacrifice led Daruma to end his meditation, to come out of the cave, and to establish the Shaolin temple.

Here is a copy of a portrait of Lin-chin by Zen Master Sengai (Japan, 18th c.). Sengai calls the portrait, “The fist that strikes the teacher.”



With this kind of rich heritage, do not we, as professors of the martial arts, have a great responsibility to maintain the tradition of non-violence, which these ancient warriors taught and demonstrated with their actions?



Testing Your Knowledge
By Susan Thompson, E Dan



1. Which Dynasty united Korea's three kingdoms in the year 668 AD?
 - a. Koguryo
 - b. Silla
 - c. Yi
 - d. Paekche
2. The origin of the dobohk can be traced back to about...
 - a. 2000 B.C.
 - b. 500 B.C.
 - c. 100 A.D.
 - d. 600 A.D.
3. The formal name of Tang Soo Do is...
 - a. Moo Duk Kwan
 - b. Kong Soo
 - c. Soo Bahk Ki
 - d. Tae Kwon Do
4. The Charter Convention for the World Tang Soo Do Association was held in what city?
 - a. Pittsburgh, PA
 - b. New York, NY
 - c. Philadelphia, PA
 - d. Burlington, NJ
5. The first martial arts book was named...
 - a. Song Moo Kwan
 - b. Mooyae Dobo Tongji
 - c. Hwa Rang Dan
 - d. Muyong Chong
6. The monk who originated the Five Codes of Tang Soo Do was...
 - a. Won Kwang
 - b. Wang Kun
 - c. Shim Kong
 - d. Hwang Kee
7. Grandmaster Shin came to the United States in...
 - a. 1982
 - b. 1968
 - c. 1958
 - d. 1936
8. Jae C. Shin became Grandmaster of the World Tang Soo Do Association on...
 - a. Nov. 13, 1984
 - b. Nov. 13, 1982
 - c. Nov. 11, 1984
 - d. Nov. 15, 1987
9. The Koguryo Dynasty was founded in what year?
 - a. 18 BC
 - b. 37 BC
 - c. 57 BC
 - d. 668 AD
10. The warlord who overthrew the Silla Dynasty in 918 AD was...
 - a. Hang Jun
 - b. Hwang Kee
 - c. Wang Kun
 - d. Won Kwang

Answers: 1. b 2. d 3. c 4. c 5. b 6. a 7. b 8. b 9. b 10. c

A Dream Realized

By Master Lipstein

Thursday, May 12, 2011 will be remembered as one of the most wonderful days in the history of the World Tang Soo Do Association. That was the day of a formal ground breaking ceremony for the new world headquarters. Grandmaster Shin was all smiles as he lifted a shovel of dirt marking the end of a 25-year quest to find a suitable location for a truly world class home for the Association, and marking the beginning of our future.

The quest for a new headquarters began shortly after the formation of the Association in 1982. I can remember hearing about "our new home" when I was a 6th gup in 1992, and, in fact, I made my first contribution to the building fund in that year. It took another 10 years to locate what we thought would be our new headquarters—a 12-acre plot of land south of Coatesville, PA. This location, however, turned out to have too many zoning restrictions, and, after investing two years of trying to gain variances, we abandoned the site. We then located another site near Lancaster, PA, but the building on the site did not have an adequate water supply, and would have required sprinklers, which were cost-prohibitive. We were in "two strikes" mode, but still felt confident in our ability to get our "hit."

Master Jim Mars, who runs a Tang Soo Do school in Chapel Hill, NC found the current site in Burlington, NC,

located between Raleigh and Greensboro. As soon as he showed the land to Grandmaster Shin, Grandmaster Shin knew it was the right place to be. How ironic it seems—Grandmaster Shin started his career in the US in Burlington, NJ, and now will move to Burlington, NC on a permanent basis.

May 12 was an overcast day, yet the rains held off until the ceremony was complete. Most of the Region 7 Masters were there, and I was grateful to be invited to attend. Our studio has played an integral role in the process leading to May 12. Master Vaughn has been a member of the building committee, and has been the most outspoken person on the committee in support of Kwan Chang Nim's willingness to place the new Headquarters outside of Region 8.

Mrs. Winsko handled all the legal work associated with the acquisition of the land, the documentation of the construction loan, and the contract with the construction company which will build the building. As Treasurer of the Association, I was able to negotiate the loan, and provide assurance to the Association's Board of Directors of our ability to service the debt we incurred.

Watch the Association's website—you should soon see pictures showing steel coming out of the ground. Completion is targeted for the end of 2011, and there will be a formal ribbon-cutting ceremony as part of the World Championship to be held in Greensboro next July. Mark your calendars. You won't want to miss being part of the history that will be made that day.



Black Belt Camp

By Christie Strowhouer, Cho Dan Bo

Let me start off by saying "What an enlightened, spiritual, and physical experience attending Black Belt Camp for the first time was for me!" What more could a martial artist ask for than to hang with 350 other positive people, all of whom have the same love and passion as you do for the art? Being at camp taught

me to dig deep and push through any obstacles I may have. They are there for a reason. Without them we have no room to grow. In the future you will see me at every camp. Without a doubt in my mind, I know that even after attending 15 camps I would always come home learning something new. I would have to say my

favorite part of camp was doing Bassai over and over again, and with that in mind I would like to say " Thank you sir, may I have another."

Tang Soo!

“Totally Awesome, Sir”

By Peter Teunissen, Cho Dan Bo

It is Sunday June 12, 2011, 7:00 PM as I write this, barely three hours home after my first Black Belt Camp. I need to write this article for the newsletter quickly while the memories are fresh.

This was my first Black Belt Camp. After I received the information that I had passed my Cho Dan Bo test I had exactly two days before registration closed. Not only is attending a Black Belt Camp a requirement for Black Belt testing, but there was also something mystical about it. I had heard stories about it and wanted to see it with my own eyes. I wasted no time and quickly registered.

We all checked in Friday early in the evening and gathered in the main gym of Elizabethtown College for general introduction and two lectures. Master Arteca's speech on Black Belt Determination left us with the slogan for the weekend: when asked how we are doing, we would not answer “Great, Sir,” but with an enthusiastic, “Totally Awesome, Sir.” We used it many times!



Saturday morning started at seven with Ki Gong, followed by breakfast and gathering on the main lawn. After opening and more instructions, it was time for breakout sessions. Choosing from the

eight offered sessions (besides CPR) was not easy. Since all sessions are open to all attendees, I chose “Sword one-steps” by Master Britt. Not only had I never handled a sword, it was also a way to work with Master Britt and be entertained by his character! Together with his assistants this was very educational for me; I might have found a favorite weapon!

After the breakout session came a basic conditioning session. All attendees gathered on the main lawn, lined up, and one of the Masters started us in “old school” drill. After the hand and feet drills he then turned it over to Grandmaster Shin. On the beat of a large drum, the whole field performed Sae Kye Hyung Il Bu. Then we moved on to Naihanchi Cho Dan. I love this form. We did it one time, and then we did it again... and again... and again ... and oh yes... again! I lost count. We were tired, our legs were burning, we were sweating, but after the last beat of the drum the euphoria is indescribable. We all made it through! Nobody stepped out! And... I still love it.

Lunch in the college cafeteria was followed with a session specific for each belt. In my case all the Cho Dan Bos were assigned a corner of the lawn to practice our staff forms and then worked on Sip Soo. Next was another elective breakout session in which I did Tai Kuk Ki Gong with our own Mr. Altieri and Master Lipstein. This was a welcome slow-down of the day in the shade of a large tree. We worked on breathing, clearing our minds, and we “Painted the Sky,” a beautiful description of slow-moving movements and proper breathing. Next was another belt-specific session on the main lawn. The Cho Dan Bos worked on hands, feet, and self-defense. We were tired but satisfied. After a shower and some dry clothes, it was time for dinner followed by lectures in the main gym. Upon closing of the last lecture we were advised to be careful and stay away from windows; a severe weather advisory had been announced. Most of us retired to our rooms. We mulled over the day and I think all of us fell asleep early.

Sunday morning started again with Ki Gong in the main gym, breakfast, and one more breakout session. For me this was

Philippine Kali—a fighting style with sticks, about 2 to 3 feet long. This introduction showed me how our Tang Soo Do one-steps can also be applied with sticks and turned into a very effective technique. Then it was on to a group hyung session in the main gym under the direction of Grandmaster Shin. This time it was Bassai. Using his large drum we performed it over and over again, pretty much like the day before. But there was something extra for me. Maybe because it was in the gym where we were lined up closer to each other (350 attendees this year) which made it even more intense, and it was a great feeling to feed on the energy in the gym. Not only did it help me, but by giving it your all, you give back and contribute to that energy! In that way we all helped each other pull through. The kihaps in the last run-through were as loud and enthusiastic as the first.

As the last official matter of the camp came the graduations and promotions. Seeing our own Mrs. Mudd in that group receiving her promotion from Cho Dan (1st Degree) to E Dan (2nd Degree) made me proud of our Dojang and after the official closing all of Vaughn's Dojang attendees were there to congratulate her on this wonderful accomplishment.

Before I went to this camp Dr. Painter had assured me I would have a great time. You hear about Grandmaster Shin doing the group hyung “one more time.” You hear about making sure to be on time for each program item, and about sunburn, and about making new friends. I can now tell you all of it is true! I made a new friend in a Cho Dan Bo who originated from Germany. I worked with Cho Dan Bos and 3rd Degree Black Belts. Rank did not matter. All are eager to teach or to be taught. But most of all I made new friends right here in our own Dojang. We all looked after each other. We all had our meals together, and it does not matter what belt you have: you are part of the family! I do not have “drinking buddies” or “fishing buddies”, but I am proud to say “I have Tang Soo Do buddies!”

This weekend was “Totally Awesome, Sir” and I am looking forward to next year already!! Tang Soo!!

KIDS

D
I
K

KIDS

D
I
K

Wise Guyz

present...

My Years through Black Belt Camp

By Mike Magner, E Dan

A couple of weeks ago I finished up with my fifth and final year at the youth Black Belt Camp. Over those five years I saw growth in my technique, my attitude, and my view on Tang Soo Do. I started out as one of the youngest students at the camp and consequently one of the most inexperienced, and I finished up as one of the oldest and more experienced students.

In my first year I was a bit scared of what Black Belt Camp had in store for me (cold showers, bad food, doing hundreds of forms by the drum). In reality, the showers aren't that cold—not as warm as home but not bad, the food wasn't as bad as people made it out to be, and the forms by the drum turned out to be rather fun. Some of the older kids from Vaughn's helped me out that year by guiding me through camp. That year I was trying to stick with only Vaughn's students and I was missing out on meeting new kids from other studios. After that year I learned a lot about the camp and how to handle it for years to come.

My second year was probably one of the better years for me at camp, for many reasons. This year I received my Black Belt, one of the greatest days of my life. This year was also my sister's first year at camp. This year I tried to do new and different things from my first year and I felt like I got more out of it. The ceremony for the Black Belts was on that Sunday and I was towards the back of the group and was one of the final ones to receive my Black Belt. Afterwards they let family and friends on to the floor to congratulate the new Black Belts, but it felt like forever before anyone came over to me for hugs and high fives.

By my third year I knew the routine of camp and where to go throughout camp. I was even helping out some of my friends at the camp, both from our studio and other studios. This year though I wasn't quite one of the oldest or highest ranks, as far as campers go. Nevertheless I still had fun and I knew the next couple of years were going to be really fun.

The fourth year I went to Black Belt Camp I was going by myself as I did in my first year. The only difference is that I was going to be promoted to E Dan this year. In a way I felt like I was so much older than I really was, because I knew where to go, I was on my own for this week, and I was getting promoted again so it just had the feel that I was growing up. At the promotion ceremony this year I was towards the front and I was one of the first to get promoted. It was a totally different feel than when I got my Cho Dan and I was very pleased with how I did.

Then came my final year at youth Black Belt Camp, and I knew that coming in. I knew I was going to be one of the oldest and more experienced ones there. I was now a leader of camp; I was at the front of line-ups. When no one wanted to volunteer to demonstrate a technique or try to break a board, I found myself stepping up to the challenge and soon after everyone else would jump in and do the technique or break a board. Also as I was looking around and saw younger kids I saw a younger me in them and it just made me realize that the process is always going on. It made me remember my first year when I was scared, but I had the help of kids from my studio. This year I was guiding and helping out first-year students and I was completing the circle that I had started with five years before.

With youth camp done for me I have to start on a new journey. This journey is known as adult camp. With my experience at youth camp, I know the feel of the Black Belt Camp, but I don't know the feel of adult camp. I know that if I can take on five years of youth camp I can take on just as many years of adult camp and more.

Region 8 Creativity Demo Team 2011

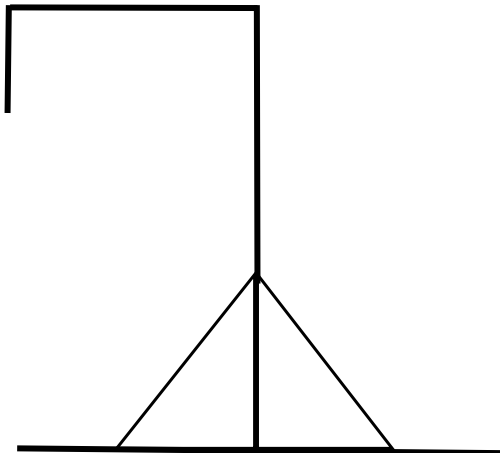
By Marcene Ameer

As you might know, the Vaughn's Dojang Demo Team has been very successful in the past. Our team has just come off a 3rd place win at the 2010 Region 8 Championship. This year the team is gearing up for another Region 8 Championship in October. The Demo Team is a group of dedicated youths who come together under the guidance of Dr. Thompson to create a demonstration to compete against other teams in Region 8. This year the captains of the Demo Team are Dan Peters, Katie Maningas, and myself, Marcene Ameer. Everyone is very excited for the competition in October. We have been practicing for over a month now and things are coming together very nicely. There are many new members this year that are a great addition to the team. Everyone is working really hard and getting along great with each other. I think the team has amazing energy and is really stepping it up so hopefully this year we can come home with the 1st place trophy!

Tang Soo Do Hangman

By Lucas Froman, Cho Dan

Play Hangman with your friends and try to figure out this Tang Soo Do question.



What does Black Belt mean?

_____ and

Answer: Respect and Discipline

Using Your Own Skills to Help Others

By John Hubler, Sam Dan

Editor's Note: The following article was written a few years ago by Mr. John Hubler, who trains at D. J. Studios in Central PA. He recently ran across it and forwarded it to Master Vaughn.

On Sunday, May 31st, at the youth Black Belt Camp, I was truly honored beyond words when I was presented with a sword from Master Vaughn, for a small contribution that I made to his website. After he had presented me with this gift, he asked if I would like to say some words to the audience. At the time I regrettably had to decline, because at that moment, I was still rendered quite speechless from this unexpected gift. Afterwards, I started to think about what I even would have said, if words hadn't abandoned me at that moment.

Just prior to presenting me with the sword, Master Vaughn had mentioned that as martial artists, we need to find ways to take our talents, and use them to turn around and help other people. It is this concept that I would like to elaborate on, in lieu of my lack of a prepared speech at camp.

Allow me to start off by saying that all of us—each and every one—is born with a unique set of talents or gifts. These talents aren't always what you *want* them to be, but every single one of us has *something* at which he is naturally gifted. Some of us have natural athleticism, while others have a natural ability to talk to people and relate to others. Some people have excellent artistic skills, while others have exceptional intelligence. Of course, those individuals are often envied by others, because of their strong abilities in these "high profile" talents. But what about those of us who don't fall into any of those categories? What about those of us who are just normal people, and feel like there's nothing we're really "great" at?

Even though you might not be "great" at the things you *want* to be great at, that doesn't mean that you aren't great at anything. Deep down, if you think about it long enough, you WILL find something that you are unusually skilled at, without any good explanation. Some of you may be fighting it, simply because what you are naturally good at might not be all that impressive. Don't be ashamed about it, and don't feel discouraged about it. Embrace it! We have a tendency of telling ourselves that just because something doesn't get us a lot of attention or "prestige," that it is less valuable, and not a skill worth having. This couldn't be further from the truth. If the ultimate goal of Tang Soo Do is to become one with nature, then start by embracing that which comes naturally to you!

Speaking from experience, I can say with conviction that I am by no means naturally gifted physically. I don't have natural flexibility, nor do I have a natural talent for the martial arts. Any skills that I have acquired in the last 16 years were a result of a constant fight with my body to do things that it technically shouldn't be able to do. As a profession, I design websites. Artistically speaking, I can't honestly say that I am all that naturally gifted there either. In both the martial arts, and in my profession, any skill or merit that I have acquired has been the result of nothing more than a lot of persistence and hard work.

For years I constantly beat myself up over the fact that I never seemed to be GREAT at anything. What I had to work so incredibly hard for, seemed to come so easily to others around me. I only ever got to be "pretty good" at most things, but great at nothing. And I HATED it. And while that drive to be better did indeed help me to push my own limits, the whole time I was failing to embrace, appreciate and develop the talents that I DID have, because in my mind, they weren't impressive enough. Those were not the things that I wanted to be remembered for. After all... who wants to be renowned for being a good "check list" maker (which sadly, is the only thing I could really come up with in terms of natural skills).

It wasn't until later that I realized... no matter what you do, if you only do it for yourself, then is it even worth being remembered for? At this point, I started to develop a philosophy, which has since brought about a whole new level of personal satisfaction that I never achieved when I was out seeking personal attention. As martial artists, and more importantly, as human beings, we all have three tasks that we must do:

1. We must figure out and embrace our unique talents and gifts, regardless of what they are.
2. We must then work tirelessly to further develop those gifts into a true talent or skill.
3. We then must turn around and find ways to use those skills to help other people.

That's it! That's the whole shebang. The meaning to life, if you will. Using your own skills to help others. To echo a central theme from the youth camp "the strong helping the weak." More specifically, using

your unique strengths to help those around you.

When you use your skills to help those around you, you will get a much greater sense of satisfaction than you do from anything that you do for yourself. Period. The phrase "what goes around, comes around" comes to mind as I say this. Generally, when we hear that phrase, it is in reference to someone who has wronged us in some way. A phrase we utter to make ourselves feel better in choosing not to react to this wrong. What most people don't realize, however, is that it works in reverse too. If you do good things for others, good things are bound to come back to you. I discovered this first hand, as I found myself being honored with a beautiful new sword at camp.

As human beings, one of the core desires of our hearts is to be remembered. To make a difference, and to leave behind a legacy. Beyond anything else, we want to know that we have left something behind for people to remember us by. Many times, people attempt to do this by focusing on themselves. In reality, very few become legends through selfish means. The fact of the matter is, if you want to be remembered, all you have to do is help others, and treat others with respect and kindness. You are much more likely to leave a legacy behind through your acts of selflessness. The more people you help, the more fondly you will be remembered.

In closing, I would like to remind you of a quote from Miyamoto Musashi: "From one thing, know ten thousand things." In embracing those skills that I have suppressed for all of these years, I have noticed a profound difference in the way I train, and the way that I approach everything in life. I have found that when I apply the same concepts of the things I do naturally well to other areas that I don't do so well, I become better.

There are similarities and comparisons to be drawn in **anything**. Finding the connections in two seemingly unlike things is how we become better. So while you may be fighting with yourself, telling yourself that you don't want to be good at one thing, because you'd rather be good at something else, perhaps it's time to let yourself become GREAT at what comes naturally to you, and you will soon see that you also become great in other areas of your life.

The Codes and Tenets of Tang Soo Do and My Life

By Adam Dunacusk, Cho Dan Bo

Tang Soo Do is powerful more ways than martially; it affects us emotionally and in unexpected ways. I remember all the way back to when I joined this program. But it's not just a program—it's a true blue experience, it's a test, it's a sport. I remember when I struggled to do Sae Kye Hyung Sam Bu with the Newmans. It was only a matter of time before I learned many lessons. The codes and tenets are not just for class, but for me. You should adopt them in your own life, for life.

The first ones were easy—loyalty to country, obedience to parents, and honor friendship. Some were gained by maturity—in fighting choose with sense and honor, and no retreat in battle. Others were gained through experience—humility, self-control, indomitable spirit. Still more come from knowledge and faith, such as integrity, concentration, and perseverance. When I couldn't get red belt, and couldn't grasp one-steps, it wasn't one step; it took perseverance and indomitable spirit. As said before, these tenets are not just known, but learned through experience.

We are called to persevere with indomitable spirit; with one the other is developing. When I was younger, I felt nothing could stop me, but a little while ago, something did—a major injury. I was on crutches for months, but persevered knowing I would still go on, my training almost second nature.

I have always been obedient to my parents and loyal to my country from the day I was born. This should be a given no matter where you live and no matter who you are.

Honor friendship—I could give a speech on how friends are called friends

for a reason, not tools. If you don't have friends, who will help you along the way? No one, that's who. And you always will have friends; instructors, siblings, parents, and relatives are friends too, not just your friends from school or work.

Concentration is definitely a trait that comes with maturity, not just self-control. If you cannot concentrate on yourself, you cannot control yourself. Not only that, but you need to concentrate to even get from point A to point B. Concentration is something the young lack, running frivolously around the room and playing ball before class starts, rather than warming up and discussing what they need work on with a peer.

For the short amount of time it was changed, "No retreat in battle" is what I would say regardless of the change to "Finish what you start." Because everything is a battle no matter how small or how fun, how hard and so unenjoyable. There are those who wish to hinder your path but you must keep moving forward.

Humility—if anything is the number one wrongdoer on this field, it's Hollywood and TV. Always saying, "Oh, look what Such-and-Such did!" and "Oh, look at me; I'm the best!" That is a disgrace to this code; it's about admitting your own faults and not putting yourself above others. I do this very well, and anyone can as long as they don't brag, and they follow rules and celebrate not just their own, but others' achievements and make them feel good too. If a struggling green belt finally memorizes Pyung Ahn E Dan, congratulate them; you were a green belt at one time too.

In fighting choose with sense and honor basically says USE COMMON SENSE. Especially in fighting, don't just

go around like Grand Theft Auto, and pick fights with everyone. Ask yourself this before you do something life-threatening such as fighting.

Also, the tenet respect and obedience is simple—you give obedience, you get obedience; you give respect, you get respect. Respect however is the building block of our civilization and in obedience, everyone wants it. But now, with all the vulgar attitudes and snarky comments, respect seems harder to come by, like a novelty, in a way that everyone is so egocentric. Our whole media could use a large lesson from the WTSDA, don't you think?

Also relating to the aforementioned tenets, we have loyalty to country and obedience to parents, both of which as I mentioned in the introduction should be from birth.

The integrity of your tenet values should be the same as your regular values. The foundations of your life should be based on integrity. Do what you say, keep all promises to yourself and others, and anything is possible.

In conclusion, my life has been changed for the better and these morals will continue to shape me throughout my life. I will learn from the past and persevere to conquer and not retreat in the face of challenges. I will demonstrate integrity in my words, thoughts, and actions. I will respect my God, parents, and country. I will pick my fights and concentrate on my goals. When I achieve them I will be humble and not boast. Trusts with friends will not be broken. I will respect everyone and obey authority. I will have self-control. My spirit will not be crushed. I will keep proceeding on my journey through life with this in mind.

Sword History

By Donald Weinberg, Sam Dan

Korean swords have a long history dating back to prehistoric times. Iron swords were known in China as long ago as the beginning of the Han dynasty (206 BC). Straight iron swords, mace and flail were used for close-contact fighting, with the majority of the soldiers using bows and spears. Korean iron swords first came into use during the Three Kingdom era (57 BC - 668 AD) and while an earlier origin is likely, the earliest actual Korean steel sword is dated 471 AD, so iron swords had given way to steel swords,

which were lighter, more flexible and stronger, at about that time. The technology for folded steel swords which also originated in China, was in common use in Korea and later in Japan. This sword also reformed military tactics, turning the sword into a cavalry weapon as well as an infantry weapon.

Towards the end of the three states period, the Silla dynasty had allied itself with the Tang Dynasty (Chinese) with the goal of unifying the peninsula, to bring stability to the region. Kim Yushin (595

AD - 673 AD) commanded the Silla Dynasty and its Hwa Rang warriors and the Tang forces. He is said to have been one with his sword and perhaps this legend will explain: The Tang Dynasty general, So Jung-Bang, had had been ordered to begin to impose Tang Dynasty dominance of the newly emerged unified state. The dispute over this policy developed into a confrontation between Kim and So Jung-Bang. The confrontation was developing into an

(Continued on page 9)

Sword History

(Continued from page 8)

international incident in which the two allies would have battled. At that point, the essence of Kim's sword, which was considered to be one with the warrior's soul, caused the sword to leap from its scabbard into Kim's hand. This so intimidated So Jung-Bang that he begged forgiveness and made obeisance to the Silla officers.

It is at the end of this unification period that legend has the sword and the technology coming to Japan, roughly 700 AD, and first being fabricated in Kyoto, Japan. A shrine was dedicated at the spot where that first Japanese sword was, by legend, said to be made based on this imported Korean technology, and during my recent trip to Japan, I visited it.

The beginning of the larger inscription reads: "Kyoto has been prosperous due to having the capital and several castles from the Heian period

to the Meiji period. During this time (over 1,200 years), Kyoto has produced many cutlery craftsmen with great skill and produced cutlery, such as swords. Therefore, the origin (Kyoto) of (Japanese) cutlery culture and has been prosperous."

The inscription on the stele reads: "Great Hamono, God of sharp edges."

These Japanese artisans were the beneficiaries of two technological

advances pioneered and perfected by the Korean sword makers of the time: the blending of carbon and iron to make steel, and the fusing of two types of steel through the folding of the molten metal to create a blade that was both highly flexible and capable of taking and holding very sharp edges (thus the shrine). Later Korean influences would lead to the curved sword, with the Japanese katana becoming more steeply curved than its Korean counterpart.



June 05, 2011 – Malvern Memorial Parade

By Mark Buckwalter, Cho Dan

What a good time! VFMA members line up for the 143rd Malvern Memorial Day Parade on June 5, 2011. With the arrival of sixteen members, participation was bolstered to the best attendance in years. Starting at the Malvern Fire House, the parade wound its way through downtown Malvern about one mile to Paoli Battlefield Historical Park where hyungs and one-step techniques were demonstrated for curious onlookers.



Below is the list of those who attended the Malvern Parade from Vaughn's Dojang.

- | | |
|------------------------|-------------------------|
| Master Vaughn | Mr. Dan Peters |
| Master Lipstein | Dr. Bill Pikounis |
| Frank Altieri, Sah Dan | Ms. Pikounis |
| Ms. Marcene Ameer | Ms. Kelsey Stanton |
| Mr. Rick Braun | Mr. Jeff Stott |
| Mr. Mark Buckwalter | Ms. Christie Strowhouer |
| Mr. Lucas Froman | Dr. Scott Thompson |
| Ms. Katie Maningas | Prof. Donald Weinberg |

Congratulations!

To the following Spirit Belt recipients:

Kevin Yang

Christian Siaton

To Our Newest Cho Dan Bos:

Shannon Mudd

Nick Rase

And to the following new and recently promoted Black Belts:

Cho Dan

- Viet Le
- Debanik Purkayastha
- Subhanik Purkayastha
- Arturo Rosas
- Luis Rosas
- Casey Schmidt
- Megan Schmidt

E Dan

- Stacey Magner
- Jenifer Mudd
- Jordan Mudd
- Adam Sacerdote
- Matt Summers



Tell us what you think!



newsletter@vaughnsdojang.com

Please give us feedback on any of the following. Send an article to liven up the material! We appreciate your input!

- Send an article or pictures
- Suggestions for newsletter content or layout
- Comments on specific articles
- Comments on specific events
- Any future events you would like to see?
- Any events that were disappointing? Why?

KARATE BIRTHDAY PARTY!

BRING YOUR OWN CAKE BEVERAGES & PAPER PRODUCTS!

COME JOIN THE FUN WITH TWO HOURS OF KARATE GAMES!

RESERVE YOUR TIME TODAY! AVAILABLE TIMES ARE LIMITED!

INCLUDES:

- * PIZZA FOR THE CHILDREN
- * KARATE ACTIVITIES WITH A CERTIFIED BLACK BELT INSTRUCTOR
- * SAFETY TIPS FOR KIDS

\$175 FOR UP TO 20 KIDS. \$50 FOR THE NEXT 20 KIDS.

* BIRTHDAY CAKE NOT INCLUDED.

VALLEY FORGE MARTIAL ARTS
 AUDUBON VILLAGE SHOPPING CENTER
 AUDUBON, PA
 610-676-0691

Want Ads!!!

Cho Dan Bos! You should be assigned to a committee or a Black Belt for assistant teaching. Please contact Mr. Altieri if you are not already assigned.