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In Memory of Master Michael White

By Master Vaughn

Inside this issue:

This newsletter features Black Belt Camps, a Demo Team update, Where Are They Now?, and a student essay!

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Upcoming events:

Aug. 17—Demo Team Car Wash & Bake Sale
Aug. 20—Gup Graduation
Sept. 28—Region 8 Dan Testing
Oct. 8—Gup Graduation
Oct. 25-26—Region 8 Championship
Dec. 8—Vaughn's Holiday Party

Master Michael White recently passed away after an extended illness in the privacy of his home, attended by his immediate family. Master White was 68 years old.

I first met Master White on October 20th of 1970. I was fresh out of Vietnam and he was a new Black Belt fresh from Philadelphia. I had my first lesson that same evening. I became a Black Belt in 1974 and served as the Chief Instructor under the Appalachia Tang Soo Do dojang certificate. From our combined efforts, there were seven Black Belts produced who all started teaching in the Central Pennsylvania area. For a period in the beginning, Appalachia was the largest dojang in our Association.

Over time our philosophies began drifting further apart, and in 1984 I left Central PA and moved to the Philadelphia area and opened my own studio where I continue to teach today.

Master White was a Charter Member of the Association and a founding father. He grew up in Central Philadelphia; his home was on Race Street. Master White was educated at a strict Catholic school where the monks handed out harsh discipline. He met Grandmaster Shin in 1968 at the Burlington dojang,

and continued as Grandmaster Shin's student for the rest of his life, serving on the Executive Committee as Treasurer of the Association.

Training under Master White was an interesting proposition. For about five years, I was the only student that stuck with his unique style of instruction, which included having most lessons conducted outside and held in all kinds of weather. I can remember training in deep snow, with sub-freezing temperatures, running in bare feet for about a half mile, stopping for a sparring session until you could not feel your feet, and then running back to his home to stand in a bath tub to thaw out. What fun!

I witnessed the close relationship Master White had developed with Kwan Chang Nim Shin, starting at the time Grandmaster had arrived in the USA in 1968 and was teaching at the Burlington studio.



Over many years, Master White's Black Belts have consistently served the WTSDA in many key positions. From its humble beginning, the Tang Soo Do in Central PA has grown to a powerhouse consisting of great Masters and many great Black Belts.

Master White was always reaching out to the underdog,

(Continued on page 2)

Master White

(Continued from page 1)

helping where he could. He taught passionately to observe and maintain the etiquette and protocol of traditional martial art. He was one of the most talented fighters I have ever met. He had perfected his favorite technique, jump spinning back kick, to the point where once he had set it up, it was pretty impossible to defend against.

Master White will be missed by his many students, and will be



remembered as a pillar and one of the key Masters of the World Tang Soo Do Association. A more defined profile of Master White can be found in "The Legacy, A History of the WTSDA," available from WTSDA Headquarters.

Chuck Vaughn
1st Black Belt, Appalachia TSD

Where Are They Now?
By Wayne Rosenkrans, Sah Dan

Editor's Note: In this series, we periodically feature a former Vaughn's Dojang student and provide an update on what he or she is doing now.

Chris Rosenkrans – Age 28

Chris started training in 1993 at the Phoenixville YMCA. After watching his classes for a few months, I joined him on the floor along with Dr. Painter and Mr. Lipstein who also had sons in the program.



Chris with Grandmaster Shin ~1996-1997

Chris progressed to E Dan in the Spring of 1999 and graduated from Great Valley High School in 2003. He graduated from Boston University in 2008 with Masters Degrees in International Relations and Global Economic Strategy, and spent much of his undergraduate time studying abroad. Chris experienced his first Semester-at-Sea voyage as a sophomore (the episode on the Weather Channel of the ship being nearly swamped by a rogue wave was his ship), and also spent semesters in Geneva and Cyprus. After graduation he spent a year working in Japan teaching English, then moved to Beijing, China, where he was engaged in various small business ventures. After a couple years in Beijing, Chris started a Ph.D. program at Penn State in Medical Anthropology, again spending the majority of his time studying abroad. He participated in several additional Semester-at-Sea cruises (administered through the University of Virginia), as well as a similar program administered through the University of Tokyo called the Japanese Peace Boat, as mentor/teacher and graduate student. Chris also did a several month stint on the "Medical Train" as a volunteer assistant in South Africa. While working and studying in Beijing, he met the girl whom he would marry, Alexandra Pachezhertseva (Sasha), who was also working in Beijing after completing her studies in Moscow. The two were married four months ago on board a Peace Boat cruise while crossing the equator in the middle of the Pacific.

Sasha is awaiting her Green Card to work in the United States after which the pair will return to the US to finish their graduate work and maintain the small business they have founded coordinating adventure travel to such places as Madagascar, the Congo, Indonesia, and other far-flung locales. Chris credits his Tang Soo Do training in his ability to handle the unexpected situations which have arisen during his global experiences.



Chris on the Congo River, June 2013

2013 Region 8 Adult Dan Clinic Recap

By Ben Waldie, Cho Dan Bo

This June, I had the opportunity to attend my first Adult Black Belt Camp at Elizabethtown College in Central Pennsylvania. What an experience!

The weekend began on Friday evening with a prompt check-in process, followed by an introduction session. There, we were promised by Master Paul Mimidis a difficult, yet rewarding, weekend full of knowledge and strenuous physical training. We were not disappointed!

Friday evening continued with a series of lectures, presented by fellow members of Region 8. These lectures focused on the meaning of Indomitable Spirit and the Positive View of Martial Arts in Today's Society. Upon completion of the lectures, an entourage from Vaughn's Dojang met up for pizza and wings at a local restaurant, before returning to the dormitories to rest for the following day.

On Saturday, most attendees participated in a morning Ki Gong session, breakout training, drill, and hyungs. I, however, along with Mr. Buckwalter and ten to fifteen students from other studios, took this time to attend a special CPR training course. There, we learned how to provide CPR to adults and children, how to operate a defibrillator, and how to help someone who is choking. We are all now CPR certified. The

techniques we learned in this course are invaluable, and I strongly encourage everyone to consider attending a CPR training course if you haven't already, should the opportunity present itself.

Saturday afternoon consisted of more physical training exercises and breakout sessions. First, I attended a Cho Dan Bo-specific training session. There, we worked on higher-level one-steps (hands and feet) and knife defense. Next, I attended a ho sin sul breakout session, taught by Master Lipstein and Mr. Altieri. There, I learned alternative techniques, integrating some Hapkido, for our standard basic hand one-steps. Last, I attended a second Cho Dan Bo training session. This time, we focused on bong and forms, specifically, Bassai. Master Frank Fattori, the Region 8 Director, was kind enough to stop by and watch our forms with great interest. He then took the time to offer some great words of wisdom and advice for improvements. This was valuable guidance, and was truly appreciated.

Saturday evening consisted of more lectures. I found one of these particularly informative. It was a session entitled Keystone Habits, presented by Master John Gallagher of Bethlehem Martial Arts Academy. Again, following the lectures,

Vaughn's Dojang members shared pizza and retired to the dorms for the night.

Sunday morning began bright and early with another group Ki Gong session, followed by a final breakout session. This time, I decided to participate in a special outdoors Tai Kuk Ki Gong (18-move Ki Gong Form) session, led by Mr. Altieri. Then, for our final activity, we returned to the gym for a full hour of group hyungs. This was conducted by Master Strong, Chil Dan from Region 6 in Alabama. I can assure you, hearing an entire gymnasium of Black Belts ki hap in unison is quite impressive, to say the least! I really enjoyed this exercise.

Finally, the weekend ended with closing remarks, followed by demos and promotions, which included our own Dr. Thompson! Congratulations to them all!

All in all, the weekend was a wonderful experience. I left feeling impressed, rejuvenated, and invigorated, eager to take what I had learned and begin integrating it into my own training. I am sure the others in attendance would say the same.

Tang Soo!

Growing Our Dojang

By Frank Altieri, Sah Dan

All successful organizations/businesses rely on growth; this includes our dojang. Unfortunately, most organizations have decreased in size since the great recession in 2008. Fortunately, our studio has started to grow again. Remember, the benefits from training at Vaughn's Dojang include:

- Better Health
- Builds Confidence
- Friendly, Family Atmosphere
- Learn Self-Defense
- Lose Weight
- Improve Flexibility
- Build New Relationships
- Lower Your Stress
- Improve Self-Discipline
- Better Outlook on Life

So, how can you help grow our Studio:

- Tell your friends about the benefits of training at Vaughn's Dojang
- Invite your friends to Buddy Week
- Constantly be a good ambassador and spread the word about all of the good things that take place at our dojang: Community service projects, Demo team, Camps, Halloween Party, Christmas Party, Special training, etc.
- When a prospective student visits our studio; make sure you speak with passion about our training curriculum and the benefits of our training

Think about this...how many organizations can say they provide life-changing training for students from 4 to 75+ years old? It is truly amazing how Vaughn's Dojang is enhancing students' lives in a very positive way.

2013 Youth Black Belt Camp

By Carson Bispels, Cho Dan Bo

Black Belt camp was one of the best experiences of my life. When I first walked into my cabin, I knew I was going to have a good time. I got two great counselors (Dr. Rosenkrans and Mr. Buckwalter) and I got a chance to meet some people from other dojangs. The cabin wasn't at all what I expected. The cabin was not the best place to use the bathroom if you know what I mean. But all in all it was fun.

I learned great martial arts skills like swords, bong, and lots of other cool stuff. I even learned an advanced form that I shouldn't know. They did lectures there, and they were really interesting. My favorite lecture was from Professor Weinberg. He told us about his life, about the ups and downs in life, and mostly about Tang Soo Do. But my favorite part was the times when all the dojangs came together to do forms or something like that.

While I was there I also learned about

a strange new game called "gaga." I didn't understand the game at all but it was fun. I don't want to get sidetracked so I am not going to say anything about it.

The food there was really good. Well, it was better than my school's food. Tuesday at school they had a "Taco Tuesday" or at least I think that's what they called it.

On the last day of camp, everybody got back together and ended the camp with some speeches.

I actually came up and talked in front of everybody, which was cool. Also all the Black Belts who passed their test got promoted in front of us. So Black Belt camp was great. Next year I hope to return as a Black Belt. I hope to meet new friends and see old ones. And most of all, get a good workout!



Demo Team Update

By Aiden Price, E Dan

Hello, I'm Aiden Price, Co-Captain of the demonstration team here at Vaughn's Dojang. Recently we have started preparations for the upcoming Region 8 tournament in October, at Split Rock Resort in the Poconos. At the gup graduation about two months ago, the more experienced members of the demo team performed a demo to help show off what we do, and to help gain more members. It seems like it worked! The number of kids on the demo team is at a recent high, with 26 members, not including the many parent volunteers we have as well.

Several weeks ago, we held two meetings. The first one was to decide on a theme for our demonstration. The second was a chance for us to get to know each other. Along with the theme

we decided on for the competition, the demo team has a new guiding principle, and that is precision. Dr. Rosenkrans gave a speech on how precision plays a key role in all demonstrations. He then showed us a video of the United States Navy Drill Team who won a major competition for their demonstration. We saw just how precise people could, and had to be to win. In the demonstration, the soldiers were throwing heavy carbines, with sharpened bayonets. One misstep could have easily injured someone badly. While the demo team might not ever get that precise, it was good to see just how much precision plays a role in demos. We have now begun to work on the demo. We have been working on teaching the team the first group form.

On June 22, we had our first fundraiser, the car wash/bake sale. From 9-12, we worked hard washing and drying cars. At the end of the day we raised \$830.00! The money will be spent on props and costumes, and any other expenses. The demo team appreciates all of the support that we get from everyone at the dojang. We have some other fundraisers coming up, including swing dancing on Friday, July 26th and another car wash in August.

In the meantime, we will be constantly working to help make this demo the best one yet, and hopefully bring home a trophy. The competition will be tough, but we are in a great position. I know we can do it. Tang Soo!



KIDS

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Wise Guyz

present...

Korean Terms Matching

By Lucan Froman, E Dan

1) Knee	a) Ahp
2) Hand Techniques	b) Cchick Ki
3) Back	c) Dwi
4) Round House Kick	d) Ha Dan
5) Foot Techniques	e) Soo Ki
6) Axe Kick	f) Jok Ki
7) Low Part	g) Moo Roop
8) High Part	h) Tollyo Cha Ki
9) Back Fist	i) Kap Kwon
10) Front	j) Sang Dan

Answers: 1-g, 2-e, 3-c, 4-h, 5-f, 6-b, 7-d, 8-j, 9-i, 10-a

Belt Colors

By Marcene Ameer, E Dan

See if you can find all of the colors in our belt system!

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

BLACK
 GREEN
 WHITE

BLUE
 ORANGE

BROWN
 RED

The Art of Tang Soo Do

By Marcene Ameer, E Dan

Editor's Note: Miss Ameer prepared this essay for her Sam Dan requirement. It is being reprinted with her permission.

The term "martial art" holds significant meaning to the purpose of our Tang Soo Do training. "Martial" means warlike, bellicose, or military. It refers to the physical combat aspect of our training. "Art" implies that our training is more of a way of life. It calls us to possess skill for our craft that comes from experience through practice and dedication. While we typically focus on the physical aspects of Tang Soo Do during training, we must also put focus on the training of our mind and spirit. By realizing Tang Soo Do is truly an art form, we can change the way we look at our lives. Martial arts share a common thread with all the other art forms, such as music, dance, painting, and more. They all are rooted in and formed from basic art principles. By applying these principles to Tang Soo Do, we can better fulfill all of the purposes of our training. It will help us to improve the "whole person" so we can live the harmonious lives we are called to.

The origins of art can be traced back to nature. Art is a basic human instinct. It is a way to channel one's emotions and imagination in an attractive way. The first artwork came from some of the earliest human civilizations. They used art to express their feelings and beliefs. Tribes would often paint their bodies, and create and dance to music to show the uniqueness of their clan. These ancient humans would base their art off the natural world around them. They would make music to match the natural rhythms they noticed in nature. They would paint themselves to look like the animals they saw. Eventually when humans began fighting, they mimicked the moves of animals attacking their prey. They copied the defensive strategies that successfully worked for other animals. Now in our modern world, it is harder to see nature in art and in our daily lives. Our society is evolving in a way that undermines the importance of nature. As Tang Soo Do practitioners, we are called to make a deep connection with the natural world around us. Grandmaster Jae C. Shin stated, "The ultimate goal of Tang Soo Do is to live in perfect harmony with the laws of nature. To become one with nature is what we strive to attain. To understand, appreciate, and apply these laws is our goal." It is necessary in our training to study and mimic the way nature works and apply it to all aspects of our life. Only then can we truly begin to strive for mastery of the art.

Art is the expression or application of human creative skill and imagination. Humans have a natural proclivity towards art. At our very core, we strive for inner balance and harmony. Art is a way for everyone to express his own emotions in a way that is appealing to him. It is important for all people to find an art form that attracts them so they can let their feelings and opinions out. For some, it is difficult to share their emotions out loud with others so they suppress how they truly feel. This is very unhealthy and can cause unbalance and pain in one's life. Art is a way to share with the world your beliefs and thoughts in a way that is comfortable for you to do.

There are a myriad of art forms we have created here on earth. For example, we made dance, music, sculpting, graphic design, poetry, textile design, interior painting and many more. However different these forms may seem, they all share common art principles. Some general principles throughout all art are balance, proportion, unity, harmony, variety, rhythm, movement, and contrast. To perfect one's art, the artist must understand and apply the art principles in his work. In Tang Soo Do, our ultimate goal is to attain excellence in our technique and, more importantly, our character. By understanding that Tang Soo Do is an art and utilizing the art principles during training, we will be able to reach a higher level of mastery in our body, mind, and spirit.

Balance in art refers to how the elements in a piece are arranged and oriented. For a piece to be balanced, no part of the work should overpower or seem heavier than the rest. For example, in an orchestra, the trumpet section should not play at its loudest or the flutes will not be heard. Likewise in a photograph of the sunset, a billboard shouldn't be in the picture because it throws the entire piece out of order. Balance is important in art so that the whole work feels together and even. In Tang Soo Do, we strive for balance of body, mind, and spirit. Physically when we are executing techniques we need to remain balanced and firm to stay in control. This is especially true when we are performing a takedown. If our bodies do not stay balanced and rooted to the ground then our opponent will overpower us. We must understand the laws of gravity to learn how to move while staying

stable. Mentally, all humans search for balance and peace of mind in their lives. We attempt to align ourselves with the universe to achieve this balance and normalcy. The Um-Yang Theory is a fundamental concept of Tang Soo Do. It is the idea that the world is made up of opposites that balance each other out. For example, in nature the elements earth, wood, metal, fire, and water keep each other in check. Wood penetrates earth, earth extinguishes fire, fire melts metal, and metal cuts wood. By understanding how nature aligns itself, we can use it to our advantage to balance our own lives with the universe. Our Tang Soo Do tenets lay the ground work for how we should behave and form our spirit. They boast the use of positive virtues that balance out our negative inclinations. They teach us to reflect on our spirit and keep ourselves in check so we can attain inner equilibrium. If we control the negatives and positives in our lives then we are on our way to fulfilling the goal of Tang Soo Do: perfecting one's character.

Proportion in art is the scale of the elements in a piece. By enlarging, making louder, or increasing the quantity of an element, it is emphasized and our attraction is drawn to it. Good artists know how to use the right proportion in their work to achieve the desired effect. It is important for artists to step back to look at their art as a whole to make sure the scale is correct. The skill of right proportion can only be attained through an artist's constant practice. He must develop right judgment that is only acquired through years of training. In Tang Soo Do, we always work to improve our self-control. When we learn techniques, we must also learn how the technique physically affects our opponent. Understanding how the technique works helps us decide how to act during combat. A martial artist must learn how to properly respond to any situation that arises. One of our codes, "In fighting choose with sense and honor," emphasizes the importance of taking proportion into account when in a fight. This code requires us to act according to the situation. We must only inflict as much damage to our opponent as necessary to defend ourselves or those in need. Self-control is an essential virtue for martial artists to learn. In combat, we must

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control our natural anger or anxiousness so we do not inflict too much damage to our aggressor. Constant practice of self-control in our Tang Soo Do training helps us form right judgment. It is very important as instructors to teach our students the right way to act and the consequences of their actions. We must teach and practice the principle of acting according to scale. This principle can also be applied outside of our physical training. We should always reflect back on the actions and choices we made and ask ourselves if we responded in the right way. Self-reflection is key to developing a right conscience and eventually learning how to solve any conflict in a nonviolent way.

Unity ties the elements of art together. It is necessary to make the whole piece feel together and as one. In an orchestra, there are many different instruments all playing separate pieces but they unite in a way that sounds harmonious. Without unity, art seems disjointed and unappealing. In our Tang Soo Do training, unity plays a special role. While martial arts focus on the individual, the practitioners unite through our common training. Under the Grandmaster's leadership, everyone in the World Tang Soo Do Association is learning the same techniques and philosophy. His ideas, techniques, and examples flow down through the ranks to our Master and our Black Belt instructors who teach the new generations of students. The unity in Tang Soo Do is very special and strong. The students training together in classes become united through the leadership of the instructor. By practicing forms together and synchronizing ki haps, the class comes together to form one body and one spirit. This connection is very strong and unique to martial artists. It empowers us to feed off each other's energies to improve our individual self. Black Belts especially share a unique relationship. Training together for years, each person forms a friendship and learns about how the others act and behave physically and emotionally. This connection helps each Black Belt to push each other to reach new levels of skill.

Harmony is achieved in art by the use of similar elements that give the work an even and balanced feel. For a piece to have harmony, it needs a connected theme throughout. There are no disjointed elements that would throw the whole piece off. The finished work should

have an uncomplicated and simple feel. Human instinct drives us to search for harmony in our life. We want to feel good and be happy and at peace. As martial artists, we especially are looking for harmony in every aspect of our lives. The whole purpose of Tang Soo Do is to align our body, mind, and spirit together to form a state of tranquility. This is why we should spend an equal amount of time training our body, mind, and spirit. This will give us harmony and peace which will help us to be the best we can in all parts of our lives.

Every successful artist has variety in his work. He understands the need for change to keep hold of the audience's attention as well as for his own creative progression. An artist changes his medium or style in order to challenge himself to reach a higher skill level. In our Tang Soo Do training it may be hard to see the value of variety. We are always practicing and reviewing the same techniques. "Practice basic techniques all the time" is one of our attitude requirements. We are so ingrained with the pattern of repeating basic techniques that it almost becomes instinctive or automatic. Every class we follow the same sequence of events. We start with a warm up, then move onto basic drill, next comes hyungs, and so on. We are also required to keep a routine training schedule that we follow year round. It seems as though we don't put any variety in our training. If you look at a skilled painter, you will notice he follows very similar practice rituals as a martial artist. The painter always practices and builds on basic techniques even on his most complicated works. Keeping a regular practice schedule is also very important to a painter. He knows that if he does not maintain constant practice, then he will lose his skill. The painter introduces variety in his art in a way similar to the martial artist. While the painter might change his medium, such as using a different brush, the martial artist might train with various weapons. The painter might try out a new technique similarly to how the martial artist learns and perfects his new techniques. While the painter may change his subject matter, the martial artist may put emphasis on one aspect of training to improve upon it. With our somewhat rigid training schedule in Tang Soo Do, it may be difficult for us to see how variety fits in our training. However, Tang Soo Do offers many aspects of training that we can explore to keep our interest while still rooting everything in our basic practice.

Rhythm is prevalent in all parts of life.

There is a certain pace that guides and moves our lives along. There is a rhythm in art that sets the tone or mood in a piece. In music, the rhythm set affects the whole vibe of the piece. In a painting, rhythm is shown through a repeating pattern of colors or shapes. In Tang Soo Do, all of our movement has a certain rhythm to it. Our hyungs have a natural rhythm to them. We speed up or slow down based on the flow of the move. It is important to find and use the natural rhythm of the hyung to allow proper time for the techniques to effectively work. Each fight also has its own rhythm. Every person fights in a different way according to his own pace. In each fight there is generally a leader and a follower. The leader sets and controls the rhythm of the fight. A successful fighter knows how to make his opponent feel comfortable in the rhythm he sets. When he breaks the pattern unexpectedly then he wins the fight.

As Tang Soo Do practitioners, we try to set a rhythm in our lives. By setting regularly scheduled training sessions, we let our bodies become accustomed to a set cycle of growth, rest, and repair. Outside of training, our minds need a normal and constant pattern also. It is not healthy for our minds to get too overworked or become too inactive. By setting a schedule for our lives that allows proper time for our minds to rest, we can increase our efficiency. Nature has its own rhythm too. The sun rises then sets, the tides roll in and out. These patterns keep the universe balanced. If we synchronize our lives to the rhythm of nature then we truly will reach perfect harmony in life.

Skilled artists know how to add movement to their stagnant work. Van Gogh's *Starry Night* is a stationary piece but it is painted in a way that makes the sky look like it's moving. Humans are active creatures. We were created to move and use our bodies. The world around us is constantly in motion. Earth is constantly in orbit along with the rest of the universe. In Tang Soo Do we move our bodies in a way the mimics the movement of nature. Our training emphasizes the use of circular movement to avoid attacks. We learn how to use angles to get away from our opponent and create openings for counterattacks. It is important to train our bodies on proper movement but we also need to train our minds. Because Tang Soo Do teaches us to enhance the whole person, we need to keep our minds as sharp and active as our bodies. We need to feed our minds

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with knowledge and wisdom so we can form a good conscience to guide us in life.

Contrast in art is the use of opposites in order to attract attention or interest to our piece. For example, artists use light and dark colors, loud and quiet sounds, and thick and thin lines. Without the use of contrasting themes, art would be bland and boring. Opposites add interest and excitement to a piece which keeps the viewer's interest. Through our martial arts training we also put heavy focus on contrast. Tang Soo Do's principles are drawn from the Um-Yang Theory, which describes how the world is guided by opposites working in harmony. According to early Oriental cosmology, the Um-Yang is responsible for regulating creation,

growth, and change in the universe. This idea of contrasting yet complementary actions can be applied to our training. In Tang Soo Do, we are taught to avoid attacks using circular movements and then counter with a straight linear attack. Here the circle and the straight line are clearly opposite but they work perfectly together. In self-defense and one-step sparring, we use opposites to our advantage. For example, we use hard and soft forces or fast and slow paces. The theory of opposites can be beneficial to our daily lives. Using contrasting ideas in decision making is very important to controlling and improving our situation. For example, when we are in a dispute, we can counter someone's anger and aggression by remaining calm and showing peace. When a friend is sad and depressed, we put on a happy attitude to cheer up his spirit. The Um-Yang Theory

is very versatile and can be used in practically every situation we come across. Learning how to use opposites to our advantage connects us with the natural opposites of the universe.

Tang Soo Do is a not sport or an activity but a way of life. As in other forms of art, we strive to reach the highest level of skill and come as close to perfection as humanly possible. A Tang Soo Do practitioner is an artist. He consistently shows complete dedication to the art and always works on improving his whole self. By realizing and appreciating the uniqueness of Tang Soo Do as an art, we can better strive to attain peace and harmony in our lives. We must appreciate and understand the beauty of nature. Only when we truly follow and apply the laws of nature to all aspects of our life, we will master the art of Tang Soo Do.



Testing Your Knowledge
By Susan Thompson, E Dan



1. The three purposes of Tang Soo Do training are self-defense, health and...
 - a. Self-control
 - b. Competition
 - c. Concentration
 - d. Better person
2. Students should arrive at least ____ minutes **before** class is scheduled to start.
 - a. 5
 - b. 15
 - c. 20
 - d. 30
3. Which Dynasty united Korea's three kingdoms in the year 668 AD?
 - a. Koguryo
 - b. Silla
 - c. Yi
 - d. Paekche
4. The Charter Convention for the World Tang Soo Do Association was held in...
 - a. Philadelphia, PA
 - b. Trenton, NJ
 - c. New York, NY
 - d. Burlington, NJ
5. The Korean term for respect is...
 - a. Chon Kyung
 - b. Kyum Son
 - c. Chung Shim
 - d. Weh Kong
6. Which is NOT a vital point?
 - a. Elbow
 - b. Temple
 - c. Shin
 - d. Kidney
7. The number of moves in Naihanchi Cho Dan is...
 - a. 30
 - b. 31
 - c. 32
 - d. 33
8. Which is one of the Seven Tenets of Tang Soo Do?
 - a. Loyalty to country
 - b. Self-control
 - c. Become one with nature
 - d. Self-defense
9. The World Tang Soo Do Association insignia was adopted in...
 - a. 1978
 - b. 1982
 - c. 1984
 - d. 1987
10. Which is one of the Fourteen Attitude Requirements of Tang Soo Do?
 - a. Maintain regular and constant practice
 - b. Do not be overly ambitious
 - c. Always follow a routine training schedule
 - d. All of the above

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

Congratulations!

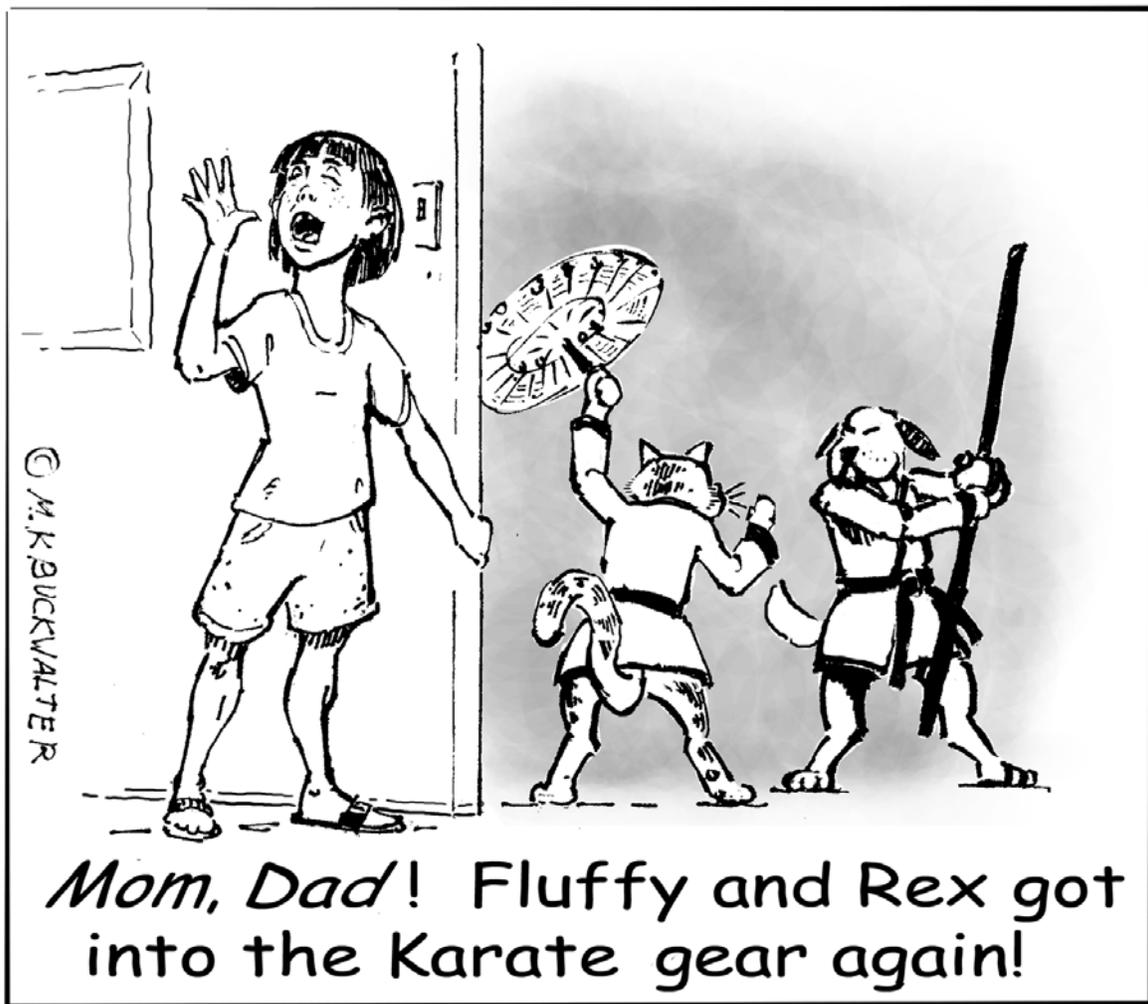
To the following Spirit Belt recipient:

Matt Golden

Did you know...

By Rick Braun, Cho Dan

<ul style="list-style-type: none"> • Master Vaughn has been studying the martial arts for 43 years 	<ul style="list-style-type: none"> • Our studio was the first studio in the region to earn the Studio of the Year Award
<ul style="list-style-type: none"> • Our studio will celebrate its 15-year anniversary this August 	<ul style="list-style-type: none"> • Master Lipstein is the East Coast Director for the World Ki Gong Cub
<ul style="list-style-type: none"> • Master Vaughn has written many articles about Tang Soo Do, including a book entitled The Legacy 	<ul style="list-style-type: none"> • Master Vaughn has produced over 100 Black Belts during his career and opened several studios during his tenure
<ul style="list-style-type: none"> • Our Dojang hosts the Region 8 Leadership class each month 	<ul style="list-style-type: none"> • Our studio is only one of two studios where Do Ju Nim still teaches his Sin Moo Hapkido
<ul style="list-style-type: none"> • Mr. Mudd is the Senior Grand Champion from the 2012 World Championship 	<ul style="list-style-type: none"> • Master Vaughn has his 6th Dan and Master Lipstein has his 4th Dan in Hapkido
<ul style="list-style-type: none"> • Master Vaughn was the first member of the WTSDA's Hall of Fame, when he was recognized as Instructor of the Year 	<ul style="list-style-type: none"> • The Wednesday and Saturday Hapkido class has grown to more than ten students and is continuing to grow



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?

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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.