



# Dragon's Den

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## Tang Soo Do Philosophy

By Master Vaughn

### Inside this issue:

This newsletter features an interview with Master Vaughn, a recap of last year's events, the in-house tournament, holiday dinner, and profile of Professor Weinberg!

Interview with Master Vaughn	1-2
Testing Your Knowledge	2
Establishing Your 2011 Goals	3
Profile of Professor Weinberg	3
In-House Tournament	4
Wise Guyz	5-6
Community Service Events	7
2010 Holiday Party	8-9
2010 Accomplishments	10
Congratulations	11
2011 Calendar	11-14
Want Ads	14

### Upcoming events:

- Feb. 5, 12, 16—BB Maint. Testing
- March 13—Region 8 Spring Championship
- March 24-27—Masters' Clinic
- April 9—Region 8 Dan Testing
- April 30—Hapkido with DoJuNim
- May 20-22—Youth Black Belt Camp
- June 10-12—Adult Black Belt Camp

If you were asked to describe just what constitutes the philosophy of Tang Soo Do, how would you respond? Would you have a ready explanation, or would you falter trying to put into words what you feel?

Let's start with a few of the basics. The art we study is Tang Soo Do. The style we follow is WTSDA's style, which is basically Grandmaster Shin's style.

First and foremost, Tang Soo Do is a discipline, one of mental and physical challenges designed to build character and to develop a strong mind, body, and spirit. Our philosophy is to respect all living things, while living a life of self-discipline. The focus of Tang Soo Do training is to build better persons through rigorous physical, mental and spirit-challenging exercise, while maintaining a balance in all three of these areas.

The first major goal of all students is to achieve the status of Black Belt. Upon

reaching this level of study, a new trek begins for the new Cho Dan. This achievement opens the door to a *never ending path of constant improvement*.

It is a tradition of our art for the Black Belt to be a strong and capable force in his/her community—helping others whenever and wherever the need arises. It is a tradition of our art for the Black Belt to maintain a level of humility to his/her fellow man. We are obliged to fight injustice (even with our hands and feet if needed) and one can fight injustice wherever one goes.

Another aspect of our philosophy is that when one becomes a Black Belt, to go to higher rank, one must teach. Without this tenet, the art would eventually die out.

We can be very proud of the instructors we have at Vaughn's Dojang. They exemplify the term "Black Belt Excellence."

### An Interview with Master Vaughn on the Occasion of His Celebrating Forty Years in Tang Soo Do

By Donald Weinberg, Sam Dan

#### How did you become involved in Tang Soo Do?

When I was a youngster I watched films and television shows like "China Smith" and "The Detectives" and martial artists like Aaron Banks, and I thought I wanted to do that. In Vietnam I joined the US Army Rangers (C Company Ranger of the 75th Infantry, Airborne) and was assigned to the Korean ROK Marines' White Horse Division for a short time. I watched them train every day and was very impressed and wanted to join in on their training. When I was stationed in Bon Son, I signed up to take

Tang Soo Do lessons from a Korean Master who ran a laundry, but I was shipped out the next day so I didn't have the opportunity.

After my discharge I returned to my home in Philipsburg, PA. Shortly afterwards I was having a casual evening out with some friends when a person was pointed out to me as being a karate Black Belt. I went over and introduced myself and that was how I met Mister (now Master) White. He said he was setting up a school and I said I wanted to join.

(Continued on page 2)

**Interview with Master Vaughn***(Continued from page 1)*

That same night we went up to my uncle's "rock farm"—it seemed rocks were the only things that would grow there—and began to train. We trained outdoors—on gravel in all kinds of weather, barefoot in rain and snow—for five years, until we found a small, unheated building where we trained in all temperatures. I just stuck with it.

**When did you begin teaching?**

I received my Black Belt in 1974, and taught for Master White for eleven years. During that time I founded two schools in State College, one now directed by Master Summers and the other by Master Kaye. I opened a school at the

Phoenixville "Y" in 1985, and although I moved to Massachusetts for a period, had the assistance of Mr. Jorgensen Sr., Master Gordon and Master Roberts to help keep the school going. At the urging of three students in particular, Master Lipstein, Mr. Altieri and Dr. Rosenkrans, I opened the school in Audubon.

**What is your teaching philosophy?**

I see karate as meditation in motion. I think of it as an unwritten language that has been passed down through millennia, instructor to student. To learn that language, to pursue the meditation seriously, it takes commitment. Step by step we perfect the moves, and one at a time another piece is solved in the puzzle. This allows us to interpret the language and grasp its meaning.

I believe it is imperative to constantly refer to the manuals. I try to follow Grandmaster Shin's teaching; he is showing us, through his books, how to live it.

**What is your goal as a teacher?**

My job is to be very conscious of students' feelings and to take care to protect everyone's dignity. When I give a student a lesson just starting out, I try to treat him/her as I would a Black Belt and give him/her that kind of respect. I work to motivate and teach the student to love the art, and try to inspire the dedication it takes, so that one day he/she will be able to say, "I am a Black Belt." My goal is to produce teachers of our art, so the tradition lives on after I am gone.

**Testing Your Knowledge**

By Susan Thompson, E Dan



- Which belt represents agility, stability, weight, power, and wisdom?
  - Green
  - Black
  - Brown
  - Red
- Which belt represents the speedy development of youth?
  - Orange
  - White
  - Red
  - Green
- Which belt represents attention, energy, life, and blood?
  - Black
  - Red
  - Brown
  - Blue
- Which belt represents a dormant seed in the snow?
  - White
  - Orange
  - Green
  - Brown
- At which belt does our Tang Soo Do knowledge begin to reveal itself?
  - Green
  - Orange
  - Brown
  - Red
- Which belt represents honor, maturity, and respect?
  - Black
  - Red
  - Blue
  - Brown
- Which belt represents dignity, calmness, mastery, and sincerity?
  - Brown
  - Blue
  - Black
  - Red
- Which belt represents new growth which appears in spring?
  - White
  - Green
  - Brown
  - Orange
- At which belt level does a student's power and technique begin to bloom and ripen?
  - Brown
  - Blue
  - Red
  - Black
- Which belt is the final stage of one life cycle and the beginning of the next?
  - Brown
  - Red
  - Blue
  - Black

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

## Establishing Your 2011 Goals

By Jenifer Mudd, Cho Dan

Here you are, at the start of another new year. As a student of Tang Soo Do, it is the perfect time to look out across the coming year, think about what you hope to accomplish, and start taking steps to reach any specific goals you have for yourself. Perhaps you're a gup student who has worked your way up to green belt, with the goal of eventually becoming a Black Belt. Or maybe you've recently received your black belt and hope to achieve E Dan status in two or three years. While these are extremely worthwhile goals, they might seem a bit out of reach because they are a long way off. So, what can you do now—in 2011—to eventually achieve your long-term aspirations?

When faced with what can sometimes seem like an overwhelming goal, I often find it helpful to break it down into "bite-sized" pieces. In other words, I think about the small steps I need to take to reach my ultimate target. Then I think about exactly what I need to do to take each small step. The planning process might look something like this:

- Determine one thing to work on during the next few weeks or months to get closer to the overall goal. Is it a particular form, jump kicks, self-defense, breaking, or just overall stamina?
  - Decide whether this short-term goal can be accomplished at home or in the studio.
  - If the goal can be achieved at home, make *and commit* to a set schedule of the days/times to train. Post the schedule and check off each time you keep your commitment.
  - If the goal is best achieved at the studio, determine if it can be worked on individually or if assistance from someone else is needed.
  - If individual training is all that is needed, make *and commit* to a set schedule of days/times to come into the studio. Perhaps the training can be done immediately before or after your regular class. Maybe it's better to come in on the weekend or during a lunch break.
- If assistance is needed, determine who is best suited to help. Perhaps a classmate can meet you 15 minutes before the start of every class. If you have a mentor, he/she might be able to arrange a special training session with you. Or your instructor may be available after class to help. Whoever it is, schedule a regular time to meet with him/her.
  - At the end of each week, examine what you have accomplished and determine if any changes need to be made in the training schedule to more easily reach this specific goal.

As each short-term goal is achieved, take the time to recognize your accomplishment and congratulate yourself on a job well done. Then, move on to the next small step towards your bigger goal. Before you know it, 2011 will have passed and each small, disciplined step will have added up to one giant leap towards your ultimate target!

## Profile of Professor Weinberg

*Editor's Note: Professor Weinberg, currently a Sam Dan in Tang Soo Do, recently joined Vaughn's Dojang. We asked him to tell us a bit about himself.*

I just recently joined our studio. First of all, let me thank you for the warm welcome. I already feel as though I belong.

Perhaps I might tell you a bit about myself.

I am an old guy, aged 72. I started karate very late, at age 56, as part of a long attempt at recovery from a whole body paralysis caused by Guillain-Barré Syndrome. My balance and flexibility remained lacking to a great extent and I thought karate would help me address that.

Through the years, all that has improved, but that has not been my greatest benefit. Knowing and being a part of the World Tang Soo Do Association family, has far exceeded the health benefit. The older I get, the clearer that seems.

Why Vaughn's Dojang? There is an interesting tale. Over the years I became friendly

with several Vaughn's stalwarts as well as an admirer of Master Vaughn. We would meet and talk at tournaments, testing, and Black Belt Camp. I found out a lot that was compelling, but most important was the basic decency of the Vaughn's family. You do seem to train both hard and well, and that is important to me. What sets you apart is the constant effort to do good, the natural inclination to care about and

contribute to the wellbeing of others.

When it became clear that I needed more intense training to move up in rank, I asked to transfer from Center City Karate, and Sam Bum Nim Hopkins graciously consented. I asked Master Vaughn whether he would accept me as a student. I felt that he and the staff at the dojang would be the best match for me and he also graciously consented. So, here I am.

When not training, I teach Writing, Linguistics and Humanities at Community College of Philadelphia, where I am co-chair of the full-time faculty. I am also a Board Member of the Vidocq Society, an internationally recognized organization dedicated to the solving of cold case homicides (I have a background in criminal justice).

I am married to Nancy, the love of my life.



### Vaughn's Dojang's In-House Tournament a Huge Success!

By Ben Waldie, 5th Gup

On Saturday, January 15th, 2011, the Phoenixville YMCA was host to Vaughn's Dojang's annual in-house tournament. Strictly an event for youth students in the past, this year's tournament was opened to students of all ages. Over 40 students from Vaughn's different schools participated, and all competitors worked extremely hard and exhibited strong Tang Soo Do spirit.

Attendees arrived between 8 and 8:30 AM, with opening ceremonies held shortly thereafter. The tournament began with exciting Black Belt demonstrations in one-steps, weapon defense, sparring, forms, and breaking.



For many gup students in attendance, this event was a first encounter with tournament competition. Aside from learning the value of competition, the event offered an opportunity for students to gain real-world practical tournament experience. With the Region 8 Spring Championship, also to be held at the Phoenixville YMCA, just around the corner, this was no doubt a valuable experience for all.

Following the demos, students were organized into divisions by age and rank. Four rings made for a busy morning, with several divisions competing simultaneously. Events included weapons, hyungs (forms), and dae ryun (sparring). All judging and rules were in accordance with official World Tang Soo Do Association regulations.



For those unable to attend this year, you were missed, and are strongly encouraged to compete next time. Events like this are a great way to put your skills to the test, identify areas needing improvement, practice in a new environment, practice in front of others, learn the rules of competition, meet other Vaughn's students, and show your spirit.



KIDS

DEN

KIDS

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# Wise Guyz

present...

## Word Scramble – Count in Korean (the numbers are not in order)

By Lucas Froman, Cho Dan

1.    \_\_\_ \_\_\_ \_\_\_                    tse
2.    \_\_\_ \_\_\_ \_\_\_ \_\_\_                poah
3.    \_\_\_ \_\_\_ \_\_\_ \_\_\_                naha
4.    \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_            stoyo
5.    \_\_\_ \_\_\_ \_\_\_                      itu
6.    \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_            ldyoo
7.    \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_            glipo
8.    \_\_\_ \_\_\_ \_\_\_                      tne
9.    \_\_\_ \_\_\_ \_\_\_                      lyo
10.  \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_            tsato

# Seven Tenets of Tang Soo Do

by Marcene Ameer, E Dan

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

CONCENTRATION

HUMILITY

INDOMITABLE SPIRIT

INTEGRITY

PERSEVERANCE

RESPECT AND OBEDIENCE

SELF CONTROL

# Community Service Events

## Feeding the Homeless on Thanksgiving

By Rick Braun, Cho Dan Bo

Early this past Thanksgiving morning, I drove to North Philadelphia's Our Brother's Place homeless shelter with Mr. Altieri and Mr. Tyson (Mr. Altieri's neighbor) to serve breakfast to people far less fortunate than us. This year Mr. Vu joined us with his new wife and we enjoyed his company.

Upon settling in, the volunteers were split into two groups. The first group prepared the breakfast for the 300 or so gentlemen patiently waiting. Their breakfast consisted of milk, sausage, bread and cereal, while the second group began the preparations for the Thanksgiving Dinner later that day and breakfast for the next morning. I was asked to help prepare the Thanksgiving meal and the breakfast. We began by cooking many, many pounds of bacon, sorting and combining donations into similar containers so that the Thanksgiving meal could be put together, and cleaning up the kitchen. It is amazing the amount of soup, hams, mashed potatoes, cranberry sauce, etc. that are donated by many organizations.

This was my second trip and I plan on going back next year, and hope to encourage others to do the same. I find it very rewarding to help others and look forward to the trip each year.

## Thank You from the Bethesda Project

By Frank Altieri, Sah Dan



For the past ten years our students have made an extra effort to donate to our annual collection for the Bethesda Project in December. Thanks to your generosity we are helping the Bethesda Project accomplish their mission "to find and care for the abandoned poor and to be family with those who have none." Even in these difficult economic times we collected several boxes of items, including sweat shirts, gloves, T- shirts, soap, toothpaste, razors, shaving cream, underwear, etc. As you can tell, the homeless only asked for items to help them get through the day. The Bethesda Project provides shelter, food, and other resources to the homeless in Philadelphia. In many ways our dojang is like a family. It is nice to see our family helping other "families" in need. I can assure you that your donations were greatly appreciated. THANK YOU!!

## Self-Defense Seminar

By Kristen Winsko, Sam Dan

On Friday, December 3rd, the dojang hosted a free self-defense seminar. Ms. Stacey Magnier organized the event as part of her high school senior project. Attendees included many of her classmates.

The group learned basic techniques, including how to portray a defensive attitude and many techniques. After demonstrating some basic strikes and kicks, the attendees were given the opportunity to strike targets to see how powerful anyone can be, even without training, if they are determined to defend themselves. The instructors ran exercises in posture, using one's voice, and some of the more likely ho sin sul. Additionally, the group asked insightful questions and asked to see certain holds and releases.

Thanks to all the helpers. More seminars to come!



## 2010 Holiday Party

By Savannah Mudd, 2nd Gup

One thing that stands out for me from my 2010 karate experience is the annual Vaughn's Dojang holiday party. This was held on December 19, 2010, at the Spring Ford Country Club. Several things from this night still impress themselves upon my mind.

One memorable event was the awards ceremony. The 2010 Student of the Year went to Mr. Rick Braun, the Instructor of the Year was Mr. Ray Salas, and the Family of the Year was awarded to the Rosas Family. I was delighted by all of these awards as Mr. Salas was my instructor a few years ago, and Mr. Braun and the Rosas family are in my class.

We also had the privilege of hearing Kwan Chang Nim speak to us after the awards ceremony. He recounted the progress made regarding the new World Tang Soo Do Association headquarters in NC, the successes of the World Tournament this past summer, and a personal story about a decision he had to make regarding a possible confrontation.

It was especially meaningful for me to hear him speak after I had watched him get promoted to 9th Dan at the World Tournament in an incredibly fascinating ceremony.

I was also amazed by the quality of this year's demos. Dr. Rosenkrans led the All Stars, of which I am a part, in their annual demo. This included a group form created by Marcene Ameer, as well as a staff form, a fight scene, kicking, and breaking. All of the All Stars students had been working hard for weeks to perfect their forms and gave it their all. Also, the Vaughn's Dojang Creativity Demonstration Team (led by Daniel Peters and Karen Christie) put on a series of demos, including a rendition of "I Saw Mommy Kissing Santa Claus" in which Mrs. Claus caught her husband cheating and put up a fight. There was also much breaking, including of a bamboo pole, ceramic floor tiles, and leaping over 5 people to smash a board with a flying side kick.

However, what was undeniably my favorite part was the dancing. I love to dance, with anyone and everyone! It was great to be enjoying myself on the dance floor along with all the demo kids, Y kids, some Special Dragons, and even some adults thrown in! We formed a circle for one song so everyone could get a chance to show off in the center. We also tried to recreate the Thriller dance, with mixed results. One of my favorite songs was "Kung Fu Fighting" because we all did different forms to the beat, which was pretty fun. And of course, you can't have a successful dance without line dances like the Macarena, the Cotton Eyed Joe, and the Cha-cha Slide where everyone knows the steps and has fun.

Overall, the holiday party was a huge success. The demos, dancing, and delightful people made for a fabulous evening that was one of the highlights of my 2010 karate experience. Hopefully the 2011 party will be just as great or even better!



See next page for more holiday party pictures.

# More Holiday Party Photos



# Vaughn's Dojang 2010 Major Accomplishments

## Community Service

January 9 & 23 – Conducted self-defense seminars at Christ's Church of the Valley  
 March – Conducted a fundraiser for earthquake victims in Haiti  
 April 17 – Conducted a demo at the Phoenixville YMCA's Healthy Kids Day  
 June 6 – Marched in the Malvern Parade  
 July 3 – Volunteered at the Freedoms Foundation  
 August 29 – Sponsored a Red Cross blood drive  
 September 25 – Conducted a demo at the Norristown Federal Credit Union  
 September 25 – Conducted a demo at the Renaissance Academy in Phoenixville  
 October 29 – Participated at Pottstown YMCA's Halloween Safe House  
 October – Collected items for the troops  
 November 25 – Served breakfast to the homeless  
 December 3 – Conducted a women's self-defense program  
 December – Collected items for the homeless in Philadelphia

## Dojang Events

January 15-17 – Master Lipstein attended the West Coast Ki Gong Clinic  
 January 25 – The Times Herald published an article on our self-defense program  
 March 7 – Hosted Region 8 Championship  
 March 19-21 – Masters Vaughn and Lipstein and Mr. Altieri attended the Masters' Clinic  
 April 10 – Assisted with Region 8 Dan testing  
 May 1 – Conducted our annual spring dojang cleaning  
 May 8 & September 18 – Demo Team held car washes  
 May 21-23 – Several of our students attended or assisted at the Youth Black Belt Camp  
 June 12-15 – Participated in Adult Black Belt camp  
 July 16-18 – 40 students attended the World Championship; our Creativity Team won 3rd place  
 July 17 – Master Lipstein won the Humanitarian award and Mr. Altieri won the Community Service award at the World Championship  
 July 20 – The Burlington Times published an article on the World Championship  
 August 1 – Re-opened classes at the Audubon YMCA  
 September 11 – Assisted with Region 8 Dan testing  
 September 18-20 – Several students attended the East Coast Ki Gong Clinic  
 October 1 – Masters Vaughn and Lipstein attended DoJuNim's celebration  
 October 22-23 – Several students attended the Region 8 Championship; our Creativity Team won 3rd place  
 October 23rd – Mrs. Winsko received the Region 8 Student of the Year award and Mr. Altieri received the Community Service award  
 November 6th – Conducted a Gup Clinic  
 Hosted Leadership Class all year

## Black Belt Promotions

Master Lipstein was promoted to Master on Oct. 23rd

April cycle: **Sam Dan:** Brandon Mentley  
**E Dan:** Lauren Cox, Mike Magner, Scott Thompson  
**Cho Dan:** Curt Agonoy, Lucas Froman, Jordan Pulley, Josh Pulley

September cycle: **Sam Dan:** Lisa Mentley, Josh Painter  
**E Dan:** Marcene Ameer, Steve Kirshenbaum, Jane Maher, Alec Thompson, Susan Thompson  
**Cho Dan:** Mark Buckwalter, David Keller, Stephen Pulley, Reynaldo Rosas, Matt Simpson, Kelsey Stanton

Hapkido promotions: **Sam Dan:** Ray Salas  
**E Dan:** Master Lipstein, Brad Feuston, Jane Maher, David Painter, Wayne Rosenkrans, Scott Thompson, Kristen Winsko

# Congratulations!

**2010 Student of the Year –**  
Mr. Rick Braun

**2010 Instructor of the Year –**  
Mr. Ray Salas



**2010 Family of the Year –**  
The Rosas Family



February 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Region 8 Leadership Class	5 Black Belt Maintenance Test
6	7	8	9 Audubon Gup Graduation Instructors' Class	10 YMCA Gup Graduation	11	12 Black Belt Maintenance Test
13	14 Valentine's Day	15	16 Black Belt Maintenance Test	17	18	19
20	21 Presidents' Day	22	23	24	25	26 Dan Hapkido
27 Region 8 Instructors' Class	28					

## March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Region 8 Leadership Class	5
6	7	8	9	10	11	12
13 Region 8 - Spring Championship Daylight Savings Time Begins	14	15	16	17	18	19 Dan Hapkido
20	21	22	23	24 Masters' Clinic	25 Masters' Clinic	26 Masters' Clinic
27 Masters' Clinic	28	29	30	31		

## April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Region 8 Leadership Class	2
3	4	5	6	7	8	9 Region 8 Dan Test
10	11	12	13 Gup Graduation	14	15	16
17	18	19 Passover	20	21	22	23
24 Easter	25	26	27	28	29	30 Hapkido (Do JuNim)

# May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Region 8 Leadership Class	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20 Youth Black Belt Camp I - Camp Green Lane	21 Youth Black Belt Camp I - Camp Green Lane
22 Youth Black Belt Camp I - Camp Green Lane	23	24	25	26	27	28 Dan Hapkido
29	30 Memorial Day	31				

# June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Youth Black Belt Camp II - Camp Green Lane	4 Youth Black Belt Camp II - Camp Green Lane
5 Youth Black Belt Camp II - Camp Green Lane	6	7	8 Gup Graduation	9	10 Adult Black Belt Camp - Elizabethtown College	11 Adult Black Belt Camp - Elizabethtown College
12 Adult Black Belt Camp - Elizabethtown College	13	14	15	16	17	18
19 Father's Day	20	21	22	23	24 Ki Gong Clinic - Sedona, AZ	25 Dan Hapkido Ki Gong Clinic - Sedona, AZ
26 Ki Gong Clinic - Sedona, AZ	27 Ki Gong Clinic - Sedona, AZ	28	29	30		

# July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day	5	6	7	8 Region 8 Leadership Class	9 Black Belt Maintenance Test
10	11	12	13 Black Belt Maintenance Test	14	15	16 Black Belt Maintenance Test
17	18	19	20	21	22	23
24 31 - Region 8 Instructors' Class	25	26	27	28	29	30 Hapkido (Do JuNim)



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  
AVALON VILLAGE SHOPPING CENTER  
AVALON, 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.