



Dragon's Den

唐手道

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World Tang Soo Do Headquarters North Carolina

By Master Vaughn

Inside this issue:

This newsletter features a recap of last year's events, Vaughn's in-house tournament, the New Student Welcome Package, holiday party photos, and training with the Tiny Tigers!

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Upcoming events:

- Feb. 11, 15, 18—BB Maint. Testing
- March 3—Region 8 Spring Championship
- April 14—Region 8 Dan Testing
- May 18-20—Youth Black Belt Camp
- June 8-10—Adult Black Belt Camp
- July 20-22—WTSDA World Championship

Here we are facing a new year; another year and another Tang Soo Do adventure. This year is a very important and unusual year though. Two thousand twelve is a special year for World Tang Soo Do. This is the year Grandmaster Shin will see his second masterpiece come to fruition. His first masterpiece was building the WTSDA to the giant it is today. His second masterpiece will come to life at the opening and dedication of the brand-new World Tang Soo Do Headquarters, located in Burlington, NC. The Grand Opening will take place July 22 of this year. The ceremony will highlight our fourteenth World Championship, being held in Greensboro, NC. Greensboro is just a short distance from the site at Burlington.

The weekend is shaping up for a huge celebration with WTSDA students from around the world doing what they like to do most; i.e., practicing Tang Soo Do and sharing the opportunity to participate in such a milestone occasion. They know it will pay great dividends to be one of those present, especially at this Championship.

World Championships are held every other year on the even-year. The 2010 Championship was also held in Greensboro. After the tournament, we enjoyed a picnic, where TSD students from around the world spent a pleasant day eating, playing games and enjoying the martial spirit that permeated the event. The picnic was at the building site purchased for the new headquarters. There were tents set up with tables and chairs, where friends and families enjoyed their BBQ. It was a great time to form new friendships and to renew old ones. The day was sunny and warm, with a fair-like atmosphere. There were also fund-raising events. A good example was the "dunk tank" where masters would sit above a tank of water on a seat that had a trip latch hooked up to it. There they waited patiently for someone with a good arm who could throw a ball straight, hit the round target plate hard and square, and enjoy

watching that master go Splash!" It was great fun for the students and the masters, and all for a good cause.

If you, as a WTSDA student, have never attended a World Championship, please talk to other students who have. Being a part of this gathering of such positive people can be an up-lifting lifetime experience for you. There is a great feeling of pride that comes from the competition, the excellence in the techniques performed, and the camaraderie shared among the students of the WTSDA. One must experience it to really appreciate its worth. It is a worthwhile adventure, and one that can create treasured memories.

We in Region 8 are lucky for the good access we have to Kwan Chang Nim. Students from other countries maybe get to see him once a year. They will travel from faraway places like Africa, United Kingdom, Germany, The Seychelles, Argentina, and Chile—literally from all parts of the globe—to spend time with him, and to be a part of the Championship. One of the three mottos of WTSDA is brotherhood. Of course, our brotherhood stands for brotherhood and sisterhood, with respect to the lady warriors.

The new World Headquarters will be a place where students from all over the world can come for advanced training. It is unique in the history of the World Tang Soo Do Association. It will be our generation who will get credit for its inception, but the true credit goes to Grandmaster Shin, and his band of loyal masters, who dreamed it long ago, worked for it for years, and through dedication, perseverance, and pure stubbornness, made it happen.

Isn't it great to think from all corners of the world there are other WTSDA artists right now planning to be a part of this history in the making? Excitement and anticipation is building in the minds of practitioners everywhere. It will be an experience you don't want to miss.

In-House Tournament
By Marcene Ameer, E Dan

On Saturday, January 21, 2012, Vaughn's annual in-house tournament was held at the dojang. Despite a slight snow delay, we had a great turnout for the tournament, with over 40 students competing. This tournament was open to students of any age and belt level. We had tiny tiger, youth gup, adult gup, and Black Belt competitions. Everyone showed up for competition with tons of energy and excitement. All the students have been practicing very hard and it really showed in their forms and sparring. The in-house tournament is a great tournament for first-timers. It teaches the value and spirit of competition and gets you prepared for larger-scale tournaments. Also the tournament lets you make new friends with students from other classes you've never met before.

This in-house tournament was special this year because a portion of the proceeds were donated to the 75th Ranger Regiment Family Fund. I hope everyone had a really great time at our in-house tournament and I can't wait for next year's competition!



Thank You from the Bethesda Project
By Frank Altieri, Sah Dan

For the past eleven 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 seven boxes of items, including sweat



shirts, gloves, T-shirts, soap, tooth paste, 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. As Tang Soo Do students, we just practiced one of the purposes of our TSD training—to be a better person. Thank you for caring for the homeless of Philadelphia.

New Student Welcome Package

By Brad Feuston, Sam Dan

As an outgrowth of the Stewardship Program, the need for an orientation guide for parents and new students was identified. Recall the objectives of the New-Student Stewardship Program are multifold. Most important is creating a nurturing environment for all Vaughn's students while facilitating the integration of new students into the "Vaughn's family." Ensuring both students' and parents' concerns are addressed as they arise is the shared responsibility of both the instructor and the steward. The program also tries to balance early training with fun activities that promote positive attitudes with physical conditioning. An additional important component of the Stewardship Program is tracking students on their path at Vaughn's Dojang.

While the objective of the instructors, stewards and Tang Soo Do buddies is the smooth transition of the new student into the dojang and class routine, the amount of new information can be overwhelming. Besides all the new physical techniques that are exposed to the new student, there are all the intangibles relating to Tang Soo Do philosophy, history and class protocol. Master Vaughn and instructors make every effort to ensure that the new students and parents receive this information as well, but it can be overwhelming to the new student. Much of the information regarding Tang Soo Do and general class procedures will be found in the Gup manual though a more dojang-specific focus would be better for

the new student. Details particularly relevant to Vaughn's Dojang may be found in various pamphlets and handouts. However, the distribution of the dojang material is not consistent and not all students/families will have collected all the reference material. To address this gap, a new student welcome package has been developed. The welcome package provides more details about the dojang, including protocol, class schedule, and the path to Black Belt in a small compact package.

Specifically the package contains:

- New Student Welcome Guide
- Class schedule
- Black Belt Club Information Brochure
- Contact information
- Gup Graduation record
- Vaughn's Dojang window decals

The "New Student Welcome Guide" begins with a letter from Master Vaughn where he discusses the philosophy of traditional Tang Soo Do and the progressive phases of learning from a personal perspective. The introduction section provides some history of Tang Soo Do and insight into the philosophy of our martial art. Sections on instructors and the Stewardship Program are included to highlight the high standards required of Vaughn's Dojang instructors and the system put in place to support the new students as they begin the path of

the martial artist. Class protocol is also presented in a simple and concise manner to answer the most commonly asked questions.

The path to Black Belt is discussed in some detail to give the scope of the Tang Soo Do program and set appropriate expectations for obtaining Cho Dan. The path to Black Belt is presented as different development periods, e.g., the beginner, intermediate and advanced Gup student. Requirements for Black Belt tests are also discussed to provide advance notification of the expectations for Black Belt candidacy.

The opportunity to pursue a parallel path in Hapkido at the Dojang is also presented in the package. The beginners' class is taught by Master Lipstein and Mr. Altieri, with the end of month class taught by Master Vaughn. The unique relationship between Master Vaughn, Vaughn's Dojang, and the founder of Sin Moo Hapkido, Grandmaster Ji, Han Jae, highlights the quality of training available in this complementary martial art.

Finally, a section on general studio information is given to cover topics such as dojang holidays, prohibition of filming during class and the inclement weather policy. It is recommended that all current students download the New Student Welcome Guide from the Vaughn's Dojang website. Window decals are also available from instructors and all students are encouraged to proudly display a decal on a rear car window.

Vaughn's Website

By Rick Mentley, Sam Dan

Have you visited the Vaughn's Dojang website lately (at www.vaughnsdojang.com)? Our website continues to be a source of valuable information for students, parents, and instructors—especially the scrolling Upcoming Events section on the home page and the What's Happening page (under News & Events). Both of these sections contain information about Gup Graduations, events such as tournaments and Black Belt Camps, as well as studio closings or class cancellations due to the weather or special events. Driving directions and event applications are also available. Our students and instructors found this information especially helpful

during the night and morning preceding our 2012 In-House Championship which happened to coincide with our first snow storm since Halloween. As the website informed everyone, the tournament was a



go despite the snow—and it was a great success! Be sure to check out our Shutterfly picture galleries (under Resources > Pictures) such as those from the 2011 Holiday Party and the 2012 In-House Championship. Also, thanks to the programming skills of Mr. Greg Forte, we now have online quizzes available. So, after you've studied for the written test for your next Gup rank, try the Tang Soo Do Quiz (under the Students menu) to see if you're ready!. Instructors, be sure to let your students know about these outstanding quizzes. So make a point of visiting our website regularly—perhaps you'll see yourself in the slide show on the home page!

Tiny Tigers Are My Teachers

By Jenn Forte, 8th Gup

Tang Soo Do is quickly becoming a family affair for the Fortes. My husband and oldest daughter started training in August 2010 and quickly grew to enjoy not just the exercise, but the camaraderie, the community, the precision and the spirit of Tang Soo Do. After being asked to come and visit during “buddy weeks” a few times, I finally came as Greg’s guest in April of 2011 and officially joined the dojang that June.

Fast forward several months, and our middle child decided she would like to try Tang Soo Do as well. Since she’s only four, I communicated with Mr. Summers to ask if I could bring Nora to the Tiny Tigers class. He replied to my email with a definite “yes” and then added a postscript at the end of the note: “Bring your dobohk if you want to. ☺”

So, I did.

Mr. Summers had mentioned that my presence might help to make Nora feel more comfortable about being in the class, and my own experiences with children have generally indicated that the higher adult-to-child ratio, the better. Since I would be at class anyway, it only made sense to me to try to help out where I could and to give my child a somewhat similar experience to her older sibling, who gets to have both her parents in class with her throughout the week. So, when Monday came, we got dressed in our dobohks (we had a spare that fit Nora), looped our belts around our necks (Nora insisted she wanted to do this exactly the way I did, as many four-year-olds do), and off we went to the studio for Nora’s first official Tang Soo Do class.

We arrived and I introduced Nora to Mr. Summers. We got organized, sat at the edge of the floor mat, and waited for everyone to arrive. When everybody was there, we began!

I expected that the class would be fun for Nora. I did not expect that the kids

would get nearly as much done in a half-hour class as they did, and I certainly didn’t expect to learn things myself. I erroneously assumed that the kids would come in, maybe get to a kick or a couple of punches (I had seen the Tiny Tigers at a graduation in the fall, so I knew they did learn Tang Soo Do techniques), and by that time class would be over.

I was amazed at how much they learned! I had thought that, even though I’m only 8th Gup, I would feel strange to be the highest belt-level student in the class. I couldn’t have been more wrong. I’m learning just as much as the children are! I’m learning an incredible amount about the spirit of Tang Soo Do from watching these small people work and try to put every ounce of energy they’ve got into everything they do.

Mr. Summers had everything organized to make it easy for the children to focus on learning Tang Soo Do techniques and to minimize confusion. We all marched in a line to get to the front of the class, playing “choo choo train” in a follow-the-leader style (complete with chugga chugga choo choo! sounds from the kids), we all received unique placeholders that we used to keep our spots on the floor mat, and we began class.

Having been training at Vaughn’s Dojang for several months, I have experienced my fair share of class openings and closings. However, I still managed to learn from not only Mr. Summers, but the children themselves. One of the girls opened class with barely any assistance, in a voice so loud and clear that I had no problem hearing her. The children followed along with the instructions perfectly, and Mr. Summers even took the children through a basic meditation exercise, where they would focus on their breathing for three breaths! I realized then that even as I try to make sure I don’t “talk down” to my kids or treat them as if they’re

incapable, I still can underestimate them.

Class progressed well. We warmed up, we practiced our blocks with the appropriate Korean names, and each time we went through a drill technique we counted, in Korean, each time we took a new step. The kids did an excellent job, and by the third time through, even Nora had gotten the hang of counting in Korean. I tried to provide a good example for the children, but I’m not sure they needed the help all that much. Every child around me was fully engaged and focused on what he or she was trying to accomplish.

When we were done drill, we still had time to do a fun activity, an “obstacle course” that ended with a kick to a target. The kids had a great time and I couldn’t believe that a half hour had passed so quickly, even though we’d done far more than I expected to see happen!

This was Monday. On Tuesday, as we were preparing to go to the all-levels class that Greg, Michaela and I take, Nora asked if she could come along too. She’d obviously enjoyed Tiny Tigers. I promised her that we would go to Tiny Tigers again on Wednesday, and that I would go with her again to her class. She agreed, and so the next night we donned dobohks and carried our belts and went to Audubon. As soon as she saw our instructor she grinned up at him and said, “Hi, Mr. Summers!” She was definitely glad to be there!

Class went much like it did on Monday, only this time we had a chance to work more extensively on side kicks in addition to drill, and just as the day before, I saw the children engaged, enthusiastic, and working very hard in class. They were having a great time and their focus was incredible for a group of four-year-olds! I remember thinking, as we closed class and the child closing class recited the tenets of Tang Soo Do: “Now, this class perfectly demonstrates the tenet of indomitable spirit.”

Assisting with the Special Dragons Class

By Rick Braun, Cho Dan

Master Vaughn has always made the Special Dragons program a priority for the Dojang. The program is something that makes our studio unique and illustrates the character of our students and instructors. Through Dr. and Mr. Painter’s efforts over the years and now Mrs. Cox’s tutelage, the program has thrived. To ensure all of our Cho Dan Bos and Dans have an opportunity to spend time teaching and

training with our wonderful students in the program, Master Vaughn has asked that a mandatory assistants schedule for the Special Dragons class be created and maintained. The time commitment on the schedule is one hour every couple of months and is very worthwhile for the students and the instructors.

Please note, this schedule is not new and was posted last year, and is again, on

the Bulletin Board in the front of the studio under Kwan Chang Nim’s photo. In the past, there have been occasions where the scheduled assistants have not met their obligation to assist with their assigned Special Dragons class. There are many reasons why this may be so; however, it is the responsibility of those scheduled to inform Mrs. Cox of a conflict and to identify an individual who will cover for that class.

Region 8 Scholarship Fund Healthy and Growing

By Donald Weinberg, Sam Dan

The Region 8 Scholarship Fund is improving its financial condition. Of particular note was the \$2,000 donated by the Region 8 Gup Clinic, whose dedication and continuing work toward maintaining funding was and is deeply appreciated. Their work truly reflects the Tang Soo spirit. Not only did the Gup students benefit greatly, but the efforts of the clinic team (Ms. Heisse and Mr. Schwartz, among many others) helped increase the fund's ability to award scholarships.

Also of note is the generosity of the Region 8 Leadership Class. Donations

were given at each of the nine monthly sessions to a total of \$957 in addition to their year-end gift of \$1,000. On a lesser note, September's "Dollars for Scholars" fundraising was not as successful as it might have been. I need to put more effort into that. However, Vaughn's Dojang was the outstanding donor studio in the "over 100 students" category. So, the scholarship funds thanks the Vaughn's Dojang family for their kind giving.

Over \$3,200 was raised at other Region 8 events, summer Black Belt Camps, tournaments and Dan tests.

Because of all that generosity, the scholarship fund was able to award two \$1,500 scholarships at the Region 8 Championship in October and another two \$1,500 scholarships will be awarded at the Region 8 Dan Test in April.

Please take a personal interest in the success of the Scholarship Fund. The fund raises this money so that deserving Region 8 students can get help paying ever-growing tuition bills. So give what and when you can and please apply if you are eligible—it's there for you!



Testing Your Knowledge

By Susan Thompson, E Dan



- The name of the Koguryo royal tomb which has a mural depicting an early form of Tang Soo Do is...
 - Myung Chi
 - Chung Do Kwan
 - Muyong Chong
 - Hwang Kee
- The first martial arts book was named...
 - Soo Moo Kwan
 - Mooyae Dobo Tongji
 - Hwa Rang Dan
 - Muyong Chong
- The three purposes of Tang Soo Do training are self-defense, health, and...
 - Self-control
 - Competition
 - Concentration
 - Better person
- On the Korean Flag, the circle represents...
 - The creation of the universe
 - The absolute or essential unity of all beings
 - Balance and harmony
 - Expansion and separation
- The meaning of the blue belt is...
 - Mastery, calmness, and dignity
 - Stability and wisdom
 - Maturity, respect, and honor
 - Attention and control
- Students should arrive at least _____ minutes before class is scheduled to start.
 - 5
 - 15
 - 20
 - 30
- Which is NOT a vital point?
 - Elbow
 - Temple
 - Shin
 - Kidney
- Dwi Hu Ryo Cha Ki is...
 - Spinning back kick
 - Hook kick
 - Wheel kick
 - Axe kick
- The Korean term for breaking is...
 - Kyuck Pa
 - Kong Kyuck
 - Muk Yum
 - Kap Kwon
- The Korean term for the Korean Flag is...
 - Hyup Hoi Ki
 - Tae Keuk Ki
 - Kukgi Bae Rye
 - Tae Keuk

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

2011 Holiday Party





More Holiday Party Photos



KIDS

KIDS

KIDS

D
I
K

Wise Guyz

present...

Word Jumble

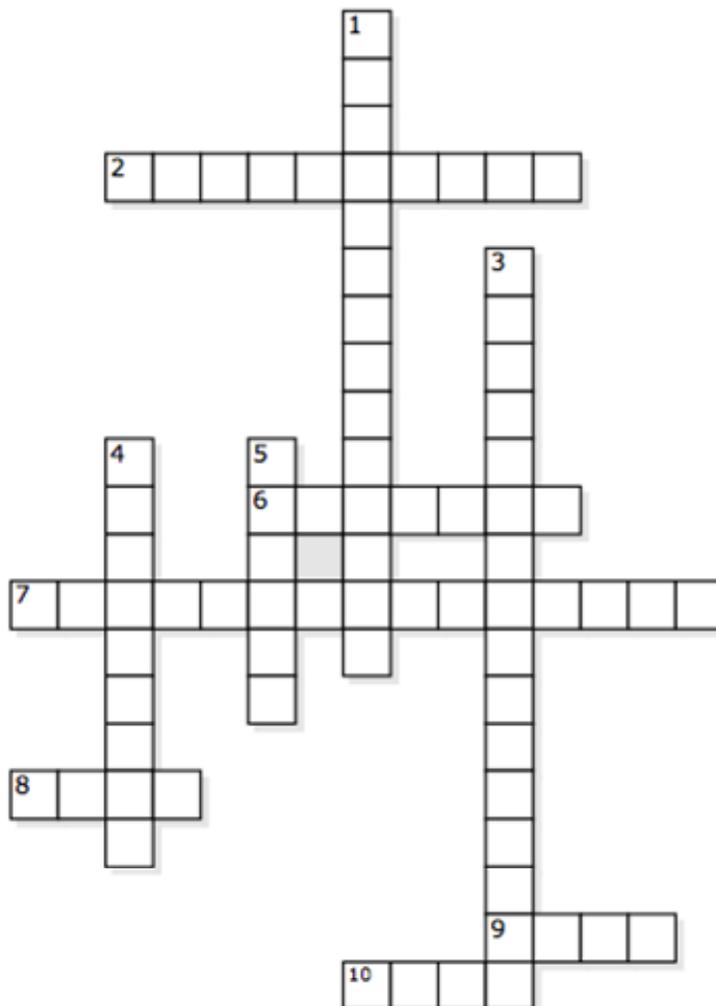
By Lucas Froman, Cho Dan

1. SFMRO _____ — A hyung or pattern
2. TBLE _____ — What we wear around our waist
3. JNODGA _____ — Our studio
4. UPG _____ — A colored belt rank
5. NDA _____ — A black belt rank
6. HSA MBU IMN _____ — What we call Master Vaughn
7. FRUINMO _____ — A dobohk
8. TSI _____ — Ahn jo
9. CIKK _____ — Cha ki or a front ...?
10. IDW _____ — The back

Tang Soo Do Crossword Puzzle

By Lucas Froman, Cho Dan

Use the Vaughn's Dojang Website to find the answers if you need help.



Across

- 2) What is the name of the newsletter Mrs. Mentley has published since 2004?
- 6) In what field does Ms. Maher have a college degree and work in?
- 7) Name the Project Mr. Altieri sponsors at the dojang to help the homeless in Philadelphia.
- 8) From what university did Master Lipstein graduate?
- 9) With what branch of the military did Dr. Feuston serve?
- 10) In how many different martial arts has Mr. Salas trained?

Down

- 1) What are the names of Mr. Mentley's sons?
- 3) In 2011, Mrs. Winsko received this award from Region 8.
- 4) What is the tag used by Master Vaughn for his email account?
- 5) Mr. Summers currently works for what company?

Congratulations!

To the following Spirit Belt recipients:

Youth

**Audubon Dojang
Phoenixville**

Pepi Rosinski
Zeke Daniels

Tiny Tigers/Little Dragons

Arnav Gupta

And to:

**2011 Family of the Year –
The Teunissen Family**



**2011 Instructor of the Year –
Ms. Christine Cox**



**2011 Student of the Year –
Ms. Marcene Ameer**



**2011 Roundtable Award –
Ms. Kathy Sardella**

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Region 8 Leadership Class	4
5	6	7	8	9	10	11 Black Belt Maintenance Test
12	13	14 Valentine's Day	15 Gup Graduation, Black Belt Maint Test	16	17	18 Black Belt Maintenance Test
19	20 President's Day	21	22	23	24	25
26 Region 8 Instructors' Class	27	28	29			

March

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

April

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

May

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

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



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.

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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.