



Dragon's Den

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Upcoming events:

- May 20-21—Youth Black Belt Camp
- June 4—Training in the Park
- June 5—Malvern Parade
- June 10-12—Adult Black Belt Camp
- July—BB Maintenance Testing

Summer Is About Feeling Good

By Master Vaughn

Guess what? Summer is almost here. Now is the time to increase your workout. Let's make a deal with ourselves. Let's be ready to enjoy the nice warm weather coming up. Springtime is a time for watching nature *come to life*. There is nothing like the first forsythias, announcing spring with a burst of yellow, or the sound of the returning song birds. Springtime is a great time for us to renew our commitment to Black Belt Excellence (nothing better!). There is no better feeling than to be in shape, especially when getting out of doors, hiking, going to the beach, or just walking down the street.

Now is the time to get serious about your Tang Soo Do training. Make it important to attend class. Scheduling time for training at home will make class more fun. Don't let summer slow you down because you get lazy and neglect getting to the dojang.

Tang Soo Do is there for you to feel better about yourself and the world in which we all live. Summertime offers a whole range of distractions, but when you think about the reasons you started on your martial-arts path, you can see why it's important not to stray from the goals you have set at the beginning of this journey. Was it self-discipline you were looking for? Maybe it was to lose weight? Maybe it was for self-defense, or maybe it was to find out more about yourself, about who you really are? These are a few of the common reasons that people seek out martial arts.

I remember the first time I met Grandmaster. I thought, "Here's a man after my heart." I had been in the military, and there I had the opportunity to meet some of our nation's top leaders. I recognized similar qualities of leadership in Grandmaster Shin, but I also recognized that he had the virtue of being on a mission, and loving every minute of it. That enthusiasm was catchy. When seeing his technique for the first time, I could plainly see the discipline and commitment to training it had taken to get to that skill level. To be good at this stuff, you must spend the time.

Tang Soo Do training is not meant to be easy. It is meant to be a challenge to anyone, but the rewards are worth the experience. To make it to the Black Belt test, you have to stay on the path. It's hard at first, but as you get more and more into it, the training becomes easier, and guess what? It becomes more and more fun. The secret is to stay focused and not let distractions keep you from your goals. Ask any of our Dan members what he or she would take in trade for their Black Belt. Guaranteed, most would answer they would not trade that experience for anything.

Remember, "The goals you set are goals you get!"

2011 Masters' Camp – View from a First-Year Candidate

By Wayne Rosenkrans, Sam Dan

Thursday, March 24th, 5:00 AM – Bags packed with two uniforms, several WTSD tee-shirts, dan gum, sparring gear, and boards, I depart for Master Lipstein's house dressed in casual "airplane" attire. On arrival Master Lipstein greets me with a big smile, a hearty "ready to go?" and dress blues!! "It's all right Doc, go home and change and we'll pick you up there."

So the stage was set for an extraordinary weekend. A few minutes later Master Lipstein, Mr. Altieri and I are in the car bound for the airport where we'll meet Master Vaughn, Prof. Weinberg, and Ms. Winsko to board our flight to Nashville. We get checked in, give the bags with the dan gums in them to checked baggage, and proceed to the gate—coffee and bagels in hand. All seems well, the flight loads, pushes back from the gate, and we're underway. An hour or so into the flight the captain comes on the speaker to inform us that due to a mechanical problem, we are returning to Philadelphia. There's a murmur from the passengers, and the flight attendant tries to calm the group by explaining the problem which involved the anti-icing system—she got it horribly wrong, but gave a valiant effort.

On the ground in Philadelphia we mill around and try to amuse ourselves in various ways waiting to find out the fate of our flight. Employment of Ms. Winsko's iPhone to check other flights informs us that none are available. Three hours later, USAir in their exceedingly annoying fashion informs us that our flight is cancelled and we have all been re-booked on a flight the next morning to Nashville via Charlotte that will arrive around 9:30AM after a 5:30AM departure. With a two-and-a-half-hour drive from Nashville to Florence, Alabama, that puts us on site for the camp sometime around noon on the second day. One thought flashed through my mind, which was confirmed by the look in Prof. Weinberg's eyes—what is Master Britt going to do to us when we arrive a day-and-a-half late for camp!?!? That sense of panic welled up from deep within to threaten our state of relative calm as we assessed the situation. Master Vaughn, Master Lipstein, and Mr. Altieri could obviously read our thoughts and sought to reassure us. Master Vaughn will call Grandmaster, Master Lipstein will call Master Mars, and I send a text to Gideon (the WTSDA Administrator) informing them of our predicament. So we all reset, retrieve our baggage, and bid each other adieu until

the next morning when we will try again.

Friday, March 25th, 3:00 AM – Bags packed with two uniforms, several WTSD tee-shirts, dan gum, sparring gear, and boards, I depart for Master Lipstein's house dressed in dress blues this time. Mr. Altieri and Ms. Winsko arrive shortly after I do and we decide to take Ms. Winsko's car. After what seemed like a very short drive (I've never done 80 on Rt. 252 before) we arrive at the airport to reprise the previous morning. The flight leaves on time, we transit Charlotte, arrive in Nashville, obtain the rental car and set out for Florence—Master Lipstein pointedly assumes the driver's position.

We check into the hotel, and very quickly put on dobohk pants and tee-shirts, grab the rest of our uniforms and head for the University of Northern Alabama, site of the camp. Having no idea what to expect, Prof. Weinberg and I wait in the hallway outside of the cafeteria for the candidates group to come by. Master Fisher, one of the candidate handlers, appears and sees us two forlorn looking folks waiting on the sidelines. His eyes flash as he greets us with a "You made it!" greeting and ushers us into a side room. "Just line up with the group as they come in, more or less in belt order," he tells us. Shortly thereafter the candidate group comes in, 39 candidates, the largest group ever from all over the world—folks from the US, the UK, Europe, Latin America, and South Africa, a true representation of the global reach of World Tang Soo Do. Those that we know from Leadership class or otherwise greet us warmly; it turns out the story of the Vaughn's folks' flight problems the day before has traveled fast. We line up, and Prof. Weinberg and I try to find our place in line noticing that everybody else is in white dobohk pants and green camp tee-shirts—we both have blue shirts on. Master Britt appears and the line counts down. Then what the Prof. and I have been dreading occurs—Master Britt asks where the two late-comers are. How many pushups are we going to have to do? How long will we have to stay in front leaning rest? Will we have to jog everywhere we go? Or some new torture we haven't dreamed of yet? He zeros in on the Prof. first (we stand out from the group in our blue tee-shirts), and goes nose to nose with him. Then laughs, and gives him a big hug slapping him on the back—"Glad you made it, where's Doc?" I receive the same treatment. All is right with the world, the force is back in

balance, life is good and we're ready for anything at this point.

The candidates come into the cafeteria for all meals as a group, meet with Masters Britt, Fisher, and Valentin, and then when all of the masters have been through the line we come in and sing the anthem as a team before we start through the line. Cohesion and camaraderie between the candidates is built in this manner. The rest of Friday passes in a blur of activity for which wonderful clinic choices abound—I choose a sword activity with Master Josefik and some very unique knife defense with Master Wick. We do the usual meal routine (our singing of the anthem improves with each rendition), then board the shuttle buses for the hotel to change and listen to the evening program. Prof. Weinberg and I are roommates, so we finally have time to compare notes and reaffirm for each other what an incredible opportunity this is to bond with our fellow candidates and learn from such an amazing group of people. The evening program consists of presentations by Master Strong and Grandmaster Beaudoin with uplifting commentary from Grandmaster Shin. The candidates are strongly advised by Master Britt following the presentations to hit the sack, which we all gratefully do.

Saturday starts with Ki Kong, meditation, the candidates' meal routine, and breakfast. All the candidates are acutely aware that the day will culminate with the Master's candidate test that night. There's time for another couple of clinic choices and I choose more sword work and a stretching program with Master DiMarco; then the candidates are taken aside for a talk with Master Britt who informs us that he too will be testing that night for his next rank. That sends a feeling of kinship around the group like nothing else could have, our leader will be testing with us that night. Late in the afternoon Master Causerano takes the candidates aside to learn a new form, which we perfect by repeating some 50 times under the watchful eyes of Masters Causerano, Britt, Fisher, and Valentin. At the final lineup before dinner the candidates perform the form for the Masters.

Saturday evening is here; we sing the anthem once again and settle into our own thoughts at dinnertime—quiet reflections on what is to come. The

(Continued on page 3)

Masters' Camp

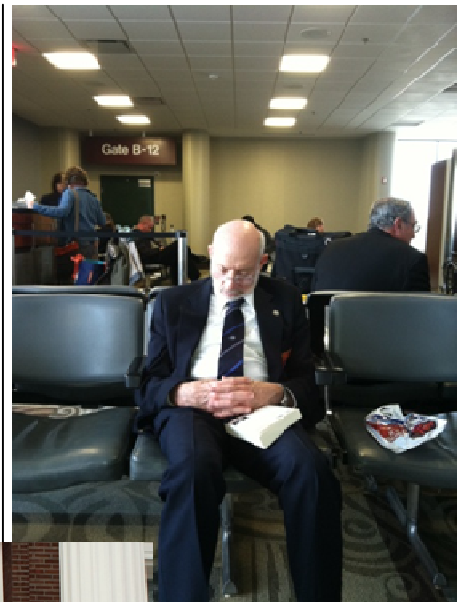
(Continued from page 2)

candidates are bonded, all will help each other through what is to come, but in the end each will handle the test in his or her own way. The written test is administered, then there is a long break before the physical test. I decide this is part of the test—how do the candidates handle this period of waiting? The Shim Sah Masters file in, assume their seats, conductors are introduced, and the test begins. Four hours later it's over. Adrenaline still pumping, muscles sore, we board the buses for the hotel expecting bed and a short sleep before Sunday's events.

But no, we arrive at the hotel to find all the Masters awake and awaiting our arrival. Firm handshakes and hugs all around as we come through the doors. The Prof. and I spot Master Lipstein and Mr. Altieri who greet us with smiles, warm hugs, and slaps on the back. We're ushered into the hotel banquet room where Master Vaughn greets us similarly—it's all almost surreal, I find tears welling up (as I do even writing this article). We're being welcomed into the Masters' fraternity.

Sunday dawns to Ki Kong, meditation, time to pack and checkout of the hotel. We ride the buses one more time to the

University for brunch and concluding remarks before departure. Pointedly, the candidate group is not expected to sing the anthem again this time. Prof. Weinberg and I sit with the Vaughn's group for brunch; the candidates group has been absorbed by the larger brotherhood. In the car on the way back to Nashville most are in quiet conversation or sleeping. As evidenced by the adjacent photo, Prof. Weinberg engaged in deep meditation while awaiting the flight back to Philadelphia. We will go through the same experience next year as second-year candidates, and again a third year if necessary. This is what it is all about—the Master's belt at the bottom of our insignia which signals the ultimate student goal of Tang Soo Do.



I'm 57, I've been training for 20+ years, and when I started I never dreamed I would be here on the plane back from Alabama with five of my closest friends and, thanks to the ever-present encouragement of Master Vaughn, having experienced such a life-changing event. Thank you Grandmaster Shin, Grandmaster Beaudoin, Master Vaughn, Master Britt, Master Lipstein, Mr. Altieri, Ms. Winsko, and most especially my comrade in arms, Prof. Weinberg.



The 2011 Masters Candidates Class

From the Tao Te Ching (On Non-Doing)

By Donald Weinberg, Sam Dan

Seeking knowledge, day by day growth.
 Seeking Tao, day by day decrease.
 Decreasing and again decreasing you reach non-doing.
 Without doing, nothing remains undone.
 If you want to conquer the world,
 constantly abide in no affairs.
 If you have affairs, you are unable to conquer the world.

"Without doing, nothing remains undone," seems confusing but what the philosopher means is that almost everything has its own best way of getting done, a natural, unforced way, a way that is true to itself. By non-doing, we let that happen. We do not force it to be our way because our ego or desires want it to be other than it is. The way (Tao) is to become natural, to be human and humane, not to contend, to give up ego, to be like flowing water.

Water does not contend against rock; it gives way. Yet in doing so it conquers the rock. The rock contended against the water and yet the water conquered it. Flowing water carved the Grand Canyon and the contending rock is no more. That is the principle of non-doing. To pursue natural goals without ego-based 'affairs', one acts with "moo shim" and becomes part of the natural forces.

The way to approach non-doing is through breathing and finding focus through awareness without thought. Breathe through your abdomen. Expand the abdomen to inhale and contract it to exhale. Find your natural rhythm. As you breathe, let your mind relax and empty itself. Just concentrate on your breathing. Your mind may resist, but keep focusing on your breathing and the rhythm. Slowly you will let go of all the things we do to impose our egos on the world. Your mind will empty and you will enter a state of non-doing and a state of natural awareness. You will be the water.

Black Belt Test

By Casey Schmidt, Cho Dan Bo

The day began with the regular pretest jitters and waking up obscenely early just in case we got very lost on the way to Twin Valley Middle School. I triple-checked to make sure we had all we needed for the test. I was lucky in some ways; my sister, Megan, was going through exactly the same thing I was, quizzing herself on information that she already knew as our car drove down the winding paths.

Megan and I set our stuff down on the bleachers and immediately began stretching nervously. The gym slowly filled with candidates, instructors, and families—some smiling, others looking like they were walking into the place that they would die. At first all of the people made me nervous; all of them wanted the same thing as me: a promotion. Then instructors and fellow students I have trained with began to approach Megan and me, giving us hugs and assurances of their confidence in us. That's when it clicked. No one in that gym wants you to fail. The judges, your fellow candidates aren't looking for you to screw up and embarrass yourself. Everyone in that gym wants everyone to do their best.

With that in mind, I dove into the written test with the confidence that I had studied and no amount of cramming two seconds before the test would be the difference between passing and failing.

After finishing, I checked the sheet and was relieved to find that I had been put into the first group and wouldn't have to test my patience during the two hours before the second group started. Megan was also in the first group, but our two year age difference was enough to split us up.

In fact, I was the only Vaughn's Dojang student in my group and was reminded of the saying that Vaughn's students are always the last to finish forms. Many of the Cho Dan candidates in my group were older than me, but as I lined up and received a few last minute encouragements from familiar faces in the crowd, I felt my confidence surge.



I began the test with the state of mind that, whether I passed or failed, I would be the loudest person out on the floor. The test wasn't entirely what I expected, but I tried my hardest and gave it all of my spirit. This test is not only the culmination of all of the hard work you do, but also another jumping off point to another place in your Tang Soo Do career. All you can do to prepare for the test is study, practice, and have confidence in your abilities. Hopefully, it all pays off.



How to Prepare for Black Belt Camp

If you are reading this to get some tips to attend your first Black Belt Camp, a hearty congratulations to you! You have worked hard and have made a lot of sacrifices to get to this point. Now it is time for you to reap one of the many benefits of being a Cho Dan Bo in the World Tang Soo Do Association. Black Belt Camp is one of my favorite TSD events. It is a gathering of all Cho Dan Bos and Black Belts in Region 8. It is getting to be quite the reunion. As with any time spent away, proper packing will ease your adventure. You have filled out your application and sent it in before the deadline. Bring the other half of the application with you and keep it with you at all times so you can refer to the itinerary as needed—especially when it comes to deciding which breakout session you would like to attend.

As far as packing, essentials are listed on this application also—pack these. There are a few extra items you might like to bring. Pack some hydrating liquid of your choice or water and plenty of it. You will need this, especially if it is very hot. Healthy snacks are also advised since you do not eat right away in the mornings. Also, bring a basic pain reliever in case you strain a muscle, get a headache, etc. in addition to any other medication you need on a daily basis. Sunblock is always a necessity unless it's raining all day both days. You will be outside for long periods of time. When applying sunblock—this is important—

besides your face and hands, LOTION THE TOPS OF YOUR FEET AND THE “V” OF YOUR NECK FROM YOUR UNIFORM! Each year someone forgets to do this and it's very uncomfortable for days.

It is always a challenge as to what to do with your room key while training. Some bring small waist bags, others pin their room key to their uniform (yikes), others put it on a lanyard around their neck, etc. I bring a small bag and keep essentials on hand at all times; key, lotion, water, Motrin, etc. Find a way to keep track of the room key; if you lose it, it'll cost you \$75 to get another!

As far as footwear, bring comfortable shoes. These should be shoes you can do TSD in while wearing your dobohk. Bring another pair of shoes to wear in the dorm, especially to and from the showers.

TSD tops/t-shirts should be worn in the evenings to the lectures. This is not the time or place to wear your cami or muscle shirt alone. You can wear shorts or pants in the evenings, your discretion—it's usually very warm in the gym during these summer nights. Bring 4 t-shirts at a minimum. A dry t-shirt never felt so good. If you have more than one dobohk, bring the extra too.

As far as bedding, I just bring a sleeping bag/pillow and put it on the bed. That way you don't have to worry about sheets. An alarm clock will be helpful, but if you forget, ask your neighbor to knock

on your door. One of your TSD family members will be glad to help out. You do not want to be late to line up at Black Belt camp.

Last, but certainly not least, remember your protocol. By choosing to bring TSD in your life, you have willingly agreed to embrace its foundation. TSD is based on thousands of years of tradition and protocol. There are specific ways and procedures in addressing and communicating with your fellow brothers of senior/junior rank. As Black Belts and Black Belts “in waiting,” this should be very evident by your behavior. You should bow to all senior rank attendees and return any bow from junior rank. By attending BB Camp, you have been endorsed by your master/instructor who is confident in your appropriate conduct. Poor conduct by you reflects on your master, your school, and yourself. BB Camp is a time for celebration of your own achievements and those around you, not a time for embarrassment. When in doubt, bow.

So, aside from hydration/first aid/storage/apparel/sleeping requirements and protocol, remember to bring the most important thing of all, your enthusiasm and your willingness to learn. We are all white belts again when we go to camp. We are there as comrades inspecting our own achievements. You will form new friendships and learn new things. You will rediscover how passionate about Tang Soo Do you really are! Enjoy yourself!

Black Belt Camp Packing Checklist

- | | |
|---|--|
| ✓ Directions to camp | ✓ Sunscreen |
| ✓ Itinerary | ✓ Bag/pack/storage solution for room key, lotion, etc. |
| ✓ Dobo(hk)s & belt | ✓ Comfortable shoes/sneakers for training |
| ✓ Bong | ✓ Shoes/sandals for dorms (to/from showers) |
| ✓ Sparring gear | ✓ TSD T-shirts |
| ✓ Other equipment as needed for breakout sessions (dan gum, nunchucks, sword, cane, boards) | ✓ Shorts or pants for evenings |
| ✓ Rule book (if attending judging clinic) | ✓ Sleeping bag or twin sheets |
| ✓ Drinks (water, sports drinks, etc.) | ✓ Pillow |
| ✓ Healthy snacks | ✓ Towels, wash cloths, toiletries |
| ✓ Pain reliever | ✓ Alarm clock |
| ✓ Daily medications, if any | ✓ Swim suit and sports equipment (optional) for Youth camp |

New-Student Stewardship Program

By Brad Feuston, Sam Dan

Have you ever walked into a room full of strangers and felt a little out of place? While everyone else seems to belong, you are new and feel a bit uncomfortable? Do you remember the first time you walked into a class at Vaughn's Dojang? Though everyone was polite and respectful were the advanced students and Black Belts still a little intimidating? It's natural for new students to have these feelings of uncertainty as they begin the journey to Black Belt. If these initial impressions and feelings are left unchecked, the new students may decide to leave the Dojang. This does a disservice to both the students and Vaughn's Dojang. The students miss an opportunity to learn self-defense and walking the warrior's path, a path of self-discovery and continual improvement. The members of Vaughn's Dojang lose an opportunity to bring in new personalities, for it is the individual contribution of each of Vaughn's members which makes this Dojang so strong and unique in the martial arts world.

While it is clearly not the intention of Vaughn's Dojang members to alienate new students, often new students are not given the special attention they need to overcome the new member jitters. It's not the attention of the instructor to which I refer but the attention of other members of the class and Dojang. As members of Vaughn's Dojang, it is all students' responsibility to welcome new members and help them feel at home. This is part of becoming a Black Belt and developing leadership skills. It's incumbent on senior students, regardless of age, to take the initiative to introduce themselves to new students of lower rank. Also, from a business perspective, if strong bonds are not formed with new students and they leave, we are left wondering why. It is difficult to improve the new students' experience if we don't identify problem areas and issues.

In order to welcome new students and provide them a better experience, the leadership team would like to announce the roll-out of the New-Student Stewardship Program. While new students frequently take advantage of the short term trial memberships, good records on retention are not kept which makes it difficult to improve the program. It is recognized that new students do feel out of place initially in the Dojang since everything is new and foreign. We hope to solve both the tracking issue and the integration of new students with the New-

Student Stewardship Program. Many students have taken advantage of the one month trial but have failed to continue training. The success and failure rates for retaining new members have not been formally tracked. By developing an effective tracking process we believe we can simultaneously create an environment that provides better service and value to our students while identifying areas for further improvement.

The objectives of the New-Student Stewardship program are multifold.

- Create a nurturing environment for Vaughn's students with our initial focus on new students and those on short-term evaluation memberships.
- Quickly integrate new students into the "Vaughn's family" by imparting a sense of belonging and ownership.
- Ensure both students' and parents' concerns are addressed as they arise.
- Balance early training with fun activities that promote positive attitudes with physical conditioning.
- Track students on their path at Vaughn's Dojang.

A small group of members will initially serve as the New-Student Stewardship Committee (SC). This committee will ensure that each new student is assigned a steward, generally a mature Black Belt or Cho Dan Bo. Also, each student will be assigned an advanced (5th gup or above) student in his or her class to serve as a Tang Soo Do (TSD) buddy. This is to be considered a leadership development position and only assigned to committed students that can serve as a positive role model. The responsibilities of the steward, TSD buddy and class instructor are delineated below.

Steward:

- Serve as an additional contact for both parents and students
- Initial contact during first week (face-to-face), preferably the very first class
- Mid-month follow up, either face-to-face, phone or email
- Ensure buddy and student relationship remain positive
- Frequent contact with new student during first month
- Confer with instructor on new student

progress and attitude

- Mid-month report to SC (verbal/email)
- End of month report on student to SC
- Facilitate membership

TSD buddy:

- Assist instructor with 1-on-1 instruction with new student
~5-10 minutes per class at instructor's discretion
- Help new student learn Dojang protocol
- Introduce new student to other class members
- Identify any areas of concern
- Mid-month report to steward and/or instructor
- After 1st month, continue to assist instructor with new student as per instructor requests.

Instructor:

- Assign TSD buddy that would be a good "match" for new student. In practice, several buddies may be needed due to availability.
- Keep steward informed, especially if new student's attendance drops.
- Allow 5-10 minutes per class for TSD buddy and student to work together on designated assignment.
- Engage student in age-appropriate "fun" activity to build confidence and fitness.

New-Student Steward Committee:

- Assign appropriate steward to new student
 - Availability during evaluation period
 - Avoid using class instructors
- Keep formal records of retention
 - Reasons for staying or leaving
 - Any contributing factors
- Frequently discuss progress with Master Vaughn
- Revise new-student tracking process as needed.

If you are interested in contributing in any of these roles, please contact your

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New-Student Stewardship Program

(Continued from page 6)

instructor or one of the leadership team members (Sah/Sam Dans). While the roles of the steward, TSD buddy and instructor are formally defined above, it is hoped that the senior students (Dan & Gup) use them as guidelines for effective

communication and providing a better environment for the new students. The general idea is to befriend the new students quickly and get them acclimated to the Dojang. Any steps taken to further this cause are consistent with this new effort. Instructors and stewards need to be flexible and adopt a method that works for them, their class and their present

situation. It will not always be possible to find an appropriate buddy or give time during class. If we all accept the premise of the program and take a few extra steps to ensure the new students feel welcome, we will succeed in attracting and retaining new students as well as making new friends.

2011 Region #8 Spring Championship Breaks Attendance Records!
By Ben Waldie, 4th Gup

The World Tang Soo Do Association's Region #8 consists of studios throughout Delaware, Maryland, New Jersey, New York, Pennsylvania, and Virginia. Twice each year, these studios come together to showcase their martial arts talent through Spring and Fall Championships. This year's Region #8 Spring Championship took place on Sunday, March 13th, at the Phoenixville YMCA, and it was a spectacular show—truly one for the record books.

For Vaughn's students, the excitement began weeks before the big date, with students prepping and perfecting their stances, forms, and other techniques. Since the Championship was to be held in nearby Phoenixville, a strong turnout by the "home team" was essential.

Vaughn's was also responsible for organizing and setting up prior to the event. On Saturday, the night before the big day, dozens of happy and excited volunteers from the Dojang showed up to help. Within only an hour or so, all the rings were measured and marked on the floor, tables prepped, trophies lined up,

flags hung, and hundreds of chairs laid out, ready and waiting for the crowds.

Sunday morning brought with it an added challenge, the start of daylight savings time. Despite losing an hour of sleep, by 8:30 AM, the floor was jam-packed with competitors who were wide awake and ready to go. Opening ceremonies began around 9:30 AM, during which Grandmaster Shin announced that this year's Championship had far exceeded his expectations for attendance, with over 40 sponsoring studios and an astounding 400+ participants!

First up for competition were youth and adult Black Belts, who showcased their focus and experience. Next, the echoing ki haps of the Tiny Tigers and Special Dragons filled the auditorium with energy. Last, the youth and adult Gup divisions competed well into the afternoon. All in all, it was a very exciting day, which continued until after 3PM before it was time for the closing ceremonies to take place.

Lots of students from Vaughn's

competed, and many came home with 1st, 2nd, or 3rd place trophies, reminders of their hard work and effort. The icing on the cake, however, was the crowning of the Grand Champions. First, Vaughn's very own Marcene Ameer was announced as one of the runners-up for Grand Champion in the female youth Black Belt division. Next, Kristen Winsko was named Grand Champion in the senior female Black Belt division. Mrs. Winsko came in first in all three of her events, including weapons (sword form), forms, and sparring, serving as a perfect example of what can be accomplished with practice and perseverance.

If you were unable to attend this time, strongly consider making the trip to the next Championship in the Fall. Events like this are safe, fun, and essential to your Tang Soo Do training. They offer unparalleled opportunities to test your skills in a new environment in front of a crowd, and compete against others throughout the region.

Many Hands Make for Light Work

By Frank Altieri, Sah Dan

Again this year, our Dojang was assigned to host our Region's Spring Championship on Sunday, March 13, 2011. This assignment is an honor, but it also involves much work. One of our major responsibilities was set-up for the tournament on Saturday night. This task involved:

- designing the floor plan
- taping 12 rings
- setting up chairs and tables
- hanging the flags
- preparing the kitchen
- organizing tables for the scholarship, building fund, first aid, etc.
- setting up the trophies

Thanks to the following students and Mr. Frank Yetnick (Victoria and Frank's father) who helped us on Saturday, March 12th; many hands make for light work:

- Cris & Kurt Agony
- Frank Altieri
- Marcene Ameer
- Emily Archey
- Caitlyn Belfi
- Rick Braun
- John Collins
- Nick DeSalvo
- Greg & Michaela Forte
- Kunal Hivale
- Dr. Myles Jaffe
- Dr. Lije Li & Annabelle Sun

- Jane Maher
- Rick Mentley
- Dr. Pikounis
- Peter Teunissen
- Dr. & Mrs. Thompson
- Ben & Maddie Waldie
- Colby Walters
- Rich Wolfrom
- Victoria & Frank Yetnick

Thanks for a job well done! Please remember to volunteer for these types of events; it is part of your training.

What I Have Learned From Karate

By Emily Klein, Cho Dan

Karate has positively influenced me in many aspects of my life, such as my attitude and my spirit. It has also taught me many valuable life lessons. Through Tang Soo Do I have also learned concentration, responsibility, confidence, and respect. But the most important thing karate has taught me is the importance of hard work.

Karate has helped changed my attitude in a positive way. One of the most important things I have learned is that you need to stick with something to achieve your goal. If you stick with what you are doing, you will be able to reach that goal if you really try and really want it, but if you quit, you will never achieve it. When I first started karate, I went for two days and then quit. I did this because I got bored with it. However, I decided to go back because I wanted to be active, and because I looked up to my older brother, David, who had been doing it for awhile. David helped me a lot because he would teach me a lot of the basic moves and forms, and I thought these were pretty cool. This made me want to go back. Anyway, when I went back I enjoyed it more and more over time. I met many people who became my friends for many years and will be for many years to come. I also realized that if I stuck with it, over time it would help me improve. And because I did that, I now realize that if I stick with something, positive things can come out of it.

Karate has influenced my spirit because I am a lot more enthusiastic than I used to be at home. Also, when I accomplish something impressive in other sports or in daily events, I am more excited and get more enthusiastic when I think about what I have accomplished and the good things I have done to earn it. Also, every class is different in karate and something good happens in every one. For example, I always have those days when I want to come to karate and see my friends and learn something new. "No matter how much I want to go to class or how much I do not want to go to class, every class brings a smile to my face in some way and I learn something new every time." Whether they are my friends or instructors, they all help me improve my spirit and keep me going through those bad days. I have always been the type of person who has never really gotten too excited about things but, after doing karate for a lot of years, I got really interested in it and that helped me to be more enthusiastic about things overall.

Another way karate has changed me is that I used to be kind of shy and never wanted to stand out from everyone else. I always liked to be like everyone else and not speak too much because I might embarrass myself. But, after being in class with a lot of new people and learning a lot of new things, I have become less shy with people I don't really know. Also, I realize that it's not that hard to talk to people whom you don't really know. Another reason I have become less shy is because in the tournaments, I had to get up all by myself in front of a lot of people I didn't know and perform. In the beginning I was very nervous and it was very scary for me because I had never done such a thing like it. However, when I was seven I won first place in sparring at the winter tournament and it boosted my confidence a lot. It was kind of funny because the trophy was almost taller than I was. At that point I had realized that it was not too hard to get up in front of people I did not know so well and to try something new.

Karate has also taught me concentration. When I was younger, I had trouble concentrating in class. I would daydream and not hear what the teacher was saying. But after years of being in karate I learned to concentrate better because you have to listen to what the instructor is telling you or you will be totally lost. This reminds me of a day when I was in Black Belt Camp and one of the Masters was giving us a lecture. But, I realized that I was day dreaming and didn't really know what he had said. When I got back to the cabin other people were talking about what he said, but I didn't know what they were talking about and this made me upset. This opened my eyes and made me realize that I really had to concentrate on what people tell me because it may be important. It is so much easier to concentrate on one thing now. Many times I have started things and would finish them a month later or not finish them at all. Since karate, I can now read many chapters of a book in one sitting or finish a task in a day or a couple of days. I learned this by always having to concentrate in class like when I am learning something new. When I am doing a form I have to concentrate on my imaginary opponent and to be sure not to let my eyes travel off onto different and less important things. Concentration has had a huge impact on my life and the whole reason I learned it was from karate.

Another very important value that

karate has taught me is respect. When I first joined karate, I thought that the instructors were mean because you were forced to say "yes ma'am" and "yes sir." I would often get annoyed when someone would correct me because I didn't add sir or ma'am. In a way I thought of it as being in the military. Now that I have been in karate for many years and grew up doing the same thing every Tuesday, Thursday, and Saturday, I figured out that we said this because it is respectful. It is all about respecting people who are higher in rank and older. This is related to another important aspect of karate, respecting your elders and your parents. Since my karate teachers were always older than I, I learned to respect them because they were my instructors and this helped me to respect all people older than I am including family members and others. One other aspect of respect that I learned is that you have to give respect in order to receive respect.

Karate has also taught me a lot about responsibility. You have a responsibility to be there for every class on time, and to listen during class and listen to the instructors and when you are teaching other students. When you are teaching, you have to make sure students learn what they need to learn and to teach them the right things to do. You also have to teach them to show respect to instructors and classmates. You have to make sure they are on task and not socializing with other friends in the class when they are not supposed to. This is often hard with the younger ones in class because they often lose their concentration and get off task. They want to be chasing their friends around the dojang and whacking each other with noodles. This is one of the biggest responsibilities I had to deal with in karate, but you make class fun for them and it makes your life so much easier. The most important responsibility I think I have learned as a student is that it is your job to practice. Although I go to karate three days a week, I have to study on my own because my instructors aren't going to do it for me. The only way to get better is to practice. This is the same as having to study for a school test because no one is going to study for you and if you don't, you don't do well on it just like karate. Responsibility also carries over into my regular daily life.

I have learned many things in karate, but the most important lesson it has taught me is the importance of hard work.

(Continued on page 9)

What I Have Learned From Karate

(Continued from page 8)

When I first started karate I sometimes didn't try as hard as I should have in karate class and in school. For example, one time in math class, I knew that I had a test coming up but I was too lazy to study. I thought I knew everything even though I didn't study. When I went into the test, I felt confident I would do well, even when I took the easy way out. But, when I started taking the test, I realized that it was harder than I thought, and I didn't know as much as I thought I did.

After the test my friend asked me how I did on it, and I said I didn't think I did too well. She asked me why and I said that I chose not to study. She said that you need to put hard work into what you do if you want to do well. I didn't really listen to what she told me. I thought I knew best. When I got the test back, I didn't do as well as I thought I did.

In karate we are told many times that you cannot reach your goal of Black Belt unless you put in the hard work. This includes practicing everyday and doing stretches that I just was too lazy and unwilling to do. Although I heard this

many times over the years I have been in karate, I realize it did take a long time for it to sink in. There were some days when I really didn't want to go to karate. I would rather be with my friends or going shopping or something else. But, I made myself go and I am glad I did so. Now that I look back I wouldn't take anything back other than choose to go to those classes I didn't go to because I was shopping with my friends instead of training at the dojang. This made me start to think that sometimes I might think there is an easy way out to achieving a goal, but, maybe there really isn't. Maybe the only way is through hard work. Once I began to realize this, I started to work harder and be more persistent in regard to school and karate. I began to study harder for my tests in school, especially in subjects in which I struggled. I began to work harder in karate. I had always wanted to get my Black Belt, but I figured that with time that would happen, and how hard I worked at it really didn't matter that much. I now began to realize that if I didn't work hard at it I might never get my Black Belt.

When I went into my first Black Belt pre- test a million things were going

through my mind. I was nervous but at the same time eager to just get it over with. I went into that maintenance test with a positive attitude but deep inside I didn't really want to be there. When we started warm-ups, I started to get pumped up. As we went into drill and forms I was working harder than I ever had. We did all the other parts of the test, like one-steps, forms, sparring, and breaking to finish it up. When I walked out of the dojang, I was feeling better than ever. Although I knew that there were things I could improve on, I was really happy with what I had accomplished. About a month later I got a letter from Vaughn's Dojang. I opened it with anticipation. I had passed the Black Belt test. I just felt overwhelmed because I haven't achieved something so big in my entire life. This is when I realized that hard work will pay off in the end.

In summary, Karate has taught me many valuable life lessons. This includes concentration, responsibility, confidence, respect, attitude, spirit, and most of all, hard work. I use these lessons in my everyday life, both with my friends and in school, and it has made me a better person.

Tang Soo Do Testimonials

What do parents of Vaughn's students say about Tang Soo Do training? Here are a couple of examples:

"My son David has really enjoyed being a part of Tang Soo Do. He has met lots of good friends and enjoys going to class as much to be with his friends as for the Tang Soo Do. David has gained great self-confidence, discipline, and physical fitness from karate. Now that he is at a level where he is teaching, he is learning life lessons that will be extremely valuable for years to come."

"I am writing this letter to express my observations and support for your Special Dragons karate program. My son David has cerebral palsy and had difficulty walking without assistance when he began karate. He has attended your classes for nearly two years.

"The class is open to persons with a wide range of physical and mental challenges. Highly skilled instructors train the students. There are typically two or more instructors and assistants present for all classes.

"Classes begin with stretches and progress through numerous drills and exercises. Each student is challenged to his or her maximum level within the limits of their capabilities. Eye-hand coordination, balance, discipline, and respect are taught throughout the class. Safety is constantly emphasized both within and outside the studio.

"During the last year, I have watched significant improvements in the social and physical skills of all the students. I attribute this to the nurturing environment, positive attitude, and supportive care from the instructors. I have watched David's

balance and strength improve dramatically. His physical education teacher remarked on his substantial improvements in his report card. David's doctors recommend karate as a therapeutic exercise. They believe it is directly related to the improvements in his gross motor skills. He now walks with minimal assistance and his balance is remarkably improved.

"I strongly recommend this program and would be happy to discuss my observations with interested parents and participants. I believe all physically and mentally challenged individuals can benefit from this rewarding and fulfilling program."

KIDS

KIDS

INDS

DIK

Wise Guyz

present...

Super Word Scramble

By Lucas Froman, Cho Dan

Fill in the blanks with the missing word that matches the definitions. Then unscramble the letters in the circles to find the secret message.

1. ○ _____ - A yell that we use to scare or surprise our opponents.
2. _____ ○ _____ - Our studio in which we train and practice.
3. ○ ○ _____ - Things that we should be practicing all the time.
4. ○ _____ - A move that we use to defend ourselves against an attack or attacker.
5. ○ _____ - The term for when we return to our stances after doing forms or any other activity.
6. _____ ○ _____ What we call Choon bee ja seh in English.
7. ○ ○ _____ - The Korean term for round house kick.
8. What is our ultimate goal as students in Tang Soo Do? (Use the circled letters to help you with your answer.)

Answers: 1. Ki Hap 2. Dojang 3. Techniques 4. Block 5. Ba ro 6. Ready Stance 7. Tollyo Cha Ki 8. Black Belt

It Happens Every Summer...and Winter

By Master Lipstein

Editor's note: This article was first published in the August 2010 Dragon's Den Newsletter. With July maintenance tests just around the corner, it seems an appropriate time to remind students about Black Belt pre-testing and essay requirements.

The "it" referred to in the title is the Black Belt Maintenance test. This is the time when all Black Belts and Cho Dan Bos get to apply the attitude requirement to "frequently inspect your own achievements." It's also the time when those who are eligible to test for their next rank demonstrate whether or not they are prepared to move up in rank.

A major requirement to move up in rank is the essay candidates are asked to prepare. It seems to me that many candidates have more trouble writing an essay than they do with the physical test itself. I believe the main reason this is so is that most candidates wait to be notified they are eligible to test before starting their essays. This puts so much time pressure on an individual that he/she often rushes through the essay, and produces a less than optimal final product.

There is no secret to the World Tang Soo Do Association's eligibility requirements for Dan promotion. If you have been a Cho Dan Bo for a year, and have attended at least one Black Belt camp, you are eligible to test for Cho Dan. If you have been Cho Dan for two years, and have attended two Black Belt camps as a Cho Dan, you are eligible to test for E Dan. If you have been an E Dan for three years, and have attended three Black Belt camps as an E Dan, you are eligible to test for Sam Dan. Every Black Belt and Cho Dan Bo should know where he/she stands with regard to testing eligibility.

Because there is no secret to eligibility, there should be no reason to wait until one is told he/she is eligible before starting an essay. Ideally, an eligible candidate should select a topic at least six months before the maintenance test date, and have the essay completed at least three months before the maintenance test. This allows for ample time to think through what one wants to say, and to have it reviewed and edited well before the test date. The candidate should have both his/her mentor and instructor review the essay, then turn it into the studio's testing committee. All this should be completed at least a month before the maintenance test date.

Adhering to such a timetable will help ensure that all paperwork that needs to be submitted to the Region 8 testing committee is on time.

Master Vaughn and I have read every essay that has been prepared over the past 15 years, and what follows are some general guidelines to help with essay preparation. First, every essay should have a title, and, in the upper right hand corner of the title page should list the author's name, rank, Gup/Dan number, age, and word count. The topic chosen should reflect how one's Tang Soo Do training has impacted his/her life. Essays about the five codes and seven tenets are not permissible for E Dan and Sam Dan candidates. Choosing codes/tenets reflects "the easy way" out, while the testing committee is looking for some greater insight from the candidate.

When the essay is finished, read it before submitting it to the testing committee. It's amazing how many essays contain incomplete sentences, incorrect word usage and other errors that would be discovered by a careful reading of the finished product. Do not rely on "Spellcheck" to do your editing. There are too many instances of the use of incorrect words spelled correctly – e.g., to/too, know/no, there/their, etc. Spellcheck has its advantages, but I too often see that it's the only thing used by the author to edit his/her work.

Note in the previous sentence the use of the words "its" and "it's." Confusing these two words is one of the more common errors I note in my review. Its is possessive – as used above, Spellcheck has its advantages. It's is a contraction for it is, as it's the only thing used...

The most common grammatical error in essays is the use of singular nouns with plural pronouns. For example, I'll see a sentence that reads, "When teaching a student, make sure they listen carefully." A student cannot, by definition, be a "they." When I was in school (all those many, many years ago), the accepted practice was to use he/him/his when referring to an individual. So the above sentence would read, "When teaching a student, make sure he listens carefully."

Years of trying to be politically correct led us away from using only masculine pronouns. There are three ways to attack this situation. One is to say, "When teaching a student, make sure he/she listens carefully." Another is to state early on in the essay that the use of the masculine (or feminine) is intended to include the other. A third is to make everything plural (where it makes sense), such as, "When teaching students, make sure they listen carefully."

Another common grammatical error involves the use of the words who versus that. Remember that people are "who" while objects are "that" or "which." It's your instructor who teaches you. It's your studio that provides a safe environment.

Candidates should also pay close attention to capitalization and punctuation. I often see essays which contain both Black Belt and black belt. The capitalization should be consistent. Also, when a proper name has been previously used, it's appropriate to capitalize additional references to that name. For example, if the World Tang Soo Do Association is being discussed, then whenever the author wants to use the word "Association" to refer to the WTSDA, the word "Association" should be capitalized.

Clauses beginning with "if," "when," "after," and similar words require a comma after the clause. For example: If you want to become a good Black Belt, you need to train constantly.

There are other word choices that should be closely examined. The words "good" and "well" are not interchangeable. The word "try" should be followed by "to," not "and" – e.g., one should try to do one's best at all times.

That's enough of an English primer in this article. The message I wanted to deliver, on behalf of Master Vaughn and the testing committee, is to pay close attention to the essay. It is a reflection of your attitude to your training, and, as such, should be well thought-out, well-written, and prepared well in advance of its due date.

Dojang Cleaning Schedule
By Rick Braun, Cho Dan Bo

In 2011, Vaughn's Dojang is reintroducing a very old martial arts tradition. No, this tradition does not include being hit with a stick by our instructors to train us to perform our techniques correctly. However, there are times where Master Vaughn has wanted to use one to help me learn Hapkido. Perhaps that might work for me; who knows!

This legacy tradition includes taking pride in our art and school by ensuring our Dojang is always a clean and safe environment for all students. In years past, before the introduction of mats, instructors would insist the students clean the Dojang's hard wood floor and

straighten up after each class. Fortunately, we have the luxury of mats today, but they and the Dojang still require upkeep and sweeping.

At Master Vaughn's request, Mr. Wolfrom and I have been asked to craft a monthly cleaning schedule to facilitate keeping our Dojang sparkling and presentable. Popular items such as sweeping the floors, cleaning the mirrors, cleaning the bathrooms (the most popular by far, of course!), straightening up the locker rooms, taking



out the trash and keeping the targets and parents' area straightened up can be found in the schedule. To ensure no individual class volunteers for too many tasks, the schedule has been built to ensure that the "many hands make light work" principle is applied. That means each class has an assigned duty several times a month. The schedule for each month can be found on the whiteboard at the front of the class.

If you have questions, suggestions for other cleaning opportunities or simply want to volunteer your compulsive cleaning abilities, please see Mr. Braun or Mr. Wolfrom.

Tang Soo!



Testing Your Knowledge
By Susan Thompson, E Dan



1. In the World Tang Soo Do Association symbol, unity and brotherhood is represented by the...
 - a. Red circle
 - b. Globe
 - c. Flying side kick
 - d. Six stars
2. Shio means...
 - a. Relax or rest
 - b. Meditation
 - c. Bow to instructor
 - d. Command
3. The Korean term for one step sparring is...
 - a. Ja Yu Dae Ryun
 - b. Ki Cho Woon Dong
 - c. Pahl Put Ki
 - d. Il Soo Sik Dae Ryun
4. Kukgi Bae Rye means...
 - a. Bow to Grandmaster
 - b. Salute to Flag
 - c. Attention
 - d. Ready for kick
5. Which is one of the Five Codes of Tang Soo Do?
 - a. Serious approach
 - b. Respect and obedience
 - c. Obedience to parents
 - d. All out effort
6. The Korean term for internal power exercise is...
 - a. Shi Sun
 - b. Nae Kong
 - c. Weh Kong
 - d. Chung Shim
7. The three broken bars in the lower right hand corner of the Korean flag represent...
 - a. Fire
 - b. Heaven
 - c. Water
 - d. Earth
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 Korean term for Grandmaster is...
 - a. Sah Bum Nim
 - b. Sun Bae
 - c. Kwan Chang Nim
 - d. Shim Sa Kwan Nim
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. a 2. a 3. d 4. b 5. c 6. b 7. d 8. b 9. c 10. d

Congratulations!

To the following Spirit Belt recipients:

Adults

Audubon Dojang
Phoenixville

Colby Walters
Greg Forte

Youth

Audubon Dojang
Phoenixville

Peyton Carr
Katherine Li

Tiny Tigers/Little Dragons

Maci Metzler

And To Our Newest Cho Dan Bos:

Nick DeSalvo Rachel Rosetti Eric Teunissen
Michael D'Annunzio Adam Dunacusky David Dunacusky Peter Teunissen

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 Dojang Closed	31				

June 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Youth Black Belt Camp II - Camp Green Lane	4 Training in the park 10:30-Noon Youth BB Camp II
5 Malvern Parade Youth BB Camp II	6	7	8	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 Dojang Closed	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)

August 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Region 8 Leadership Class	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Region 8 Leadership Class	27 Dan Hapkido
28 Region 8 Instructors' Class	29	30	31			

September 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Region 8 Dan Test TBD			1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Dan Hapkido
25 Region 8 Instructors' Class	26	27	28	29 Rosh Hashanah	30	

October 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Region 8 Leadership Class	8 Yom Kippur
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Hapkido (Do JuNim)
23	24	25	26	27	28 Region 8 Championship	29 Region 8 Championship
30	31 Halloween					

November 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Daylight Savings Time Ends	7	8	9	10	11 Veteran's Day	12
13	14	15	16	17	18	19 Region 8 Leadership Class/Dinner
20 Region 8 Instructor Class/Dinner	21	22	23	24 Thanksgiving Day Dojang Closed	25	26 Dan Hapkido
27	28	29	30			

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Hanukkah	22	23	24 Dojang Closed
25 Christmas Dojang Closed	26	27	28	29	30	31
						→



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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