



# Dragon's Den

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### Inside this issue:

This newsletter features the Black Belt Test, comments from families that train together, community service projects, Ki Gong, and much more!

Black Belt Test	2
Families That Train Together	3-4
The Korean Creation Myth	4
Interesting Facts—The Legacy	5
Testing Your Knowledge	5
Wise Guyz	6-7
Bethesda Project Update	8
25th Anniversary Kick-a-thon	8
August Blood Drive Results	8
Photo Update	8
Veterans Day	9
Region 8 Eastern Championship	9
Ki Gong Clinic	10
Fun with Vocabulary	10
Congratulations	11
Want Ads	12

### Upcoming events:

- Now through Dec. 8—Bethesda Project Collections
- Nov. 10—Vaughn's In-house Tournament
- Nov 22-23—Dojang Closed for Thanksgiving
- Dec. 1—WTSDA 25th Anniversary Kick-a-thon
- Dec. 23—Holiday Party
- Dec 23-Jan 1—Dojang Closed for the Holidays
- Jan. 19—Region 8 Eastern Zone Championship
- Feb. 23—Region 8 Western Zone Championship

## Leadership

By Master Vaughn

In Tang Soo Do, we talk a great deal about leadership, but what is it that makes a great leader, and why would anyone want to be one? Mr. Webster tells us that a leader is (1) a person who has a commanding authority or influence; (2) a first or principal performer of a group. That doesn't sound too bad. I always wonder why people shy away from taking the initiative to become a leader. I myself wanted to lead at an early age.

Think of the people whom you consider a good or great leader. Aren't they folks you admire? People like John F. Kennedy, Dr. Martin Luther King, George Washington, Jesus, or how about Grandmaster Shin? I can still remember the first time I met Kwan Chang Nim. Immediately I really, really liked him, and I thought to myself, "I would like to be like him."

If we try to make a list of the things that make up a good leader, we might list things like: **intelligence, heart, passion, compassion, strength, and maybe even talent.** Leaders give us direction, motivation, purpose, and correction.

Author John Maxwell says that *Talent Is Never Enough*. He claims that great leaders are "Talent-Plus Persons." I believe what he means by this statement is that great achievers are those that make the most of their talent by a life of good choices, and work.

Dr. Seuss, in a book titled *Oh, The Places You'll Go*, said,

"You have brains in your head.  
You have feet in your shoes.  
You can steer yourself  
Any direction you choose."

Isn't that great? And from a children's book.

I believe what keeps some people from reaching their potential is they don't want to make mistakes. If one worries too much about mistakes, nothing gets done. Some students, I believe, can't overcome challenges because they wait for them to get smaller. Maybe they need to make themselves bigger instead?

Most Black Belts I know are **intelligent** enough.

I believe **passion** should also be a part of the make-up of a good Black Belt. Passion increases willpower.

**Compassion**, love for your fellow man, is essential for a great leader.

**Strength** is a requirement of the Black Belt test, so why aren't more Black Belts great leaders?

Could it be the lack of **heart**? Coach Dick Vermeil is quoted talking about what makes up a great player. He says, "You know, we can measure many of their skills, but it's impossible to measure the heart. Only the player can determine that."

One of my favorite sayings is "It's not the size of the dog in the fight, it's the size of the fight in the dog."

My point in writing this article is to ask each student to look inside, and ask yourself, "Do I really put my heart into my training? Could I do better?" Believing in yourself is the beginning of achieving great things. Training with passion, and expecting more of yourself could only do you good. This is the way we use our Tang Soo Do training, and transfer the lessons into everyday living.

## My Cho Dan Test—The Breathing Experience

By Rich Wolfrom, Cho Dan

I was staring at my September calendar thinking to myself, "What should I expect on that date with the gold star stuck on it?" This was the end of August and September 15th was coming up fast. I had been eating, drinking, and sleeping Tang Soo Do ever since I had gotten the word that I was going to be permitted to test for Black Belt. I was practicing in my head constantly. I was questioning myself so much. Were my forms correct? Were my one-steps going to be effective? Was I going to have the endurance and stamina I needed to make it through? I was wound so tight, the rubber band was going to snap.

It was the two weeks before the test. At the Cho Dan Bo class and Black Belt class on Wednesday night, Mr. Lipstein was working with Mrs. Rifi, Miss Cox, and me. He saw the problem I was having. My movement wasn't fluid. My body was too stiff. I was too tense. He just said one word to me—BREATHE! The most basic bodily function was missing. It's not that I wasn't breathing; it was the fact that I wasn't doing it properly. I was concentrating so much on techniques and forms and studying for the written test and breaking that I wasn't paying any attention to the fundamentals.

The few days remaining before the test went well. I was calm, relaxed, and felt pretty confident with the challenge that Mrs. Rifi and I were going to face. I had all the confidence in the world with her ability and I knew I could draw energy from her as well as she could from me. Being the only two adults testing for Cho Dan from Vaughn's Dojang, I knew we would not disappoint our family, friends, and instructors...we were ready.

I arrived at Coatesville High School at the appointed time with the attitude of "Let's do this...let's show them what Vaughn's has got...BRING IT ON." As I walked into the facility I noticed students and parents from our dojang and thought to myself...Cool! My wife and daughter and a good friend will be there along with my friends from the dojang.

I was met by Dr. Painter, who informed me that the written test was going to start soon. I thought I got there early enough. That was my first shot of adrenaline. I went racing into the restroom and changed. Needless to say all went well with the written test, but I thought I did well enough to have my name called by Grandmaster Shin...Oh well.

We were the second group to test so we had to sit and wait. I was ready. I

didn't want to wait; however, the time went by quickly while we watched the younger candidates. Actually, Mr. Satterwhite looked awesome. You could tell he had



prepared well. It was finally our group's turn to test. Spirit was good and we were ready to do it. Warm-ups went well and I was feeling pretty good. Then it came time for the hand and foot drills. Unfortunately for me while we were doing combination hand drills, my hands became uncoordinated and my right side had a problem figuring out what my left side was trying to do. But I was lucky enough to get through it without anyone laughing out loud, including myself.



Next up were forms. We started the forms and the two guys in front of me were off to the races. I almost got run over twice, but Mrs. Rifi and I did not have to repeat any of them. The break-falls and one-steps went well. All that hard work and practice paid off. Then it was time for breaking...I thought I was ready. My first break was a hand speed break. I set up and was ready to go. The command was given and I slammed into that board with my fist and "BAM"... nothing. I was still holding a solid piece of wood. I can't repeat what I said. All of a sudden I heard

this voice whisper behind me, "breathe." It was Mr. Lipstein with all the other Black Belts behind him encouraging me. The second command was given, I hit the board dead center as I exhaled, and the lower half went flying away. Then I heard the cheers from my friends. The next break was a wheel kick speed break and the third was a jumping 180-degree spinning back kick. During both kicks, Mr. Lipstein had to remind me to breathe to help me focus and calm down. IT WORKS!



The test was over and Grandmaster Shin was giving his closing statements, which gave me time to BREATHE and relax. When it was all said and done, it was not just two individuals out there on the floor congratulating each other for completing the test. It was our families, our friends and fellow practitioners, all coming together to form a bond to celebrate our achievement. For without this bond, we would probably not have been there in the first place.



## Families That Train Together...

By David T. Painter, Sam Dan  
and Mariam Rifi, Cho Dan Bo

When we volunteered to write an article for the newsletter to feature the benefits of families training together in Tang Soo Do, we first envisioned interviewing the families of Vaughn's Dojang. We quickly realized there were so many families that train together in our dojang, that it might take us a year or more to interview everyone! Being resourceful and internet savvy (at least one of us), we developed a survey to circulate electronically. While we are still waiting for some of you to return the survey to us (maybe we will make this a semi-regular feature of the newsletter), the early responses have been heartfelt and inspiring. Rather than cut our survey responses into random quotes, we decided that we would reproduce them intact with only some minor editing.

### How did your family first become involved with Tang Soo Do? Did everyone in the family join at the same time? If not who joined first and how did the others decide to join?

Steve Papp, Sam Dan: When Michael was 6 years old, he came to his mother and me just before his 7<sup>th</sup> birthday and said he wanted to learn karate. The Power Rangers and Teenage Mutant Ninja Turtles were big back then and he was doing what most 6 year olds were doing at that time; wanting to be like them. We decided that for his 7<sup>th</sup> birthday, we'd give it a try, but knew very little about the martial arts and quality programs in our area. We stumbled upon the program at the Pottstown YMCA and the rest is, as they say, "history." Mr. White was the instructor at Pottstown back then, and Mike took to him and TSD like a fish to water. I didn't get involved right away. In fact, I sat and watched for about 8 months before Mr. White was able to coax me into getting off my butt and giving it a try. Having been very active athletically most of my life, I enjoyed the physical activity (kicking, punching, and cardio exercise) and soon became addicted to the training. Around the time that Mike made Cho Dan Bo, Erica decided she too wanted to try karate. Unlike her brother though, she didn't take to it quite as easily, and at one point took a break for about a year. Eventually she decided to come back and has since stuck with it becoming quite successful and respected as a competitor and black belt martial artist.

Julie Christie, E Dan: My son, Kevin first joined TSD at the Phoenixville YMCA.

Although I was taken with the group immediately, I waited until he stuck with it for 6 months, then I joined. My daughter, Karen joined about 1 year later when the Audubon studio opened, and she became the first student enrolled at, what is now, the home of Vaughn's Dojang!

Yasmine Rifi, Cho Dan Bo: I wanted my kids to learn some type of self-defense. We had started training when we lived in California. When we moved to Pennsylvania we looked at a number of studios but we chose Vaughn's Dojang which seemed to be the most serious and at the same time, the most family-oriented. The kids started first and I later joined them when I realized how many parents took classes.

### What are the main benefits of your Tang Soo Do training to your family?

Steve Papp: There are many benefits to TSD training as a family. Physical fitness and self-defense immediately come to mind. But I also feel confident that the training and lessons Mike and Erica have learned over the years will better prepare them for life as adults and help them to make good decisions and be good people. For me, the time we spend together is what is most important. Unlike many parents who spend little, or worse, no time with their children, I spend many hours every week with mine. Not only has it allowed me to stay in touch with them in the studio, it has helped us to become very close and has helped me to be more aware of how they're doing in school, at home and socially.

Aspects of TSD training that have had a tremendous impact on our entire family are the friendships and relationships we have formed with other members and families in our studio. I can honestly say that our "best friends" are all TSD practitioners. The thing about TSD is that it attracts people of exceptional quality and character. As a parent, what more could you want, or what better environment could you expose your children to? Mike's and Erica's best friends are young people who I am proud to be associated with and around, and with whom I have no worries when it comes to the decisions they make individually or as a group. They're all great kids with bright futures, and TSD has been instrumental in shaping them.

Julie Christie: The main benefit that TSD training has given to our family is a

uniform basis from which to judge ourselves and our goals. Although my son is not now training, he did achieve his black belt and he has grown and developed with our TSD values. He hasn't given up on TSD, but like many teenagers, he is taking time to explore other interests and activities, which TSD has helped to prepare him to do with character and integrity. Along with us, he is very proud to be a life member of the WTSDA.

Yasmine Rifi: TSD has helped us to develop self-confidence and patience. Through TSD at Vaughn's Dojang we have made wonderful friendships. Because of our common interest in TSD, as a family, we get to spend lots of quality time together doing things that are good for us.

### What advice would you give to families who are considering Tang Soo Do?

Steve Papp: Simply put: DO IT!! Yes, you will be making an investment of your time, energy, and financial resources but anything worthwhile will almost always require these things. But with TSD, the other options usually pale in comparison to the results that you will see and reap, especially for you and your children. If you want them to be focused, disciplined and respectful, and if you want them to do better in school: DO IT!! If you want to be a better parent, closer to your kids and connected to what they are doing: DO IT!! If you want to be a better person and improve every aspect of your own life: DO IT!!

Julie Christie: Do it! And do it together. If you are watching your child train, get in there and do it with them! I heartily approve of parents who come and watch their children train, but rather than watching, get up and do it! It not only helps you physically and mentally, but it helps reinforce to the children that you see it as a worthwhile pursuit. It also helps all of us if we have a partner to go train with, for those nights when it's less than convenient to get changed and go out there and practice. There are few enough activities that families can do together, why pass up an opportunity?

Yasmine Rifi: If you want your kids to be taught discipline and respect, if you want them to make friends and have fun in a healthy environment and if you want

(Continued on page 4)

## Families That Train Together

(Continued from page 3)

them to have a chance to defend themselves if ever attacked, TSD is the answer.

### What is your family's most memorable Tang Soo Do experience?

Steve Papp: That is a tough question because I don't have just one. The 11 years that I've been in TSD have been amazing and the memories are more than I can count on my hands and feet. There are all the tournaments we've been to, my experiences with the Demo Team and our first place finish at last year's Region 8 Tournament, Erica's 4 Grand Champion Trophies and Mike's first this past

January. There are all the promotions and Black Belt Camps, Dan Tests, and events. There is all the love and support my family has received over the past 4 years as a result of my wife's battle with cancer, and friendships we have made and upon which I greatly depend.

I guess if I had to pick just one, I'd probably say it was when Mike got his black belt, at 11 years old. I cried like a baby and I still get weepy when I think about it. I was so proud of him and what he accomplished at such a young age, and as a parent I felt amazingly fulfilled. It was overwhelming and unlike anything I'd ever felt before. I'd say that it was at that time that I knew this was a life-long calling and commitment. Now I can't imagine what I'd be doing or where we'd be

without it.

Julie Christie: As a mother, my most memorable experiences were watching my children achieve their black belts. Both worked hard at it, and had many obstacles to overcome. I've never been so proud of my children, nor of TSD which inspired such great accomplishments from them.

Yasmine Rifi: Both of my children are members of the Demo Team of Vaughn's Dojang. It is a great activity and a great group of children, teenagers and adults working together for a common purpose, and having a lot of fun together. I was very proud when the Demo Team took first place at the Region 8 tournament last year.

## The Korean Creation Myth

By Kristen Winsko, E Dan

Since our Tang Soo Do education, to be complete, must include exposure to Korea's history and culture, I am honored to present the following story. It describes the creation myth that Koreans learn as young children. Those who read it carefully will find insight into the culture, which even today, shapes Korea and those martial arts originating from Korea.

According to legend, during the time the mythical Emperor Yao ruled China, Hwanung, the Prince of Heaven, asked his father (Hwanin, which means Lord of Heaven) to leave the heavens and descend to Earth. Hwanung wanted to live in the beautiful valleys and mountains. Hwanin believed that the people of the Earth would benefit from Hwanung's rule and so Hwanung was sent from the heavens down Mount T'aebaek to the bottom of a sacred tree. He brought with him three thousand spirits and three holy seals to assist in his rule and to demonstrate his divinity. A Sacred City, called Sinsi (which means City of God), was founded around the tree and the prince took the name Hwanung Ch'onwang, which means Hwanung the Heavenly King. Hwanung had the assistance of three ministers: the Earl of Wind, the Master of Rain, and the Master of Cloud. Under Hwanung's rule and with the help of his ministers, the people prospered. Hwanung established laws and moral codes and he taught the humans arts, medicine, and agriculture.

At around the same time, a bear and a tiger both desperately wanted to become human. They prayed to Hwanung asking to be transformed into humans. Hwanung was willing to grant their wish, provided the bear and tiger could pass a test. Hwanung gave the bear and tiger two sacred herbs, mugwort and garlic, directing them to stay in a cave, out of the sunlight, and to live on the herbs for 100 days. The tiger did not have the patience or determination to remain in the cave and fast, and after about 20 days gave up.



The bear remained and saw the task through. As a result, the bear's wish was granted and the bear was transformed into a woman, Ungnyeo. Being unable to marry, Ungnyeo traveled to the Tree and prayed to Hwanung that she might have a child. Hwanung was so moved by Ungnyeo's prayers that he took her as his wife and they had a son named Tan'gun Wanggom (sometimes, Tan'gun is written in English as Dan Gun or T'an Gun). Ultimately, Tan'gun Wanggom went on to

establish the city of Pyongyang, the kingdom of Joseon (sometimes written in English as Choson, which means Land of the Morning Calm) and he ruled over the kingdom for 1500 years. When he was 1,908 years old, Tan'gun returned to Mount T'aebaek where he became a mountain god.

The creation myth has great implications for the people of Korea. With heaven and earth playing such a large role in the myth, it is easy to see why religion is so important in the Korean culture. The myth also demonstrates the belief held by Koreans that they, as a people, are descendants of the kingdom of heaven. Further, shamanism, which is widely practiced in Korea, is tied to the legend; today, the practice of many shamanistic ceremonies is prevalent even among Christians in Korea. Finally, the national holiday "National Foundation Day" which is celebrated on October 3 is the celebration of Kaech'onjol, the founding of Choson (Kaech'onjol translates to Heaven Opening Day).

### Sources:

[www.korea.net](http://www.korea.net)  
[www.opm.go.kr](http://www.opm.go.kr)

A New History of Korea by Ki-baik Lee

Korea Old and New, A History by Carter Eckert

Beyond Primitivism, Indigenous Religious Traditions and Modernity, Jacob Olupona, editor.

### Did You Know?...Interesting Facts from *The Legacy*

By Scott Thompson, Ph.D., Cho Dan Bo

Most Tang Soo Do Students, myself included, have acquired their knowledge of our martial art, its history, and its leaders from the gup manual and Grandmaster Shin's books. However, many students may not know that there is another valuable source of information about our art—*The Legacy*—a history of the World Tang Soo Do Association written by Master Vaughn. Furthermore, there is information in *The Legacy* that cannot be found in the usual sources. For example, did you know...

- The official name of the Korean Soo Bahk Do Association, founded by Master Hwang Kee, Grandmaster Shin's first instructor, was the Dae Han Soo Bahk Do Association.
- The name of the gym where Grandmaster Shin first trained under Master Hwang Kee was the Railroad Gym.
- Grandmaster Shin's nickname at the Railroad Gym was "The Professor."
- Chuck Norris's real first name is Carlos.
- In 1963, Grandmaster Shin was promoted to 4th Dan and became Master Shin.
- The Penn State Martial Arts Group, now run by Master Kaye, was started by Master Vaughn.
- The members of the 5-man team that represented the WTSDA on the first China mission in 1984 were Grandmaster Shin, Master Bob Beaudoin, Mr. Marty Carson, Mr. (now Master) Larry Dercole, and Mr. (now Master) Chuck Vaughn.
- The first WTSDA World Tournament was held in Philadelphia in 1986.
- The first Creativity competition took place at the World Tournament in 1988.
- The first Masters' Clinic was held in 1989 at the St. Leo's Abbey near Tampa, Florida.
- The highest ranking member of the WTSDA under Grandmaster Shin is Master Beaudoin, Chil Dan.
- Two of the WTSDA's senior Masters, Master Steven Chambliss and Master Michael White, credit Tang Soo Do for turning their lives around and taking them in the right direction.

This, of course, is just a small sample of the information contained in *The Legacy*. Students interested in obtaining their own copy of the book may purchase one from Master Vaughn.



### Testing Your Knowledge—WTSDA 25th Anniversary

By Rick Mentley, E Dan



1. Started in 1968, where was Grandmaster Jae Chul Shin's first school?
  - a. Philadelphia, PA
  - b. Camden, NJ
  - c. Burlington, NJ
  - d. Ahaheim, CA
2. Before founding the World Tang Soo Do Association, Grandmaster Shin established the...
  - a. Korean Tang Soo Do Association
  - b. United States Tae Kwan Do Association
  - c. Korean Soo Bahk Do Association
  - d. United States Tang Soo Do Federation
3. When was the World Tang Soo Do Association founded?
  - a. November 13-14, 1982
  - b. August 12-13, 1984
  - c. December 10-12, 1982
  - d. November 13-14, 1984
4. How many member countries were part of the WTSDA when it was founded?
  - a. 12
  - b. 16
  - c. 18
  - d. 22
5. How many member countries were part of the WTSDA as of 2004?
  - a. 24
  - b. 28
  - c. 32
  - d. 40
6. The Sae Kye Hyungs were formally adopted in Philadelphia in what year?
  - a. 1982
  - b. 1984
  - c. 1986
  - d. 1987
7. The first WTSDA World Championship was held in what year?
  - a. 1982
  - b. 1984
  - c. 1986
  - d. 1987
8. The first Region 8 Championship was held in what year?
  - a. 1982
  - b. 1984
  - c. 1986
  - d. 1987
9. The WTSDA had how many members when it was founded?
  - a. 125
  - b. 164
  - c. 412
  - d. 610
10. The WTSDA had how many members as of 2004?
  - a. 50,000 to 75,000
  - b. 75,001 to 100,000
  - c. Over 100,000
  - d. Over 211,000
11. The Bong forms were formally adopted in Philadelphia in what year?
  - a. 1982
  - b. 1984
  - c. 1986
  - d. 1987
12. The Korean term for the World Tang Soo Do Association flag is...
  - a. Kukgi
  - b. Hyup Hoi Ki
  - c. Tae Keuk Ki
  - d. Kukgi Bae Rye

Answers: 1. c 2. d 3. a 4. a 5. c 6. d 7. c 8. d 9. b 10. c 11. a 12. b

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# Wise Guyz

present...

**Vaughn's Dojang Creativity Team — 9/21 Cub Scout Demo**  
By Tristan Gallagher, 1<sup>st</sup> Gup

Vaughn's Dojang Demo Team performed for Cub Scout Pack 249 at St. Al's in Pottstown on Friday the 21<sup>st</sup> of September. The Demo Team arrived in full force. Mr. Josh Lucas led us through drill. Then Ms. Jenn Luneau ran us through our forms. Mr. Papp spoke to the scouts about Tang Soo Do. We had plenty of time to even amaze the cub scouts with a practice run of our Blade Demo for Region 8. We then finished up with breaking. All the cub scouts were amazed when Josh broke a board over his head. The scouts had so much fun, that they talked about it for the rest of the night.

The Demo team came together to do a great job and got our scouts excited about another fun-filled scout year.

## TANG SOO!!!!!!



## Region 8 Championship

By Jenn Luneau, E Dan

On October 19<sup>th</sup> and 20<sup>th</sup>, competitors from all around Region 8 came once again to the Fernwood Resort for the regional championship. Our dojang started out strong, getting second place with their Blade demo. The demo's amazing creativity and technical abilities astounded the crowd and the judges. An awesome performance was done by Jaysen Satterwhite as Blade. From there, Vaughn's Dojang only continued to succeed. Friday night all of the Black Belts competed in weapons, forms, and sparring. Almost everyone from Vaughn's who competed brought home a medal or two.

On Saturday, gup students participated as well. By the end of the day Vaughn's Dojang was sweeping the competition. At the end of the tournament the judges were tallying up the scores and Vaughn's Dojang had two grand champions. Jenifer Mudd received the Senior Female Gup cup. Lisa Collins received the Female Grand Champion trophy. Overall the weekend was a great success for everyone. Upcoming tournaments will be the Eastern Championship in January and the WORLD tournament in July down in Florida. Hopefully Vaughn's Dojang will do as well there as they did at Regionals.

Congrats to everyone who medaled and a huge congrats to the demo team!!

TANG SOO!

## Korean Anatomy Terms By Kelley Newman, E Dan

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

### Find these terms:

bahl  
 chumok  
 danjun  
 dari  
 hurri  
 ima  
 inchoong  
 kohwan  
 mok  
 mooroop  
 myungchi  
 pahl  
 pahlkoop  
 soo  
 tuck

If you're not familiar with any terms, be sure to look them up in your gup manual!

### 2007 Holiday Bethesda Project

By Frank Altieri, Sam Dan

Every year around this time our students graciously donate to the Bethesda Project. This organization is a non-profit entity that provides food, shelter, and clothing to the poor of Philadelphia. As we have done for the past seven years, we will be collecting the following items for the Bethesda Project:

- Men's large and X-large underwear
- Men's large and X-large long underwear

(underwear is the item they need the most)

- Bars of soap
- Stick deodorant
- Large and X-large gloves and sweat shirts
- Shaving cream
- Disposable razors
- Toothbrushes

If you are able to donate any of these items it would be greatly appreciated, though you are by no means obligated to donate.

Please start giving your donations to

your instructors. They will pass the items along to Mr. Altieri, who will deliver our contributions to the Bethesda Project. Please donate your items by December 8<sup>th</sup>. Thank you in advance for showing your compassion for the homeless.



### 25<sup>th</sup> WTSDA Anniversary Celebration Kick-a-thon Saturday, December 1<sup>st</sup> at Phoenixville YMCA



Hello to all! You are all welcome to join us December 1st at the Phoenixville YMCA to celebrate the World Tang Soo Do Association (WTSDA) 25th Year Anniversary. We are holding a kick-a-thon to raise money for the WTSDA Building Fund, to help realize Grandmaster Shin's dream of having a World Tang Soo Do Association Headquarters facility. The participant who raises the largest donations will receive a

brand new Nintendo Wii game console/system (including Wii Sports & Wii Play with 14 games, 2 remotes, and 2 nunchucks)!!!

WTSDA members, regardless of whether they are able to participate in the kick-a-thon, can also support the cause by purchasing a "brick" with a \$40 donation to the World Tang Soo Do Foundation (WTSDA). Donations are tax deductible, and all donors will receive a brick certificate from WTSDA Headquarters. Black Belts and Cho Dan Bos are reminded that anyone testing for new rank—Cho, E, or Sam Dan—is required to purchase a brick, and purchasing one now will satisfy that requirement for those who test in April 2008. Donors who are able to give more generously may

purchase a pillar with a \$1,000 contribution to the WTSDA.



Watch for flyers from your instructors with more details on the kick-a-thon. In the meantime, reserve Saturday, December 1st from 8:30 – 10:00 AM. We look forward to seeing you!

—Mr. and Mrs. Newman

### August Blood Drive Results

By Kristen Winsko, E Dan

On Sunday August 5th, Vaughn's Dojang hosted another successful Blood Drive. With help from Black Belts and gup students alike, the Red Cross arrived early and was welcomed to the dojang. Donors began arriving around 8:30 AM and the Red Cross staffed the drive until

approximately 2:00 PM. While we were 4 pints short of our goal (of 40), we had a good turn out and the Red Cross was very grateful for the opportunity to hold a drive at the dojang. Thanks go to everyone who gave (or attempted to give) and to those who were unable to but helped staff

the drive so the Red Cross always had someone on site to help out! The next drive will be sometime in February—we hope to see you there!

### Photo Update!

By John Collins, Cho Dan

New photo albums are being added to the dojang Shutterfly gallery! You can purchase prints, photo coffee mugs, mouse pads, and other items online by visiting the dojang Shutterfly gallery. The link is on the dojang website

([www.vaughnsdojang.com](http://www.vaughnsdojang.com)), in the blue section on the left, at the bottom of the "Sections" links. Click on "Shutterfly Photos" and you will be directed to the dojang photos.

Once there, click on the album you

are interested in, and the photos appear as thumbnail images. You can select photos for prints or other items and order online with a credit card, and merchandise will be shipped to your door! Please check out our new galleries.

## Veterans Day

By Kristen Winsko, E Dan

Everyone at the dojang should be familiar with our Five Codes, the first of which is "Loyalty to Country." In the United States, there are a number of holidays where people illustrate their belief in that code. One such holiday is fast approaching: Veterans Day.

Many people confuse Veterans Day with Memorial Day. Unlike Memorial Day which honors service men and women who died serving our country (or as a result of wounds incurred during battle), Veterans Day is intended to be a day where we honor all living veterans who served in the US military, whether in times of war or in peace. To help make sure we understand the upcoming holiday, below is a brief history of Veterans Day.

Originally, Veterans Day was known as Armistice Day, which was the holiday honoring the end of World War I (which officially ended November 11, 1918). In 1938, Congress passed legislation dedicating November 11<sup>th</sup> to "the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" However, in 1954, after the end of World War II and the truce ending hostilities in the Korean War, Congress amended the law, officially changing the celebration to

Veterans Day. Veterans Day did not become a "day off" for federal employees until 1968 when Congress again amended the law and actually moved the celebration to the end of October. However, most states continued to honor the holiday in November and in 1975, President Ford signed a law returning Veterans Day to November 11<sup>th</sup>, beginning in 1978.

Our dojang has a number of veterans who served honorably during wartime and peacetime. Those who have sacrificed to serve our country and fight for the freedoms we have, deserve to be honored and thanked. So, on Veterans Day, and at our in-house tournament on November 10<sup>th</sup>, remember that there are people who believed in our first code of Tang Soo Do, "Loyalty to Country," so much that they put on a uniform and served all of us and our country, and say "THANK YOU".

An excerpt from the 1954 Proclamation changing Armistice Day to Veterans Day:

"Whereas it has long been our customs to commemorate November 11, the anniversary of the ending of World War I, by paying tribute to the

heroes of that tragic struggle and by rededicating ourselves to the cause of peace ... do hereby call upon all of our citizens to observe Thursday, November 11, 1954, as Veterans Day. On that day let us solemnly remember the sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us reconsecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain. ..."



## Region 8 Eastern Championship

By Chris Gallagher, 4th Gup

I participated in the Region 8 Eastern Championship which was held in Allentown this year. The day was quite interesting on many different levels. There was one thing that stood out the most to me during this competition. This was the first time that I had entered a tournament where my immediate family as well as my dojang family had prior commitments.

My nerves were on edge all week long leading up to the day; just ask my wife. As the days went by, I was to find out there were only three or four of us competing this time around. You would think that this would not be a big deal to most people. I worried about not having that much support around me. Master Vaughn has always stated that Tang Soo Do is one big happy family. On the day of the event, I found this to be true.

I entered the gym where the competition was to take place and was greeted warmly by CJ's Mountain Warriors. Even though I was going to be up against four of their students, they

accepted me and helped me out during the whole day. My nervousness seemed to be pushed aside while we waited for our division to begin. Quickly it crept back when they called us to the ring. Just about five feet from us is where Grandmaster Shin would be sitting. How nerve-racking could that be? Some of us forgot what breaks we were doing, and others forgot to even address the judges. Soon everything started to fall together. It seemed to me that everyone was performing at a higher level than other tournaments I have been in. Maybe it was just the adrenaline pumping, but I believe it was the fact that Grandmaster Shin was watching. What I wanted most was to get it over with and get out of there. So of course, what happened? There was a tie for first place. When they said my name I didn't believe it; I still just wanted to move onto the next event. When I set up for the tiebreaker, I wasn't nervous but was steady and sure. I even set the break up so that not just the judges could see, but so that

Grandmaster Shin could also see. At this time I noticed that Mr. White had made his way over to watch, and also Mr. Collins was there as one of Grandmaster Shin's ambassadors, but was watching intently. I decided to do a ridge hand, which I had never done before. I was able to make a quick clean break. I took second place, but it did not matter to me. I bowed to the judges and then I bowed to Grandmaster Shin.

Having Grandmaster Shin there was a tremendous support to me. He may not have known that he was giving me any support, but it was there. Overall, it was a great time. When you actually think that you have no one in your corner, you might be surprised to know that there are many you did not know existed: the people you are competing with, someone from the past (Mr. White), someone from the present (Mr. Collins), and even a source that you had never thought of, such as Grandmaster Shin.

Tang Soo!!!

### Sixth Annual Ki Gong Clinic

By Jane A. Maher, Cho Dan Bo

The Sixth Annual Ki Gong Clinic was held Friday September 21st to Sunday September 23rd 2007. Check in was at 3 PM. I took the opportunity to catch up with old friends (Mrs. Francis and Mrs. Mitchneck) and renew some old acquaintances (Mrs. Mary Mars). I also met people new to the East Coast Clinic (Mr. Mars). Time for socializing was short; all the participants had arrived. As I scanned the room I found other familiar faces. Master Schroeder from Tahoe City, CA attended as well as Master Beaudoin and Master Vaughn. Among the group was a mix of beginners (white shirts), intermediate instructors (yellow shirts), and advanced intermediate instructors (blue shirts). I couldn't help but notice that Vaughn's was well represented by its number of blue shirts. Before I knew it Kwan Chang Nim walked in.

Kwan Chang Nim and Mr. Lipstein opened class and the whole group got to work. Mr. Lipstein introduced some basic concepts of ki. Kwan Chang Nim led the group with the first meditation of the afternoon which kept the group busy until dinner.

The dinner break was followed by hand and foot massages. That felt great! Master Schroeder demonstrated transferring ki from one person to another. Then all the students had the opportunity to practice on each other. Thus, Friday's

events ended.

Saturday started at 6 AM with a warm-up by Mr. Vu. Once the sun was up we went outside for walking meditation. The grounds of the Freedoms Foundation were beautiful and the weather was perfect. We had good conditions for this specific meditation. The objective of outdoor meditation is to open oneself to nature. For example, touch a tree and feel its ki; feel the ki from all the living things around you, the flora and fauna.

Back in the classroom, Kwan Chang Nim, Master Schroeder, and Mr. Lipstein reviewed basic ki gong forms. The class then practiced advanced ki gong techniques.

After lunch, Mr. Altieri led our group in Tae Kuk Ki (an advanced ki gong form). Mr. Lipstein followed with blood circulation techniques. These techniques rid the body of stagnant ki and stimulate blood flow.

Kwan Chang Nim demonstrated the practice of applying suction cups on the body; this is sometimes known as cupping. A vessel is placed on the skin over the painful area. The size of the cup varies according to the area of the body. A vacuum is obtained and the cup is allowed to stay on the skin briefly. The cup is then removed. Mrs. Lipstein had volunteered to be the patient. I asked her how she felt and she told me she felt

good.

Master Schroeder and Mrs. Zamorra-Soon divided the class in two. Master Schroeder demonstrated techniques for relieving tendonitis of the elbow. Mrs. Zamorra-Soon demonstrated techniques for relieving sciatic pain. Each group of students practiced on each other; then the groups switched instructors. More practice followed.

Acupuncture was the next topic covered. As Kwan Chang Nim explained acupuncture, he demonstrated on Master Vaughn. When this was completed, the class headed off for sleep.

Sunday morning also began at 6 AM. The warm-up was led by Mrs. Powell. When that was completed, our group went outside for walking meditation. After breakfast we had a group photo taken. We then had the opportunity to explore some of the displays at the Freedoms Foundation. Master Vaughn and Master Schroeder took a brief respite to practice sword forms (way cool!). We then went to the classroom to wrap things up.

I found it difficult to say goodbye to my friends. But, some I would see at the dojang. Others I would see later at the Region Eight tournament. Some others I hope to see next year. Physically I am tired, but mentally my mind is working to absorb everything from the past three days. I can't wait until next year!

### Fun with Vocabulary

By Dr. Wayne Rosenkrans, Sam Dan

This is the first in what will be a recurring series of articles covering various aspects of Korean terminology. The intent is to explore the roots of our art through the terms we use during our classes and other Tang Soo Do events.

First, some background: Korean is a language spoken by about 63 million people in South Korea, North Korea, China, Japan, Uzbekistan, Kazakhstan and Russia. The relationship between Korean and other languages is not known for sure, though some linguists believe it to be a member of the Altaic family of languages. Grammatically Korean is very similar to Japanese and about 70% of its vocabulary comes from Chinese.

The Korean alphabet was invented in 1444 and promulgated in 1446 during the

reign of King Sejong (r.1418-1450), the fourth king of the Joseon Dynasty. The alphabet was originally called *Hunmin jeongeum*, or "The correct sounds for the instruction of the people," but has also been known as *Eonmeun* (vulgar script) and *Gukmeun* (national writing). The modern name for the alphabet, *Hangeul*, was coined by a Korean linguist called Ju Si-gyeong (1876-1914).

Our first piece of terminology to be examined you may not be familiar with, but reflect for a moment on one of the 5 codes, *Obedience to Parents*, and the tenet, *Respect and Obedience*. These would suggest that we look for ways to honor our parents and find ways to indicate our intent to be obedient. We honor our instructors, master, and grandmaster, and indicate our intent to be

obedient to them, at the beginning and end of each class through a bow. Why not consider honoring our parents (who may well be seated in the back of the studio) in a similar fashion. It's a simple enough action to turn at the end of class and bow to the parents, but what to say?

Korean Terminology – 부모에게 활

Roman Transliteration – Bu Mo E Kyung Yet

English Translation – Bow to Parents

Please note, this is not part of the traditional closing of a Tang Soo Do class, but consider it an optional reflection of your own commitment to an aspect of the Codes and Tenets.

# Congratulations!

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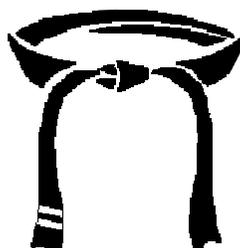
	<u>August</u>	<u>September</u>	<u>October</u>
<b>Adults</b>			
<b>Audubon Dojang</b>	Aileen Broomell	Amrita Sidhu	Shaun Wilkinson
<b>Audubon YMCA</b>	–	–	–
<b>Phoenixville</b>	Mark Morabito	David McMurtrie	–
<b>Pottstown</b>	–	–	–
<b>Youth</b>			
<b>Audubon Dojang</b>	Daryl Dohner	Amy Gilette	Mason Seal
<b>Audubon YMCA</b>	–	–	–
<b>Phoenixville</b>	–	Brandon Chang	David Keller
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## And Our Newest Cho Dan Bos:

Mr. Dave Guggeis  
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## And to the following new and recently promoted Black Belts:

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