



# Dragon's Den

唐手道

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## Be a Sponsor

By Master Vaughn

### Inside this issue:

This newsletter features an interview with Master Lipstein, the Region 8 Championship, community service events, Black Belt testing advice, Ki Gong, and Hapkido!

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### Upcoming events:

Through Dec. 10—Bethesda Project Collection  
Dec. 19—Vaughn's Holiday Party  
Jan. 15—In-House Tournament

The end of this year is drawing near. It is time for the Region 8 Championship; we all have a good time there. Again this year, we have high hopes for our Creativity Team. They have been working very hard in preparation for the event. As for me, everyone on the team is a winner even if they do not place. Their dedication and work is a testimony of their quest for *Black Belt Excellence*.

We also have a Gup Clinic planned for November 6th at the Phoenixville YMCA. I have invited two female Masters who will be teaching at the clinic. It should be a lot of fun. The event helps to bring all of the studios of Vaughn's Dojang together for a great day of training.

Vaughn's annual Christmas Party is scheduled for the 19th of December with Grandmaster Shin as our special guest. I believe this is our twenty-fifth year for our holiday extravaganza. It is a great night of awards, speeches, and demos, along with a scrumptious dinner and then dancing.

This is a good time to stop and reflect on the past year and the achievements we have made as a studio. It is a good time also to

reflect on the traditions of Tang Soo Do, one of the oldest being sponsoring a friend to join our dojang. From what I have been taught by Grandmaster Shin, in ancient times one could only hope to be accepted as a student in a dojang if a current student of that dojang would recommend him/her for membership.

There is no better compliment you can make to your instructor or to your studio than to bring a friend to the dojang and introduce him/her to the wonderful world of martial arts. Regularly, we have a week of "buddy nights" for our dojang. Just think, if every student would bring in one new member, we could double the size of our membership.

Spreading the word on how the study of martial arts can make a strong positive change in one's life is the responsibility to any student who has felt that change in their own life.

So far this year, our school has scored many accomplishments we can all be proud of; let's finish off this year by sharing the good news with someone you care about, someone you would recommend to share in the benefits of training at *your* dojang.

### An Interview with Master Lipstein

By David Painter, Sam Dan

At the Region 8 Championship you received your promotion to Master Instructor. How did you feel about reaching that milestone in your martial arts career with the WTSDA?

Quite frankly, it's a milestone I never thought I would reach when I started training. Then, over the years, the requirements to reach Master level became more stringent, and the possibility I would ever get there seemed more remote. I'm not sure the impact has hit yet.

I feel I've reached a milestone on a very long journey, and there is a sense of great achievement tempered with the knowledge that the journey isn't over.

When did you start your Tang Soo Do (TSD) training?

I started training in May of 1991.

(Continued on page 2)

## Interview with Master Lipstein

(Continued from page 1)



Everyone has different reasons for having started training in TSD. What motivated you to begin your TSD training?

I had wanted to train in the martial arts ever since I was a teenager. As so often happens, however, taking the first step proved to be quite elusive, and I just pushed my dream further and further into the future. My wife knew I had the dream, and when she saw a program at the Phoenixville YMCA which included both children and adults, she asked if I wanted to finally take that first step with our son, Brian. He was willing to give it a try, so we started together as a father and son activity. He went on to achieve E Dan before withdrawing to pursue school activities, and I was hooked for the long term.

How has TSD training benefited you?

First and foremost are the friends made through training. I've met so many wonderful people who have become part of my life. Training has also

allowed me to remain in top physical condition, which becomes so important as one gets into those "senior" years. I have also found that my TSD training has calmed me down considerably. I used to be one who could blow a blood vessel when caught in traffic. Now I try to think how a true Black Belt would remain calm in the face of adversity, and it has worked for me.

Aside from the usual benefits of self-defense and fitness, what are some of the most unforeseen benefits of your TSD training?

As mentioned above, the calmness to deal with stress has been a big plus. I've also benefited from becoming involved in the Ki Gong program that is closely associated with the TSD training. Our Ki Gong program is geared to achieving better health, yet there is a close tie-in to the martial arts side. Martial arts techniques are based upon directing energy flow, or, conversely, using an opponent's energy against him.

What are some of your most memorable TSD experiences?

There are so many memories over the years that it's difficult to list the top ones. I started with the goal of becoming a Black Belt, so, certainly, achieving that goal was memorable. I was also the proud father watching my son achieve his Black Belt. It was great to see Master Vaughn receive his 6th Dan promotion, and to witness Grandmaster Shin receiving his 9th Dan promotion. I've experienced tremendous enjoyment seeing students I taught reach the level of Cho Dan and

above. The most memorable experiences must also include training in Hapkido with Do Ju Nim.

What goals do you have for your TSD future?

I've found that one never stops learning in the martial arts, so my main goal is to continue to improve. I have responsibilities now with the WTSDA, and I want to be able to meet those in a first-rate manner. Our dojang is one of the finest in the Association, and I want to continue to teach and help grow our studio.

Having achieved this significant accomplishment, what advice do you have for your fellow TSD students?

The same advice I'm sure they've heard over and over—never quit. I feel in many ways I have reached this milestone through pure stubborn perseverance. If you train hard, and train consistently, it's amazing what can happen.



## Special Dragons Class By Christine Cox, Cho Dan

Every Monday and Friday evening from 6 to 7 PM, you will find a very special class in progress at Vaughn's Dojang—our Special Dragons Class. This class is for persons of all ages with physical and mental challenges. As with all of our classes at the dojang, the class is quite diverse with age and abilities.

Recently, I have been given the honor of becoming the instructor for this class. I have learned that this group of

individuals is the most spirited class in our studio. They are extremely hard-working and always put forth 100% effort. The class always shows the true spirit of Tang Soo Do. It is a true pleasure to be able to work this class.

In order to provide our Special Dragons students the best experience with Tang Soo Do, we have all of our Black Belts participate with the class by guest teaching. Please be sure to check

the front bulletin board for your assigned evening. If you are unable to attend that evening, it is your responsibility to find a replacement instructor and let me know.

I am so grateful to the Black Belts and Cho Dan Bos that have already come in to help us out the last few weeks. The students and I truly appreciate your time and I hope that the experience is not just a learning experience for the students, but for us as instructors as well.

## Advice for Cho Dan Bos Testing for Black Belt

By Mark Buckwalter, Cho Dan

So you have just received notice that your day has finally come: after years of discipline, hard work, and dedication you have been judged ready to test for advancement to Cho Dan, Black Belt. What do you do? Panic? Run in tight circles? No need to worry. I just passed the test for black belt this past September. In the days before and leading up to the black belt test I got a lot of help and advice from our senior Dan members on how to prepare myself for that day. Now I can pass this advice on to you. Although no doubt you've learned a whole lot to come this far, here are some tips that are sure to be a benefit to your efforts.

**Please, READ the Gup Manual, all of it, often!** The written part of the test is completed before the physical part and counts for 50% of your final score. If you can remember the stats of your favorite sports teams or pop culture celebrities, then you can master this. Keep it handy so it's always there when the chance arrives for a few quick paragraphs. Better still, try to make it a habit of reading it the same time every day, like just before going to bed every night.

**Practice, practice, practice.** To paraphrase Master Vaughn, that not unlike the tortoise and the hare, it's the slow but consistent effort that often wins the race, or in this case, passes the test. More so than the written half, this part does not lend itself well to "cramming" at the last minute. Not necessarily brutal, but a consistent practice routine will hardwire your mind on proper technique while conditioning your body to easily work with you and not against you.

**It's all in the details.** Don't be afraid to look up any form or technique in your manuals, regardless of how well or how long ago you think you've mastered it. It's important to periodically check your technique against what's in the manual and make sure you have not strayed in any parts. Watch for confusing or swapping back-fists with hammer-fists, fighter stances with front stances, and so on. Ask



senior Dan members to critique your efforts and give input on any ways to improve on your skills.

**Bubble of focus.** When performing in front of the judges, it's important to stay concentrated on what YOU are doing and not to worry too much about what the person in front or either side may be doing. Master Lipstein once had someone whom he was testing with as part of a group start making some wrong moves right in front of him. Had Master Lipstein not been focused on what HE was doing, he might very well have followed this person into botching up the form with

her. Stay aware of your surroundings, but pay attention to what you are doing during a form by mentally knowing what you are expected to do and not just following along with whatever you see your neighbors doing.

**Fuel up the night before.** Loading up on carbs is not always bad. They are what your body uses for energy needed during activity. As a consequence, it's a good idea to have a good intake of this stuff the day before you test—spaghetti being a good example. Don't pass on the salad that comes with it though. That will give a more steady, long-lasting source of energy for the day ahead. And before you arrive and all through the test, drink plenty of water. If you try the physical part of the test on an empty stomach without having taken in any water, you risk becoming dehydrated and overheated, which in turn can lead to nausea among other things. So remember, drink, drink, drink.

Finally, **know, and I mean know how you are going to get there.** If you have any distance at all to travel to an area you're not familiar with, make sure to use a GPS or at least MapQuest directions to where you are going, with a street-by-street close-up of your final destination.

Follow these suggestions and you will be likely to have a black belt test that is successful, and pain-free. I'm pretty sure Master Vaughn has said on occasion something on the order of "preparation is everything"—that if you work hard and regularly, your success, inside or outside the walls of the Dojang is assured.

Tang Soo!

## Shutterfly Photo Website

By John Collins, Cho Dan

Vaughn's Dojang has a dedicated Shutterfly website where we post photos from youth and adult black belt camps, tournaments, and various special events like our holiday party. Photos are available at a very reasonable cost, as are various other photo products like mouse pads, cards, and this coffee mug, shown with a photo of the Collins clan in uniform.

We are editing photos from past events and will add folders and announce them on the Vaughn's website or in the newsletter. The most recent albums to be added include the Gup Clinic and over 300 photos from the 2010 Region 8

Championship. To find these photos, go to [www.vaughnsdojang.com](http://www.vaughnsdojang.com), then roll your



mouse pointer over the "Resources" link in the menu bar to open up a drop-down menu. Now mouse over the "Pictures" selection, and you will see calendar years open up to the right side. Click on a year and the photo albums currently loaded will appear. Clicking on an album will let you scroll through the photos in it AND order prints!

The site is very easy to use and as your children grow older you will find many fond memories by going back to these photo albums. Watch for future announcements of new albums as they are posted.



## Ki Gong Clinic 17 – East Coast

By Rick Braun, 1st Gup

The 17th Ki Gong Clinic – East Coast was hosted on September 17th through the 19th at the Freedoms Foundation in Valley Forge. For those who are not familiar with Ki Gong, it is a system of training designed to develop the mind, body, and spirit with exercises focused on Meridian, Circulatory, Respiratory, and Ki energy systems of the body.

Mr. Lipstein did a wonderful job of planning and facilitating the clinic this year. In keeping with what was planned to be a calming weekend for all attending, he ensured everything hummed along throughout the weekend without drama for the more than 20 persons in attendance. Attendees represented many Black Belt ranks, Cho Dan Bo, and 1st Gup (me) with Great Grandmaster Shin, Mrs. Shin, Grandmaster Beaudoin and Master Vaughn also in attendance.

The weekend was filled with various forms of Ki Gong such as Ki Cho (led by Mrs. Lipstein), Spring Forest, Hyang Gong, Bo Kun Jang Soo Gong, and Tae Kuk Ki, led by Mr. and Mrs. Lipstein. Each morning started very early with everyone waking to start each day by 6 AM with morning Hyang Gong and Bo Kun Jang Soo Gong exercises followed by a very quiet and introspective walk through the Freedoms Foundation Medal of Honor Grove.

The group was introduced to a number of alternative medicine (i.e., Muxabustion) and meditation (i.e., healing sounds) approaches this year. One such

meditation exercise was the labyrinth. A labyrinth is much like a maze; however, unlike a maze, it has only one path in and out without the dead-ends a maze might have. The labyrinth itself was supplied by Professor Mudd from Vaughn's and Ursinus College, and was a very large, hand-drawn diagram on canvas. The labyrinth was laid out on the grass in front of the building we were in. Each person slowly followed the path from the edge of the labyrinth to the center. The purpose of the exercise was to let your cares drift away as you focused on the path.



Other interesting topics included a presentation on diet and energy flow by Ed Crew, a Muxabustion exercise led by Deb Zamorra-Soon, and Healing Sounds introduced by Liz Francis. Muxabustion is a healing practice using muxa, a form of Mugwort ground into a powder. Muxa is

thought to heal chronic body conditions and can aid in gerontology by adding Ki energy to treat excess and deficient Ki energy. Muxa can be placed on the skin on an energy meridian or pathway on a thin slide of ginger and then lit by burning incense. If done properly, the warmth of the muxa can be felt along the meridian. In my case, I placed it on my forearm and felt the warmth travel down my arm to my wrist. The initial burning can be intense, but subsides quickly. The Healing Sounds theory introduced by Liz Francis can be used for healing recent fractures, high fever, or when Ki energy is very low. Healing sounds are associated with six pairs of organs: Liver/Gall Bladder, Heart/Small Intestine, Stomach/Pancreas/Spleen, Lung/Large Intestine, Kidney/Urinary Bladder/Triple Warmer. Each pair has a unique sound and movement.

Sunday morning came much too quickly. However, everyone enjoyed their experiences, making new friends, renewing old friendships, and enjoying the good food provided by the Freedoms Foundation staff. Mr. Lipstein is already planning on next year's clinic and I hope to be able to attend.

If you are interested in learning more about Ki Gong, contact Mr. Lipstein or join the Vaughn's Dojang Ki Gong Club Saturday mornings. Additional information regarding Ki Gong and its health benefits is also available on the WKGC website at [www.worldkigong.com](http://www.worldkigong.com).

## The Golden Ax and the Silver Ax – A Korean Folk Tale

Submitted By Kristen Winsko, Sam Dan

One day, a lumberjack was chopping a tree in a forest when he accidentally dropped his ax in the lake next to where he was working. He started to cry because he had no way to earn a living without his ax. A magician appeared in the lake, carrying a silver ax and asked the man what was wrong. When the lumberjack explained, the magician asked the lumberjack if the silver ax he found was his. The lumberjack said no. The magician then went back into the lake and brought out a golden ax. He asked the lumberjack if that ax was his; the lumberjack said it was not. The magician went back into the lake and reappeared with the lumberjack's ax and the two others. He then told the lumberjack that because of his honesty, the lumberjack

could have all three axes. The lumberjack was so happy that he went and told his neighbors and fellow lumberjacks. A fellow lumberjack then went to the same lake, and threw his ax in, hoping to get additional axes. He started to cry when the same magician appeared. After explaining why he was crying, the lumberjack was looking at the magician with a silver ax in his hand. The magician asked the lumberjack if the ax was his. The lumberjack replied that it was and the

magician knew the lumberjack was lying. So, the magician told the lumberjack that he knew the lumberjack was lying, and disappeared back into the lake and the lumberjack went without any ax.



## Being a Better Person through Community Service

By Frank Altieri, Sah Dan

During the opening ceremonies at the World Championship in Greensboro, NC, Mr. Lipstein and I were honored when he received the Humanitarian Award and I received the Community Service Award. Both of us were humbled by the awards, but we knew this recognition really belongs to Master Vaughn and our dojang (you). All of you have worked hard to serve our community.

For the past ten years, Vaughn's Dojang has exemplified the Tang Soo Do purpose of being a "better person." During this time, our dojang has discovered ways to support our community. Our service to the community ranges from blood drives to collecting items for the poor to providing free self-defense seminars.

Listed below is a recap of some of the programs we have supported:

- Bethesda Project – we have collected thousands of items for the poor, including soap, deodorant, tooth

paste, T-shirts, underwear, socks, gloves, hats, etc. In addition, we serve breakfast to the homeless on Thanksgiving morning.

- Blood Drives – we have coordinated several blood drives for the Red Cross which netted over 100 pints of blood.
- Toys for Tots – we have donated hundreds of toys to local children in partnership with the US Marine Corps.
- Self-Defense/Demos – we have conducted over 20 free self-defense seminars and various demos to the local schools, churches, etc.
- Freedoms Foundation Projects – we have worked on many projects for the Freedoms Foundation ranging from repairing fences to trimming trees to cleaning the Medal of Honor Grove.
- Malvern Parade – we have marched in this parade for at least 10 years,

displaying our respect for the men and women that have or are serving our country.

- Operation Crayon – we collected school supplies for school children in Iraq.
- U.S. Troops collection – we have collected hundreds of items for our troops, including magazines, CDs, power bars, other food items, etc.
- Kick-a-thon for St. Jude Children's Research Hospital – we raised thousands of dollars to support the work of St. Jude Hospital

Our service to others is not limited to this list. We should be proud of our community service record, but all good Black Belts should seek ways to help their community. Please realize that the awards presented to me and Mr. Lipstein represent the work YOU have done on behalf of our dojang.

## 2010 Red Cross Blood Drive

By Kristen Winsko, Sam Dan



Every year, Vaughn's sponsors at least one blood drive. The Red Cross is constantly in need of donors and every donor helps! Some facts: every 2 seconds, someone in the US needs blood; more than 38,000 donations are needed every day; the average red blood transfusion is approximately 3 pints. One pint can save up to 3 people, but currently only 3 out of every 100 people give blood. Giving blood doesn't cost money, only takes a little bit of time, and is easy. This year, the dojang blood drive was held on Sunday, August 29, 2010. The American Red Cross again brought the bus to the VFMA parking lot. Twenty-five pints of blood were collected. Volunteers assisted by being on hand at the dojang all day in the event the Red Cross needed anything. A number of donors started the morning with a workout on the mats and finished the day off by then donating blood. The day was successful and the Red Cross is hoping we can sponsor another drive in early 2011. Thanks to all donors and helpers! For more information on donating blood, please visit [www.redcrossblood.org](http://www.redcrossblood.org)

## Holiday Bethesda Project, 2010

By Frank Altieri, Sah 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 10 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



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 items to your instructors or place your items in the box at the Audubon studio. Mr. Altieri will deliver our contributions to the Bethesda Project. Please donate your items by December 10<sup>th</sup>. Thank you in advance for showing your compassion for the homeless.



**Community Day Participation**

By Kristen Winsko, Sam Dan

On Saturday, September 25, 2010 the dojang participated in two community events. Norristown Bell Credit Union hosted a Community Extravaganza in King of Prussia. With a radio broadcast on site by 95.7 BEN-FM in the early morning, the Black Dragons demo team (led by Mr. Salas) performed some hyungs, breaks, and other events. Ben Waldie performed a great sequence of breaks,



followed by Mr. Salas' breaking of some rocks. In addition to the demonstrations performed by the students, Sah Bum Nim demonstrated something spectacular with a needle (through his arm!) and a bucket of wood hanging from the needle!

The event in King of Prussia was followed by participation in the Renaissance Academy Community



Day. The Community Day was held at Franklin Commons in Phoenixville. Approximately 30 vendors participated in the event, handing out information, selling items, and talking to visitors. The dojang had a table and handed out information to anyone interested. Throughout the day, members of the dojang demonstrated how to break boards and followed that up by helping children who stopped by with breaking boards too!

Thanks to all who helped out, including: Ben Waldie,



Mr. Lucas Froman, Miss Marcene Ameer, Mr. Scott Summers, Mr. John Collins, Mr. Josh Painter, Dr. Scott Thompson, Mr. Kurt Agonoy, Mr. Mark Buckwalter, and Subhanik and Debanik Purkayastha.



**Halloween Safe Night at the Pottstown YMCA**

By Mark Buckwalter, Cho Dan

The Friday night before Halloween was an interesting as well as a fun night at the Pottstown (N. Adams St.) YMCA. From all over Pottstown, kids commandeered parents to accompany them to the Halloween party being held there as a safe alternative to door-to-door trick-or-treating or just another way to enjoy this special time of year. All shapes and sizes (of candy, that is) were there and so were loads of kids, local businesses, and non-profit charities. To represent Vaughn's Dojang, our own Dr. Jaffe, Annette Szumski, Miss Marcene Ameer, Mr. Lucas Froman, and I were there. The sheer volume of people present was impressive; kids and parents alike lined up outside the building with all parking spaces on the grounds and surrounding streets taken up. Once inside, everyone enjoyed the music and lively (if spooky) atmosphere, which proved to be little if any hindrance to kids of all ages and costumes ransacking anything with a wrapper. Brave as we

were, "Dr. J.," Annette, and I stood behind Miss Ameer and Mr. Froman, demonstrating drill techniques while they made sure (at great risk to themselves) that all our candy, eight bags of it, got dispensed in a timely manner and didn't disappear all at once in a tsunami of grasping little fingers. Of course spreading the message that Vaughn's Dojang was encouraging all takers to try Tang Soo Do free for a whole month (eight classes) right there at the YMCA was not lost in this uneven exchange, with all 180 or so coupons printed by Dr. J not so much being given out as being requested by many trick-or-treaters' parents who visited our table. With a little luck we might see a few come back to the Pottstown YMCA and try what really is an amazing art and discipline. All in all everyone there had a good time, and for us from Vaughn's Dojang, a good time doing a good thing. I know all of us who participated that night look forward to doing it again next year.





### Region 8 Championship

By Matt Simpson, Cho Dan

Recently we held our Regional Championship at Split Rock resort in the Poconos. Although I was unable to compete myself because I was sick, I must say that this was one of the best Region 8 tournaments I have ever been to. I'm going to start off by congratulating everyone who was there and especially those who were promoted to Black Belt or their next Dan. The first thing to start on Friday was the creativity competition which has to be the best competition I have ever seen. Our own team placed third out of seven teams. This was an impressive feat considering the performances of the other teams. After the creativity competition, the adult Black Belts began their competition and I saw quite a few medals around the necks of our own Black Belts when they were done.



The next day, Saturday, began with the youth Black Belts. Though I missed it I'm sure they did just as well as all the others I was able to see. After the youth Black Belts the opening ceremony began which included the promotions of some of our Black Belts to their next Dan and

some of our Cho Dan Bos to first Dan. We also have a new master in our studio; I would hope you all know who that is and have given him the congratulations he deserves for his dedication to Tang Soo Do.



Some of the Vaughn's participants gathered for a group photograph at the end of the Region 8 Championship.

KIDS

INS

KIDS

DIK

# Wise Guyz

present...

## Tang Soo Do Word Jumble

By: Marcene Ameer, E Dan

Unscramble the words below:

1. CKKI \_\_\_\_\_
2. UNYGHS \_\_\_\_\_
3. TESBL \_\_\_\_\_
4. EPWAONS \_\_\_\_\_
5. OCBKL \_\_\_\_\_
6. ODSEC \_\_\_\_\_
7. HOCP \_\_\_\_\_
8. NPSGRRAI \_\_\_\_\_
9. TENSET \_\_\_\_\_
10. EKAATR \_\_\_\_\_



# Tang Soo Do Word Search

By Lucas Froman, Cho Dan

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

Find these WTSDA Masters' Names:

MIMIDIS

BEAUDOIN

SHIN

BRITT

UTTECH

CHAMBLISS

VAUGHN

CAUSERANO

WHITE

GORDON

WICK

GODWIN

## Finding the Perfect Match

By Katherine Price, Cho Dan Bo

*Editor's Note: Miss Price prepared this essay for her Cho Dan Bo requirement. It is being reprinted with her permission.*

My name is Katie Price and I just turned 11 years old. I have been doing martial arts for about four years. I didn't start with Tang Soo Do. My first experience was studying Tae Kwon Do with another master. There I learned that I like doing martial arts. I made some good friends, and enjoyed working on my kicks and punches with the targets. What I didn't like was the full contact competitive sparring. That type of sparring was just like fighting or boxing. We focused on sparring a lot in class, and I started to not like going as much. For a long time, I had watched my brother, Aiden Price, train at Master Vaughn's Dojang. After a while, I asked my parents if I could try Tang Soo Do. I knew right away that it was going to be a better way of training for me. Although there is sparring in Tang Soo Do, and it is important to compete, I think in Tang Soo Do you really work hard at perfecting all areas of the practice.

I have learned a lot about myself and have made new friends while training at Master Vaughn's studio. There are a lot of things I really like about Tang Soo Do. First of all, it is a good way to exercise your whole body after sitting in school most of the day. Tang Soo Do also teaches you to respect your teachers, your parents, your classmates of all ranks, and yourself. Training in martial arts also helps you to concentrate and focus on what you are doing, even when you are really tired. It teaches you not to give up, and it also makes you feel really good when you learn a new form or technique. Most importantly, (and why my parents signed me up), is it gives you the training to be able to defend yourself if you need to.

Now that I am a higher rank and I am getting ready to take the Cho Dan Bo test, the training is at a whole new level. It is a lot more challenging. There are so many

Korean terms and techniques to remember. The new techniques seem to get harder to master. But facing new challenges is what makes it fun, and overcoming them really makes me feel like I am accomplishing something important. I look forward to getting to a level where I can teach younger students. I have really enjoyed helping Mr. Summers with the Tiny Tigers when he needs me to.

Whether I am in my regular Tuesday/Thursday class taught by Dr. Feuston, the All-Stars class taught by Dr. Rosenkrans, the Cho Dan Bo class led by Mr. Altieri, or helping in the Tiny Tigers class taught by Mr. Summers, the training is the best because it comes from the way Master Vaughn teaches. I am really glad that I came to Master Vaughn's Dojang to study Tang Soo Do.

## Why Haven't You Started Hapkido?

By Rick Mentley, Sam Dan

If you've been wondering what the hapkido program at Vaughn's Dojang is all about, the time has come to give it a try. If you haven't been wondering about it, you need to look into it, and then give it a try! At Vaughn's Dojang we are extremely fortunate to have the extraordinary opportunity to train with the founder of Sin Moo Hapkido, DoJuNim Ji, Han Jae. I cannot emphasize enough what a privilege and golden opportunity this is. Of all the martial artists throughout the world today, there are not many who can say that they have trained with the founder of a martial art. As a member of Vaughn's Dojang you have this opportunity!

You might be thinking, "I'm just not sure I could handle studying more than one martial art." With some combinations of martial arts this might certainly be true. However, Tang Soo Do and hapkido are both Korean arts with a lot in common. Ask anyone at Vaughn's Dojang who is training in hapkido and they will tell you that their Tang Soo Do techniques—especially their self-defense and one-step techniques—have improved

because of what they've learned in hapkido.

Gup Hapkido training is held on Saturday mornings from 9:00 to 10:00 at the Audubon studio (except for the last

with Grandmaster Ji were reserved for Black Belts and Cho Dan Bos. Master Vaughn recently expanded our hapkido program so that Gup students can join the classes with DoJuNim, and all Gup students ages 12-16 and all Black Belts under 17 can take these classes at 1/2 off the regular price.

If the opportunity to train with a martial arts founder and legend, plus the increase in your self-defense skills, are not enough incentive to try hapkido, now Master Vaughn is providing an additional incentive. For a limited time, all students from any of the Vaughn's locations who have never taken a hapkido class before can now receive **one Saturday Gup Hapkido class at no**

**charge.** So come on, you have nothing to lose and a whole lot to gain. You'll love it!

Congratulations to the eight Vaughn's Black Belts pictured above. They were all recently promoted to E Dan in Sin Moo Hapkido, with the exception of Mr. Salas who was promoted to Sam Dan.



Saturday of the month). The classes are taught by Master Lipstein and Mr. Salas whose hapkido skills are extraordinary and they are another big reason why you should give hapkido a try. Classes with DoJuNim are usually held once each quarter. In the past these special classes



### Saturday Mornings in the Dojang

By Jane A Maher, E Dan

On Saturday mornings a Cho Dan Bo class is held at 10:00. The purpose of this class is to prepare Gup students to take the Cho Dan Bo and Black Belt tests. Mr. Frank Altieri is the head instructor. Dr. Adams and I, Ms. Maher, are Mr. Altieri's assistants. When he comes to class, Mr. Altieri is prepared and focused. He devotes the next seventy-five minutes of his day to his students. If Mr. Altieri had a rough week it doesn't show. As I watch Mr. Altieri I am inspired! I try to take something of what I've seen away with me and attempt to meld it to my teaching.

On any morning I may see some excited students, some students are talking among themselves, some are sleepy, and one or two have a bad case of bed head. But all that will change in a few minutes. Mr. Altieri will have the

class spirit up and his students working hard and having fun. He uses several techniques to accomplish this. Mr. Altieri switches up part of drill. He has the students practice hand and feet combinations that the class really seems to enjoy. He also has a student sit on his back while he does push-ups. Then Mr. Altieri challenges the class to do push-ups. The push-up challenge revs the class up! No one is sleepy now! I've seen Mr. Altieri use this technique many times and it always raises the students' enthusiasm. However, on one particular Saturday morning I witnessed something incredible! No, it wasn't Mr. Altieri doing fifty knuckle push-ups. It wasn't Mr. Altieri doing knuckle push-ups on

concrete either. I saw a student on Mr. Altieri's back, Michael D'Annunzio, also doing push-ups!! Double push-ups!! All in the Dojang were awed and inspired! I was speechless except for "WOW!" Saturday mornings at the Dojang are never dull, so come join the fun!!



### Testing Your Knowledge

By Susan Thompson, E Dan



- Brown belt represents...
  - Blood, life, and energy
  - New growth which appears in spring
  - Power, stability, agility, weight, and wisdom
  - Maturity, respect, and honor
- The first martial arts book was named...
  - Song Moo Kwan
  - Mooyae Dobo Tongji
  - Hwa Rang Dan
  - Muyong Chong
- In the Association symbol, the red circle represents...
  - The six inhabited continents
  - Mastering the art of Tang Soo Do
  - The Master's belt
  - Unity and brotherhood
- The Korean term for solar plexus is...
  - Myung chi
  - Chu mok
  - In choong
  - Moo roope
- What is the Korean term for horse riding stance?
  - Chun Kul Ja Seh
  - Sa Ko Rip Ja Seh
  - Kee Ma Ja Seh
  - Hu Kul Ja Seh
- The Korean term for endurance is...
  - Kyum Son
  - Chon Kyung
  - In Neh
  - Chung Shin Tong Il
- The Monk who originated the 5 codes was...
  - Wang Kun
  - Won Kwang
  - Hang Jun
  - Hwang Kee
- The kick in Sae Kye Hyung E Bu is...
  - Yup Cha Ki
  - Ahp Cha Ki
  - Dwi Tollyo Cha Ki
  - Tollyo Cha Ki
- The number of moves in Bong Hyung Il Bu is...
  - 21
  - 24
  - 25
  - 23
- The name of the Korean flag is...
  - Hyup Hoi Ki
  - Tae Keuk Ki
  - Kukgi Bae Rye
  - Tae Keuk

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

# Congratulations!

## To the following Spirit Belt recipients:

Audubon Dojang	Hale Soloff
Phoenixville	Ian Wagner

## To Our Newest Cho Dan Bos:

Michael Archie	Rick Braun	Rohan Jhunjunwala	Katie Price
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## To the following new and recently promoted Black Belts:

<u>Cho Dan</u>	<u>E Dan</u>	<u>Sam Dan</u>
Mr. Mark Buckwalter	Miss Marcene Ameer	Mrs. Lisa Mentley
Mr. David Keller	Dr. Steve Kirshenbaum	Mr. Josh Painter
Dr. Stephen Pulley	Ms. Jane Maher	
Mr. Reynaldo Rosas	Mr. Alec Thompson	
Mr. Matt Simpson	Mrs. Susan Thompson	
Miss Kelsey Stanton		



## And to our Region 8 Hall of Fame Honorees:

Mr. Altieri—Community Service Award

Mrs. Winsko—Student of the Year

