



# Dragon's Den

唐手道

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## Tournaments

By Master Vaughn

### Inside this issue:

This newsletter features Black Belt Testing, the Freedoms Foundation Demo, and Hapkido, and Ki Gong!

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### Upcoming events:

Nov. 24- 25—Dojang Closed for Thanksgiving

Now thru Dec. 10—Bethesda Project Collections

Dec. 3—Hapkido with DoJuNim

Dec. 11—Vaughn's Christmas Party

Dec. 24- Jan. 1—Dojang Closed for the Holidays

Jan. 21—In-House Tournament

All the masters like to talk about the "old days." I guess I'm no different. I can remember back when tournaments were a dangerous activity. Back then you could get away with striking your opponent one good shot, and come away with a warning, no point taken away. This included smashing someone's nose with a punch or a kick. It was considered wimpish to complain or to try to get the referee to call for excessive contact. I can remember being at a tournament where, at the beginning of the competition, there would be two ambulances parked outside of the event location; that was until the free sparring started. After the first couple of matches in the Black Belt division, there was no more than one parked there. It became a shuttle to and from the local hospital because there were so many serious injuries, with broken bones and guys getting knocked out. Back then, the same competitors won the top positions all the time.

Now, thank goodness, things have changed for the better. Judging is now more fair, and the rules have banned contact to the extent that no one has to fear serious injury if they want to compete in Dae Ryun, and you know what? Now the top positions change all the time. The playing field has been leveled to where technique is the winner over brute force and poor sportsmanship.

Some may complain that we have lost the reality of the true fight in these competitions. I say if you are concerned with reality, then hold special classes designed for students who crave the

contact that exemplifies reality. There are special athletes who give and take blows to one another, and enjoy the challenge of a more "real fight." These gifted practitioners should have a place in the dojang. But for the average student, maybe someone who cannot accomplish his/her workday job with broken fingers, he/she may seek a safer form of practice or competition.

I can remember back when Tang Soo Do rejected tournaments, saying that it took away from the art to make a game of it, that Tang Soo Do was designed for combat, not games. We have come a long way since then. Kwan Chang Nim Shin saw the value that can be gained from controlled competition, and we have evolved to the place we find ourselves today, where one can participate in a Championship with the idea of grading oneself against fellow competitors to check on his/her progress. There are great lessons to be learned in competition, not the least of which gives one a closer look at oneself.

There is no reason to feel bad over losing a match, hyung, dae ryun, or creativity, when the true goal is to seek out lessons that will make you stronger, and a better Tang Soo Do artist. The old Grandmaster, Hwang Kee, used to say, "The winner of a hundred battles has yet to learn the lesson the loser has already learned."

Championships give us a place to take our Tang Soo Do to a higher level. It's great to win a trophy, but the real benefit of competition is to make new friends, and to take one's training to a new plateau.

## My First Black Belt Test

By Rick Braun, Cho Dan

Many persons have written about their experience of taking their first Black Belt test. For me, the experience was not much different and I am not writing this article to cover the same ground covered by so many honorable persons before me. Instead, I want to describe my experience following the path to Black Belt so far.

There is a saying that I was introduced to many years ago that, to me, embodies my approach to Tang Soo Do. It goes something like this: "I have to do it by myself, but I cannot do it alone."

I have been training in Tang Soo Do for more than four years, going through the various gup levels from white belt on up to Cho Dan Bo. Like so many others before me, the journey has been one of self-enlightenment while being personally gratifying. Training in Tang Soo Do is truly a personal path; however, that path can be filled with early exits for those lacking the fortitude to press on to reach the Black Belt goal, training setbacks, as well as many Aha! moments. Throughout my journey, there have always been my instructors and comrades-in-arms in the gup ranks to help hold me up, provide the little extra energy, coaching, or the good natured ribbing of "Don't do that!" from Doc Rosenkrans.

When told of my candidacy to test for Cho Dan, I have to admit that I was more than a bit frightened. I knew the techniques and trusted my instructors; however, there was still the nagging doubt in my mind that I just couldn't possibly be ready. It's funny how others can see in you what you just can't see in yourself. Master Vaughn and so many of our Senior Dans saw it. Each spent the time to work with me, coach me, to tell me to stop worrying (I get that a lot!) and helped me to prepare for the Big Day. Was my Black Belt test a challenge? Yes! Would I have made it to the test on a sunny Saturday morning on September 10th without the assistance of my instructors and friends at our school? Absolutely Not! My only regret during the test was that I wish that I could have gotten one more question right on the written test. 99% just isn't 100%!

I want to express my sincere gratitude to everyone that helped me achieve my Black Belt in Tang Soo Do and to demonstrate the saying "I have to do it by myself, but I cannot do it alone." In other words, I have travelled the path this far by myself, but it was definitely a team effort! My thanks to Master Vaughn who provides the atmosphere, sets high

standards for all of our students to excel and who tosses me around now and again or uses me as a 'crash test dummy' in Hapkido; Master Lipstein who, with Master Vaughn, constantly reminds me to "RELAX, MR. BRAUN!" while performing my techniques; Mr. Altieri for supporting and preparing me during the Cho Dan Bo classes; Dr. Rosenkrans for picking up on the little things in some of my forms; Professor Weinberg who spent many Wednesday nights from 7-8 before Black Belt class reviewing one-steps and forms with me; Mr. and Mrs. Mentley and Brandon Mentley who persevered Tuesday night jump kicks after class and starting me on the path; Dr. and Mrs. Thompson for picking up where the Mentleys left off last year and pushing me along and, finally, thanks to my long lost Tang Soo Do buddy, Mr. Stanley whose garage witnessed some seriously flawed hyungs early on. There are many more persons to mention, but then the list would probably encompass our entire school!



See next page for more Black Belt Test pictures.

## September 2011 Black Belt Test, Continued



### Holiday Bethesda Project, 2011

By Frank Altieri, Sah Dan

Many folks have experienced difficulty making ends meet because of our poor economy. The people that suffer the most are homeless people. Therefore, this year, as we have done for 11 years, we will collect items for the Bethesda Project. This organization is a non-profit entity that provides food, shelter and clothing to the poor of Philadelphia. Every year, our students participate in this worthy project. 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 VFMA. Mr. Altieri will deliver our contributions to the Bethesda Project. Please donate your items by December 10th. Thank you in advance for showing your compassion for the homeless.



## Special Dragons Black Belt Test

By Christine Cox, Cho Dan

Friday September 2, 2011, was a very special evening for five members of our Special Dragons Class – Black Belt testing night. Our highest ranking Special Dragon, Mr. David Bauer, tested for Sam Dan. Three members of our class – Miss Rebecca Bricklin, Mr. Jeff Stott and Miss Clare Hammond – all tested for E Dan. Miss Rakhee Chawla tested for Cho Dan. The test included two guests from other studios – Molly & Jake – who were also both testing for their Cho Dan rank.

All participants did a fantastic job running through the test – warm up, drills, jump kicks, forms, weapons, one-steps, self-defense, sparring and breaking. The spirit level for this Black Belt test was most definitely the highest spirit level that I have ever experienced at a Black Belt test.

Miss Clare Hammond said, “It was awesome. We all worked together – it was all about everybody in the class. It was really hard work and I was tired after the test. I was excited to get my second stripe. I was pleased that I made my family and friends proud of me.” Miss Rebecca Bricklin said, “It was great. It was hard work. I was relieved to get my second stripe.”



All of the participants in the test achieved their next rank. Mr. Bauer, Miss Bricklin, Mr. Stott, Miss Hammond and Miss Chawla, we are all very, very proud of you for your representation of Vaughn's Dojang. You all provide us with great inspiration to do our best and achieve our best to our abilities as well.



See page 10 for photos from the promotion ceremony!

## Ki Gong Clinic in the Netherlands

By Master Lipstein

Each year the European community of the World Tang Soo Do Association gathers in Delft, Netherlands, to have what can best be described as its "everything" week. The week starts with a ki gong clinic, moves into the European Masters' clinic, and ends with the European championship, at which more than 500 members from numerous countries participate.

Many months ago, Grandmaster Shin asked my wife, Gail, and me if we would like to assist him in teaching the ki gong clinic. We readily agreed, seeing this as an opportunity to spend time with the Grandmaster, meet many members of our European brotherhood, and see a part of the world we had never visited. As we moved into the summer, and got closer to the week of the clinic, Grandmaster Shin asked Gail and me if we would consider running the clinic ourselves, as he needed to reduce his travel schedule. We, of course, agreed.

Gail has assisted me over the years in coordinating the East Coast ki gong clinic, and I have taught segments of ki gong clinics both on the East and West Coasts, but I have never been responsible for leading an event that goes a full day and a half. This would be a challenge, but it was one we embraced, as it would test our own level of ki gong training, as well

as allow us to share what we have learned from Grandmaster Shin over the years.

We arrived in Delft on Sunday morning, October 16, and were met at the airport by the grandfather of a Tang Soo Do student. I was already impressed by the fact that family members had volunteered time to assist the Netherlands' Tang Soo Do group with the week's activities. We had a 45 minute drive to Delft, had a chance to freshen up a bit from our trip, then met Mr. Richard Suijker, Sam Dan, who was coordinating all the events of the week, while preparing to test for his Sah Dan for the second time as part of the Masters' clinic. Mr. Suijker did a wonderful job securing our space, arranging our meals, and obtaining all the audio visual aids we needed.

The clinic started Monday morning at 7:00 with our traditional Hyang Gong exercises. As we moved through the day, we were able to do all the traditional ki gong exercises (including Tae Kuk Ki, Oh Hang Gong and others) as well as enjoy a meditative walk through a beautiful park located right next to the hotel at which all the events were occurring. After dinner we had a two-hour session on acupressure, followed by one last ki gong form (Dragon's Gate), then it was bedtime.



The next morning began with Hyang Gong, then, after breakfast, we repeated Tae Kuk Ki twice – once while seated as a way to show how this ki gong form can be done with elder people who cannot stand for long periods of time, and once as a "moving" form, in which we did the first nine moves of Tae Kuk Ki in a pattern that closely resembles our Sae Kye forms. We ended our clinic with a luncheon and graduation ceremony.

The day and half spent at the clinic only reinforced to me what a truly amazing and special organization our worldwide Association is. Gail and I were so readily accepted into the European family, and the feeling throughout our time there was one of incredible warmth. I look forward to renewing many of our new friendships at the World Championships next summer.

## Demo Dazzles at Dog Daze Event

By Master Lipstein

On Saturday, August 13, the Freedoms Foundation at Valley Forge hosted its first ever Dog Daze event. Community members were invited to dress up their dogs and bring them to campus for a parade during which judges selected winners in a variety of categories. Vaughn's Dojang participated in the festivities by having our Demo Team hold its regular Saturday practice at the Foundation.

Our Demo Team drew a nice crowd as we went through the normal class paces, starting with drill, then moving on to hyung. The real crowd pleaser, however, was, as always, the breaking demo we put on after the regular class exercises were completed. Mr. Peters wowed the audience with a multi-board break. Others did breaks in a two to three-part series. We even had some students achieve their first ever successful break.

One special guest that day was the Phillie Phanatic, and even he noticed the breaking demonstration. He got so engrossed in what we were doing that Mr. Buckwalter and I were able to convince him to give a try at a front kick. You have to admire his style!

At the end of the demo, our students were treated to a lunch of hot dogs, ice cream and beverages. All had a great time, and we achieved many goals that day. We aided the Freedoms Foundation in its attempt to spread information about what it does (it's a leading civics

educational institution, teaching the rights and responsibilities of citizenship), and we let the community know a bit more about Vaughn's Dojang. We have a great message to disseminate, and we should do it whenever we have the opportunity.



# Freedoms Foundation Demo



### What Are You Waiting For?

By Rick Braun, Cho Dan

Vaughn's Dojang has been honored in recent years to be able to host Hapkido clinics taught by the founder of Sin Moo Hapkido, Do Ju Nim, Ji, Han Jae. Do Ju Nim is only teaching at a handful of schools and has chosen our school to pass on his legacy. He teaches several times a year on Saturday mornings and has been heard to say that our school is very special and that our Sah Bum Nim, Master Vaughn, is a very special person. Although many of Vaughn's Students may have heard of these Hapkido clinics with Do Ju Nim during class announcements, few are aware of the incredible honor Do Ju Nim has bestowed upon our school, Master Vaughn and our students.

Do Ju Nim has spent a lifetime practicing and teaching the martial arts. He started training at the age of 13 in

1949 under Grand Master Choi and later studied under a Master named 'Taoist Lee' where he learned the long and short staff, as well as meditation techniques. Do Ju Nim was also taught spiritual techniques from a nun whom he refers to as 'Grand Mother.' He began to develop his own martial arts style by combining the techniques learned from his instructor GM Choi with the Tae Kyon kicks, weapons, defense techniques for boxing and spiritual techniques. He called this new martial art Hapkido.

In the early 1960s, Do Ju Nim trained Korean President Park Jeong-Hee's Security Service, crack Korean military troops, and was the Korean President's personal body guard. In 1969, Do Ju Nim arrived in the United States through an agreement between the Korean

Government and the Pentagon under which he trained President Nixon's bodyguards, FBI agents and other special task forces. During his stay in the US, Do Ju Nim impressed Bruce Lee so much that he requested Do Ju Nim to train him in Hapkido techniques. Do Ju Nim was in many films including the film "Game of Death" in which he is Bruce Lee's adversary.

Do Ju Nim passes along his legacy every couple of months at our school. I have been fortunate to meet him and to attend many of his clinics. There is a quietness about Do Ju Nim; however, just ask Mr. Salas or Mr. Altieri how powerful and impressive he is when he is demonstrating a technique.



### Testing Your Knowledge

By Susan Thompson, E Dan



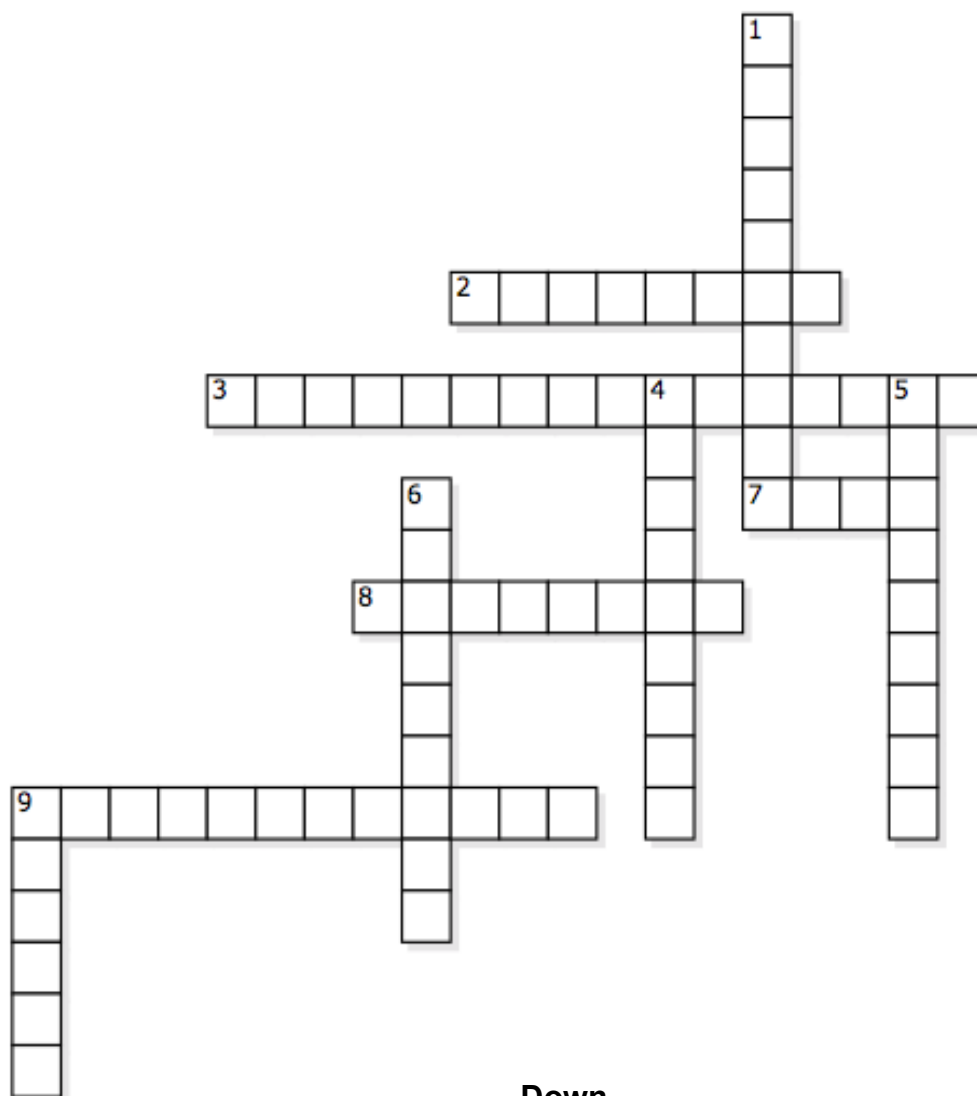
- The Korean term for respect is...
  - Chon Kyung
  - Kyum Son
  - Chung Shim
  - Weh Kong
- The Korean term for philtrum is...
  - In Choong
  - Hur Ri
  - Myung Chi
  - I Ma
- Bit Chi Ki is...
  - axe kick
  - diagonal kick
  - spinning back kick
  - wheel kick
- What are the examiners at a testing session called?
  - Sah Bum Nim
  - Kwang Chang Nim
  - Shim Sa Kwan Nim
  - Boo Kyo Sa Nim
- Kee Ma Ja Seh is...
  - Front stance
  - Fighting stance
  - Horse riding stance
  - Side stance
- The Korean term for endurance is...
  - Kyum Son
  - Chon Kyung
  - In Neh
  - Chung Shin Tong Il
- The Korean term for neck is...
  - Mok
  - Chu Mok
  - Moo Roop
  - Pahl Koop
- Ku Ryung Up Shi is...
  - Command
  - By the count
  - Meditation
  - Without count
- Yuk Soo Do is...
  - Knife hand
  - Ridge hand
  - Spear hand
  - Back fist
- The Korean term for waist is...
  - Bahl
  - Pahl
  - Hur Ri
  - Da Ri

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

## Get to Know Your Vaughn's Instructors

By Lucas Froman, Cho Dan

If you are unsure of some of these answers, check out the Instructor Profiles on the Vaughn's Dojang website (click on Instructors from the home page). There you will find answers to these clues as well as lots of additional information about the impressive group of instructors at Vaughn's Dojang.



### Across

- 2) How many years of martial arts experience does Master Vaughn have?
- 3) What university did Dr. Rosenkrans receive his PhD from?
- 7) Mrs. Mudd is a Blue Devil from this university.
- 8) What group does Dr. Thompson coach at the Audubon Studio?
- 9) What is the name of the seminar that Mr. Mentley attended that deals with training in edged weapons?

### Down

- 1) How many school districts does the law firm Dr. Painter work for represent?
- 4) What university did Mrs. Mentley receive her MBA from?
- 5) What martial art did Dr. Feuston study before Tang Soo Do?
- 6) What field of study is Dr. Thompson's PhD in?
- 9) What rank is Master Lipstein in Sin Moo Hapkido?

# Congratulations!

To the following Spirit Belt recipients:

**Adults**

Audubon Dojang      German Falconi  
Phoenixville      Jennifer Forte

**Youth**

Phoenixville      Makena Miller

## To our newest Cho Dan Bos:

Freddy Bieler      Victoria Gauntner      Savannah Mudd      Kyle Robertson

## To the following new and recently promoted Black Belts:

**Cho Dan**

Mr. Rick Braun  
Mr. Rich Brigandi  
Ms. Rakhee Chawla  
Ms. Katie Price  
Mrs. Sharon Vaughn

**E Dan**

Ms. Kris Agonoy  
Ms. Rebecca Bricklin  
Ms. Clare Hammond  
Ms. Emily Klein  
Mr. Jeff Stott  
Mr. Rich Wolfrom

**Sam Dan**

Mr. David Bauer  
Mr. Dan Peters



## To the following Region 8 Award Recipients:

Student of the Year — Professor Weinberg  
Humanitarian of the Year — Professor Weinberg  
Roundtable Award — Mrs. Winsko  
Region 8 Scholarship — Mr. Brandon Mentley

**And to Matt King on his High School Graduation!**



# Special Dragons Black Belt Promotions



Tell us what you think!



newsletter@vaughnsdojang.com

Please give us feedback on any of the following. Send an article to liven up the material! We appreciate your input!

- Send an article or pictures
- Suggestions for newsletter content or layout
- Comments on specific articles
- Comments on specific events
- Any future events you would like to see?
- Any events that were disappointing? Why?

**KARATE BIRTHDAY PARTY!**

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\* BIRTHDAY CAKE NOT INCLUDED.

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### Want Ads!!!

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