



Dragon's Den

唐手道

VOLUME 9 ISSUE 3

AUGUST 2009



Vaughn's Dojang
2808 Audubon Village Drive
Audubon, PA 19403
Phone: 610-676-0691
Fax: 610-676-0693
www.vaughnsdojang.com

Email Comments or Pictures to:
newsletter@vaughnsdojang.com

The Vanguard

By Master Vaughn

Inside this issue:

This newsletter features Black Belt Camp, Cho Dan Bo guidelines, and Sam Dan volunteer activities!

Adult Black Belt Camp	2
My WTSDA Family	3
Testing Your Knowledge	3
Wise Guyz	4-5
Cho Dan Bo Guidelines	6
Being a Counselor at BB Camp	6
TSD and The Rubik's Cube	7-8
Sam Dans' Volunteer Duties	8
Congratulations	9
A Blast from the Past	10
Want Ads	10

Upcoming events:

- Now thru Sept. 20—Cash & gift card collections for family from Vietnam
- Sept. 12—Region 8 Dan Testing
- Sept. 18-20—East Coast Ki Gong Clinic
- Oct. 10—Judging Certification Clinic (Vaughn's Dojang)
- Oct. 23-24—Region 8 Tournament
- Nov. 7—Vaughn's In-House Tournament

In ancient times, when armies faced each other across battle fields, when war was fought hand to hand, sword to sword, spear to spear, and face to face, there was always a vanguard of valiant warriors up in the front of the battle.

It was considered a great honor to be chosen to be a part of the vanguard. The vanguard was made up of the very best, high-ranking fighters. To be picked meant the general had the highest confidence in you, and in your abilities. These were the soldiers whom the general counted on to lead the charge of the entire army. It was an honor, a place to gain glory, a place to prove one's self, and also it was a very, very dangerous place.

To be considered as one of the best, one has to be ready to stand up to the task. Not only to stand up to the task, but also to accomplish the goal.

It takes a special kind of courage to accomplish great things. It involves risk and daring. In the British SAS (similar to our Special Forces) their motto is "Who Dares Wins."

Our mission as a studio can be related to a campaign, or battle. We fight injustice whenever we can, and we teach people how they can do the same. We use a chain of command, and operate in many ways as a military organization, hence the name "martial art." This brand of leadership leads from the front.

Standing up for right is not always easy, nor is it always popular. This type of leadership demands action, and sometimes requires us to stand up for what we know is the right thing to do (it could be as simple as sticking up for the kid that is always being picked on in school). It can be a hard decision to stand up for right. It may put one in a precarious position, without the certainty

or knowledge of the outcome. It takes courage.

As one achieves higher and higher rank in Black Belt, not only is more expected technically, more is expected of the Black Belt's devotion and understanding of the art. Black Belt rank in Tang Soo Do is a sign of the level of expertise as an instructor, and a higher commitment to the ideals of TSD.

In World Tang Soo Do, one must teach to be considered for higher rank. It is through teaching that we learn more about humanity, and also more about ourselves. To really enjoy the highest rewards in Tang Soo Do, one must teach. For this reason, we hold the status of "Instructor" in very high esteem.

A Black Belt (Boo Kyo Sa) is considered an Instructor Trainee. A 2nd Dan (Kyo Sa) is certified as a Class Instructor, and a 3rd Dan (Boo Sah Bim) is certified as a Chief Instructor – a very high position. It is evident when higher rank is bestowed on a Black Belt, that Black Belt is expected to step up to the plate and change his/her job description to one of more responsibility to his instructor, his dojang and to the Association.

I have a saying. It goes, "The final test for rank comes after the promotion." Someone gets the rank, now what are they going to do with it?

I have come to the conclusion that promotion to higher level of Black Belt is not always understood, or appreciated for what it means. Promotion to higher rank is not a reward for hanging around, and training in the dojang. It is not for the winning of trophies at tournaments. It is not given because the rest of one's family has Black Belts, where one can ride on the achievements of others.

(Continued on page 2)

The Vanguard

(Continued from page 1)

Promotion is meant to be an outward sign of the Instructor's confidence that the student is ready for the next level of duty and responsibility. When a Black Belt is promoted to the rank of Boo Sah Bum Nim (Chief Instructor) the master is saying this person has the tools to operate a dojang, and that person is willing to take

on the responsibility for the rank. This responsibility is more than just teaching a class.

The responsibility of learning about this new job, and what it entails is on the shoulders of the newly-promoted Black Belt. It is his/her responsibility to seek out direction from his master, and other senior Black Belts. It is the responsibility of the newly-promoted Black Belt to keep a clear communication with his master. That

means keeping in contact on a regular basis, seeking out instruction, and increasing his/her knowledge of TSD.

Being the vanguard is not easy. It is not for the faint-hearted. To be considered for the vanguard, the Black Belt must be ready for the extra commitment, the extra responsibility, as well as the rewards. A special attitude is required when reaching for excellence.

2009 Adult Black Belt Camp

By Christine Cox, Cho Dan

Region 8's 2009 Adult Black Belt Camp was set to begin on June 12, 2009. After my experience at the 2008 Region 8 Adult Black Belt Camp and the fact that I was going to receive my promotion to Cho Dan, I was really looking forward to attending the 2009 Camp. Mrs. Thompson and I had planned to get an early start on our day so that we would arrive at Elizabethtown College early and get settled in before the evening activities. Unfortunately, we had a much later start than anticipated. I was waiting for the alterations to be completed on my new black belt uniform – they were supposed to be completed by noon on that Friday. At 3:58 PM, the tailor handed me the uniform and we left for Elizabethtown.

Once everyone was settled in, we reported to the gym for the greetings and orientation to camp. These were followed by some lectures. As camp was just starting, one of the people speaking pointed out that we were all sitting with other members of our own studios. She asked us all to stand up and introduce ourselves to another person attending that we did not already know. This was very nice and gave everyone a chance to make new friends.

The last lecture of the evening, "Making a Difference," was given by Mr. Jim Brenner from Mimidis Karate. Mr. Brenner led the Cho Dan Bo Group that I participated in at the 2008 Black Belt Camp to review what we would need to know for our Cho Dan test. Since last year's Black Belt Camp, I have become friends with Mr. Brenner on the internet site Facebook. This has been quite an experience and Mr. Brenner is definitely one of my heroes.

For those of you who do not know him, Mr. Brenner has early onset of Parkinson's disease – a chronic and progressive degenerative disease of the

brain that impairs motor control, speech and other functions. The actor Michael J. Fox also has this disease and is a huge proponent for education and the funding of research for a cure. Mr. Brenner used Michael J. Fox as an example of what one person can do to make a difference. He pointed out that it only takes one person to put into action an idea to make a difference in many people's lives. It has been pointed out to all of us several times that one of the unique aspects of our art is how we help others.

Saturday morning started early with Ki Gong exercises with Grandmaster Shin. I made sure that I did not fall asleep this time! Following breakfast, we had our first breakout session of the weekend. I participated in the hyung self-defense applications with Master Molinaro. We picked apart Naihanchi Cho Dan – my way of thinking what the various moves represent has greatly changed and I can tell you that I will not ever look at Choon Bee the same again.

After the breakout session, we participated in basic conditioning, followed by group hyung with Grandmaster Shin. We worked on Naihanchi Cho Dan. One of the most moving experiences that I had this weekend was during this time period – at noon, the church bells at Elizabethtown College played Amazing Grace. Doing forms gives me a chance to reflect on many things in my life and from last year's camp to this year's camp, many people in my life had passed away. I felt a great peace hearing those bells ring out Amazing Grace.

Following lunch, we had two training sessions geared to our individual ranks and what we will need to know to achieve our next rank. These sessions gave me a chance to learn Bong Hyung Sam Bu and Naihanchi E Dan. We also worked on one-steps and self-defense.

Between the two training sessions, I participated in a breakout session with Mrs. Thompson – Tai Kuk Ki Gong (18 move Ki Gong Form). This session was fascinating to me because it gave me an opportunity to learn about Ki Gong and its philosophy.

After training all day and dinner, we returned to the gym for evening lectures. We learned from Ms. Harvey "Teaching Little Dragons". Having been a former elementary school teacher, I appreciated her stories and ideas for teaching our younger students.

The next lecture was provided by Mr. Phil Geiter from Bethlehem Martial Arts. His lecture reinforced what we had learned the evening before from Mr. Brenner. We as individuals can make a difference in others' lives.

The evening wrapped up with questions to the Masters. Some insight was provided to all of us there about the Masters and their lives. We also had a chance for some laughs. This was followed by a showing of the DVD of the 2008 World Championship Competition in Orlando, Florida.

Sunday was the big day for me. I participated in a preparation for our promotion ceremony. It was nice to see others that I tested with in April. We had all supported each other during the test and now, we could celebrate our achievement with each other. Graduation and Dan promotion followed – I tried to take everything in and really be in the moment. It was such a great feeling to be able to share this moment with everyone that has supported me and helped me to reach this rank. The most memorable thing from that day is my daughter, Lauren, telling me that she is happy because now she can say she has a family member who is a Black Belt.

My WTSDA Family

By Mark Morabito, 1st Gup

As a passionate martial artist, I have observed and/or participated in several different martial arts. They all have something good to offer. Some have good practical combat applications, some have flashy techniques, some provide a vigorous workout. Most of them provide a welcome environment; however, none of the schools I visited were more friendly and welcoming than the members of the World Tang Soo Do Association. None of the other schools made me feel like part of their family like the WTSDA does. Now, I am not in any way saying that our association is the "best," or better than other schools. That's not what martial arts is about. It's about finding what you're comfortable with, and making it work. What is one person's favorite style does not mean it is the best. Our dojang may not be perfect for everybody, but it

fits my life and philosophy very well.

One of the things I like about this organization is that we focus more on building up individuals' growth and confidence, and adapting techniques to work for them, instead of just "learning how to beat people up" like some organizations do. I also like how we don't overly focus on a person's rank or color of their belt to judge their quality. Rather, we try to help people do the best they can do, and NOT try to be better than anyone else. That's one of the things that makes martial arts different from most sports. Sports are often a competition against other people. Martial arts can become like that too, but true martial arts is about competing with yourself to be the best you can be. There is not really any feeling of superiority or inferiority in our association.

The Black Belts and Masters have just as much respect for their students as the students do for them, sometimes even more. I also feel fortunate to have a humble Christian man as a grandmaster, and it shows in how he teaches his students. He applies Christian principles anyone can follow, regardless of religion.

As my title states, this is like my extended family. My peers are like my brothers and sisters that I never had growing up, being an only child. No one is really mean or disrespectful to me, and I am accepted for who I am. I would also like to recognize Master Vaughn and the Newman family for being not only great instructors, but also kind and caring people. For all of you reading this, thank you for being part of my family. God bless you all.



Testing Your Knowledge

By Susan Thompson, Cho Dan



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

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

KIDS

DRAGONS DEN

KIDS

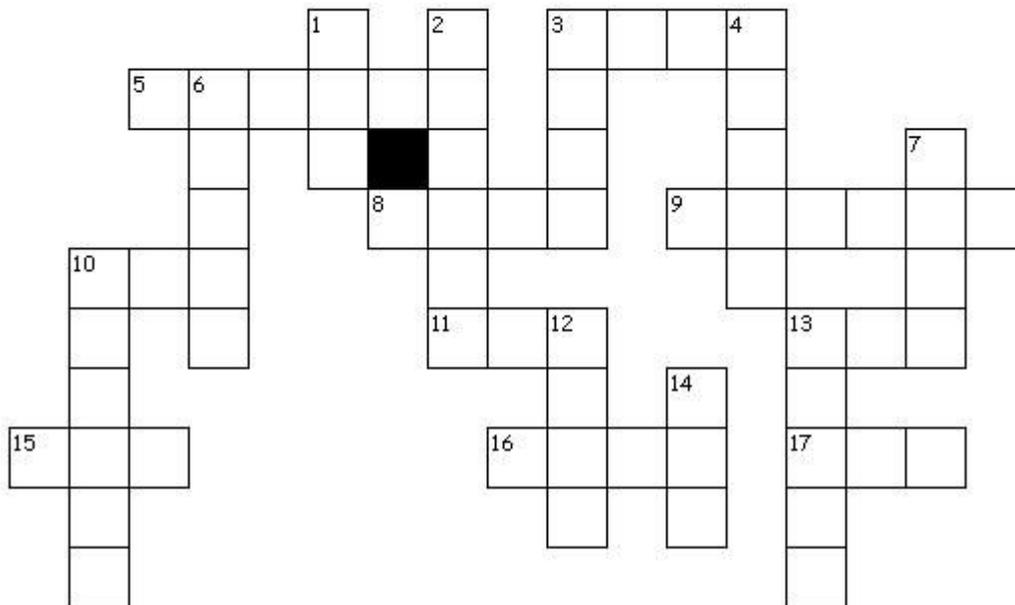
DRAGONS DEN

Wise Guyz

present...

Tang Soo Do Crossword

By Anna Thompson, Cho Dan



Across

- 3. The Korean word for chin.
- 5. The Korean word for inside.
- 8. The Korean word for one.
- 9. The ninth form.
- 10. The Korean word for black belt.
- 11. The Korean word for color belt.
- 13. The Korean word for ten.
- 15. The Korean word for neck.
- 16. The Korean word for relax or rest.
- 17. The Korean word for belt.

Down

- 1. The Korean word for four.
- 2. The Korean word for studio.
- 3. The Korean word for turn.
- 4. The Korean word for yell.
- 6. The Korean word for form.
- 7. The Korean word for foot.
- 10. The Korean word for uniform.
- 12. The Korean word for arm.
- 13. The Korean word for eight.
- 14. The Korean word for hand.

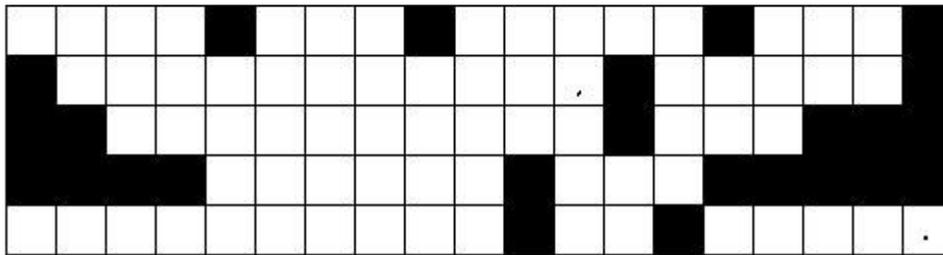
Youth Black Belt Camp

By Jacob Quin, Cho Dan

Another year of Black Belt Camp went by, and although this was only my second year, I thought it was the best year yet. This was an especially good year because so many of us from Vaughn's got promoted, and I was one of them. The weather at camp was also very nice. It was warm and sunny every day, unlike last year when it rained for the majority of camp. Camp was an exciting experience to meet other Cho Dan Bos and Black Belts from other studios in Region 8. The best part of camp was without a doubt, Sunday. Sunday was the day I got my Black Belt. Before everyone got promoted, we performed a ceremony to show off some of the things we learned over the years. After the ceremony was finished, the belts and stripes were given out, and when I finally got my Black Belt, it was the greatest feeling in the world.

Tang Soo Do Scramble

By Alec Thompson, Cho Dan



Y E Q H

I L H R O P H Y A T N

H E H T S O U R Y S Y S D E E R N

W H T N O H I O G L L A N L W A E W

P T E C O N O U U E E A R N H E L L

Instructions: Letters are scrambled vertically, and are always in the same column as where they are placed. Unscramble the words to find an attitude requirement

Cho Dan Bo Guidelines

By Jim Adams, E Dan

Okay... You have finally passed your Cho Dan Bo test, and are basking in the glow of achieving a level of proficiency in Tang Soo Do that few people actually achieve. But now what? How do you go that next step, and earn the rank of Cho Dan? What are the requirements to gain that exalted rank?

Training is important, but Tang Soo Do is more than merely the knowledge to hit and kick other people. At its heart, the Art is a way of life. Master Vaughn has outlined a series of guidelines for Cho Dan Bos as to the best way to achieve the coveted black belt.

- **Attend Cho Dan Bo Class –** Consistency in training is important. To that end, the dedicated Cho Dan candidate makes an effort to attend every Cho Dan Bo class, a class designed to aid you in your quest for a black belt, every Saturday from 10:00-11:15 A.M. Now would be a perfect time to sign up at the VFMA Headquarters – doing so will save you the \$10 charge per class!
- **Pass All Maintenance Test Requirements –** Every six months, all Cho Dans and Cho Dan Bos evaluate their progress through maintenance tests. This is required for every student past the rank of Gup.

- **Request a Mentor –** All of the students who have achieved their Dan ranks have been exactly where you currently are at one time or another. A mentor can act as a guide to further aid you in your quest for your black belt. A good rule of thumb is to find a mentor who is at least E Dan or higher.
- **Attend All Black Belt Camps –** Tang Soo Do is a worldwide organization with tens of thousands of members located in every country. Every year we are fortunate to be able to meet some of our regional compatriots and celebrate our love of the art.
- **Complete Your Cho Dan Bo Profile –** When did you achieve the rank of 7th Gup? How many times have you helped to clean the dojang during the annual cleaning? What years did you attend black belt camp? How have you contributed to the studio? The Cho Dan Bo profile is the place to track all of this information, and more. If you do not yet have one, then see your instructor... it is never too late to start keeping track of your black belt journey!
- **Enroll in the Black Belt Club at Audubon HQ –** The Black Belt Club is THE VFMA organization that is dedicated to promoting and expanding

the experiences of Gup students on their path to Dan. Membership is both an honor and a privilege, and provides a wealth of knowledge to aid you in your journey.

- **Register as an Assistant Instructor –** As Cho Dan Bos, you are in a unique position to begin learning the truest art of Tang Soo Do – instruction! Passing on the skills and knowledge that you have learned is the surest way to keep our art alive... as well as providing invaluable experience that will serve you well as you strive for your black belt!
- **Volunteer to Help in Dojang Activities –** As one of the most dedicated studios in the Tang Soo Do family, VFMA hosts many projects, community services, and WTSDA events. Your help is needed for these events! Giving back to the art that has given you so much is the least that you can do.

If you follow these simple guidelines, your path to Cho Dan becomes less of a task and more of a pleasure. Tang Soo!

Being a Counselor at Black Belt Camp

By Ryan Mentley, E Dan

This was my first year as a counselor at Black Belt Camp. I was a counselor for a cabin of 15-year-old boys, half from Vaughn's and half from another studio. Being in the role of counselor definitely puts a different perspective on Black Belt Camp. I wasn't sure what to expect at first when I arrived at the camp. I was told to go to my cabin and wait there for everyone to check in. Because of my school schedule, I arrived in the middle of dinner, and the other counselor (my dad) arrived even later because of his work schedule. So while waiting for my dad to arrive, I hung around the cabin for a bit and went through what I had to do. Once the campers were back from dinner, I would need to check everyone in and pass out the T-shirts. Pretty soon, though, my dad arrived, and I could head off to dinner.

When I arrived back at the cabin, I had to deal with the first problem—people had gotten T-shirts and I had no idea who had them or if they had the right sizes. In

addition, there was a person who said he was assigned to the cabin but was not on the list. While these may not seem like much of a problem on their own, it's more difficult when you're dealing with a group of people whose names you don't quite know yet and who aren't necessarily in one place. However, I was able to figure out the situation (the shirts had been distributed correctly so far, I passed out the remaining ones, and he was in fact in our cabin—the note saying so was just in my dad's envelope).

One thing I learned fairly quickly was the importance of being in two places at once, or, failing that, making sure that both counselors are each in one of those two places. This became especially apparent when my dad and I both decided to go to the counselors' meeting, after instructing the campers to make sure to be on the field at least fifteen minutes early. They did this quite commendably, but, as I was informed when I met up with them on the way down to the field, "The

toilet is broken." When I got back to the cabin, I found that this actually meant that anyone walking into the cabin would hear the distinct sound of running water flowing quite quickly out of the toilet. Fortunately I was able to jiggle the handle and make it stop, but we definitely learned to make sure there was always at least one counselor around the cabin to deal with any situations that might arise.

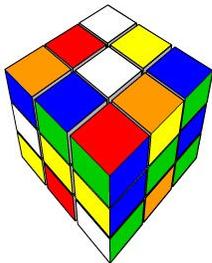
Overflowing toilets and logistical issues aside, though, being a counselor was a great experience. I learned a lot about being a leader and working with other people. I got to deal with situations a lot more independently than I would in an ordinary Tang Soo Do class or in other situations. I still got to do most of the workouts as well, and I got to hang out with friends during free time. Being a counselor is definitely a very different experience, but definitely a positive one, and it's something I would do again if I had the opportunity.

Tang Soo Do and The Rubik's Cube

By Master Mark Jorgensen

This article is reprinted with Master Jorgensen's permission.

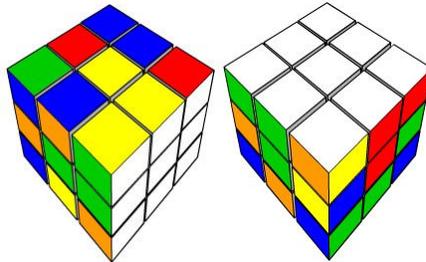
Many times newcomers to Tang Soo Do seem to believe that they "can't do it" or that they "don't know anything." This isn't entirely true. The elements that make up a great martial artist exist within all of us. The pieces are merely mixed up and out of place. Instructors do not magically create new abilities in their students. Instead, they rearrange the way that the student moves, thinks, and responds in given situations. The student and instructor are a team, and together they must work through the puzzle that is Tang Soo Do. This puzzle is a difficult one; it is not easily solved, and often just when it appears that progress is being made, mistakes along the way will make us feel like we are not progressing at all, or that we are starting over from the beginning. This is much like another puzzle we all know: The Rubik's Cube.



When we begin, we are basically a scrambled mess. We do not know where to put our hands and feet. We are unfamiliar with the rules of the dojang. We find the journey ahead of us to be disorienting and intimidating. It seems like no matter what we try, things just don't turn out correctly. Things don't look the way they are "supposed to" look. To quote a passage from the film *Circle of Iron*, "A horse has no udders and a cow can't whinny and up is down and sideways is straight ahead." Much like our scrambled Rubik's Cube, the pieces don't seem to fit together in any logical way. Many new students become frustrated by this feeling, and quit before they have even truly taken their first steps.

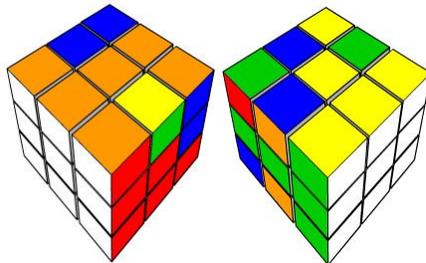
However, with patience from the instructor, and with hard work on the part of the student, things will start to fit into place, one piece at a time. The instructor looks at the student and finds a piece which needs adjusting. This could be a stance, a technique, or a rule to follow in the dojang. With the instructor's gentle prodding, the student begins to shift his or her thinking, to look at things from a different point of view. Gradually, the basics begin to make sense. One side of

the cube has come together. When looked at from a certain perspective, this is a very impressive accomplishment.

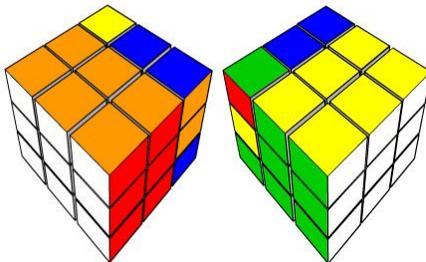


However, as we turn the cube, we see that there is much more to be done.

In order to succeed, the student cannot dwell on past accomplishments, but must instead decide to move forward to the next layer of the cube. This is the white belt, ready to make the first important step towards obtaining an orange belt. The basic skills have come together, but now it is time for these skills to be tested. With a few more twists and turns, some encouragement from the instructor, and the passage through the first test, the orange belt is achieved, a layer of the cube is completed, and the student must be ready to face new challenges.

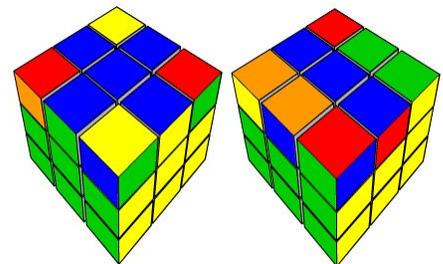


It gets more difficult now, as we must not only work towards developing new skills, but must retain our old skills as well. The risk is great of scrambling that first layer we worked so hard to bring together. Some students will quit here, before they even make the attempt to continue. If we are willing to scramble that first layer though, we will find that we have the strength and ability to bring it back together. In doing so a few times, we may



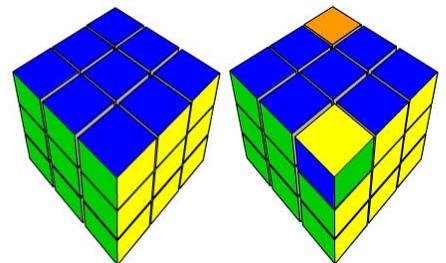
just find that we have learned more than we thought, and we have in fact brought another layer together. At this stage, we are no longer beginners and have moved to the intermediate stages of green and brown belt.

The cube is now two thirds complete. There are many excuses made for quitting at this point. There are even more difficult skills and concepts to master, and some just find it too hard to continue. There is much repetition required at this level merely to make one piece fall into position. Often it will seem to the student that no progress is being made. The



student who follows the advice of the instructor will continue with their practice, though, even when it seems that nothing is happening. Eventually, new pieces do fall into place and the student progresses to red and blue belt. It may seem that the steps forward are smaller, but in the end, they are more significant.

A Cho Dan Bo will perform the same techniques, hyungs, one-steps, and self-defense techniques over and over again, for a year or more. Sometimes this seems endless, and even hopeless. It seems like nothing is changing, or even that the layers that were once aligned are beginning to become scrambled again. Many will quit, when their goal of obtaining black belt is within their reach. The repetition has, in fact, shifted each piece closer and closer to the correct position. With perseverance, the Cho Dan Bo student will begin to see progress.



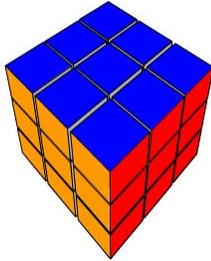
(Continued on page 8)

TSD and The Rubik's Cube

(Continued from page 7)

With determination and even more repetition, they will see that what seemed to be a scrambled mess merely needed a few more turns. In the end, the cube is complete, and the student has earned a black belt.

This is not the end, though. It is in fact only a new beginning. The black belt now must set aside their completed cube, and look beyond its confines. As they



look around they will see that there are new and greater puzzles to be solved. Beyond the cube they will see an immense jigsaw puzzle with thousands of pieces that lies untouched, a book of Sudoku that remains unopened, a crossword puzzle containing words for which the meanings are unknown, and many other puzzles that are entirely unfamiliar, yet wait to be solved. It is up to the black belt to choose which puzzles to attack next, but also to look to junior ranking students, each still struggling with a cube of his or her own. The black belt must provide guidance for these junior students towards finding the solution, while at the same time struggling to find solutions for each newly encountered personal challenge.

The puzzles never stop coming. Each time one is solved, a more difficult one arises in its place. Sometimes the solutions will come with ease, and at other times they will only come with an incredible struggle. Each completed puzzle rewards us with its secrets, though, and makes us better equipped to help others struggling with puzzles of their own. By continuing to face each new challenge, we become better martial artists, better instructors, and better people.

Sam Dans' Volunteer Duties

By Frank Altieri, Sam Dan

Did you know the Sam Dans are required to do at least ten hours of community service a year? Grandmaster Shin believes volunteering to help others shows understanding and compassion, and also provides added learning and leadership skills.

Our Sam Dans and students have been participating in community service projects for many years. Our leader, Master Vaughn, taught us many years ago about caring for the less fortunate. In fact, Master Vaughn was presented with the Association's first ever Humanitarian Award at the 2008 World Championship.

Listed below are some of the community service projects the Sam Dans coordinated and/or participated in:

- Organized a blood drive for the American Red Cross
- Participated on several non-profit boards, e.g., YMCA, Living Beyond Breast Cancer (LBBC)
- Collected items for the homeless in Philadelphia

There are many more examples of the work the Sam Dans are doing for the community, but I think you get a sense of the leadership role they play in community service projects.

On May 23, 2009, six of our Sam Dans spent over four hours repairing fences at the Freedoms Foundation. **Our next community service project will**

involve helping a family from Vietnam. Imagine coming to a foreign country with only the clothes on your back. We are currently collecting cash and gift cards for this family. The father of this family was a translator for Master Vaughn's team during the Vietnam war. All of us—not only the Sam Dans—should care for the less fortunate.

Our Dojang has done wonderful things for people in need. Let's continue to show the community why Tang Soo Do students are so special—because we CARE.

Thank you for your participation in the Dojang's various fund raisers and community service projects.



Congratulations!

To the following Spirit Belt recipients:

	<u>June</u>	<u>July</u>	<u>August</u>
Adults			
Audubon Dojang	Caitlin Belfi	Chris Smith	Ben Waldie
Phoenixville	-	-	-
Youth			
Audubon Dojang	Hale Soloff	Savannah Mudd	Kate Moomaw
Phoenixville	Nicki Roberts	-	Connor Sibley
Special Dragons	-	-	Rakee Chawla

And Our Newest Cho Dan Bo:

Dr. Stephen Pulley

And to the following new and recently promoted Black Belts:

<u>Cho Dan</u>	<u>E Dan</u>	<u>Sam Dan</u>
Miss Cris Agonoy	Miss Sarah DeSalvo	Mr. Rick Mentley
Mrs. Christine Cox	Ms. Linda Huller	Mr. Ray Salas
Miss Emily Klein	Mr. David Klein	
Mrs. Jenifer Mudd	Miss Katie Maningas	
Mr. Jordan Mudd	Mr. Ken Manuszak	
Mr. Jacob Quin	Mr. Jimmy Raby	
Mr. John Stanley		



A Blast from the Past

Can you find 3 current Vaughn's Black Belts in this preschool picture from 2000?

If you need a hint, the names are shown at the bottom of this page.



Tell us what you think!

newsletter@vaughnsdojang.com

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

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

KARATE BIRTHDAY PARTY!

BRING YOUR OWN CAKE BEVERAGES & PAPER PRODUCTS!

COME JOIN THE FUN WITH TWO HOURS OF KARATE GAMES!

INCLUDES: RESERVE YOUR TIME TODAY! AVAILABLE TIMES ARE LIMITED!

- * PIZZA FOR THE CHILDREN
- * KARATE ACTIVITIES WITH A CERTIFIED BLACK BELT INSTRUCTOR
- * SAFETY TIPS FOR KIDS

\$175 FOR UP TO 20 KIDS. \$50 FOR THE NEXT 20 KIDS.

* BIRTHDAY CAKE NOT INCLUDED.

VALLEY FORGE MARTIAL ARTS
AULDUBON VILLAGE SHOPPING CENTER
AULDUBON, PA
610-676-0691

Want Ads!!!

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

Black Belts shown in preschool picture: Katie Mangas, Anna Thompson, Aiden Price