



Dragon's Den

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VOLUME 13 ISSUE 1

FEBRUARY 2013



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Upcoming events:

- March 2—BB Club Special Training (Nunchucks)
- March 21-24—Masters' Clinic
- April 6—BB Club Special Training
- April 13—Region 8 Dan Testing
- May 4—BB Club Special Training
- May 17-19 Youth Black Belt Camp
- June 7-9—Adult Black Belt Camp

Black Belt Testing Procedure

By Master Vaughn

It has come to my attention that there has been some confusion on the part of candidates who have reached time eligibility for promotion, as to the protocol we practice at the dojang for Dan pre-testing. Please let me explain.

Upon making Cho Dan Bo, the student receives a package from the test committee explaining requirements and the process for the Cho Dan Bo to move to higher rank, how to record teaching time, and also pointing out the extra classes that are now available to him/her for advanced training to help on the quest for higher rank. Therefore, we expect all Cho Dan Bos and Black Belts to keep track of their time in rank, and to prepare for testing when they become time eligible, in the event they will be selected to test at the next Dan Test.

Weeks before the semi-annual maintenance tests for Cho Dan Bos and Black Belts take place, all candidates are notified of the dates for the tests. We post three different dates and ask students to sign up early. We recommend that any Cho Dan Bo or Cho Dan who is time eligible sign up on the first maintenance test date to allow time for the process of pre-screening by the test committee. Having the required time since their last test makes candidates time eligible. It has been the policy of the dojang that any candidates who are time eligible will be reviewed during their Black Belt maintenance test. This has been the protocol for as long as Vaughn's Dojang has existed.

However, it takes time for the test committee to review all candidates' records to make sure they meet all of the requirements (not just time eligibility) demanded by our dojang and the WTSDA, such as attendance, up-to-date membership, minimum attendance at Black Belt Camps, teaching time or assistant teaching time,

community service, and evidence of dedication to Regional or Association events for any Yu Dan Ja. After the maintenance test, I meet with the test committee to determine who will be invited to the Dan Test. If the candidate is qualified in all requirements, a letter is then sent informing them of the test committee's approval to move forward.

I take Black Belt testing very seriously. Master Lipstein and I carefully review the list of Cho Dan Bos and Black Belts weeks before any maintenance test to determine time eligibility, and then we further screen to eliminate candidates who may not meet all other requirements as described above. It is our belief that a candidate should know when he or she is time eligible for his/her next rank. Black Belts especially are expected to prepare for the possibility of being invited to participate in the Dan Test when their time comes up. This means they should have their essay ready ahead of time, and they should check their Black Belt manual to make sure they are prepared for all requirements listed there. This has been announced time and again at Black Belt classes, for the candidate to prepare. At the Masters' camp after 4th Dan, you are notified of your test the day of your test. It is expected that you are prepared.

Back when I was going through the first ranks of Black Belt, we had no manual. We never knew when we were going to be invited to test or what we would be expected to perform at the test. It is much better now. Great efforts have been made, with the production of videos, training manuals, and clinics, to make the process of advancement as painless as possible.

I hope this letter helps to clear up any confusion about the protocols associated with advancement to higher rank.

Being a Counselor at Youth Camp

By Rick Mentley, Sam Dan

Have you ever been a counselor and/or instructor at the Youth Black Belt Camp? If so, then I commend you. If not, then I highly recommend it because you are really missing out!

At first glance it might seem like a difficult thing to do. Yes, you are giving up a weekend, which can be difficult given job demands and family obligations. Yes, the food isn't as good as at Adult Camp. However, I assure you that the benefits of being a counselor at Youth Camp far exceed any sacrifices. After all, at the very heart of it, you are investing in the future of our Association. Just as we so often do as instructors, you are also investing in the lives of some outstanding kids.

As a cabin counselor, you and your co-counselor are in charge of a group of campers of similar age. When you have a group of newly-minted Cho Dan Bos who are attending camp for the first time, you will be inundated with a barrage of questions. It's actually pretty fun to see their enthusiasm and how excited they are about being at camp for the first time. When you greet the nervous parents of first-time campers, some of whom may be attending their very first sleep-away camp, you will allay their fears and anxieties and assure them that—just as in the dojang—their kids are in very good hands. You will ensure that the kids know where they need to be at any given time and generally just help them to stay safe and have a great Black Belt camp experience.

You might have the opportunity to be

an instructor. If you have any special interests or skills (e.g., weapons, hapkido, etc.), then let Master Vaughn know. I can tell you from experience that you will probably never have a more enthusiastic and motivated group of students. Their enthusiasm is infectious—you'll love it! If you are not assigned to be an instructor, you can attend many of the breakout sessions and offer to be an assistant. It's an outstanding opportunity to get exposure to the wide range of talented Masters and Senior Dans in our Association.

You will no doubt bear witness to many examples of how truly special and impressive the youth of the WTSDA really are. The older kids look out for the younger ones. Those with more Black Belt camp experience help the less experienced campers. A real sense of community exists at camp, which is quite impressive given the age of the students. A real bonding occurs among the kids within each cabin. Most campers in a given cabin have never met before, but they quickly become a cohesive group. They encourage each other to keep the cabin organized and clean as they compete for Cabin of the Year. Parents are sometimes quite shocked to hear that their sons or daughters were so motivated to keep the cabin clean when they don't appear to have ever shown an interest in such things during their entire lives!

I still remember one 9- or 10-year-old Cho Dan Bo who was attending camp for the first time. He told me that he took a

bong class for his first breakout session and that he was just going to keep taking that class because he really didn't know what a lot of the other classes were about. I went through the schedule with him and explained each of the topics. I told him that one of the great things about camp is that it's a chance to try new things. Later that day, he had a big smile and was all excited to tell me about the escrima class that he had taken. He had never heard of escrima before, but it was really cool and fun! I helped to encourage this young Cho Dan Bo to break out of his comfort zone and be a little adventurous. I really got a kick out of seeing the result. Hopefully that experience will help him in other aspects of his life.

I also remember another 10-year-old Cho Dan Bo walking to meet his parents at the end of his first camp and saying, "I'm really going to miss this place." I just had to smile. You know that he went back to his dojang and told the junior students how completely awesome camp is. He's definitely going to be pretty excited to attend camp next year.

So I encourage all adult Black Belts to volunteer to be a counselor and/or instructor at Youth Camp. Remember that if you are unable to attend Adult Camp, being a counselor at Youth Camp fulfills your camp requirement for promotion to your next rank. However, even if you are planning to attend Adult Camp, try very hard to fit Youth Camp into your schedule. I guarantee that you will love it!

Where Are They Now?

By Master Lipstein

Editor's Note: In this new series, "Where Are They Now?," we will periodically feature a former Vaughn's Dojang student and provide an update on what he/she is doing now.

Brian Lipstein

Brian Lipstein starting training with his Dad (me) in 1991 when he was seven years old. He achieved the rank of Cho Dan in 1995, and the rank of E-Dan in 1998. Brian attended the University of Pennsylvania, and graduated with a Bachelor's degree in 2006. After graduation, he started his own business in Philadelphia. His business, Henry A. Davidsen, provides custom men's clothing (suits, sports coats, formal wear, shirts, outerwear, shoes, etc.), and Brian is also a Level II certified image consultant. He

advises his customers as to what clothing (fabric, colors, etc.) will give them the image they seek. Henry A. Davidsen received the 2012 Best of Philly award from Philadelphia Magazine for the men's clothing category, and was the 22nd fastest-growing privately-held business in the city according to the Philadelphia Business Journal and the Wharton Entrepreneurial Center. Brian's years of training at Vaughn's Dojang provided him the self-confidence and poise he needed to start his own business and achieve the success he has.



How to Prepare for Black Belt Camp

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

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

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

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

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

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

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

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

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

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

Black Belt Camp Packing Checklist

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

The Spirit of Competition

By Michael D'Annunzio, Cho Dan



spirit was great. It's always exhilarating when you are in the ring and you look up and see all of your friendly Vaughn's peers cheering for you during the competition. A new family that has recently joined Vaughn's Dojang also made the trip to the tournament to support the other students and to get a feel for what competition is like. It was great to see students show up and help out with the event, even when they weren't competing themselves. That certainly is an example of the Tang Soo Do Spirit!

improve your discipline, your spirit, and your sportsmanship. These characteristics, both inside and outside of the martial arts world, make you not only a better martial artist, but also a better person.

Overall, this was a great tournament. I would like to encourage those who have never been to a championship to try and attend the next one, because it is always a lot of fun and very entertaining.

Saturday, February 16th was the Region 8 Tang Soo Do Winter Championship. As we entered Twin Valley Middle School, enthusiasm filled the air and it painted a smile on your face! The gym was filled with activity, with approximately 319 registered competitors gathering for the tournament.

There were several people from Vaughn's Dojang competing, and their

Winning and getting trophies is always fun, but competing is more than just winning trophies. Attending the tournaments and competing is also about making new friends from other studios, and about being able to critique your skills and how you can improve your techniques. Also, competing in these tournaments, doesn't just help you improve your techniques, it helps to



Testing Your Knowledge

By Susan Thompson, E Dan



1. The name of the Koguryo royal tomb which has a mural depicting an early form of Tang Soo Do is...
 - a. Myung Chi
 - b. Chung Do Kwan
 - c. Muyong Chong
 - d. Hwang Kee
2. How many moves are in Naihanchi Cho Dan?
 - a. 30
 - b. 32
 - c. 33
 - d. 36
3. The Korean term for respect is...
 - a. Chon Kyung
 - b. Kyum Son
 - c. Chung Shim
 - d. Weh Kong
4. Which Dynasty united Korea's three kingdoms in the year 668 AD?
 - a. Koguryo
 - b. Silla
 - c. Yi
 - d. Paekche
5. The warlord who overthrew the Silla Dynasty in 918 AD was...
 - a. Hang Jun
 - b. Hwang Kee
 - c. Wang Kun
 - d. Won Kwang
6. The World Tang Soo Do Association insignia was adopted in...
 - a. 1978
 - b. 1982
 - c. 1984
 - d. 1987
7. Which belt represents dignity, calmness, mastery and sincerity?
 - a. Brown
 - b. Blue
 - c. Black
 - d. Red
8. Which is one of the Fourteen Attitude Requirements of Tang Soo Do?
 - a. Maintain regular and constant practice
 - b. Do not be overly ambitious
 - c. Always follow a routine training schedule
 - d. All of the above
9. How many moves are in Bong Hyung Il Bu?
 - a. 21
 - b. 22
 - c. 23
 - d. 24
10. The Korean term for internal power exercise is...
 - a. Weh Kong
 - b. Chon Kyung
 - c. Nae Kong
 - d. Shim Kong

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

Hapkido Update By Master Lipstein

In February 2010, a new program was introduced at Vaughn's Dojang—Sin Moo Hapkido. The program was inspired by the lessons of DoJuNim Ji Han Jae, who had been teaching classes in Sin Moo Hapkido at our studio for the prior three years. From humble beginnings (two students), the class has grown to nine students who attend regularly, and a few others who train when time permits.

Mr. Braun and Mrs. Mudd are our "veterans," as they both started at about the same time the program was introduced. Mr. Mark Proto, who trains in Tae Kwan Do, joined us early when his friend, Mr. Salas, talked about the program. Professor Weinberg began

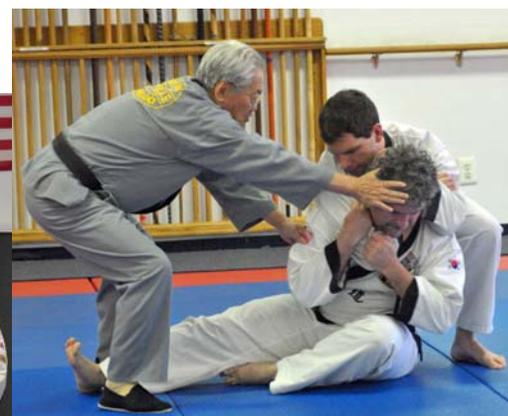
training as soon as he joined Vaughn's Dojang. Others who are regulars include Dr. Jaffe, Mr. Buckwalter, Mr. and Mrs. Forte, and Mr. Rich Desmond, who recently started training in Tae Kwan Do, but wanted additional training in Hapkido, and found us via our website. (Kudos to Mr. Rick Mentley and Mr. Ryan Mentley for designing a first-class website that has actually brought us students.)

The Sin Moo Hapkido course at Vaughn's Dojang consists of six gup levels, followed by a test for Cho Dan. Mr. Proto, Mr. Braun and Professor Weinberg have completed five of the six gup levels, and are on track to test for Cho Dan by June of this year. These

gentlemen will be the first to achieve Cho Dan in Sin Moo Hapkido as a result of having completed our studio's curriculum. (Those who trained directly with DoJuNim from the beginning achieved Cho Dan after three years.)

Creating and teaching this program has been one of the most rewarding experiences in my martial arts career. Thanks to Master Vaughn for having faith to let me launch the program, and thanks to the students for being willing, eager learners. I encourage others to give the program a try. The lessons are a wonderful complement to your Tang Soo Do training.

In addition to the in-house Hapkido training offered at Vaughn's Dojang, DoJuNim Ji Han Jae has conducted periodic seminars over the past several years. Pictured here are some scenes from the session on January 12, 2013.



Approach to E Dan

By Mark Buckwalter, Cho Dan

I made the push to Cho Dan Bo, to Cho Dan, and now stand before the next barrier that sits between me and the level of proficiency that is an E Dan.

I'm starting to see a difference between the mindset I had preparing to become a Cho Dan and what I find myself feeling as I approach E Dan. Early on, at least for me, to reach Cho Dan was an accomplishment to fulfill my needs and ambitions. It was to prove to myself (and dare I say to others) that I could achieve a self-set goal that was both challenging and valuable, difficult and necessary. With the approach to E Dan, however, different motives are driving my progress towards this next step on the path that is Tang Soo Do.

This time, I'm not the only one who matters; my needs are probably last among the important factors in this change. I refer to the statement made by our founder Grandmaster Jae C. Shin in the forward for the Black Belt Manual, "If you can move others ahead, keeping your ego in hiding, contributing your own excellence towards the enhancement of others, then you will be on the right path of reaching the ultimate goal of the martial arts." The truth of that statement has become more and more apparent as I have developed into a Tang Soo Do instructor.

"Self-Defense, Self-Confidence, Physical Fitness"—those are the attributes advertised on the Vaughn's Dojang website. Sometimes I feel it should read, "Self-Confidence through Self-Defense and Physical Fitness." This requires pushing through personal barriers familiar to any student of the art that is Tang Soo Do (aversion to sweat, fear of failure, embarrassment, etc.) that leads to self-confidence. The irony is, however, that to get the whole process rolling, some self-confidence, an initial spark, has to be nurtured at the very beginning, perhaps the most important of the white belt instructor's jobs.

To do this, it's important to instill in students that Tang Soo Do is more than a martial art; it is a guide to conducting one's life. The Black Belt Manual under the section "What is a Black Belt" lists ten points of conduct essential to every Black Belt. They are as follows.

1. Nature

The Black is motivated primarily by the ideals of human service rather than any other reason (such as revenge, violence, fighting or riches). Choose this art as your way of life under solemn oath.

2. Achievement

The Black Belt is an exemplary martial artist who has trained incessantly to achieve maturation of body and mind, and the invincible spirit of Tang Soo Do.

3. Professional

The Black Belt is a professional regardless of whether or not it is his or her profession. Therefore, the Black Belt must constantly strive to reach a higher level of perfection of body and mind through practice. The Black Belt must do this in such a manner as to enhance the prestige and dignity of his or her profession.

4. Loyalty

The Black Belt is completely loyal and motivated by the pride and honor of their Art to help their studio, instructor, Grandmaster and Association.

5. Contribution

A Black Belt volunteers their help. They should aid in all Tang Soo Do activities and devote their knowledge to the improvements of human welfare.

6. Justice and Truth

The Black Belt is a person who is capable of judging clearly, truth and untruth, and justice and injustice. Even when the truth-justice has a bitter taste, remain fixed on the side of truth and justice.

7. Leadership and respect

The Black Belt is a leader in Tang Soo Do and all social functions. They should lead a righteous and respectable life according to the five Codes of Tang Soo Do.

8. Brotherhood

The Black Belt is a person who exhibits brotherhood/sisterhood and sacrifice for the members of the Black Belt society in order to protect the prestige of the Black Belt.

9. Heritage

The Black Belt is responsible for the continuation of Tang Soo Do. They must constantly recruit new students in order to transfer our Art to the next generation, consistently teaching the proper way.

10. Application

The Black Belt is one who is capable of applying their knowledge and skill of Tang Soo Do into their own or another's life, in a practical way, for better living.

Two of these points have special meaning for me. First, there is the seventh, "They should lead a righteous and respectable life according to the five codes of Tang Soo Do" means that I must apply the Tang Soo Do philosophy—giving due respect, honoring its principles as I conduct myself among others, make wise, informed choices—not only while in the Dojang but to maintain that commitment 24/7.

Then there is the tenth section, "Application." As it says, "The Black Belt is one who is capable of applying their knowledge...for better living," again stating that it's not enough to have the knowledge of a Black Belt but one must practice it constantly in daily life. So maybe it was not by accident that I was asked to contribute as an instructor; as Master Vaughn emphasizes, the object of the Black Belt is to serve. There is hardly a better way to infuse into myself what it means to be a Black Belt than to instruct others in learning the art.

So now, when I'm in my dobohk, students have every right to expect to receive just as good if not better instruction than I did as a gup student. Since I consider myself by no means the extroverted type, this has definitely been an opportunity for me to grow as a person, pushing myself beyond what I thought I could do, by meeting the challenge of regularly instructing a class and being responsible for everything that goes with it. I, in turn, earn the personal rewards that only come from instructing a class of your own.

Not the least of these rewards is learning to look outside of myself and learn not only about my students but about their learning styles, paying enough attention to each student individually to see what habits each of them has when it comes to learning. In this way (as long as I open myself up to the challenge of becoming other-oriented) I can give them the benefit of personalized instruction.

Personalized instruction means that though everyone is different when it comes to learning, the way people go about it falls into one of four general categories of learning styles. While no one uses just one technique exclusively, most fit one way or another into one of the following groups.

Right-brain learners processes information holistically, seeing the big picture or the answer first, not the details. When trying to learn anything new, right-brain learners start with the major concept and work backward to find the details.

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Approach to E Dan

(Continued from page 6)

These learners may become impatient with the details of a problem unless they can "see" the conclusion or solution quickly.

Left-brain learners, on the other hand, process information in a linear manner, processing from the parts and then to the whole. These learners gather information and problem-solve in a step-by-step manner, using logic and reason to form conclusions. These type of learners need learning activities to be structured and incremental.

Then there are visual learners who focus on using the sense of sight to learn and to enhance learning and prefer quiet with minimum auditory and tactile stimulation when concentrating. Primarily adults, they seek written information using professional handbooks, handouts, manuals, anything written in a progressive, structured format.

Auditory learners prefer activities such as listening to audio books and benefit more from hearing information than seeing it in written form. They sometimes appear not to be paying attention, but are actively listening. They learn through talking through problems, and ask for verbal explanations from colleagues already familiar with a topic when there's a need to make something clear to them.

Completing the list, there are students who are tactile learners, who depend on physical participation in a learning activity to absorb knowledge. They prefer hands-on learning activities such as return demonstration and simulation, and can facilitate learning by handling equipment and manipulating objects. They will jump right in and attempt to practice a new behavior or physical technique when confronted with the need to learn a new task.

All this variation means that my instruction is part plan and part adaptation to apply this knowledge in the Dojang, to personally spend time individually with each student (including the parents of the younger ones) to see exactly which learning style most closely matches. This way I can meet the needs and learning styles of the students to help them meet their goals.

So the application of Tang Soo Do skills to another's life in a practical way translates simply to practice what I preach and preach what I practice with a good helping of practical knowledge to make it happen. Next is actually doing it, by setting a good example of the way of life that is Tang Soo Do to my students. But how do I

do this?

As I stated above, when I'm in the Dojang and people see me in the dobohk of a Cho Dan, students have an expectation of what my skills are and how I will conduct myself. The Black Belt Manual provides guidance for me on this subject. Under "Successful Studio Establishment and Maintenance" I've found what I should do for my students, as both an instructor and Black Belt holder. "Professional Behavior" states that, "you can't really expect to demand your students' respect if you do not gain it through your professionalism in action." In other words I can't expect the students to act with respect towards the uniform of a Black Belt, and me personally, if I am not clear and concise in instruction, considerate and concerned without diminishing the instructor/student relationship, and sincere in my dedication to Tang Soo Do, its principles, my dojang, and my own instructor.

Functioning as an instructor in front of a class is where the rubber meets the road. In the time that I've been an instructor, I can recall times when I reaped the benefits of sticking to what I've been taught, and suffered the consequences when I didn't. As a result, I learned a lot about the craft of being an instructor and myself in the process. As Socrates said in the "Apology," "I say that to talk every day about virtue and the other things about which you hear me talking and examining myself and others is the greatest good to man, and that the unexamined life is not worth living." If I haven't found anything amiss, I haven't examined myself closely enough.

This becomes clear when you are in front of the class. Students giving you their undivided attention don't miss much. My class is fairly small, typically about half a dozen students, and it can't be a celebration of the instructor's skills and superior technique. As Lao Tzu warns us, "If I were suddenly to become known, and (put into a position to) conduct (a government) according to the Great Tao, what I should be most afraid of would be a boastful display." With a class that's mostly younger students, there's immediate feedback whether or not I'm sticking to the program. If I keep my "serious demeanor," keep the class moving, enforce proper protocol—that students only speak after gaining permission, ensuring any conversation doesn't stray too far from the set instruction, etc., the class typically moves along smoothly and the students prosper in their learning. "Sweating and smiling" is how Master Vaughn likes to put it.

On the other hand, especially early on, there have been times I strayed from rather sound principles. I was allowing student requests that had nothing to do with class, or Tang Soo Do for that matter, (requests for the bathroom, pointless chit-chat) to affect the pace and content of the instruction. I like kids; they can be the most rewarding yet the most exhausting of students. I didn't really know or appreciate what the term "herding cats" meant until I first tried my hand at instructing children. They are, however, keen observers and are quick to react to any input you give them, good or not-so-good.

A good example would be if I let the kids get the upper hand by letting myself become too friendly (or as the Black Belt Manual warns as "developing a 'buddy-buddy' relationship"). To me this would be particularly true for the younger student who had a talent for eliciting sympathy for real and not-so-real problems. As with their parents (just as we did) younger students have a way of testing what and how much they can get away with. It is a point that I must be vigilant on if I'm going to keep this tendency for distraction in check.

If I don't stick with this program, at times it could become difficult to work with them in class. Other strategies like separating difficult pairs wouldn't always be an option, and a lax, inattentive atmosphere could take over the class. If by being an overly amiable instructor I hope to avoid the risk of disrupting class, that kind of disruption is nothing compared to the kind of that would result by neglecting leadership through discipline. Trying to appease students into participating in class by as the Black Belt Manual calls being their "buddy," just leads them to "taking a mile for an inch" and still being as difficult as ever.

I could rely on help from my assistants (and other sympathetic Black Belts) to deliver the stern leadership needed to bring a student's attention back to class, but not if I am to learn first-hand for their sake as well as mine. To maintain my professional behavior by keeping a serious demeanor, by not socializing too closely with my students, and not letting their behavior disrupt the class, is to provide an atmosphere in class where we can all grow as individuals. Simply, if I became their pal, they lost their instructor, leaving them with no one to look up to for guidance.

So to keep myself better focused on them as an instructor, to better keep my students' attention and avoid instructional

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Approach to E Dan

(Continued from page 7)

hazards, I put myself in their position, and remember what motivated me to keep trying and not to quit. I know that besides knowing how each of them has a different way of learning, I have to know what gets each of them to come back to class each week. I try to remember what motivated

me when I was a gup student. It's a case of "what motivated me when I was at their level?"

In this way I can better approach what will do the same for the students in my class. One way of looking at it is to see my education coming full circle, imagining myself as a gup student to better understand them and pass on to them what I have been taught. Also in

this way I remind myself how special Tang Soo Do is to me and in turn communicate it to them. They get better instruction from me because I am now more sensitive to their needs and they become better learners. So I get to grow as an instructor and a person overall, as they improve with the benefits of my instruction. It is, after all, about them. It's a win-win situation.

2012 Christmas Party

By Greg Forte, 2nd Gup

The 21st annual Vaughn's Dojang Christmas party was held on December 9th at the Spring Ford Country Club. An excellent time was had by all! With Master Vaughn graciously hosting, Master Lipstein keeping the ball rolling as M.C., and special guest speakers Master Causerano (Tang Soo Do Karate Academy, Philadelphia) and Master Summers (Summers Martial Arts, State College), there were no fewer than four Masters in the room.

Mr. Altieri reviewed the Dojang's accomplishments for the year, a lengthy list we can all be proud of, and Master Vaughn invited all of the instructors and mentors to the front of the room so he could say some very kind words about them. Doctor Rosenkrans set up his traditional slide show of pictures from Dojang and Region 8 events (not to mention the World Tournament) throughout the year, which made a nice backdrop for the speeches and presentations. There were also a few vintage pics, including one of Mr. Altieri with hair! The Instructor of the Year

recipient was Dr. Thompson, and Student of the Year went to Jordan Mudd; Family of the Year was awarded to the Fortes, which came as a huge surprise...to the Fortes! (and we thank everyone in the Dojang family for providing the atmosphere in which we have flourished).

After the awards and remarks, the Demo Team and the All Stars both performed special routines that they had put together for the occasion—my

personal favorite was the kitchen fight. Then we all tucked into a scrumptious meal, followed by music (provided by Mr. and Mrs. Salas) and dancing. A certain co-recipient of the Family of the Year award set out to dance with EVERY LAST PERSON in the room...and almost succeeded.

But the highlight of this after-dinner portion of the evening had to be the group rendition, not once but twice, of the 2012



indie YouTube sensation (appropriately enough, by a South Korean artist): Gangnam Style...with the artist, Psy*, himself, leading the group! (*DISCLAIMER: not actually Psy, but there was definitely an uncanny resemblance).

In short, the 21st annual Vaughn's Dojang Christmas Party was a huge success, and to anyone who didn't make it, I can only recommend: get there next year! On a personal note, I'd like to thank Mr. Altieri for noticing that I changed my hairstyle for the party—I think he's the only one who noticed.

KIDS

H
S

KIDS

D
I
K

Wise Guyz

present...

Do You Know Your Instructors?

By Marcene Ameer, E Dan

Can you name the instructors at Vaughn's Dojang? Unscramble the letters to reveal the names of 16 of our instructors.

vhguna	<input type="text"/>
aetirel	<input type="text"/>
ipeinslt	<input type="text"/>
nkasrerso	<input type="text"/>
naptire	<input type="text"/>
snkowi	<input type="text"/>
fosten	<input type="text"/>
merumss	<input type="text"/>
mnteyle	<input type="text"/>
pshnoomt	<input type="text"/>
weenigrb	<input type="text"/>
ofmrlow	<input type="text"/>
mdud	<input type="text"/>
narub	<input type="text"/>
kreawcbltu	<input type="text"/>
uewsroorth	<input type="text"/>

Tang Soo Do Word Search

By Lucas Froman, E Dan

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

BASSAI

BREAKFALLS

CHOONBEEJASEH

DOBOHK

FORMS

GOODSTANCES

HAPKIDO

KIHAPS

MASTER

SIDEKICK

Congratulations!

To the following recent Spirit Belt recipient:

Tiny Tigers / Little Dragons Michael Chan

And to:

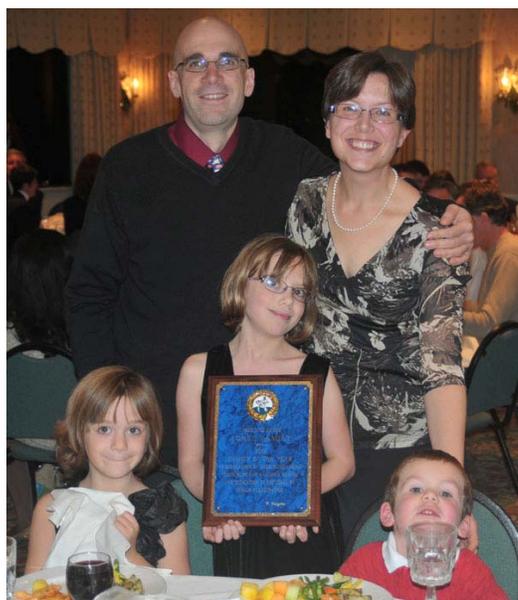
**2012 Instructor of the Year –
Dr. Scott Thompson**



**2012 Student of the Year –
Mr. Jordan Mudd**



**2012 Roundtable Award –
Mrs. C. J. Bieler**



**2012 Family of the Year –
The Forte Family**

Instructor Training History

By Rick Braun, Cho Dan

Do you know how long the instructors at Vaughn's Dojang have been training? The 18 dedicated instructors listed in the table below have a combined 268 years of training in World Tang Soo Do! Many, as you can see, also have years of training in one or more additional martial arts.

Name	Rank	Degree/ Dan	Year Started WTSDA Training	Total Years of Training with WTSDA	Other Martial Art Style(s)	Years of Training in Other Martial Art Style(s)
Master Vaughn	Yuk Dan Master	6th	1970	43	Sin Moo Hapkido - 6th Dan Ki Gong TaeKwonDo Hung Kuen Kung Fu	30 23 2 1
Master Lipstein	Sah Dan Master	4th	1991	22	Sin Moo Hapkido - 4th Dan Ki Gong	6 12
Mr. Frank Altiere	Sah Dan	4th	1991	22	Sin Moo Hapkido - 3rd Dan Ki Gong	5 8
Dr. Wayne Rosenkrans	Sah Dan	4th	1992	21	Sin Moo Hapkido - 2nd Dan	5
Professor Donald Weinberg	Sah Dan	4th	1994	19	Sin Moo Hapkido Fire Arms training Hostage negotiation	2
Dr. David Painter	Sam Dan	3rd	1995	18	Sin Moo Hapkido - 2nd Dan	5
Mrs. Kristen Winsko	Sam Dan	3rd	1997	16	Sin Moo Hapkido - 2nd Dan	5
Dr. Bradley Feuston	Sam Dan	3rd	2001	12	Tang Soo Do (Hwang Kee org- not WTSDA) 1993-1996 (1st gup) TaeKwonDo (1978-1979, 1983, 1996-2001) - 1st Dan Sin Moo Hapkido - 2nd Dan	3 8 4
Mr. Scott Summers	Sam Dan	3rd	1999	14		
Mr. Rick Mentley	Sam Dan	3rd	2000	13	Sin Moo Hapkido - 1st Dan	5
Mrs. Lisa Mentley	Sam Dan	3rd	2000	12		
Dr. Scott Thompson	E Dan	2nd	2004	9	Sin Moo Hapkido - 3rd Dan	5
Mrs. Susan Thompson	E Dan	2nd	2004	8		
Ms. Jane Maher	E Dan	2nd	2003	10	Sin Moo Hapkido - 2nd Dan	5
Mr. Rich Wolfrom	E Dan	2nd	2004	8	TaeKwonDo Judo	7 3
Mrs. Jenifer Mudd	E Dan	2nd	2005	8	Sin Moo Hapkido	2
Mr. Mark Buckwalter	Cho Dan	1st	2005	8	Sin Moo Hapkido	1
Mr. Rick Braun	Cho Dan	1st	2007	5	Sin Moo Hapkido	2

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Region 8 Leadership Class	2 Black Belt Club Special Training
3	4	5	6	7	8	9
10 Daylight Savings Time Begins	11	12	13	14	15	16
17 St. Patrick's Day	18	19	20	21 Masters' Clinic	22 Masters' Clinic	23 Masters' Clinic
24 Masters' Clinic	25 Passover Begins	26	27	28	29 Cho Dan Bo Test	30
31 Easter						

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Region 8 Leadership Class	6 Black Belt Club Special Training
7	8	9	10	11	12	13 Region 8 Dan Test
14	15	16	17	18	19	20
21	22	23 Gup Graduation	24	25	26	27
28	29	30				

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Black Belt Club Special Training
5	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17 Youth Black Belt Camp I - Camp Green Lane	18 Youth Black Belt Camp I - Camp Green Lane
19 Youth Black Belt Camp I - Camp Green Lane	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31 Youth Black Belt Camp II - Camp Green Lane	

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Youth Black Belt Camp II - Camp Green Lane
2 Youth Black Belt Camp II - Camp Green Lane	3	4	5	6	7 Adult Black Belt Camp - Elizabethtown College	8 Adult Black Belt Camp - Elizabethtown College
9 Adult Black Belt Camp - Elizabethtown College	10	11	12	13	14	15
16 Father's Day	17	18 Gup Graduation	19	20	21	22
23 <hr/> 30	24	25	26	27	28	29 Black Belt Maintenance Test

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day	5	6 Black Belt Club Special Training
7	8	9	10 Black Belt Maintenance Test	11	12 Region 8 Leadership Class	13 Black Belt Maintenance Test
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 Region 8 Instructors' Class	29	30	31			

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Region 8 Leadership Class	3 Black Belt Club Special Training
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 Gup Graduation	21	22	23	24
25 Region 8 Instructor's Class	26	27	28	29	30	31

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6 Region 8 Leadership Class	7 Black Belt Club Special Training
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 Region 8 Dan Test (Tentative)
29	30					

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Black Belt Club Special Training
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Gup Graduation	23	24	25 Region 8 Championship (Tentative)	26
27	28	29	30	31 Halloween		

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Black Belt Club Special Training
3 Daylight Savings Time Ends	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16 Region 8 Leadership Class
17	18	19	20	21 Thanksgiving Day	22	23
24	25	26	27	28 Hanukkah	29	30

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Black Belt Club Special Training
8 Holiday Party	9	10	11	12	13	14
15	16	17 Gup Graduation	18	19	20	21
22	23	24	25 Christmas	26	27	28
29	30	31				



Tell us what you think!

newsletter@vaughnsdojang.com

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

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

KARATE BIRTHDAY PARTY!

COME JOIN THE FUN WITH TWO HOURS OF KARATE GAMES!

RESERVE YOUR TIME TODAY!
AVAILABLE TIMES ARE LIMITED!

INCLUDES:

- * 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.

BRING YOUR OWN CAKE BEVERAGES & PAPER PRODUCTS!

* BIRTHDAY CAKE NOT INCLUDED.

VALLEY FORGE MARTIAL ARTS
AUDUBON VILLAGE SHOPPING CENTER
AUDUBON, 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.