



Dragon's Den

唐手道

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Enjoying Tang Soo Do

By Master Vaughn

Inside this issue:

This newsletter features the Black Belt test, Region 8 Championship, Halloween party, Hapkido, and Where Are They Now!

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Upcoming events:

- Nov. 19—Leadership Class (regular Saturday classes cancelled)
- Nov. 24- 25—Dojang closed for Thanksgiving
- Now thru Dec. 10—Bethesda Project Collections
- Dec. 3—Hapkido with DoJuNim
- Dec. 4—Vaughn's Christmas Party
- Dec. 10—Training with Pizzazz (Pizza)
- Dec. 20—Gup Test & Graduation
- Dec. 24-27—Dojang closed for holidays
- Dec. 29-Jan. 1—Dojang closed for holidays

How many of us think of our Tang Soo Do training as fun or enjoyment? Most of the time, the talk you hear is about how severe the training is. When one of our Cho Dan Bos is headed to their first Black Belt Camp, they are filled with stories about the tough training. The senior Black Belts go into how the physical part of the camp was much harder back when they started than it is now, but did you ever stop to think that if it was that bad, why would they go back again, and again, and again?

The answer is easy. It is because they have such a good time; they can't wait to go back. Even with the tough days of training out in the sun (or sometimes in the rain) it is a real blast that no one would want to miss. Why? Because! Tang Soo Do is fun, or it can be fun if you approach it with the right attitude.

On the road to Black Belt, novices are exposed to challenges that they never thought in their wildest dreams they could accomplish, yet by sticking it out and pushing themselves, they are able to achieve what they themselves thought they could not. There is great satisfaction in accomplishment if one has to work for it. There is a feeling of pride, and the thought that you have earned your reward. It was not just handed to you.

If the student of Tang Soo Do allows it to happen, a new attitude about life in general is awaiting him or her, but the student has to get involved. Once the light bulb goes off inside the head, it is hard to accept anything less than the great feeling one gets from discovery.

By training the body and the mind, one's spirit becomes stronger, and the student's work ethic becomes stronger. The satisfaction that comes from a job well done becomes addictive, and the student wants more of that feeling. It becomes an unbroken chain of good behavior. The reward is the satisfaction of knowing that one is making one's world better, by working on making one's self better.

This realization usually does not happen overnight. It takes perseverance and practice, practice, practice, but it will come to those that get the right attitude. The right attitude says, "Hard work can be fun." By taking on the good attitude, students of Tang Soo Do enjoy their training. They enjoy the friendships they make in class. They enjoy the growing ability to not only take direction from instructors, but to seek it. They enjoy the feeling of confidence and self-esteem that comes with ability.

All of these things, when pondered, can bring a smile to a student of Tang Soo Do. They can lift you up when you are down. Your attitude can also influence and lift the spirit of others if you share...if you go on to teach.

The Day I Thought Would Never Come

By Greg Forte, Cho Dan

It's taken me quite a bit longer than most students to get from white to Black Belt. I've had more than a few setbacks along the way: a broken leg when I was just a 9th gup, a motorcycle accident that prevented me from testing for Black Belt the first time I was eligible, and health issues that prevented me from training for extended periods. Perhaps the biggest setback, though, was when my daughter Michaela decided to stop training. We had trained together for five years, something that started specifically as a father/daughter activity. Now not only were we not going to test together and (hopefully) receive our Black Belts together, but I was going to be the only one left in my family still training. This was probably the most strained my commitment ever has been in the six years since I started. Yet it also strengthened my resolve; because, darn it, at least one Forte was going to earn a Black Belt in Tang Soo Do!

So when I arrived at the Phoenixville YMCA bright and early on a beautiful mid-September day, and stepped onto the floor where approximately 200 candidates were gathering, it felt a bit surreal. Almost like a dream from which I'd wake any second, pinch myself, and get ready to go train at the Dojang like any normal Saturday. But as all of the many Vaughn's candidates, instructors, and fellow students found and

greeted each other, and gathered for a group photo before the test began, it became clear that this was no dream. We wished each other success, put on our "game" faces, and prepared to buckle down and get this done.



The biggest surprise for me that morning was finding out that I would be in one of the morning panels. At every Black Belt test I'd observed, the panel that I would've been in had I been testing was always in the afternoon. So I was anticipating (which is not to say prepared!) to have a long wait between the written test and the physical test. I think this probably was a huge gift, on the whole, because it left me no time to build up a severe case of

nerves. Although it also meant that my panel spanned a wider than usual range of ages. With (I think) a fifteen-year-old in the lead position all the way up to a few forty-somethings in the back row, the pacing of our forms was even more "interesting" than I'd expected.

For the most part, though, the physical test was and is a blur to me. I knew going in that my difficulty was going to be stamina. And I was definitely not wrong! Getting through drill was no big deal, but the jump kicks nearly did me in. Fortunately I had a supportive partner and conductors, as well as some very encouraging audience members, and they all helped me through. From there it was all, as they say, downhill. When the test was over, I had a feeling of great satisfaction—not because I was sure I'd passed (far from it!), but because I had gotten through it and was still standing at the end, and that was really what was important. Which is not to say I wasn't gratified to learn I'd passed, but I was even more gratified to hear of all the other Vaughn's candidates who had passed as well. Because in some small part I had helped each of them achieve that goal, just as they all helped me.



Vaughn's Dojang 2016 Halloween Party

By Rick Braun, E Dan

Our studio's Halloween Party was a scary success again this year and a fun time was had by all! The demo team and Mr. Braun turned the studio into a haunted house, complete with cob webs, eerie music and decorations, where more than 50 of our students and their friends celebrated a spook-tacular good time!

After a brief opening, the party-goers enjoyed dancing to Michael Jackson's Thriller led by our own Thriller-expert, Mrs. Mudd. The students enjoyed the scary music, party games, breaking a piñata and watching a board-breaking demonstration by our studio's own 3rd place winning demo team. Prizes were

awarded for the top three costumes—a Penguin, A Coca-Cola Can and an old lady with a staff.

A big thank you goes out to the demo team for helping to make this party another success!



Hapkido Training with DoJuNim

By Master Lipstein

September and October brought two very special days to Vaughn's Dojang. Grandmaster Ji Han Jae returned to our dojang to continue his special classes in the art of Sin Moo Hapkido.

The term "legend" is one that is all too often used casually when talking about senior masters in the martial arts, but in the case of DoJuNim, the term legend is an apt description. Grandmaster Ji is the founder of the Sin Moo Hapkido system, and has been teaching his special martial art for decades. Now, as he nears his 80th birthday, he has implied that he will step away from teaching in a class environment, and the classes he is to teach at Vaughn's Dojang in November

and December will be his last. How blessed we are to be held in such high regard by one who is, himself, held in the highest regard.

Grandmaster Ji has told others he enjoys coming to our studio. He has a special affection for Master Vaughn, as DoJuNim understands the traditionalism that Master Vaughn has brought to our dojang. It was truly rewarding to see a very strong turnout for both of the September and October classes, and it was an honor to welcome students from other WTSDA dojangs who wanted nothing more than the chance to spend a few more classes with the Grandmaster.

Our final classes are basically a review of material DoJuNim has shared

with us previously, but he sees in our studio a means to carry on his art, and so he wants us to see his techniques many times so we can work to perfect them. But, as we have learned when DoJuNim corrects his own Grandmasters, one never achieves perfection, only improvement.

For those who have not yet taken advantage of what DoJuNim has to offer, time is running out. You do not have to have been in prior sessions to come away with a valuable lesson. You need only attend and have an open mind. What a shame it would be to have such a unique experience offered and not take advantage of it.

Achieving Black Belt

By Harry Sahu, Cho Dan

Getting my Black Belt is the greatest achievement in my life. Well, it all started three months before the test; my dad would make me study. It all depended on me. I couldn't let my family and my friends down.

The day of the Black Belt test I saw my friends from Black Belt camp. Then, I was talking with Justin and Aditya. When we started the test, we were nervous so we decided to sit next to each other when we did the written test. It wasn't hard at all. When we got to the physical test I thought I did pretty well. When it came to breaking I was nervous. I knew I could do everything but maybe not breaking. So when it was my turn, Dr. Thompson held the board for me. I broke all of them on my first try. I could not have done it without my parents and friends. When I got to know I passed I was really happy.

The day before I would get my Black Belt I was really excited but each minute felt like an hour. After the Demo Team performed, the people who were getting promoted to Black Belt attended a practice till like 11:00. In the practice, you had to practice how you would get your belt. It was like a small demo. On Saturday Alex, Aditya, and I would get our Black Belts. When we did our demo we had to say the Black Belt oath. After that our family members and friends got to meet us. We got a group photo. Nothing is impossible. TANG SOO!!!!!!!!!!!!!!!!!!!!!!



Testing Your Knowledge

By Scott Thompson, Sam Dan



1. The purpose of Tang Soo Do training includes all of the following except...
 - a. Better person
 - b. Sport
 - c. Self-defense
 - d. Better health
2. Which is one of the seven tenets of Tang Soo Do...
 - a. Loyalty to country
 - b. Honor friendship
 - c. Integrity
 - d. Self-defense
3. In the Korean flag, the symbol with two broken bars separated by a solid bar represents...
 - a. Water
 - b. Earth
 - c. Fire
 - d. Heaven
4. The Korean term for an outside/inside block is ...
 - a. Pahl Put Ki
 - b. Choong Dan Hang Jin
 - c. Yup Cha Ki
 - d. Phakeso Ahnu Ro Mahk Ki
5. The united Silla Kingdom was overthrown in the year...
 - a. 918 AD
 - b. 918 BC
 - c. 668 AD
 - d. 1392 AD
6. Chung Shin Tong Il means...
 - a. Humility
 - b. Balance
 - c. Concentration
 - d. Endurance
7. Bit Cha Ki is...
 - a. Axe kick
 - b. Wheel kick
 - c. Side Kick
 - d. Diagonal kick
8. After the Silla Dynasty was overthrown, a new kingdom called the _____ Dynasty was formed.
 - a. Yi
 - b. Koryo
 - c. Koguryo
 - d. Ming
9. The World Tang Soo Do Association's Charter Convention was held in the city of...
 - a. Philadelphia, PA
 - b. Burlington, NJ
 - c. Burlington, NC
 - d. Seoul, Korea
10. Grandmaster Shin's first instructor and the founder of Moo Duk Kwan was...
 - a. Won Kwang
 - b. Wang Kun
 - c. Hang Jung
 - d. Hwang Kee

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

Region 8 Fall Classic Tournament
By Matthew Golden, Cho Dan

This year's Region 8 Fall Classic tournament at Split Rock was a lot of fun because I had the pleasure of helping and working with the youth demo team on the Creativity Division demonstration. Our demo theme was called "Spies" and our team placed third! It was an honor to be a part of the team again. When our performance was awarded third place, it felt like all the hard work the kids put in had paid off.

Another thing about the Region 8 tournament that I really enjoyed was seeing all of my friends receive their Black Belts. Seeing them get their Black Belts was a reminder of how much work and training is involved, and it's nice to see how much they've grown with experience over the years leading up to this big milestone.



I had a great time watching others folks compete this year because I got to really see how other dojangs do their forms. I seem to always have the opportunity to make new friends at these events. At every tournament I've attended, there's been at least one new person in my ring, and it is always fun to get to know them and become friends.



Where Are They Now?

By Liz Francis, Tony's and Jake's Mom

Editor's Note: In this series we periodically feature a former Vaughn's Dojang student and provide an update on what he or she is doing now. The Francis family trained at Vaughn's Dojang for many years before moving to North Carolina in 2006.

Jake Francis

Jacob Francis left Pennsylvania to attend undergraduate school at the University of North Carolina in Asheville (UNCA). At UNCA Jacob studied Biology and Art. Also at UNCA, he met his wife, Gillian Logan. After he graduated, he was accepted at the University of Nevada, Reno for a Master's Degree. His topic was Bumblebee Pollination and Evolution. Bumblebees are unique pollinators. They have evolved to pollinate plants in the tomato family, by disengaging their flight wings and vibrating them to a specific frequency. This vibration releases the pollen to awaiting plants and the bumblebee. The bumblebee will then fly to the next plant and cross-pollination will occur. Here is a video from PBV discussing it: <https://www.youtube.com/watch?v=SZrTndD1H10>

Jake's ear is in this video, demonstrating the phenomenon.



University in the college of Wildlife, Fisheries, and Aquaculture in Starkville, MS. He studied American Beaver foraging, habitat suitability, and movement on Redstone Arsenal in Huntsville, AL. He recently defended his work and moved to a PhD position at Miami University in Oxford, OH. At Miami, Tony will be working with fresh water mussels.

Tony lives in Hamilton, Ohio with Brittany (lovely significant other), Zelda (big furry golden retriever), and Mussey (very sweet ferret). They are renting a house and in typical Tony fashion, he is talking about fishing, European Martial arts, and raising rabbits in the garage, while Brittany is focusing on working and apprenticing for body piercing and tattooing.



Tony Francis

Jake changed from getting a Master's Degree to working on a PhD. He received a NSF (National Science Foundation) grant for his research. Never forgetting that there is joy in life and work, Jake and members of his research lab made this video about bumblebees playing at the World Cup Soccer Tournament: <https://www.youtube.com/watch?v=gk3rO7u2KrU>

In addition to graduate school, Jacob married Ms. Gillian Logan in Charleston, South Carolina. They still live in Reno NV where Gillie is also studying at UNR for a MSW in counseling. The final member of the Francis in Reno family is Charlie, Jake and Gillie's dog. Charlie is a wonderful pet (Charles when he is in trouble). Jake, Gillie and Charlie enjoy biking, hiking and backpacking in beautiful Reno, Nevada.

Tony Francis moved to Fuquay Varina, NC in 2010. While in Fuquay he attended high school and was very active in the SCA (Society for Creative Anachronisms). He expanded his knowledge of martial arts stemming from Europe. He also trained and taught at Moo Son TSD. He attended Region 7 events including Black Belt camps, clinics and classes, and World Tournaments in Florida and North Carolina. He was awarded his Cho Dan rank in Region 7.

After graduation from high school, he moved to Asheville, North Carolina to attend University of North Carolina Asheville (UNCA), majoring in Biology. At UNCA, he worked on multiple projects ranging from the evolutionary consequences of parental care to ecotoxicological effects of road salts on Mole salamanders. When he graduated from UNCA, he attended Mississippi State



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Wise Guyz

KIDS

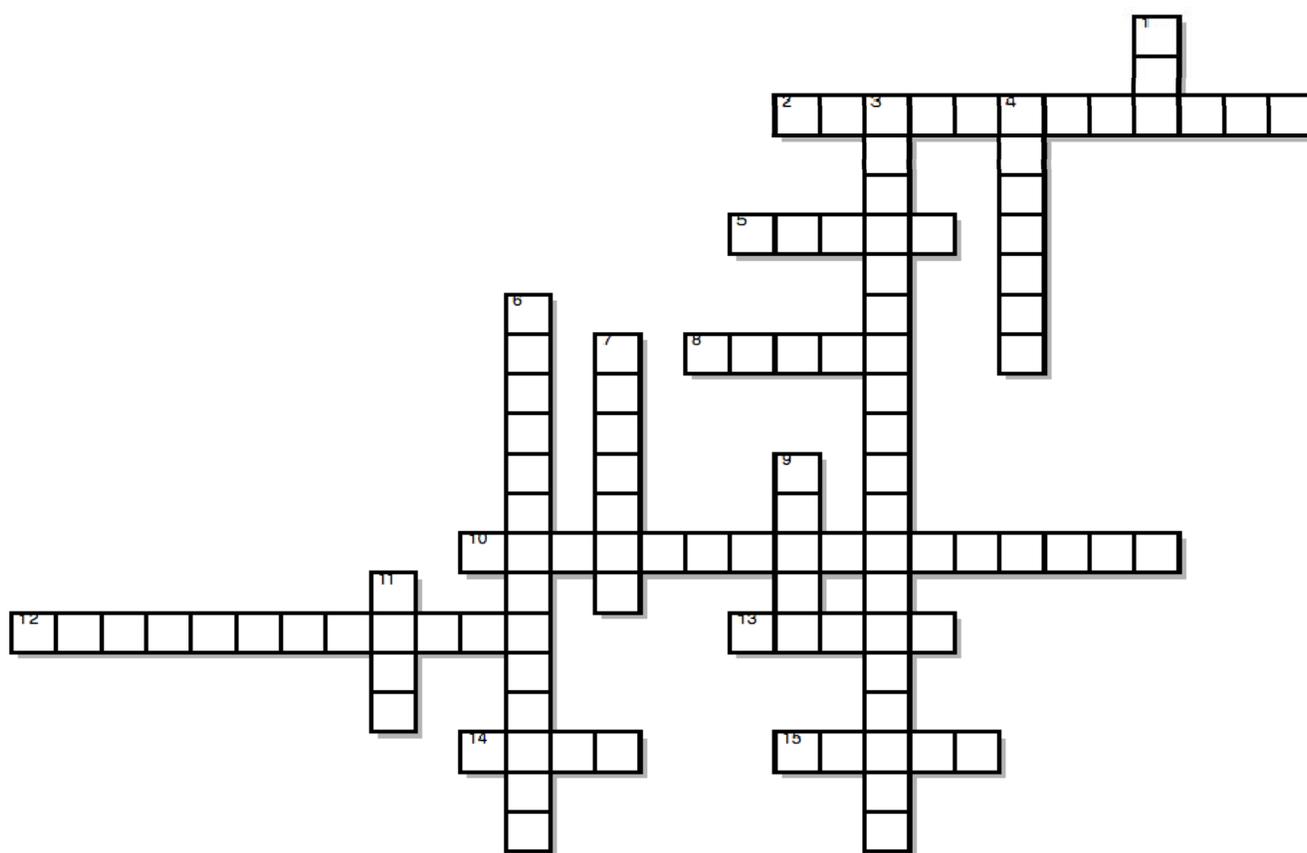
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present...

Tang Soo Do Crossword Challenge

Answers on Page 8

By Teresa Otto, Cho Dan



ACROSS

- 2 How do you say front stance in Korean
 5 What does the blue in the American flag represent
 8 What does "Shi Jak" mean
 10 What does "Bahl Poto Oly Ki" mean
 12 How do you say "thank you for the lesson" in Korean
 13 What does the symbol with two broken bars and one solid bar represent on the Korean flag
 14 What is the Korean term for foot

- 15 What is the capital of South Korea

DOWN

- 1 What is the Korean term for forehead
 3 What does the red circle on the WTSDA flag symbolize
 4 What does "Do Bohk" mean
 6 What is Ahp Nak Bop
 7 What is the Korean term for command
 9 What was the birth place of Kwan Chang Nim Shin
 11 What does "Moo Roope" mean

Holiday Bethesda Project, 2016

By Master Altiere

Unfortunately, the homeless continue to struggle for just the basic needs. Therefore, this year, as we have done for 17 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 (new) 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)
- Socks

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



Remember, one of the purposes of Tang Soo Do training is to be a better person; helping others is one way to meet this requirement.

If you are able to donate any of these items it would be greatly appreciated, though you are by no means obligated to donate. Also, if you prefer to donate money, Master Altiere will purchase the items.

Please start giving your items to your instructors or place your items in the box at VFMA. Master Altiere 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.

Japanese Man Uses Karate Skills to Fight off Snarling Bear

Source: AFP•September 2, 2016

Submitted by Wayne Rosenkrans, Sah Dan

Tokyo (AFP) - A Japanese man who came face-to-face with a snarling bear took things into his own hands – and unleashed his karate skills on the beast.

The 63-year-old was fishing in a mountain creek when the 190-centimetre (6-foot 3-inch) creature set upon him in what he said was an unprovoked attack.

In scenes seemingly reminiscent of Leonardo Di Caprio's epic tussle with an angry bear in the Oscar-winning film "The Revenant" – Atsushi Aoki was bitten and scratched repeatedly, including on his head.

"The bear was so strong, and it knocked me down," Aoki told Tokyo Broadcasting System.

"It turned me over and bit me right

here," he added, pointing to his bandaged leg.

But instead of trying to outrun the beast – an Asian black bear – the fisherman decided he would use his well-honed karate skills.

After assuming a fighting stance with his right fist in front of him, Aoki jabbed at his attacker's eyes, which sent the creature scrambling away into the woods.

"I thought it's either 'I kill him or he kills me,'" Aoki told public broadcaster NHK.

The plucky fisherman managed to get back to his car and get himself to a hospital in Gunma, northwest of Tokyo, despite the mauling that left him with injuries to his head, arm and leg.

"He drove himself to hospital, and he even remembered to grab the fish that he had caught," a local police officer told AFP.

The ursine adventure was hailed in the Japanese press as a man-versus-nature tale of triumph.

"Man fights off bear with bare hands!" the Nikkan Sports tabloid screamed.

Despite media excitement over the episode, authorities in Japan advise against this course of action when confronted by one of Japan's numerous wild bears.

Earlier this year four people were killed in separate bear attacks.

- Crossword Puzzle (page 7) Answer Key**
- | | |
|---|--|
| <p>Down</p> <p>1. ima</p> <p>3. unthandbrotherhood</p> <p>4. uniform</p> <p>6. frontbreakfall</p> <p>7. kuryung</p> <p>9. korea</p> <p>11. knee</p> | <p>Across</p> <p>2. chunkuljaseh</p> <p>5. unty</p> <p>8. begln</p> <p>10. frontstreichkic</p> <p>12. komapsumnida</p> <p>13. water</p> <p>14. bahl</p> <p>15. seoul</p> |
|---|--|

Congratulations!

To the following Spirit Belt recipients:

Audubon Dojang Brandon Brickman
Phoenixville YMCA Arushi Modi

To Our Newest Cho Dan Bo:

Gavin Long

To the following new and recently promoted Black Belts:

Cho Dan

Justin Fan
Greg Forte
Dwayne Gable
Arnav Gupta
Alex Murphy
Aditya Pasumarthi
Harry Sahu

E Dan

Leo Li
Frank Yetnick

Sam Dan

Joshua Pulley

Master

Kristen Winsko



And to the Vaughn's Dojang Demo Team for Their
Third Place Finish in the Region 8 Creativity Competition!

JUST FOR KICKS



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!

BRING YOUR OWN CAKE BEVERAGES & PAPER PRODUCTS!

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.

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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 Master Altieri if you are not already assigned.