



Dragon's Den

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Upcoming events:

Aug. 25—Eastern Championship
Sept. 15—Region 8 Dan Testing
Sept. 21-23—East Coast Ki Gong Clinic
Oct. 19-20—Region 8 Championship
Oct. & Nov.—Annual Brick Campaign
Nov.—WTSDA 25th Anniversary

Balance

By Master Vaughn

How many of us really feel good about who and what we are? Our teaching in Tang Soo Do tells us we are on a path of never-ending, constant improvement, but does that mean we are never to be satisfied with ourselves? If we search the codes, tenets, or fourteen attitude requirements, we find nowhere does it read we are not to like who we are.

A portion of the enlightenment we gain in our study of TSD gives us an in-depth look at ourselves. It allows us to "see ourselves as others see us."¹ In the end this revelation should lead one to be a better person, which in turn leads to a satisfying feeling about who and what we are.

I believe one of the greatest accomplishments we can achieve along the path of enlightenment, is to feel good about living in one's own skin.

I can remember, shortly after making Black Belt, feeling good just at the thought of making it to class at the week's end, and how that feeling made my days go better.

How about the feeling you get after a hard workout? Doesn't that feeling bring you back for more of the same?

When you think about it, doesn't the reason you practice martial arts have a lot to do with the way you want to feel

about yourself? Isn't it because you feel better when you practice, and feel like you have been cheated when you don't, or am I the only one?

One of the Fourteen Attitude Requirements states, "Do not be overly ambitious." I believe this holds a subtle message about knowing when enough is enough, and too much is too much.

I have come to the conclusion that the key to the good feeling is to "get over the hump." This is a phrase I use to describe how to approach the hard work involved in serious martial arts practice. If one goes at the training looking to avoid as much extra work as one can, then that person never gets over the hump. Once a practitioner accepts the struggle as part of the deal, then they are on their way to fun and fulfillment.

My point: striving for excellence in Tang Soo Do is good. Setting expectations too high or too soon can be as detrimental as not striving enough. Finding that balance in training is crucial in the development of sound character, and a must in the making of a good Black Belt.

Obtaining balance in one's training will inevitably lead to balance in one's life. This in turn leads to a joyful feeling about being alive.

¹ *To a Louse*, by Robert Burns

Adult Black Belt Camp

By Scott Thompson, Ph.D., Cho Dan Bo

For the past three years, I had heard a great many stories about Black Belt Camp. Now my chance to experience it myself was finally here. For me, there were many highlights from this camp—special sessions instructed by Masters and senior Black Belts, performing Naihanchi Cho Dan repeatedly to Kwan Chang Nim's drum beat for an hour along with a group of nearly 400 students, the social time and camaraderie amongst fellow students, and yes, even the Gong Show—all of which I will never forget.

This year's camp began the same way as previous ones (or so I've heard), with lectures Friday evening. I saw a common theme in this year's lectures: that of self-realization and opening ourselves up to others. The first lecture was given by Master Manculich, who spoke about genealogy. I thought the most intriguing aspect of his lecture was that by understanding our family history and certain elements of it such as birth order, we can gain a greater understanding of ourselves. The second speaker was Master Robinson, who spoke about the importance of not "hiding behind your belt," but instead opening yourself up to others and to self-inspection. The final lecture of the night was given by Mr. Jim Brenner, who also shared something from his personal life with everyone—that he has Parkinson's disease. Most of us at one time or another in our lives or Tang Soo Do careers have had to overcome something, but the battle Mr. Brenner is fighting is a life-long one. It was truly inspirational to hear from him how he has chosen to handle his illness and the role Tang Soo Do has played in his effort to overcome the challenges that come along with it.

After the lectures, the students from Vaughn's Dojang gathered at a local pizza joint. This was one of the best parts of camp. It was an opportunity to relax and socialize with other Vaughn's students. Throughout the year, there are some students you see very often because they are in your classes or they are your instructors, but the social times during Black Belt Camp are an opportunity to build stronger relationships with the Vaughn's students that you don't know that well. It certainly was great to see everyone together having a good time, and the best part is that we got to do it again Saturday night. This camaraderie extended into our living arrangements, where most of the Vaughn's students were rooming in the same dormitory building, and into meal time when students from Vaughn's could always be found eating together.

The next morning, we all met in the gym for roll call and Ki Gong. I had never done Ki Gong before, but I had seen people practicing it most every Saturday morning before the 9:00 class, so I had some idea of what it was about. Even then, by the end of the session I was surprised at how physically and mentally relaxing 45 minutes of Ki Gong could be.

After breakfast and a quick shower, we all found ourselves lining up on the soccer field for the beginning of the physical part of Black Belt Camp, starting with the first of three sessions to be chosen from a number of topics that included knife defense, flexible weapons, judo, grappling, tai-chi, and kung fu. I was unique among the students from Vaughn's in that I took the CPR training class. Even though I had to miss

participation in one of the special sessions as well as group hyung and conditioning, I was glad I took the CPR class because as I found out, a lot has changed in the 13 years since I last had CPR training.

After lunch, we again gathered on the field, but this time we separated into groups by rank and received training required for our next rank. The Cho Dan Bo group worked on hyung and bong hyung, and later in the afternoon, on one-steps. After hyung training, I finally got the opportunity to participate in one of the Masters' seminars, choosing flexible weapons with Master Homschek. I never knew that there were so many self-defense techniques that could be executed with a piece of rope.

In the evening after dinner came the talent show, a.k.a., the Gong Show. This is an event that is sometimes dreaded by Vaughn's Cho Dan Bos, and I have to admit that I was a little bit nervous myself even though I am used to speaking in front of large audiences. In spite of having a few butterflies in our stomachs, I, along with my fellow Vaughn's Cho Dan Bos, had a lot of fun planning and performing our comedy routine and we got a lot of laughs from the audience (see inset for the "Top Ten Signs You're a Tang Soo Do Addict"). And if we hadn't had enough laughs already, Kwan Chang Nim concluded the evening by showing a "Mr. Bean" video that had us laughing even more.

Sunday morning began just as Saturday morning had, with Ki Gong and another opportunity to participate in a special session, but one of the highlights of this day for me was group hyung, during which we performed Naihanchi

Cho Dan repeatedly for nearly an hour to the beat of Kwan Chang Nim's drum. One would think that performing hyung for an hour straight would be enough to cause most people to drop to the floor in exhaustion, but I'm convinced it's true that you derive energy from others on the floor...and 400 people create a lot of energy. Most importantly, I'm sure we all left the floor being able to perform Naihanchi Cho Dan

(Continued on page 3)



Black Belt Camp*(Continued from page 2)*

better than we could when the session began. The second highlight of the day for me was an activity in which I did not even participate—watching several of my fellow Vaughn's students receive promotion to their next rank. I was very happy for them and felt encouraged to work even harder so that I too can someday be out on the floor receiving my Black Belt from Master Vaughn.

As the graduation ceremony concluded, so did my first Black Belt Camp. Now I am left with the new knowledge I have gained and new friendships made, and my memories of all I experienced during the weekend. I am also enthusiastically looking forward to next year's camp, and if you haven't yet attended an Adult Black Belt Camp, you should look forward to it too because it truly is a great experience.

Top Ten Signs You're a Tang Soo Do Addict

10. You're so accustomed to bowing when you enter and leave your dojang that you bow whenever you walk through any doorway.
9. You enjoy limping around and having to explain to everyone how you got this week's injury.
8. You use roundhouse kicks and spear hand punches to push elevator buttons.
7. You open and close doors with spinning back kicks.
6. Your partner for flexible weapons training gives you a rope burn on your neck...and you invite him to try the technique again.
5. You think the furniture in your house is just something to hold on to while you practice kick techniques.
4. You throw away any furniture not being used for practicing kick techniques in order to make room for your trophies.
3. You have only five books on your coffee table and they're all written by Kwan Chang Nim.
2. Your house has more bongs in it than a Cheech and Chong movie.
1. You get out of bed in the morning and your joints are making noises like a bowl of Rice Krispies, but you still make it to Saturday morning Cho Dan Bo class.

**Testing Your Knowledge**

By Rick Mentley, E Dan



Be sure to look up any Korean term that you don't know!

1. In 1968, Grandmaster Jae Chul Shin established the U.S. Tang Soo Do Federation at his first school in...
 - a. Philadelphia, PA
 - b. Camden, NJ
 - c. Burlington, NJ
 - d. Los Angeles, CA
2. What does Pyung Ahn mean?
 - a. Calm & balance
 - b. Safety & peace
 - c. Calm & peace of mind
 - d. All of the above
3. The Korean term for neck is...
 - a. Mahk ki
 - b. Mok
 - c. Chu mok
 - d. Pahl mok
4. The circle of the Um Yang symbol on the Korean flag represents...
 - a. Honor and friendship
 - b. Traditionalism and professionalism
 - c. The absolute or essential unity of all beings
 - d. North and South Korea
5. Group of aristocrats responsible for much of the Korean martial arts development during the unified Silla dynasty:
 - a. Hwa Rang Dan
 - b. Muyong Chong
 - c. Ki Cho Woon Dong
 - d. Mooyae Dobo Tongji
6. The number of moves in Bong Hyung Il Bu, Bong Hyung E Bu, and Bong Hyung Sam Bu, respectively, is...
 - a. 22, 25, & 28
 - b. 23, 28, & 28
 - c. 25, 28, & 30
 - d. 28, 28, & 30
7. The Korean term for Hand is...
 - a. Sohn
 - b. Soo
 - c. Soo Do
 - d. a or b
8. In what year were the Sae Kye hyungs created?
 - a. 1870
 - b. 1982
 - c. 1984
 - d. 1987
9. The third Code of Tang Soo Do is...
 - a. Honor and friendship
 - b. No retreat in battle
 - c. Finish what you start
 - d. Honor friendship
10. In what field did Grandmaster Jae Chul Shin earn a masters degree from Korea University?
 - a. Political Science
 - b. Education
 - c. Physical Therapy
 - d. Business Administration

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

Kick-a-thon for St. Jude

By Kristen Winsko, E Dan

On May 5, 2007, Vaughn's Dojang sponsored a kick-a-thon to benefit St. Jude Children's Research Hospital. Nearly 30 students kicked 14,588 times, raising over \$5,000 for the hospital.



The event lasted about two hours, with students and instructors on hand to help count kicks. The students began the kick-a-thon by performing six different kicks in drill format so that each student achieved a good base number of kicks

(104 kicks). Then, three competitions took place where students performed as many kicks as possible in each of the competitions. In two minutes, Mr. Josh Lucas, E Dan, kicked the target 273 times. Against the heavy bag, Stacey Magner, 1st gup, kicked 500 times without stopping. Mason Lucas, Cho Dan Bo, won the jump kick competition by completing 104 jump kicks in two minutes. Finally, the event concluded with a breaking session where ten students broke 57 boards—with Mr. Josh Lucas breaking nine out of ten boards at the same time with a single punch!

Mr. Vu's class took the lead with the highest number of students participating. There was participation from all classes—even the Tiny Tigers/Little Dragons participated. Several students kicked over 700 times each, with the top three being Jenica Anderson, Stacey Magner and Jimmy Raby with 744, 742, and 763 kicks respectively. Master Vaughn and an

anonymous donor each donated a bike to present to the two students who raised the most money. Ms. Hannah White, 6th gup and member of Vaughn's Special Dragons class raised \$380 and took home one bike, while Aileen Broomell, an 8th gup student in the Tuesday/Thursday 7:00 class, raised over \$500 and took home the second bike.

Special thanks to all who participated, collected money (many who could not attend turned in flat donations anyway), or helped out that day. With the success of the drive, we hope to make the kick-a-thon an annual event!



Self-Defense Seminar

By Kristen Winsko, E Dan

This spring, Vaughn's Dojang hosted a unique self-defense seminar over the course of two Saturdays during the end of April and beginning of May. This two-part seminar was held at Christ's Church of the Valley in Collegetown, Pennsylvania. We started things out a little differently than at most of the seminars held—Sah Bum Nim reviewed numerous Bible passages that described the right (and in some cases need) to defend oneself. Often, the participants in these seminars talk about how they believe they might have trouble defending themselves. Sah Bum Nim reminded everyone that the Bible discusses that it is appropriate to defend yourself, and those you love. Normally, the seminars Vaughn's sponsors are limited to women, but like the demonstration at the Restaurant School held back in November of last year, these two days were open to any person who wanted to attend.

Since there were children present, we split into groups after brief introductions of the Black Belts and gup students there to assist. The children's groups were led by Mrs. Janet Luneau and Mrs. Linda Huller. They, through games and diagrams on a black board, reminded children of the importance of knowing not to talk to strangers, how to get help, and that it's ok in certain situations to make lots of noise (something they all were excellent at!). The children received coloring books with self-defense tips and they finished each day by learning to kick and punch targets.

With the adults, we introduced some basics. We talked about the importance of body language and using one's voice to call attention to a dangerous situation. The attendees practiced walking with confidence and learning how to yell. Some tried to ki hap; others just yelled "help" or "fire" or whatever came to their heads as loud as they could. After

reviewing these things, we discussed the importance of awareness and the statistics associated with the identity of perpetrators of violent crimes.

We kept everyone moving both days. The attendees got to practice some of the basic self-defense techniques that we learn and teach. They practiced 1 through 5 and then a number of the advanced techniques. The Q&A session led to the demonstration and practice of some of the techniques from the ground as people asked how to get out of particular situations. Both days were tremendously successful, with approximately 40 attendees at each seminar. And, the attendees were quick to thank Sah Bum Nim and all the assistants for the information passed along. Hopefully, the awareness that we teach at seminars such as these will make both the attendees and the community we live in safer.

Dojang Updates: News on Recent & Upcoming Events

WTSDA 25th Anniversary

By Robin Newman, Sam Dan

This year is the 25th anniversary for the World Tang Soo Do Association (WTSDA). It is with great pride and enthusiasm that Vaughn's Dojang will celebrate this achievement in November. Committee members are needed to assist in organizing this affair. Please contact Mrs. Robin Newman at tinkylee@att.net if you would like to be a part of this special event. Look for upcoming flyers with details as we get closer to our celebration.

Annual Brick Campaign

By John Collins, Cho Dan

Grandmaster Shin has had a dream of building or purchasing a suitable World Headquarters for the World Tang Soo Do Association for many years now. We've come close a few times in the last several years—finding some land, but being unable to build for zoning reasons, and finding an existing building which ended up having significant hidden costs to make suitable.

We are determined to help fulfill Kwan Chang Nim's dream of finding or building a World Headquarters, but as we work toward that goal, materials prices continue to rise sharply. Each year, Vaughn's Dojang sponsors a "Brick Campaign" to help fund this project. Anyone can purchase a brick in the new building for \$40; all donors will receive a brick certificate from WTSDA Headquarters. Last year, we raised several thousand dollars in our brick campaign.

In conjunction with the WTSDA's 25th Anniversary, we will conduct our annual Brick Campaign during October and November. Our goal is to sell 100 Bricks!!! Please start to budget for the purchase of your brick(s), and stay tuned.

Dojang Spring Cleaning

By Frank Altieri, Sam Dan

Our annual Spring cleaning of the Dojang took place on May 19th. Over 60 students attacked this project with smiles on their faces, and within 3 hours our Dojang was shining from the floor to the ceiling. We accomplished a lot on that sunny Saturday morning. Everyone went to work without complaining—everyone worked hard to ensure our Dojang would look brand new after we completed this task. We scrubbed every part of the studio, from the mats to the windows to the closets and bathrooms; nothing was missed. We even cleaned the attic, hung bamboo shades in the front office, and power washed the front patio and brick. Everyone that participated on this day knows they were living the fourteenth Attitude Requirement: "Cleanliness is required after training. Keep yourself and your surroundings clean." Take pride in what we accomplished on May 19th. It was actually fun working with our fellow students and eating the donuts that Dr. Thompson supplied.

As Master Vaughn has said many times, "many hands make for light work." Thank you for being a "cleaning warrior" on May 19th.

Support the Troops Drive Results

By John Collins, Cho Dan

Many thanks to all who supported the Troops by contributing money or morale items. We collected over \$600 worth of snack items, books and magazines, music CDs, and movie DVDs for the troops serving in Iraq. Your support means a lot to these fine men and women. If you missed this drive and would still like to donate, we can always send more at any time.

The Malvern Parade

By Robert M. Sharples, Sam Dan

On Sunday, June 3rd the town of Malvern held their annual Memorial Day Parade. As they have done numerous times before, Vaughn's Dojang had people there representing them in the parade. In previous years, Vaughn's has always had a large showing at this parade. Unfortunately, for the last two years, adult Black Belt camp has been scheduled for the same weekend. Thus, many Vaughn's Black Belts have been unable to participate in the parade. In addition, on this weekend this Black Belt can attest to how bad the weather was. If it was not raining, it looked like it was about to rain. On several occasions before the parade started, Mr. Jim Adams and I walked around (umbrellas in tote) searching for an official who could give us a definitive answer on whether the parade was going to happen. The rain was not heavy, but it was steady at the start. Nonetheless Vaughn's still had a strong showing from a small but truly devoted group of people. Those who did show up can know that they deserve real recognition. Also, this Black Belt would like to give thanks to those from Iron Circle Karate who showed up and marched with the kids from Vaughn's. With them the World Tang Soo Do Association looked all that much better and more professional.

The parade itself had a surprising number of spectators who showed up given the weather; there was no shortage of people to watch the kids in white pajamas do a form and breaking demonstration. Along the way, the group of active youngsters would give a loud "one, two, three, TANG SOO" shout to let all within earshot know just who they are. The only difficulty experienced (a minor one) was when the Tang Soo Do students had to make a quick dash to catch up with the rest of the parade while maintaining formation—something they did quite well considering the average age out there even with the Black Belts figured in was less than thirteen. At the park at the end of the parade, the Vaughn's and Iron Circle students gave a quick demonstration of a few more forms and several board breaks. Sadly, it was decided to break before the conclusion of the invocation because of the weather which had never ceased to be questionable at best. All in all it was a good parade for Vaughn's Dojang, with many more expected in their future.

Vaughn's Dojang Featured in WTSDA Foundation News

Have you read the July issue of *WTSDA Foundation News*? The front page article, titled "Vaughn's Dojang Takes its Responsibility to the Community Seriously," highlights the numerous community and charitable projects Vaughn's undertakes each year. If you haven't already done so, be sure to pick up a copy at the dojang.

Grandmaster Shin's Books & WTSDA Journals— A Valuable Investment In Your Tang Soo Do Training

By Rick Mentley, E Dan

Raise your hand if you own the complete set of Grandmaster Shin's books (at least Volumes I through III). What??? You mean there are still some of you out there who don't? Well let me tell you, you are really missing out on something extremely valuable to your Tang Soo Do training. Purchasing Grandmaster Shin's books, which I did as a 10th Gup, was one of the best investments that I ever made as a martial artist—even more valuable than a good pair of shin guards!

By the time you are eligible to test for Cho Dan (or higher), it is required that you own at least the first 3 volumes of Grandmaster Shin's books plus *The Legacy* (a history of the World Tang Soo Do Association, written by Master Vaughn). But believe me, you need these books long before you're even close to being ready to test for Cho Dan. Grandmaster Shin has published 5 volumes which are packed full of detailed descriptions (using both text and photographs) of all the Tang Soo Do techniques that you'll need in your quest for Black Belt Excellence. The first 4 volumes also contain a list of English translations of all of the Korean terms used in the book. In addition, the books describe the historical and more philosophical aspects of our art, which I think help you to begin to have a deeper understanding of what it means to be a Tang Soo Do practitioner.

Volume I, The Essence is an introduction to the art of Tang Soo Do. It begins with sections on the philosophical, historical, and cultural aspects of our art including biographical information on Grandmaster Shin and the formation of the World Tang Soo Do Association. The book also covers the mental and physical aspects of training, including discussions of meditation, warm-up and stretching, vital points, and the generation of force (power). Many of the questions on the Cho Dan Bo and Black Belt tests cover material from Volume I.

Volume II, The Basics describes each move in the 3 Sae Kye hyungs and the 5 Pyung Ahn forms, as well as Bassai. Without this book it would have taken me so much longer to learn my forms. After learning a new form in class, there is no way that I could remember all the moves once I got home. Using what I learned in class as a starting point, I would always go through each move in the form as it is described in Volume II. I would have a much deeper understanding of the form after using the book. I would then be ready to practice the form more in class—

concentrating more on refining the techniques rather than just learning the sequence of moves. Volume II also contains descriptions of the basic techniques (ki cho) that are the foundation of Tang Soo Do—from basic stances to various blocks, strikes, and kicks. It also includes more advanced techniques such as jump kicks.

Volume III, Dae Ryun contains detailed descriptions of all of the il soo sik dae ryun (one-step) techniques (30 hand and 30 foot techniques), as well as the details of each of the 30 ho sin sul (self-defense) techniques. Practicing your techniques is so much easier when you have this book available. Volume III also describes 2-step and 3-step sparring, free sparring, group sparring, joint manipulation, as well as break falls.

Volume IV, The Advanced Hyung includes descriptions of the first 3 bong forms, as well as the Naihanchi forms, Sip Soo (needed for Cho Dan), the Dan Gum (knife) form (needed for Sam Dan), Jin Do (needed for Sam Dan), Ro Hai, and Kong Sang Koon (needed for Sah Dan). To get to Cho Dan Bo, you need to know the first 2 bong forms and Naihanchi Cho Dan. Since this book includes the bong forms, you can start using it as early as brown belt. Just like with the forms in Volume II, you can learn the weapons and advanced open-hand forms much more quickly using Volume IV. Volume IV also has instructions on bong twirling, as well as historical information on the use of weapons in martial arts.

Volume V, Instructors Manual contains a wealth of information for instructors, assistant instructors, and future instructors. Topics include instructor qualifications and responsibilities, teaching techniques, student testing, first aid, and operating a dojang.

In addition to the 5 volumes by Grandmaster Shin, the WTSDA has also published 4 volumes of the *Tang Soo Do Journal*. Volume I focuses on Ki Gong, which is a system of training that provides all the mental and physical benefits of yoga, Tai-Chi, and meditation in one discipline (members of the Ki Gong Club meet at the Audubon dojang on Saturday mornings). Volume II is a great study guide for the Cho Dan Bo and Black Belt written exams (which accounts for 50% of your total test score!). It contains numerous multiple-choice questions to help you review material from Volumes I through V of Grandmaster Shin's books. Volume III,

entitled *Perspectives on the Tao of Tang Soo Do*, is a journey into the more philosophical aspects of our art. Volume IV, *The Legacy*, is a history of the World Tang Soo Do Association written by Master Vaughn and is a must-read for all practitioners of our martial art. As Grandmaster Shin states in his introduction to *The Legacy*, "To understand our past helps us to enforce our attitude and goals for the future." I especially enjoyed reading the interviews with the Masters.

Now don't get me wrong, this article is not designed to bring more money into the WTSDA by generating more book sales (although every dollar of book sales goes directly to funding the new World Headquarters). On the contrary, this is a subject that I feel strongly about. I truly cannot imagine being a Tang Soo Do student without Grandmaster Shin's books, and I want others to know what a valuable resource and training tool they are. I refer to them all the time; you should see all the handwritten notes in my books.

When it comes time to prepare for your next test, you will be glad that you have Grandmaster Shin's books. As you attain higher rank, you are expected to know more and more moves and techniques. By the time you are preparing for your first Black Belt test, you must be proficient in 30 one-step hand techniques, 30 one-step foot techniques, 30 self-defense techniques, 11 open-hand forms, and 2 bong forms. That's a lot of techniques to have stored in your brain! There is simply not enough time in your regular classes to adequately review everything. You must practice at home to become truly proficient. When a question arises at home about how to properly execute a move, what will you do? You can either skip over the technique and hope you sort of got it right, or you can simply look up the technique in one of Grandmaster Shin's books and continue practicing—confident with the knowledge that you are doing the technique properly.

So kids, if you don't have Grandmaster Shin's books, let your parents or grandparents know that they make a great birthday or holiday present. If you're one of those hard-to-buy-for parents, drop a hint to your family that these books make a very thoughtful gift. And remember, you get a discount if you order the books as a set. You can also request, for no additional charge, a personalized inscription from Grandmaster Shin. These books will be greatly appreciated by any Tang Soo Do student who receives them!

Adventures in North Carolina
Or
The Birth of Moo Son Tang Soo Do
 By Liz Francis, Sam Dan



Of all the thoughts that flew through my brain when Mr. Francis told me they wanted to transfer him to North Carolina, the most exciting was this—We could start our own World Tang Soo Do School!!!

Unlike Region 8, where you can't swing a cat without hitting a WTSDA School, North Carolina only had two programs—in Charlotte and Chapel Hill. We were moving to Fuquay-Varina (no I don't know the history of the name yet) and the area was wide open.

Months before we had a house, we had a location to hold classes. There were many things in our favor to help us start a school. Three former Vaughn's students from the Pottstown YMCA were in Fuquay-Varina—Mr. Troy Elder, Ms. Amber MacMiller and Mr. David MacMiller. Master Vaughn was always available to answer questions or bounce ideas off of when we weren't quite sure of something. Master Mars (in Chapel Hill, 45 minutes away) and Master Dunn (Region 7 Director) were willing and able to assist us in any way they could. Mrs. Francis was able to work full time on Moo Son Tang Soo Do. And both Mr. & Mrs. Francis had previous experience with customer service, marketing, and business in their day jobs that could help.

But I feel that there are three factors which have led to our success and which will allow us to continue to grow and succeed.

- The core of World Tang Soo Do as designed and developed by Grand Master Shin—Traditionalism, Professionalism and Brotherhood

- Our experience of teaching and receiving instructor training with Master Vaughn

- Networking

Traditionalism, Professionalism and Brotherhood will be what sets us apart from the myriad martial arts schools that are in our area. Many martial arts schools stress brotherhood and camaraderie. Some martial arts schools are traditional. Too many martial arts schools are not professional. Of all the complaints I have heard from students with previous experiences in the martial arts, this is one of the most common. They were not professional schools. Not that the instructors were dishonest or poor martial artists, just that they were not professional, not organized, not consistent.

All of us who have taught for Master Vaughn have learned not only how to be great teachers, but how to deal with difficult students or parents, how to organize our processes (testing, paperwork, etc.) and how to interact with other groups (YMCA, schools, Girl Scouts, etc.). The experience we gained teaching for Master Vaughn have enabled us to forego many painful lessons. I must admit, there were times when I was in instructors' class practicing "The Introductory Lesson" when I really wanted to be sparring. Or I was reviewing the retention statistics with Dr. Rosenkrans and I wanted to be doing hyungs. But now I know how valuable both the

introductory lesson and retention are, not more than hyungs and sparring but in addition to them.

Networking may be the overused word of our time, but it has been a huge benefit to the success of Moo Son. Working with the Chamber of Commerce and the Education Council in Fuquay-Varina has been one of the best ways we have for finding students and setting up classes. Growing relationships with our new Region 7 family has not only given us new friendships, but has offered many opportunities for assistance. Friendly discussions with other martial artists (non-WTSDA) in the area have proven fruitful both personally and professionally. Face time with folks in the gym, at the grocery, and at school functions have also been extremely beneficial to finding students and branding our name in our new community. And though we may not want to use the trite term "networking" when we talk about our family, the support we get from our Vaughn's family has been invaluable. Many of you have given us your thoughts and opinions on ideas, answered questions on protocol (yes, always protocol!), helped with web pages (thanks Mr. Geiser!! I know I owe you information), marketing, and advertising. And this is all in addition to the goodwill, encouragement, and love we already get from Vaughn's.

Moo Son Tang Soo Do is not only WTSDA and Mr. and Mrs. Francis, but it is really all of Vaughn's. Without all of you, we would not be who we are. Our success is your success. Thank You!!

Adventures in North Carolina—10 Rules

1. Be Professional—Always.....even if it costs more or seems like overkill.
2. Protocol—Mr. Francis is Sah Bum Nim 1st, Mrs. Francis' Boss 2nd, & Mrs. Francis' husband 3rd.
3. Never criticize other kinds of Martial Arts or Martial Art Schools.
4. Always ask "Have you studied Martial Arts Before?"
5. Always get a signed waiver before anyone does anything.
6. Listen more than you speak.
7. Network Network Network
8. Don't Say "Well in Region 8....." Be flexible to differences and see them as opportunities.
9. Customer service is important.
10. Don't lower the bar...in training, in business, in teaching.

Preparing for the Cho Dan Bo Test

By Dr. Wayne Rosenkrans, Sam Dan

with contributions from Sandy Lipstein and Frank Altieri, Sam Dans

Three years—three years (or maybe more) since you walked through the doors of the dojang and put on the all-white uniform and belt of the newest student. You've struggled with understanding the blocks and attacks, kicks and forms, one-steps, self-defense moves, and worked to perfect your sparring. In a certain sense, putting on that white belt was your first rite of passage in Tang Soo Do—now you face your next.

There's a reason the red belt is called the 1st gup. It signals that you've reached the top rung, the 1st rung, on the colored belt ladder. Now the time has come to take the next step, to trade the colored trim you've worn since green belt for a uniform that once again is all white and start on the final path to Black Belt. But first, you have to navigate the Cho Dan Bo test. Just as the all-white uniform signifies new beginnings, the test is not like previous tests you've been through. You must demonstrate your knowledge of Tang Soo Do, both physical and intellectual, to a panel of judges—the traditional Shim Sah. The test is not a recital, or a celebration, it is a test—how you perform that night before that panel determines whether you wear the blue belt, or are invited to repeat your performance at the next test. In keeping with the spirit of the test, not all candidates succeed their first time, in fact about half are given additional time to further hone their knowledge.

Preparation for the test is mostly the responsibility of the individual (but not entirely), and involves both physical and mental training. Remember the 14 attitude requirements in your gup manual. All are applicable for the CDB test, but several in particular are instructive; know the theory and philosophy, practice techniques already learned, and regularly spaced practice sessions. You should know all the techniques you need to know at this point, but you have to demonstrate not only that you know the technique, but also that you understand how to apply the technique. Just walking through punches in drill won't be enough; you have to show that the punch would work, that you see the opponent in your mind's eye. In your forms, each attack and defense must be purposeful and executed to the best of your ability. In your one-steps and self-defense you must show that you understand how the technique is designed to work and execute it effectively.

To hone your knowledge to that level, you must practice and you must practice regularly. The test is physically rigorous; it's designed to help you find your own performance envelope and go beyond it. For most candidates, attendance at only the two normal class times is not sufficient preparation. The special CDB class on Saturday mornings is intended to specifically prepare candidates for CDB and Black Belt testing and should be attended regularly as part of your preparation. While you are responsible for your own preparation, you can, and should, call upon others in the studio to help you. Perfect practice of the wrong technique results in a well-honed wrong technique. Seek out one of the Black Belts to watch your forms, or practice jump kicks with you. Better yet, get an early start on the mentor program by picking a mentor to work with. Speak with your instructor about stepping out of regular class time to work on technique, or just to work on conditioning. Chances are, they'll be able to assign a senior rank to work with you. Don't forget the people that will be testing with you. As the old saying goes, "There's strength in numbers," and working together as a team to prepare can be extremely rewarding.

Preparing intellectually and emotionally for the test is, in many ways, just as important as the physical preparation. Some time back you showed your dedication to the art, and determination to persevere until successful, when you joined the Black Belt Club. You will, of course, have studied your manual and Grandmaster Shin's first three books in preparation for the written test (just as in the Dan test, failure on the written test automatically requires that you test again), and have carefully prepared your essay (see previous article on writing the Dan essay). The Cho Dan Bo test, however, is a test of more than just book knowledge and physical prowess—it also tests your ability to demonstrate the seven tenets in practice. Do you show integrity, concentration, and perseverance in your performance? Have you shown respect, self-control, humility, and indomitable spirit in how you handled the test itself? To do so requires intense mental and emotional preparation culminating in your performance that day. By the time the test day actually arrives, you should have

rehearsed every aspect of the test in your mind dozens of times. You will have felt how you will draw the energy you will need from your fellow candidates, and how you will support their needs on the floor. You'll know how you'll hold the target for your partner for jump kicks so they can excel, and how you'll be able to rely on them to ensure your 1-steps are displayed to their best advantage.

So now the test day itself is here. You've carefully prepared all the required documentation listed in the preparation pack received from your instructor, and passed your written test. You've trained hard, asked for help where you needed it, and prepared yourself mentally and emotionally. What can you expect? To begin with, you will engage in one of the most traditional rituals of the martial arts—you will clean the dojang working as a team with your fellow candidates, a group that will usually number from 4-6. You will set-up the testing panel's tables and chairs, and have your data entered into the tracking system used to chart Cho Dan Bo progress.

Then the test itself will begin with the traditional beginning ritual, which, of course, you will know perfectly in well-dictioned Korean if asked. You will face a panel of usually 5 or 6 Sam Dans, occasionally joined by Master Vaughn and maybe a special guest master, and will enjoy the ministrations of a senior E Dan as test conductor. Don't expect smiles and glad hands on the back urging you on, before and during the test itself. You're past that now; this test is about how well you can demonstrate what you know and you must look within you for your answers. The panel and the conductor won't help you.

You will be judged on how well you perform given what can reasonably be expected of you. That means that as a 45-year-old mother of 4, you will not be expected to jump as high on the jump kicks as a 17-year-old teenager. You will be expected to know how to execute that jump kick, and demonstrate that to the best of your ability. You will do all the forms you have learned, not just the new ones you learned for the test, and you will need to execute Sae Kye Hyung Il Bu with the same level of intensity and effectiveness as Bassai or Naihanchi Cho Dan. One-steps and self-defense must be properly executed, effective, and result

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Preparing for the Cho Dan Bo Test

(Continued from page 8)

in you being in control. If that means a takedown, then an appropriate breakfall is expected. Sparring must demonstrate technique and control.

Your mental and emotional discipline plays an important role as well. How you cope with a missed form, a one-step that suddenly isn't there, an aggressive sparring partner, or a missed break is as important as the magnificent kick technique you displayed during drill. The test is a pressure-cooker; you very likely will feel at some point that you're not going to make it. Students have come unwound during the test as their emotions take over and supersede all the hard physical training they've gone through. Confidence in yourself, your fellow candidates, and in your training should help you through those times. But it's here that your mental and emotional preparation for the test proves itself.

The test is over, you're exhausted mentally and physically, the test panel has made their comments, the session has

been formally closed, and the panel has retreated into the office to discuss the results. After your family and friends have congratulated you on going through something none of them could really know, it's time for some reflection. You know where you could have done better; a form not executed as well as you would have liked, a one-step you walked through because you weren't quite certain about it, the jump kick you pulled back on because your legs felt like rubber, the swell of emotion during the 2-on-1 sparring match, or the ache in your hand from the speed break that didn't go. Of course, there will be the question—did I pass? But that's not the right question. The right question is an internal question you ask yourself—am I really ready to take this step? The actual outcome of the test really doesn't matter. That's more a question of timing. You will take that step, if not this time, then the next, or the next after that. If it's to be this time, you'll be invited to the next Black Belt class to receive your new rank. If it's to be the next time, somebody from the test panel will discuss your test with you and plans for preparation.

Once you've taken the step, a new world opens before you, and preparation begins for the next, and even bigger rite of passage in Tang Soo Do—the Dan test. You'll get there too.

CDB Test Preparation Checklist:

- ◆ **Join the Black Belt Club**
- ◆ **Regular class attendance**
- ◆ **Saturday CDB Preparation Class**
- ◆ **Independent training**
- ◆ **Work with others**
- ◆ **Learn the theory and philosophy for proper execution**
- ◆ **Review all you have learned – study**
- ◆ **Carefully prepare your essay**
- ◆ **Ensure all documentation is in order**
- ◆ **Prepare mentally and emotionally**
- ◆ **Select a mentor**

Wednesday Night Black Belt Class Attendance: January - June (6 months)

Perfect Attendance: Mrs. Winsko

Missed two or fewer classes: Mr. Josh Lucas, Mrs. Luneau, Mr. Manuzak, Mrs. Mentley, Mr. Sharples, Mr. Vu

Attended at least 80% of the classes: Mr. Altieri, Ms. Maher, Mrs. Newman, Dr. Painter, Mr. Mike Papp, Mr. Peters, Mr. Patrick Powell

Attended at least 70% of the classes: Mr. Lipstein, Mr. Mentley, Mr. Steve Papp, Mrs. Powell, Mr. Salas

Attended at least 50% of the classes: Mr. Adams, Dr. Feuston, Mr. Geiser, Ms. & Mrs. Huller, Ms. Jenn Luneau, Mr. Luneau, Mr. Josh Painter, Mr. Josh Powell, Mrs. Rifi, Ms. Spears, Mr. Summers

Dojang Photo Update

By John Collins, Cho Dan

Due to summer vacations, we have not photographed new Black Belts who received their belts at Black Belt Camp. With the hustle and bustle of beginning the new school year, and another group of new Black Belts getting their uniforms at the Region 8 Championship in October, we will schedule a photo shoot at the dojang for a Saturday in November.

KIDS

KIDS

Wise Guyz

KIDS

DICK

present...

Demo Team Update

By Jenn Luneau, E Dan

The Region 8 Championship is just around the corner and the demo team is yet again planning a new performance. The team is larger than ever with over 30 kids. Mr. Papp, Mr. Lucas, and myself have been working hard to come up with some new ideas related to our chosen theme—Blade (the vampire hunter). It's too late now to join the demo team for the Region 8 competition, but if you're interested the demo team will need lots of people for the WTSDA World Championship. The world tournament will be in July of 2008 in Orlando, Florida. Be sure to come support the team up at Regionals this October in the Poconos.

Youth Black Belts Receiving Dan Certificates and Stripes



Youth Black Belt Camp—June, 2007



Tang Soo Do Word Search

By Jenn Luneau, E Dan

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

Find these words:

BLACKBELT
 FORMS
 LOWBLOCK
 REGIONEIGHT
 TANGSOODO

CENTERPUNCH
 KARATE
 MASTERVAUGHN
 SPARRING

DAGGER
 KNIFEHAND
 ONESTEPS
 SWORD

Congratulations!

To the following Spirit Belt recipients:

	<u>May</u>	<u>June</u>	<u>July</u>
Adults			
Audubon Dojang	Susan Thompson	Kristina Wiand	Jenifer Mudd
Audubon YMCA	-	-	-
Boyertown	-	-	-
Phoenixville	-	-	Mark Morabito
Pottstown	-	-	-
Youth			
Audubon Dojang	Jaime Pompe	Rhys Wherny	Shane Gibson
Audubon YMCA	-	-	-
Boyertown	Jeremy Kokonos	-	-
Phoenixville	Charlie Yonker	Richie Brigandi	John Zinni
Pottstown	Jonathan Hoyt	-	Casey Schmidt
Special Dragons	Michael Prichard	-	-

And Our Newest Cho Dan Bos:

Claire Bergevin	Marcene Ameer
Stacey Magner	Shelby Burnley
Susan Thompson	Alec Thompson
	Anna Thompson

And to the following new and recently promoted Black Belts:

<u>Cho Dan</u>	<u>E Dan</u>	<u>Sam Dan</u>
Mr. James Bonney	Mr. Brandon Mentley	Mrs. Robin Newman
Miss Sarah DeSalvo	Mrs. Lisa Mentley	Mr. Josh Powell
Mr. David Guggeis		Mr. Phi Vu
Miss Katie Maningas		
Mr. Bobby Newman		
Mr. Aiden Price		
Mr. Jimmy Raby		
Mr. Harry Raser		

