



Dragon's Den

唐手道

VOLUME 21 ISSUE 1

FEBRUARY 2021



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

Email Comments or Pictures to:
newsletter@vaughnsdojang.com

The New Year

By Master Vaughn

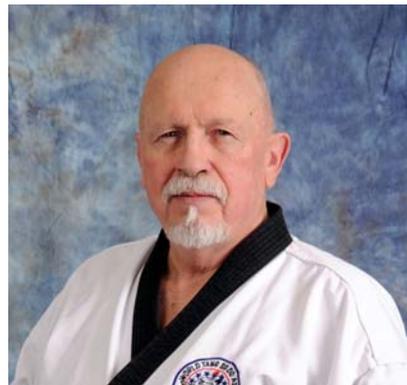
Inside this issue:

This newsletter features senior Dan testing, a recap of last year's events, the virtual holiday party, updates on our year-end charitable collections, and the upcoming virtual Hobby Day!

Senior Ko Dan Ja Test	2
Testing for Sah Dan	2-3
2020 Holiday Party	4
Baystate Blanket Drive Thank You	4
Bethesda Project Update	5
Testing Your Knowledge	5
Wise Guyz	6
2020 Accomplishments	7
Congratulations	8
Cartoon	8
2021 Virtual Hobby Day	9

Upcoming events:

Feb. 13—BB Maintenance Testing
April 17—Region 8 Dan Testing
April 24—Virtual Hobby Day



Well, we made it through 2020. It was not easy due to the COVID-19 virus. But I am proud to say that our Instructors and Masters have done an outstanding job of keeping the lessons going out to students through social media. We also have taught in-house classes, except during government-mandated lockdowns, and enjoyed the great classes we have had training outside at Freedoms Foundation.

It touches my heart how much my Instructors love Tang Soo Do, and how they love to share with students the path of the warrior.

As most of you know, this last October I reached a milestone in my martial art journey by having my 50th anniversary of study in Tang Soo Do.

When I look back, I feel so fortunate to have been taught by some of the very best Masters. I spent over 40 years studying under Grandmaster Shin, who was considered one of the top 20 martial artists in the world. Back in 1968 he appeared in Black Belt magazine's book titled 20th Century Warriors, naming him as one of the world's 20 best.

I was recently interviewed via zoom by one of our Masters in the WTSDA. During the interview people were invited to ask questions of me. One Black Belt asked me if I had ever thought of quitting. My answer was an immediate "No." Even with difficulties that I have had over the years, I never lost my passion for martial arts and what it has to offer.

We have great hope that the new vaccines will start the beginning of the end of the pandemic. It is like a light at the end of the tunnel; even though we are still in the tunnel, we are starting to see light.

We are looking to the upcoming springtime for things to start to open up a bit, heading to what we see as normal living. Meanwhile, the Governor has lifted the ban, so are again holding classes in the dojang.

I feel very privileged and honored to teach you, and also to learn from all of you. Let us all look forward to the time when we can hold our events, where we get to visit with our brothers and sisters in Tang Soo Do.

Senior Ko Dan Ja Test

By Master David T. Painter

On December 1, 2020, Master Rosenkrans and I received emails from the WTSDA Headquarters. In part, they read,

I hope this message finds you well and healthy.

I'd like to send this message to request your presence at 2020 Senior Ko Dan Ja test as a Oh Dan candidate. Please let Grandmaster Strong and Master Mimidis know via email whether you are able to attend the test or not by the end of this week.

The testing date and the zoom meeting information for the testing is as follows. Please try to access the meeting room ahead of time, and let us know if you have any issue with participating in the meeting room for the testing.

If you have any question regarding the details of the test, please contact Master Mimidis with your inquiry.

The email came as quite a surprise. Neither Master Rosenkrans nor I were expecting to be invited for this test, but we were excited nevertheless. Both of us would be testing for Oh Dan, 5th degree Black Belt. The virtual test over Zoom was scheduled for 1:00 PM December 12, 2020 just eleven days away. Master Rosenkrans and I decided we would take the test together in the studio. When the day of the test arrived, Master Rosenkrans and I came to the studio early to warm up and to review some of the advanced Masters' forms. Sah Bum Nim told us in advance he would be on our test panel and he was right there with us in the studio in his office monitoring the test on Zoom while we were on the floor. Also included on the test panel were Senior Masters Khan, Sharpe, Wheeler, and Valentin.

There were about twenty-four candidates testing for 5th and 6th degree including Master Mark Jorgensen, one of Master Vaughn's earliest Black Belts and

a former instructor for Master Rosenkrans and me. One candidate, Master Josefik, was testing for 7th degree. The test was structured so that there were no more than six windows on the computer monitor screen at a time. This meant that we were testing in groups. Conductors were leading in one of the windows on the screen. When groups were not performing for the test panel, they were required to do some form of aerobic or strength exercise while the panel was observing a testing group. It was quite a physical challenge because the test exceeded three hours. Master Rosenkrans and I gave it our best effort. As I am writing this article, we are waiting to hear about our results. Whatever the results might be, we are looking forward to continuing our Tang Soo Do journey.

Tang Soo!

The "COVID Candidates" - Testing for Sah Dan in 2020

By Rick Mentley, Sam Dan

On January 6, 2020, it arrived... my invitation to the 2020 U.S. Masters' Clinic. I had increased my fitness training, further refined my techniques, and survived two rounds of pre-testing with the Region 8 Masters. And now after nearly two decades of Tang Soo Do training, I was actually headed to the Masters' Clinic. Later that same day, I booked my flight for the trip to Alabama. Throughout my years of training, I heard many stories of what an incredible experience it is to participate in and test at the Masters' Clinic. I felt honored to receive the invitation and was really looking forward to the experience. It was definitely an exciting day.

Over the next several weeks, I began to adjust my workouts so that I would be in peak shape toward the end of March as test day approached. During this same time, of course, news of the coronavirus and COVID-19 began to dominate the headlines. With each passing week, it became more and more clear that this was becoming a major health crisis in the United States and across the world. My excitement for the Sah Dan test began to be mixed with feelings of apprehension. There was no way that I wanted to miss the opportunity to test. Yet, at the same time, I wondered how safe it would be to travel to Alabama and to participate in the clinic. As the situation continued to

worsen, the Association concluded that the risk had become too high. Because the safety of all WTSDA members is of the utmost importance, the Executive Committee made the difficult decision to cancel the 2020 U.S. Masters' Clinic. I remember vividly where I was when that email arrived on March 2—at a bike trail, about to start another workout. My initial reaction was, "No!" It was such an enormous disappointment. But that feeling was almost immediately followed by a sense of relief and a realization that it was the right thing to do.

Through the Facebook group that he had created for the 2020 first- and second-year Sah Dan candidates, Master Uttech encouraged everyone to keep training. Within a few weeks, Master Uttech announced a schedule for all the candidates to come together on Zoom every two weeks for training and test preparation. Through our Zoom sessions, the candidates and Master Uttech got to know one another—candidates from across the United States, Central America, Puerto Rico, as well as Papua New Guinea. Although it was not the same bonding experience that we would have had if we were together in-person at the Masters' Clinic, it was a wonderful bonding experience nonetheless—it was just different. At first we wondered if we

might all test at the World Championship, but that was soon cancelled. The next possibility was the Region 8 Fall Classic, but as we know, that was cancelled in July. But despite all this, we persevered and continued to train throughout the summer and into the fall. Master Uttech invited guest Masters to lead our training sessions, including Masters Vaughn, (Mujahid) Khan, Bonelli, Wolverton, Purnell, Fattori, Burgos, and (Allen) Sharpe. We were treated to invaluable lessons from these amazing Masters! We also received guidance and advice from Masters Strohm and (Jeannette) Arteca on the written test and our thesis. All this time, the Association leadership continued to plan for a way for all of us to test. The announcement came that testing across the various regions would take place on successive weekends beginning in mid-November. On the eve of the first test date, Grandmaster Strong and Master Mimidis shared their insights and advice on testing. We were ready to go!

The Region 8 Sah Dan test was held on December 5 and included 10 first-year and 5 second-year candidates. To facilitate the safety of everyone involved, the test was conducted primarily via Zoom. The Shim Sa Kwan Nim and

(Continued on page 3)

Testing for Sah Dan

(Continued from page 2)

conductors were at Brandywine Martial Arts along with a few of the candidates. The rest of us were primarily at our home studios, but some took the test from their home. Some of candidates were testing by themselves. I was fortunate to be able to test with my friend and long-time training partner, Dr. Scott Thompson, at the Vaughn's Dojang studio. Throughout the pandemic, I had been training and instructing from my home. Due to personal considerations I had to refrain from training in the studio. It felt fantastic to be able to take my test with a fellow Vaughn's candidate and it energized me to be testing at our home studio. As expected, the test was definitely challenging—both mentally and physically. Although the physical challenge of a Ko Dan Ja test is always daunting, I found it even more so because

of going through the test while wearing a mask. I discovered earlier in the year—during our studio's maintenance testing (held outdoors during the summer)—that my mouth and throat tend to get quite dry while doing Tang Soo Do with a mask. Starting close to two weeks before the test, I started wearing a mask while training at home. This definitely helped me to acclimate to the feeling. I discovered that it helps to breathe more through the nose! This was something that does not come naturally to me when wearing a mask.

Master Heise oversaw both the written test and the physical test. The conductors and everyone involved did an amazing job running the test. Although the Region 8 Masters always do an outstanding job running our events, I was still quite impressed with how well the test was organized and how the technology was used to facilitate everything. Although we were not able to spar, break, or demonstrate self-defense with a

partner because of safety considerations, we were quite thoroughly tested on all other aspects, including one-steps without a partner. In addition, the Region 8 Masters had previously assessed our self-defense skills during the two pre-tests held in 2019.

Although we missed the experience of the Masters' Clinic and the bonding that occurs through training and testing with our fellow candidates in person, we were nonetheless incredibly fortunate to have an amazing experience throughout 2020 despite the limitations and hardships imposed by COVID. I would like to extend my heartfelt gratitude to Grandmaster Strong, Master Uttech, Master Mimidis, Master Heise, and the entire Association leadership that made it possible for all the Sah Dan candidates to not only test in 2020, but to have had the chance to participate in amazing training sessions leading up to the test that truly enriched the experience of being a candidate. Thank you and Tang Soo!



Vaughn's Annual Holiday Party

By Scott Summers, Sah Dan

As with almost everything in 2020, our holiday party was virtual, but that didn't stop us from recognizing all the great things we've accomplished in this challenging year. Master Rosenkrans was the host and MC for this year's event, which was held on December 6th and had over 50 people in attendance. Master Altieri led us in a review of our accomplishments including dozens of outdoor in-person classes at the Freedoms Foundation, 50 weekly news bulletins, Black Belt maintenance tests, multiple Cho Dan Bo tests, a virtual hobby day, our annual Bethesda Project collection, and a new blanket drive benefitting emergency veterinary hospitals.

We promoted dozens of Gup students throughout the year, and several students earned the rank of 1st degree Black Belt or higher Black Belt rank. Overall, even with the challenges that we faced, the studio stayed alive and active, and we were able to adapt and overcome as a family. As with every year, we recognized the great accomplishments of specific individuals and families:

- Student of the Year: Mr. Alex Murphy
- Instructor of the Year: Mr. Kyle Robertson
- Family of the Year: All Vaughn's Dojang Families

As the party drew to a close, we were treated to video performances by several members of the Vaughn's Dojang Demo Team. Hopefully we can all get together in person for the 2021 holiday party!

A big thank you to our students and families for making the Baystate Blanket Drive such a massive success!!



Delivery day at Ocean State Veterinary Specialists of 30 bags of blankets and towels for their four-legged patients. Lisa Rosenkrans, one of the veterinarians at the center, secured the help of six very grateful vet techs and technician assistants to unload the truck. An hour after we left, a notice appeared on the hospital page that they had met the quota for the blanket drive.

Thank You from the Bethesda Project, 2020

By Master Altieri

Again this year, our students donated cash, gift cards and clothes to the homeless of Philadelphia. As you can imagine, the pandemic challenges everyone, especially the homeless. Together, as we have done for over 20 years, we practiced one of the Purposes of Tang Soo Do, to be a better person.

Your kindness and generosity will go a long way. The homeless are just trying to make it through the day, and your donations will bring joy to these less fortunate folks. Next time you see a homeless person, just think your donation may have made a difference in their lives. Thank you very much for your donations during this very difficult time.

It is true, through our TSD training we are improving our communities and students' lives in a positive way.



Testing Your Knowledge

By Scott Thompson, Sam Dan



- The purpose of Tang Soo Do training includes all of the following, except...
 - Self-defense
 - Health
 - Sport
 - Better person
- The young aristocrats who helped develop martial arts in Korea were called...
 - Hwa Rang Dan
 - Samurai
 - Ninja
 - Kum Kang Ryuk Sa
- In the Korean flag, the symbol with two broken bars and a solid bar in the middle represents...
 - Heaven
 - Earth
 - Fire
 - Water
- Tang Soo Do code #3 is...
 - Loyalty to Country
 - Honor Friendship
 - Obedience to Parents
 - No retreat in battle
- The united Silla Kingdom was overthrown in the year...
 - 668 AD
 - 907 AD
 - 1392 AD
 - 918 AD
- Chung Shin Tong Il means...
 - Concentration
 - Endurance
 - Respect
 - Humility
- The first complete martial arts book was written in...
 - 1392 AD
 - 600 BC
 - 1790 AD
 - 1100 AD
- When Grandmaster Shin first came to the United States, it was as a representative of the Korean _____ Association
 - Soo Bahk Ki
 - So Bahk Do
 - Tang Soo Do
 - Moo Duk Kwan
- The dates of the World Tang Soo Do Association Charter Convention were...
 - Nov. 13-14, 1982
 - Nov. 13-14, 1986
 - Nov. 12-13, 1982
 - Nov. 13-14, 1987
- The formal name of Tang Soo Do is...
 - Tae Kyun
 - Soo Bahk Do
 - Moo Duk Kwan
 - Soo Bahk Ki

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

Vaughn's Dojang 2020 Major Accomplishments

ANNIVERSARY

- Master Vaughn celebrated his 50th year training in Tang Soo Do

DAN PROMOTIONS / TESTING

- **E Dan:** Krishna Shinde
- **Cho Dan:** Jeffrey Fan, Anthony Hoang, Ajay Mohanraj, Phalith Moza, Abhiram Reddy, Arjun Reddy, Viplav Singhal, Anoushka Yadav
- Masters Painter and Rosenkrans tested for **Oh Dan**
- Mr. Mentley and Dr. Thompson tested for **Sah Dan**

AWARDS / RECOGNITION

- Instructor of the Year—Kyle Robertson
- Student of the Year—Alex Murphy
- Family of the Year—All the Families of VFMA
- The following students had 90% or higher attendance this year: Anthony and Emily Hoang, Simran Kaur, Kushad Manikandan, Anushka Nair, Don and Teresa Otto, Jahnavi and Vaishnavi Vatsal, and Isabelle Voight
- 84 Gup students were promoted
- Over 20 students were awarded gift cards for winning the physical or mental challenges

REGIONAL AND WORLD DUTIES

- Masters Vaughn, Lipstein and Winsko hold positions on the WTSDA Board of Directors
- Dr. Rosenkrans is spearheading the WTSD50 Strategic Planning Initiative; Masters Lipstein and Painter are members of this committee
- Mr. Summers leads the Region 8 Scholarship committee; Masters Altieri and Painter are on this committee
- Masters Rosenkrans and Painter are on the WTSDA Publication committee
- Mr. Mentley is the Region 8 Leadership Class Treasurer
- Mr. Mentley and Dr. Thompson are on the Region 8 Newsletter Committee

COMMUNITY SERVICE

- Collected items for the homeless—Bethesda project
- Collected blankets and towels for the Baystate project for emergency veterinary hospitals in central Massachusetts and Rhode Island

ACTIVITIES

- Virtual Hobby Day
- In studio Halloween Party
- Zoom Holiday Party
- Cleaned the dojang before we re-opened on July 5
- Published 50 bulletins to ensure our students were updated on all activities
- Conducted over 160 Facebook Live sessions
- Conducted 25 outdoor classes at the Freedoms Foundation
- Conducted 50 in studio classes after the studio re-opened
- Conducted over 281 class/instructional Zoom meetings

Congratulations!

Our Newest Cho Dan Bos –

Samantha Brinton Adwita Mittal Aryan Singh
Atiksh Singh Saumya Singhal

2020 Family of the Year –

All Vaughn's Dojang Families

2020 Student of the Year –

Mr. Alex Murphy

2020 Instructor of the Year –

Mr. Kyle Robertson



JUST FOR KICKS

TWO WISE METHODS TO PROTECT
YOURSELF & OTHERS



Becoming one of
these

AND



Wearing one of
these

© M.K. DUCKVALTER



**All Vaughn's
Dojang**
Youth, Adults, Family
6th Annual Show Us
Your Hobby Day
Beginning
Saturday, April 24, 2021
Online in Our Students &
Families Facebook Group

Do you collect something, have an interesting hobby, play an instrument, sing, or like to cook? Then bring it to Vaughn's 6th annual Hobby Day event starting online on April 24th to share with your fellow students. As we did last year, we will be posting videos and photos to the Students & Families Facebook group. Come see coin and stamp collections, find out how to start a 1926 Ford Model T, and view Lego models and flying airplanes. View a dance performance, hear several instrumentalists and singers, and see the efforts of some interesting cooking. This isn't just for students either—parents/family are invited to display as well.



Please send your videos and/or photos to your instructor starting on Saturday, April 24, who will then forward them for posting to our Students & Families Facebook group.