



Dragon's Den

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Achieving Moo Shim

By Master Vaughn

Inside this issue:

This newsletter features a recap of last year's events, the holiday party, an update on several of our college students, information on leadership training for Cho Dan Bos and Black Belts, and a student essay!

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Upcoming events:

Feb. 5, 9, 12—BB Maintenance Testing
Mar. 31 - Apr. 3—Masters' Clinic
Apr. 23—Hobby Day
June 24 -26—World Championship



In combat, it is the warrior who keeps a cool head that usually wins. From the very first contact, things happen very quickly. If the defender has his/her mind in a turmoil at this time, then he will limit his reaction time, sometimes even freezing and losing. Having the ability to control the timing of the fight allows the Tang Soo Do (TSD) Black Belt to have a great advantage. Grandmaster Shin told me that at the highest levels, the best fighters are two moves ahead of their opponent.

Martial art teaches us to keep an open mind and to be generous and kind to all people. Of course, we do believe in self-defense to protect ourselves, our honor, and our family. At Vaughn's we open our dojang to all who keep to the martial rules of etiquette handed down through the centuries.

Our chosen art also teaches us to turn our body into a weapon. It takes time and a whole lot of sweat and many repetitions. TSD has always been respected for its fierce fighters. The WTSDA logo represents the whole body concept. When delivering a focused blow on an opponent, our goal is to put him down. To achieve this, the TSD practitioner strives to deliver the strength of his whole body into his technique.

Achieving this takes practice, especially to deliver your technique on target. The upside of this is that nothing can compare to the devastation when the technique is accomplished. Superior technique can overcome larger, stronger opponents. Tang Soo Do is designed to end a confrontation in one move. Not as easy to do as it is to say.

The point being, it takes a combination of skills and abilities to achieve superior technique. Experiencing the feeling you get when you have mastered even one technique goes a long way in building confidence. Tang Soo Do teaches that the training for the mind is accomplished through hyung practice. I also believe that to reach the inner depths of mental rightness, one must study the martial classics, some of them written centuries ago. Most can be found on Amazon. See your instructor for recommended books to read.

Vaughn's Dojang Christmas Party 2021

By Sparsh Kumar, Cho Dan

The Christmas party of 2021 was a lot of fun for me, and I would really recommend going if you ever get the chance. The All Stars had to get to the Spring Ford Country Club a bit earlier, because we needed to make some preparations for our demo. Everyone else started coming in after 45 minutes, so we stopped. At the beginning, Master Vaughn and all the other Masters gave us some really good speeches telling us about how everyone stuck to karate even through all the hardships of the pandemic. After the speeches, we went through the many promotions we did this year. After talking about all the promotions, we moved on to the demos. The first demo was Lindsay doing a really great bong form and an impressive board break. The second

demo was Hapkido, and they did a very amazing demo of attacks and defenses. The third demo was the All Stars, and we also did a very amazing demo.

After all the spectacular demos we ate a very good dinner, followed by an equally delicious strawberry cheesecake for dessert. After that we danced for the rest of the night. The DJ was very nice, and open to suggestions, so we got to play some songs we liked. That was the last event of the very eventful night, and like I said before if you ever get the chance I would suggest going; it's really a lot of fun.



Our College Students – Where Are They and How Are They Doing?

Compiled by Master Rosenkrans

We had a large number of our students go off to college in the fall, some for the first time, and others returning after the pandemic year. I asked them to please provide a paragraph on where they are and how it's going for them. Several responded, providing a nice little overview. **Congratulations to all of our college students and we hope to see all of you back in the studio when you're home for school breaks.**

Victoria Yetnick – Pennsylvania State University, Main Campus, Junior

I am currently back at Penn State, as a Veterinary and Biomedical Sciences major. This past fall semester was my first semester being back in classes and on campus in a year, and I absolutely loved being back in classes and with all my friends. My favorite part about this semester was being able to finally spend time with friends and people I hadn't seen since February 2020. I was also busy this semester being enrolled in 5 courses and in 2 clubs, while adjusting back to school life. The most time consuming being organic chemistry, and I'm getting ready to take the next level in the spring (wish me luck!). I do genuinely miss training at the studio and can't wait to be back training soon. I am so grateful for my training; with it I know I can do and accomplish anything that I set my mind to.

Alex Murphy – Rochester Institute of Technology, Freshman

I'm currently in the Computing Exploration program at Rochester Institute of Technology in Rochester, New York. This fall was my first semester at RIT and I really enjoyed it, since I met a lot of cool people, enjoyed my classes and had a lot of fun with my friends. One of my favorite things about this year is the program I'm in because I get to take classes that let me explore the different computer majors before I actually settle on my major by the end of this semester. I didn't know anyone when I got there since no one else from my high school goes there, but I've made friends and I'm really looking forward to my classes and making new friends and memories next semester.

Sury Yadav – Pennsylvania State University, Main Campus, Freshman

I have completed another giant milestone this year as I have transitioned from high school to college this past fall. Anything new is always scary; I never know what to expect and there are many

unanswered questions. Will I make friends, will I like my roommate, will I eat enough, will I be able to keep up with work, will I be able to do all my hobbies from before, or will it all change? I personally do not like change at all and my life was about to be very different for the better or worse. However, once I got settled into my new life, I naturally brought my habits and lifestyle from home. This made the transition easier as it was one less thing to stress upon, leaving more time to make new friends, go to games, and join new clubs. I joined the triathlon team and they immediately tossed me into a car with a bike and within a few days I was competing in upstate New York. The football games live up to their hype; the energy and spirit made me feel like part of a family. The next step to growing up is going better than expected.

Soumya Shukla – New York University, Freshman

As Frank Sinatra once said, "♪ I want to be a part of it—New York, New York... ♪." Attending New York University and living in downtown Manhattan has been nothing short of a romantic, blunt, 'work hard, play hard' dream. I can safely say that this place has hit me with a new reality: life comes first, school second. Between walks to class, dining halls, and the library, the bustle and urgency of city life surrounds me and is inescapable. On my walk through Washington Square Park, it's surreal: the disheveled homeless and the lavish Wall Street bankers often occupy the same benches smoking cigars. Past their stark differences, there's an unspoken unity through adversity here. To put it lightly, it's when addiction, poverty, the drug crisis, daily crimes, luxurious penthouse views, designer brands headquartered on 5th Ave, fashionable streetwear, world-renowned eateries, and the rat race within capitalism was in my face that I realized how cushy and comfortable my life in Berwyn PA was. Jokingly, it has given me an appreciation for suburbia and the simple ability to sit outside and enjoy a clean breeze on a private lawn.

Nevertheless, I must admit that silence and slower lifestyles sometimes bore me now. There's a lot to do and simply being in the NYC environment sometimes gives me the energy I need to get things done. In my three short months in NYC, I lived minutes away from Times Square, 5th Avenue, the Empire State building, and have met some of the most remarkable (and sometimes famous) people yet. I've been fortunate enough to

be afforded a wonderful institution, great friends, and a really caring roommate. Cities like NYC and LA are romanticized so heavily because people from drastically different walks of life are all here chasing their American Dreams in anonymity. Personally, as the daughter of immigrants, I see how this invigorates those around me and is something everyone here shares, despite our apparent differences.

Now, on the academic side of things, I'm double majoring in Neuroscience and Chemistry, minoring in Psychology on the Pre-Medical Track. As always, making the most of my education will be my first priority, but it is now increasingly important to build meaningful connections, and... understand. Just... understand myself, my environment, my future, and face feeling so small, naive, and insignificant in a place so dense, big... well, you get the picture. Existential crisis much? Absolutely. "If I can make it there, I'm gonna make it anywhere" - Sinatra :)

Abel Price – Shippensburg University, Senior

This semester was the start of my senior year at Shippensburg University. It also happened to be the first semester in which all classes were in-person again since the spring of 2020. It definitely took some getting used to: getting up extra early to travel to campus, being in an actual classroom setting, seeing my peers face-to-face, etc., and I found it pretty stressful trying to adapt to the way it used to be while still continuing my studies. Overall, my semester has been jam-packed with activities. For this fall, I was enrolled in five college courses, involved in three clubs (Dungeons & Dragons, chess, and boxing), and had a placement at a local middle school where I observed teachers twice a week. This placement was probably one of the best things about these past few months at school. I was placed in a sixth, seventh, and eighth grade special education classroom (social studies and science) where I observed and helped teach approximately thirteen students with various disabilities. I strongly believe that my instructing experiences at the studio greatly prepared me for my current field placements. Teaching now feels very natural to me, which makes sense after assisting classes and instructing students at the dojang for as long as I have (nearly a decade). I've definitely missed the studio while I've been gone, and I can't wait to come back home for winter break! Tang Soo!

Thank You from the Bethesda Project, 2021

By Master Altieri



Thank you so much for your donations for the homeless of Philadelphia. We collected 20 gift cards, jeans, sweatshirts, shower shoes, shaving cream, soap, razor blades, deodorant, etc. We continue to live our Codes, Tenets, and Attitude Requirements. It is very important to be a good care giver; that is what martial artists do.

Your kindness and generosity will go a long way. The homeless need a "hand up" and you came through in a big way. 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 that person's life.

Thank you very much for your donations during this very difficult time. It is true, through our Tang Soo Do training we are enhancing our communities and students' lives in a positive way.



Testing Your Knowledge

By Scott Thompson, Sah Dan



- White belt represents...
 - New growth in spring
 - Blood, life and energy
 - Dignity and sincerity
 - Dormant seed in the snow
- The Korean term for middle section punch is...
 - Choong Dan Mahk Ki
 - Sang Dan Kong Kyuck
 - Chun Kul Ja Seh
 - Choong Dan Kong Kyuck
- The Korean term for fighting stance is...
 - Hu Kul Ja Seh
 - Chun Kul Ja Seh
 - Han Bahl Ja Seh
 - So Ko Rip Ja Seh
- The Korean term for inside/outside block is...
 - Soo Do Mahk Ki
 - Soo Do Kong Kyuck
 - Yuk Soo Do
 - Ahneso Pakkuro Mahk Ki
- The Korean term for foot is...
 - Pahl
 - Bahl
 - Bahl Mok
 - Pahl Koop
- The monk who inspired Grandmaster Shin to begin his martial arts training was...
 - Won Kwang
 - Wang Kun
 - Unknown
 - Hang Jung
- Which of the following techniques is in Pyung Ahn Sah Dan...
 - Yup Cha Ki
 - Tollyo Cha Ki
 - Pahl Koop Chi Ki
 - Ha Dan Mahk Ki
- The Do Bohk can be traced back to about...
 - 2000 B.C.
 - 600 B.C.
 - 600 A.D.
 - 918 A.D.
- The Korean term for self-defense is...
 - Il Soo Sik Dae Ryun
 - Ho Sin Sul
 - Nak Bop
 - Kyuck Pa
- The Korean term for senior member is...
 - Sun Bae
 - Hu Bae
 - Ko Dan Ja
 - Yu Dan Ja

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

Humility

By Grace Soloff Peters, Cho Dan Bo

Editor's Note: Mrs. Peters prepared this essay for her Cho Dan Bo requirement. It is being reprinted with her permission.

Embarking on a new endeavor requires a certain amount of humility. We must accept that we are starting anew, with an empty cup, despite our experience and expertise in other areas of our lives. This can be particularly jarring in adulthood, when we are expected to teach and do more often and spend less time learning. It can be difficult to transition from confidently reaching accomplishments in our professional and personal lives to walking into a new situation where we must acknowledge the people around us know significantly more than ourselves. However, approaching a new journey with the humility required to truly grow can lead to the most enriching and joyful experiences.

I started my martial arts journey as an adult, and the Tang Soo Do tenet of "humility" resonated with me from the first class. I had to accept that I was the least experienced person on the mats and come to class ready to learn without hubris. Not only did I have to memorize forms, one-steps, and Korean terminology, but I also had to teach my body to move and endure in a way that it never had before. While all these aspects of martial arts practice were and continue to be a humbling experience, I knew going into my first class that they would be a significant part of my training. As my white belt was tied around my waist at the end of my first hour on the mats, I thought I was prepared to be open-minded in my training. What I did not expect was to have a profound experience of humility when it came to being taught by the youth, both as Dan instructors and as Gup student peers in Tang Soo Do classes.

Some of my earliest lessons in Tang Soo Do were taught by youth Black Belts. They would often take me to the back of class while the higher ranks worked on more advanced material. At first, I felt guilty for taking them away from training in their more difficult, or even fun, parts of class to spend time with me on Sae Kye Hyung Il Bu. I had learned the moves well enough in the group class setting that I could reasonably work by myself, and I had the unusual resource of being able to ask my husband, a Sam Dan, any questions I had at home after class. However, I quickly realized this thinking was a significant lack of humility on my part. These children were Black Belts, who had half a decade more Tang Soo Do experience than I did. In earning their



rank, they had accepted the responsibility of instructing, and so many of them were happy and excited to do so. I rapidly lost count of how many times one of the youth instructors noticed an improvement I could make that no one else had seen before. What was most surprising to me was the patience the youth Black Belts had when I would struggle to remember the next move in a form or if I repeated a mistake many times. I did not always receive this grace from adult instructors, and it was often something I did not afford myself in my own expectations. There was a possibility for me to not grow and learn from these interactions with the youth Black Belts, as I had initially approached the situation with an insufficient amount of humility. Fortunately, I realized how much all my instructors had to offer, which has led to a more fruitful and fulfilling martial arts journey.

Another aspect of my training that required unexpected humility was taking classes with a wide range of ages. Growing up, we typically only take class and study with children very close to the same age as ourselves, perhaps no more than one or two years of age difference at most. While it is expected that every person learns at a different pace, these differences can become much starker

when the class participants have decades in age range. Initially, I often found taking class with those much younger than myself frustrating. I was used to teaching and mentoring children, not working alongside them as peers. The additional time and repetition some of my classmates required could feel monotonous, and I regularly recognized my impatience. Finding the humility needed to grow from these situations took me much longer than it did working with the youth Black Belts. I realized I needed to change my mindset when I noticed the repetition I had found frustrating was improving my martial arts practice. By taking a step back from my impatience and approaching my class and classmates with more humility, I was able to focus more on minute details of my training that had been previously unnoticed.

Approaching my younger peers in class with humility has also taught me how much we have in common as students of Tang Soo Do. By working alongside them, I have found we have the same anxieties about passing our next belt test, frustrations learning a new form or set of one-steps, and sense of triumph when we break a board after multiple failed attempts. The humility I have learned over the years of working with the young members of my classes brings new perspective to where I stand now in my martial arts journey, approaching Cho Dan Bo and beginning to assume some teaching responsibilities. I now view teaching as an opportunity for continued practice of humility, allowing myself to learn as much from the person I am teaching as they are learning from me.

We live in a culture where intergenerational interaction is often limited. Adults are perceived as and expected to be all-knowing authorities over children. Martial arts classes are a unique opportunity to work alongside and under the tutelage of those much younger than ourselves. While approaching these classes with humility requires effort and a significant shift in our interpersonal expectations, fully accepting this Tang Soo Do tenet into our martial arts practice has the potential to allow us to learn from and grow with all our peers, regardless of age.

KIDS

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Kids' Corner

By Teresa Otto, Sam Dan

Below are all 14 attitude requirements. Write the number of the attitude requirement on the line.

1. ___ Purpose of training should be enhancement of mental and physical betterment.
2. ___ When you learn new techniques, learn thoroughly the theory and philosophy as well.
3. ___ Practice basic techniques all the time.
4. ___ Always listen to and follow the direction of instructors or seniors.
5. ___ When you begin to feel idle, try to overcome this.
6. ___ All out effort.
7. ___ Do not be overly ambitious.
8. ___ Cleanliness is required after training. Keep yourself and your surroundings clean.
9. ___ Always follow a routine training schedule.
10. ___ Regularly spaced practice sessions.
11. ___ Repeatedly practice all techniques already learned.
12. ___ Serious approach.
13. ___ Maintain regular and constant practice.
14. ___ Frequently inspect your own achievements.

Vaughn's Dojang 2021 Major Accomplishments

ANNIVERSARY

- Masters Altieri and Lipstein have been training under Master Vaughn for 30 years

DAN PROMOTIONS / TESTING

- **Sah Dan:** Mr. Rick Mentley and Dr. Scott Thompson
- **Sam Dan:** Teresa Otto and Suryansh Yadav
- **E Dan:** Darshan Balasubramanian, Dung Hoang, Emily Hoang, Gowri Kalpam, Simran Kaur, Dhanush Meda, Arushi Modi, Akanksha Palod, Reem Radwane, Paarth Yadav
- **Cho Dan:** Pranavi Bhagavathula, Ridham Khambhati, Sparsh Kumar, Anushka Nair, Varun Parakala, Namya Peethambaram, Saanvi Prasad, Jeffrey Qin, Yasmeen Radwane, Aradhana Sahu, Soumya Shukla, Kartik Tyagi, Jahnavi Vatsal, Vaishnavi Vatsal

INTERESTING FACTS

- 28 students were promoted to Black Belt or higher rank
- The majority of our students scored 90% or higher on their Black Belt written exams
- Conducted 30 outdoor training sessions at Freedoms Foundation
- Issued 75 bulletins during the pandemic period of limited studio operations
- Conducted over 240 Facebook Live sessions and hundreds of Zoom training sessions
- Published a quarterly newsletter

REGIONAL AND WORLD TSD DUTIES

- Masters Vaughn, Lipstein, Rosenkrans, and Winsko hold positions on the WTSDA Board of Directors
- Dr. Rosenkrans is spearheading the WTSDA's Strategic Planning Initiative (WTDSA50); Masters Lipstein and Painter are on this committee
- Mr. Summers leads the Region 8 Scholarship committee; Masters Altieri and Painter are on this committee
- Dr. Painter is on the WTSDA Publication committee
- Master Lipstein edited KCN's most recent book, Jae Chul Shin, The Philosophy
- Miss Luneau is the Region 8 Leadership Class Coordinator
- Mr. Mentley is the Region 8 Leadership Class Treasurer
- Mr. Mentley is the Region 8 Newsletter Co-Editor and Dr. Thompson is on the Region 8 Newsletter Committee

COMMUNITY SERVICE

- Collected items for the Bethesda Project (for the homeless)
- Completed a volunteer project for Freedoms Foundation (volleyball court)
- Conducted a self-defense clinic for Mt. Zion, AME
- Collected blankets for a veterinary clinic in Massachusetts

ACTIVITIES

- Virtual Hobby Day
- Thorough spring cleaning of the dojang (by the adult students)
- 20 + students participated in the US National Championship
- Participated in the YMCA's Healthy Kids Day
- Attended the virtual Masters' Clinic
- Our Cho Dan Bos and Black Belts attended Black Belt camps (no over nights)
- Pizzazz (pizza) training
- Halloween party
- Holiday party

Congratulations!

To Our Newest Cho Dan Bos:

Yatharth Gawda Samruddh Huddar Grace Peters Aarav Prasad Sreemon Sil Charvani Velaga

And to:

2021 Instructor of the Year –
Mr. & Mrs. Rick & Lisa Mentley



2021 Family of the Year –
The Kansal Family



2021 Student of the Year –
Miss Teresa Otto



2021 Roundtable Award –
Mr. Ed Schmitt



Instructor Leadership Training

By David T. Painter, Sah Dan Master

Vaughn's Dojang will be instituting a leadership and instruction training program for all Cho Dan Bos and Black Belts in 2022. All WTSDA Black Belts understand that teaching students and participating in dojang and WTSDA activities are expectations for achieving Black Belt and for being recommended for promotion. Among other things, the Black Belt Manual identifies the following requirements for promotion to Black Belt (page references to 2021 edition):

- Cho Dan Bo: Show complete capability of becoming a Black Belt member. (p. 62)
- Cho Dan: Ability to teach and handle affairs of Tang Soo Do in class. (p. 64)

- E Dan: Should be a capable representative of the Art of Tang Soo Do and be a credit to his/her Dojang and to the WTSDA; Outstanding record of dedication to the Art and contribution to the Dojang and the WTSDA; Ability to teach and handle affairs of Tang Soo Do in class, with a record of conducting formal classes. (p. 66)

- Sam Dan: Same as E Dan and Complete ability to teach and handle affairs of Tang Soo Do in class, with a strong record of conducting formal classes. (p. 70, emphasis added)

All Vaughn's Dojang Black Belts and Cho Dan Bos will be expected to keep a log of their teaching experiences, their Dojang contributions, and their participation in WTSDA events and

activities. Cho Dan Bos and Black Belts will earn various credits for their participation and experiences. Credits earned will depend on the activity and the frequency. For example, an Assistant Instructor who commits to assisting in every class, will earn more credits than a Black Belt who only occasionally helps in class.

Mentors will meet with their mentees to review their logs of activities and experiences. Cho Dan Bos and Black Belts should be recording their activities and experiences related to teaching and Dojang/WTSDA participation if they have not already been doing so. We will also be devoting some time in our Black Belt classes to develop leadership and instructional skills. More details will follow soon. Tang Soo!

JUST FOR KICKS

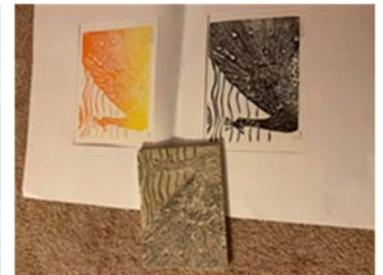




All Vaughn's Dojang Youth, Adults, Family 7th Annual Show Us Your Hobby Day Saturday, April 23, 2022 Audubon Studio

Do you collect something, have an interesting hobby, play an instrument, sing, or like to cook? Then bring it to Vaughn's 7th annual Hobby Day event on April 23rd to share with your fellow students. We are planning to return to our in-house format this year after two years of the online version. Come see coin and stamp collections, learn about Soldier Pigeons during WWII, and view Lego models and flying airplanes. View a dance performance, hear several instrumentalists, and sample the efforts of some interesting cuisines. This isn't just for students either—parents/family/instructors are invited to display as well.

We will set up from 12:00 to 1:00 that day, then have a group hoagie and potluck, with the displays and performances running through about 3:00 or later if need be. Come enjoy an afternoon with your fellow students, enjoy some excellent music & food, and see some fascinating things!!



Schedule:

Setup – 12:00 to 1:00 PM

Group Hoagie and Potluck Lunch – 1:00 PM

Display – 1:00 to 3:00 PM

Take down – 3:00 to 4:00 PM