



Dragon's Den

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Spring at Last!

By Master Vaughn

Inside this issue:

This newsletter features the Masters' Clinic, Black Belt Testing, an update on training at Freedoms Foundation, and tips for assistant instructors!

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I don't know about you, but I am ready to enjoy the upcoming springtime. I am looking forward to seeing everyone at our outdoor classes that we have resumed at Freedoms Foundation when weather permits.

I have been watching all of you attending the indoor classes at the studio and the online Facebook Live classes. I am very impressed with the dedication you have shown by not letting the Covid-19 virus interfere with your training.

All during my career of teaching Tang Soo Do, I have strived to inspire students

never to give up, to rise again and again from being put down. Life is not always easy; sometimes it becomes a struggle. It is during these tough times that we get our greatest lessons, which make us stronger.

You shall never regret the effort you have put forth that allows you to continue on your path of constant improvement. The philosophy of Tang Soo Do teaches us to train our mind, our body, and our spirit. There are many values in doing this. Yes, when needed, it gives you a tool you can use to defend yourself, your family, and your possessions. But it can also be used to improve your character if you really strive to make that happen.

Tang Soo Do is much more than just kicking and punching. It is very mysterious, and care needs to be taken to treat it with respect—respect for the centuries of Black Belts who have lived remarkable lives, sometimes giving up those lives for others and for their love of the art.

There is an old saying that goes like this: there is no stopping a man who knows he is right and keeps on coming. Become that kind of Black Belt.

Spring Cleaning, 2021

By Master Altieri

Each year, we clean the studio as an annual project. All students are encouraged to participate in this project. It teaches the students about teamwork and the importance of keeping the studio clean.

This year, due to the pandemic, we decided to ask only the instructors to clean the studio. We wanted to ensure the safety of our students. We are disappointed things aren't quite back to "normal," but we are getting there.

Please know that after each in-studio class, the instructors disinfect the studio. When we clean the studio in the spring, we will do a "deep clean" of all areas. We are looking forward to when the Governor approves 100% capacity for the studio.

**31st Annual Masters' Clinic:
Training with the Best...In Cyberspace**
By Scott K. Thompson, Ph.D., Sam Dan

After over 17 years of training, that moment had finally arrived – my first Masters' Clinic. Actually, as a second year Sah Dan candidate, this was to have been my second Masters' Clinic, but unfortunately, last year's clinic was cancelled due to the Covid-19 pandemic. But the 31st Annual Masters' Clinic held this year would be like no other that preceded it. As we are still dealing with what we hope are the waning days of the pandemic, this clinic would be completely virtual. There would be no rushing

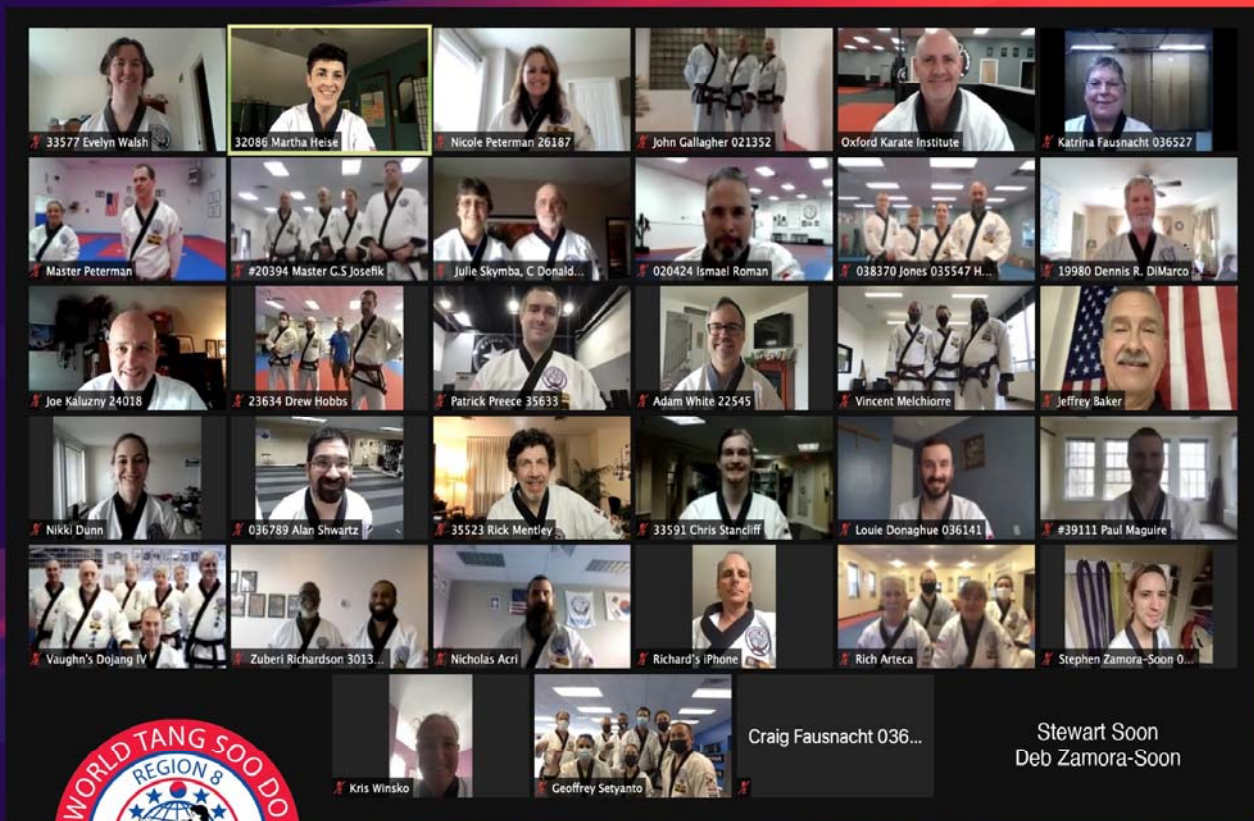
through airports or anxiety over the possibility that weather or other unforeseen circumstances could cause delayed or canceled flights to Nashville on the way to Florence, Alabama, where the Masters' Clinic is held, no worries about what the consequences would be if we were to arrive late, and no agonizing during the hours leading up to the Sah Dan test that would usually take place Saturday afternoon. Actually, the absence of such things is a blessing. Unfortunately, this also meant that we

would not be able to experience a lot of the things that had become Vaughn's Dojang Masters' Clinic traditions. There would be no Thursday brunch at the Waffle House and no dinner at the Outback Steakhouse, but I am looking forward to having these experiences next year.

Despite all the things that couldn't happen because the clinic was virtual, it was quite amazing how everyone adapted to the new virtual environment in retaining

(Continued on page 3)

2021 Masters Clinic



Masters, Instructors, Candidates Region 8 Participants

Masters' Clinic

(Continued from page 2)

a lot of what transpires at the annual Masters' Clinics. One would think that camaraderie would be the first thing to get severely compromised in a virtual environment. However, despite the obvious physical limitations of over 330 masters and candidates training in Zoom sessions at 213 separate locations, members of the World Tang Soo Do Association family found times and means to communicate with one another. Prior to the beginning of each of the sessions the Zoom meeting rooms would be open for a period of time, during which masters and candidates from all over the world – North America, South America, Hawaii, Europe, and many other locations, even Papua New Guinea – could be heard saying hello to one another, holding conversations in their native languages, and reminiscing about past Masters' Clinics and other experiences they've had over the past couple of years – all occurring over the internet. It was a great example of how brotherhood and sisterhood can break through all sorts of barriers.

This year's Masters' Clinic began on Friday afternoon with a business seminar led by Master Geoff Setyanto, which I did not attend. This was followed by a 4-hour Ki Gong clinic in the evening led by Master Inoshita but also featuring concurrent sessions led by Grandmaster Strong, Master Robertson and Master Liz Francis, who many of us more "seasoned" students at Vaughn's Dojang remember because she too was one of Master

Vaughn's students until she moved to North Carolina a number of years ago. Being a Ki Gong newbie, I tuned in to the basic classes led by Master Inoshita, and the session taught by Grandmaster Strong on the 8 Pieces, also known as the "Grand Tradition." In the final session, we learned the Walking Tae Kuk Ki form, which we practiced enough times such that I still remember it.

The second day, I again trained at home in the morning and early afternoon sessions, but I joined the Ko Dan Ja at the Dojang in the afternoon after the breakout sessions for different ranks had concluded. The morning began with another Ki Gong session with Master Inoshita, which was followed by opening statements from Grandmaster Strong. As I have been told is always the case at the opening of the Masters' Clinic, we were reminded to "empty our cups," if we hadn't already done so, to make room for all the learnings that were to come our way the next couple of days. After warm-up with Master Gallagher and group hyung with Grandmaster Strong came the breakout sessions that were focused on learning advanced hyung. The Sah Dan candidates trained with Master Uttech, the leader of the candidate mentoring team, as we have every couple weeks for the past year. But this would be a different kind of session. In keeping with Masters' Clinic tradition, the Sah Dan candidates worked on Sei Shan. While I had already learned the form, my performance of it is always in need of refinement, and I certainly learned a lot in this session, particularly with respect to intent. The day concluded with sessions on Dan Gum

skills with Master Allen Sharpe and Nunchaku Skills with Master Wolverton. On Sunday morning the clinic concluded with another Ki Gong session, and group hyung and breathing exercises with Grandmaster Strong.

While it was constrained by the fact that it was conducted virtually, I can say with certainty that my first Masters' Clinic was a one-of-a-kind experience. The virtual nature of this clinic did have one benefit that was unforeseen to me in that it allowed me to see with my own eyes and ears just how much exchange of knowledge occurs between the masters, regardless of rank, because they were asking so many questions during the training sessions, either verbally or with the chat function in Zoom. It reminded me that this journey of learning is a lifetime one and that no matter how much I know or what rank I attain, there will always be something I can learn from someone else or teach to someone else. With the 2021 Masters' Clinic officially in the books, I am looking forward to next year, when hopefully, I can experience the clinic in person, along with Masters Vaughn, Altieri, Lipstein, Rosenkrans, Painter and Winsko, Mr. Summers, and of course my good friend, long-time training partner and fellow second year Sah Dan candidate, Mr. Mentley. It is definitely an experience worth having, and the best part is that only two things are required to get there – seek to improve at least one aspect of your performance each time you train, and don't quit. If you do these two things, your time will come too.

Training at Freedoms Foundation

By Rick Braun, Sam Dan

Since last summer, nearly every Saturday morning at 10 AM when the weather is nice, as many as 50 students from Vaughn's Dojang enjoy training at Freedoms Foundation near Valley Forge Park. For those that may not know, Freedoms Foundation was established to educate the public about the American Constitution and our Bill of Rights. It is a place to learn about America and celebrate the lives of those heroes who have received the Medal of Honor.

In regards to training, although we are outside, we still practice safe distancing and wearing masks to ensure we are all safe. The Masters, under



Master Vaughn's direction, lead the students in conditioning and exercising to build the students' bodies. The training generally starts with warm up exercises, then a short run followed by hand and foot techniques, and then hyung. Once the class has completed this, the instructors usually break the various gup levels into groups where they learn new or practice existing hyung, staff forms, or one-step techniques.

Vaughn's students are very fortunate to have an institution like Freedoms Foundation that has welcomed us to train at such a safe location outside.

More pictures on next page

Freedoms Foundation Training



Several of the April Black Belt Candidates



Cho Dan Bo Promotions



Black Belt Testing During the Pandemic

By Vaishnavi Vatsal, Cho Dan Bo

One of the most vivid things I can remember from the days before the Black Belt test was the sheer amount of terrified excitement I felt. After training towards it for so long, actually taking it was an almost surreal experience. Of course, due to COVID-19, there were many changes to its procedure, but it was still the famous, or infamous depending on the viewpoint, Black Belt test. It was a test of the knowledge we had gained and worked on refining over the past few years, and I was determined to do my best. My sister and I, both to make sure we were warmed up and also because of our nervousness, woke up at 6 AM and just stretched out for 30 minutes. The whole time, up until the actual test, we were exchanging looks that said *relax, you'll be fine*, but also *IT'S THE BLACK BELT TEST*. Having her there during the test actually calmed me down a lot, because I knew that if she could keep going, so could I.

Like I said before, there were several changes to the testing process due to the pandemic. While most of the main points or events were the same, Black Belt camp was no longer a requirement, because everything had shut down. We still had to do the 1000-word essay, the maintenance test, the written test, and the physical test, and those alone were enough to test our abilities as candidates for the test.

Personally, I felt better about the written test. I was confident about it, because Jahnvi and I had studied the material for a long time, quizzing each other back and forth. Our instructors and mentor helped a lot, because during the classes before the test, they spent some time with all the candidates reviewing the test material. Jahnvi and I also used the Gup Manual, especially for the history portion. The hardest part of it was keeping the dates straight in my head, but looking at them over and over again really helped. The test itself was online, and to be completely honest, I was expecting the worst, regardless of any studying I did. Fortunately, my worries did not come to fruition; I was confident in almost every answer and felt really good about my results.

The physical portion of the test inspired the most terror in both me and my sister. In order to train for it, I made sure to attend every Saturday class, work hard during the Facebook Live classes, and attend a lot of extra practice sessions as well. In short, looking back, I feel like I had prepared well. This is in complete contrast to how I was feeling that Saturday; I was positive that I would forget something vital, and as a result, fail the whole test. Thankfully, practice does indeed pay off, so that did not happen.

We were tested on hand techniques, foot techniques, hand and foot combined techniques, jump kicks, forms, breakfalls, one-steps, bongs, and conditioning. We had to skip self-defense, breaking, and sparring because of social distancing, but it was still a very difficult test. I put as much effort as I could into every move and just tried my best. I think that my strongest areas were the hyung and my weakest the jump kicks, but there was obvious improvement in both from a year ago, so I did feel good about my performance.

Ever since I had become a Cho Dan Bo, and even before that, I had heard that the Black Belt test was meant to be intense and push your limits. I had never truly felt the truth of that statement until I took it, but even though it was difficult, this was a chance to showcase my abilities and to measure my progress. I walked out of the studio smiling exhaustedly, Jahnvi doing the same at my side, because we knew that we had done our best. We have learned new things about ourselves, our strengths and our weaknesses, and we are eager to use that knowledge to push ourselves even further.



Black Belt Testing during COVID

By Jahnavi Vatsal, Cho Dan Bo

I took my Black Belt test on April 10th and April 17th. However, the days before the test were honestly more terrifying than the actual test. I'm not saying that it wasn't hard, and I was scared, it's just that at the test, you have to try to give it your all and have fun. However, there were two things ringing in my ear. One was saying Believe to Achieve, but the other one was still panicking. However, my sister kept me sane from panicking all the time. After all, having someone to rant to and relate to is really helpful.

One of the requirements for Black Belt is the thousand-word essay. I can briefly remember we had procrastinated a bit. But once you start writing about something you like to write about, you can keep going for a long time.

At the written test, my sister and I had a lot of nervousness, but there was still a sense of confidence. My sister and I

weren't allowed to talk to each other at the test. However, after the written test, we both felt as if we passed because we both studied hard. But I felt as if the written test was a bit more complicated since it was online. I mean I was sitting on the couch and my sister was in another room doing the test. While we were taking the written test, it did not feel that complicated, but afterwards it definitely felt like it because of the anxiety. Once we got the results of the written test, my sister and I were overwhelmed with happiness.

Next was the physical test; it consisted of hand and foot drill, jump kicks, forms, breakfalls, one-steps, staff, and conditioning. You might be thinking There was no sparring and breaking, so it must be easy, right? Wrong! Even though there wasn't any of that, it was still really hard! Especially, since I was a

couple rows away from my sister. Because of that, I was really scared, but I knew she could get through this, and so could I. When I was doing breakfalls, I knew I hadn't done a front roll, but that was one more thing to work on.

After all the testing, I hadn't been that sore, but I had been feeling a lot of anxiety. I can specifically remember my instructor emailing us asking us about how we were feeling. However, I wasn't feeling as much anxiety as I was concerned with letting my instructors and friends down. Even if I don't pass, I will be proud of myself for making it through the test. I guess what I'm trying to say is all that matters is giving it your all and persevering. Isn't that what Tang Soo Do is all about? I'm so glad I got to experience this unique and terrifying test!



Testing Your Knowledge
By Scott Thompson, Sam Dan



1. The current Grandmaster of the World Tang Soo Do Association is...
 - a. Jae Chul Shin
 - b. Robert Beaudoin
 - c. William Strong
 - d. Hwang Kee
2. Which is one of the Seven Tenets of Tang Soo Do?
 - a. Integrity
 - b. Loyalty to Country
 - c. Honor Friendship
 - d. Endurance
3. In the World Tang Soo Do Association Symbol, the flying side kick represents...
 - a. Unity and Brotherhood
 - b. WTSDA is worldwide
 - c. Opposing forces
 - d. The whole person concept
4. Tang Soo Do code #2 is...
 - a. Loyalty to Country
 - b. Obedience to Parents
 - c. Honor Friendship
 - d. No retreat in battle
5. The name of the warlord who overthrew the Silla Dynasty was...
 - a. Won Kwang
 - b. Hang Jung
 - c. Kong Sang Koon
 - d. Wang Kun
6. In Korean, Yodol refers to the number...
 - a. 8
 - b. 7
 - c. 9
 - d. 6
7. Grandmaster Jae C. Shin was honored by being the subject of a full chapter in the martial arts book...
 - a. Mooyae Dobo Tongji
 - b. The Art of War
 - c. 20th Century Warriors
 - d. Zen in the Martial Arts
8. Grandmaster Shin's first organization in the United States, the U.S. Tang Soo Do Federation, was founded in the city of...
 - a. Philadelphia, PA
 - b. Burlington, NJ
 - c. Burlington, NC
 - d. Burlington, CT
9. Kap Kwon refers to...
 - a. Back fist
 - b. Hammer fist
 - c. Fore fist
 - d. Heel of the palm
10. Jok Ki refers to...
 - a. Hand Techniques
 - b. Breathing
 - c. Foot techniques
 - d. Energy

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

KIDS

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Kids' Corner

Tang Soo Do Crossword

By Teresa Otto, E Dan

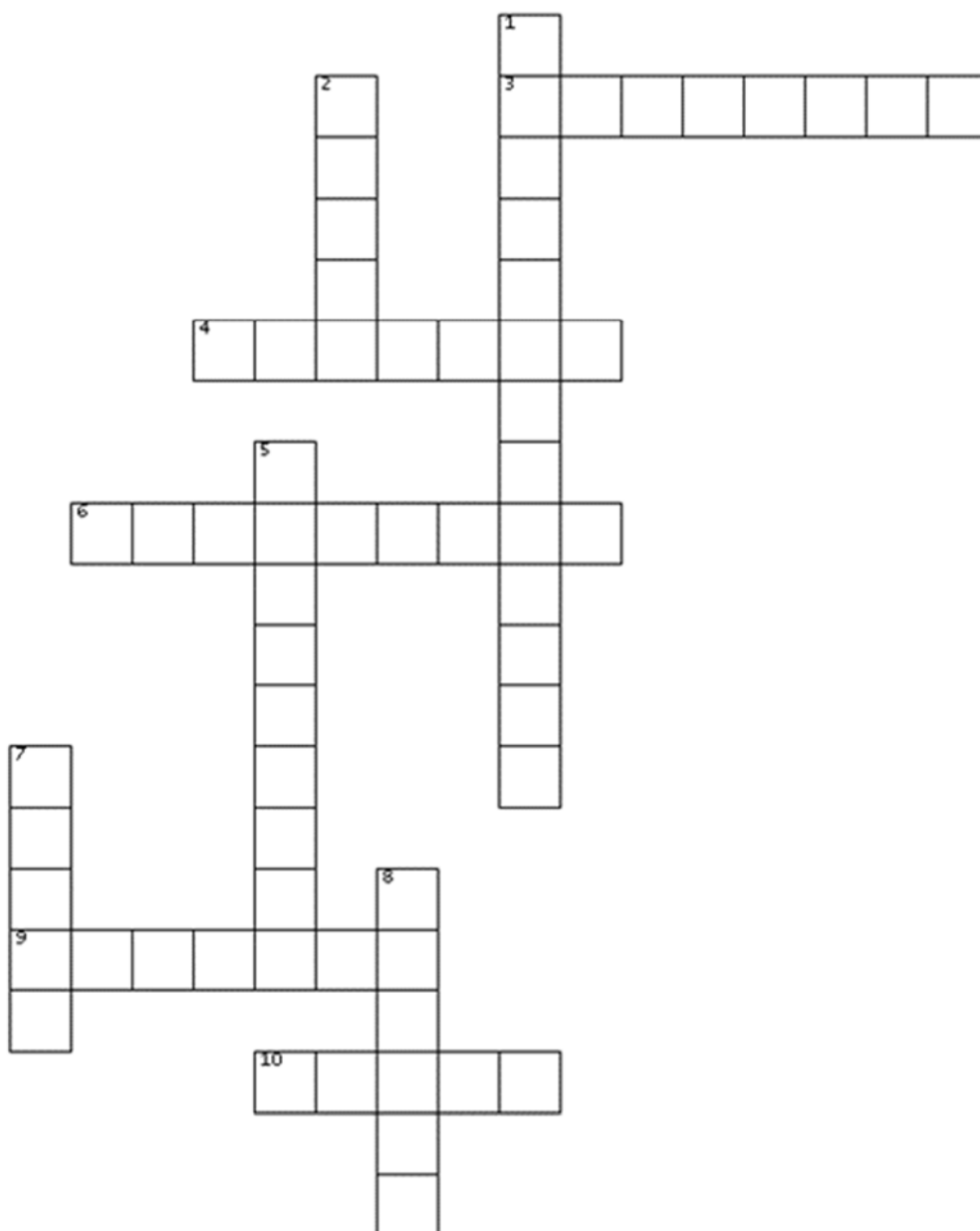
Using the phrases in English below, translate them into Korean and write them in the boxes. Do not leave spaces between words. Each word should fit into the corresponding boxes. Some letters may be shared between words where they cross.

ACROSS

- 3. Self-defense
- 4. High level
- 6. Center level
- 9. Breaking
- 10. Foot technique

DOWN

- 1. Testing panel/ examiner
- 2. Low level
- 5. Attack
- 7. Hand technique
- 8. Block



Are You an Assistant Instructor or Are You Assisting an Instructor?

By David T. Painter, Sah Dan Master

At Vaughn's Dojang we take great pride in preparing our students for each step in their Tang Soo Do martial arts training. The martial arts as we know them today can be traced back more than two thousand years. Throughout this long history, the art was passed from instructor to student. Yesterday's student became tomorrow's instructor on through the ages to today. On the journey to Black Belt each student is indebted to an instructor or to several instructors who patiently provided lessons in martial arts techniques, in health, in fitness, and in becoming a better person.

Each student's journey to Black Belt is not taken alone. In order to make progress on this never-ending path of personal improvement, it takes the support of family, friends, fellow students, and instructors. Without the support of family, friends, and fellow students, the journey would be more difficult and challenging. Without an instructor, however, the journey would be impossible. Without instructors, the art would eventually disappear.

We place such a high value on quality instruction that we require a period of apprenticeship instruction as a condition for promotion to Cho Dan, first degree Black Belt in Tang Soo Do. At the Cho Dan Bo, or Black Belt candidate level, every student, whether youth or adult, is required to commit to assisting a Black Belt Instructor in teaching at least one day per week. Vaughn's Dojang's Cho Dan Bo Agreement specifies the teaching requirement to be recommended for the Cho Dan test held two times per year, along with the expectation that a recommended Cho Dan Bo is "capable of conducting a full class in Tang Soo Do using appropriate Korean terminology."

Once a student is recommended for, and actually achieves Cho Dan, first degree Black Belt rank, it is expected that each and every Cho Dan assist with teaching in order to give back to the art. However, assisting with instruction is different from striving to become an Assistant Instructor and Instructor. In Kwan Chang Nim Shin's Volume V Instructor's Manual, he notes:

In order to be an instructor or an assistant instructor able to assume full responsibility for class instruction, a Black Belt must be 18 years or older, must have the necessary instructor certification and must be in good standing with the WTSDA and his or her supervising and/or regional master instructor. It is vital that an assistant instructor maintain a rigorous, personal training schedule so that the Assistant Instructor is able to teach and demonstrate all of the essential components of the WTSDA gup and Black Belt curriculum. An Assistant Instructor must be a capable WTSDA technician as well as an enthusiastic ambassador of the value of training in Tang Soo Do.

In Volume V, Grandmaster Shin described a lengthy process of instructor apprenticeship involving training and mentoring occurring between a senior (Sun Bae) and a junior (Hu Bae). An essential goal of this relationship is to develop qualified instructors capable of passing on the art. As Grandmaster Shin noted, however, part of this learning process involves an Assistant Instructor developing the ability "to teach and demonstrate all of the essential components" of the WTSDA curriculum. In other words, an Assistant Instructor must develop all of the skills necessary to assume full responsibility for a class of students. Clearly, this means more than leading warm-ups, drills or forms. It is more than assisting an instructor once in a while by helping out in class.

The following table helps to illustrate the difference between assisting an instructor and being an Assistant Instructor:

Assistant Instructor	Assisting an Instructor
Commits to attending every class	Attends class when available
Able to assume responsibility for the design, format and implementation of each and every class period when the chief instructor is unavailable	Depends on the chief class instructor to design lessons for varying belt levels in the class
Actively plans and collaborates with chief class instructor to develop lessons for each class	Chief class instructor directs all class instruction
Embarks on a training and mentoring regimen with the chief instructor to be able to assume all responsibilities of a chief class instructor	Limits oneself to tasks with which he or she is comfortable and is willing to take on.
Aspires to become a chief class instructor	Is satisfied with ad hoc assignments from the chief instructor
Focuses his or her training to be able to assume full responsibility for the class in the event the chief instructor cannot	Relies on chief instructor to be primarily responsible for all aspects of class management
Arranges for a substitute in the event he or she will be unable to attend class	Notifies the chief instructor he or she will be unable to attend class

The Roman philosopher Seneca said, "While we teach, we learn." Any Cho Dan Bo or Black Belt who has ever taught a gup student a form, knows that his or her understanding of the form is enhanced by teaching it. Clearly teaching is vital to understanding and for preserving the martial arts, but becoming an Instructor is more than teaching a form. The path toward true mastery and making meaningful contributions to the legacy of Tang Soo Do, Hapkido, Vaughn's Dojang, Region 8 and the Association requires making a commitment to becoming an instructor.

Congratulations!

To Our Newest Cho Dan Bos:

Ryan Bell Moksh Burlagadda Arjun Pelleti

And to the following students who recently passed their Black Belt Test:



Cho Dan

Pranavi Bhagavathula
Ridham Khambhati
Sparsh Kumar
Varun Parakala
Namy Peethambaram
Jeffrey Qin
Yasmeen Radwane
Soumya Shukla
Jahnvi Vatsal
Vaishnavi Vatsal

E Dan

Dung Hoang
Dhanush Meda
Reem Radwane
Paarth Yadav

Sam Dan

Suryansh Yadav

JUST FOR KICKS

