

# OUR TANG SOO DO TIMES

October 2014 Edition

## An Introduction to Master Sean Mayes BTSDF Region 3 Regional Instructor and TAC Member.

Master Sean Mayes teaches classes in Essex, England. He has been training in Tang Soo Do since 1974 under the guidance and tuition of Master M.K.



Loke. Master Mayes was graded under the UK (International) Tang Soo Do Federation, headed by Grand-Master U.K. Lee gaining his Cho Dan in 1978. He has been a loyal member and fan of Tang Soo Do throughout his life.

In 1977 Master Mayes entered the first International Tang Soo Do Championship held in Watford England and achieved 1st place Gup formation and 2nd place free sparring. He continued to compete until 1996 ending his competition career with an enviable accumulation of trophies and awards. Since then Master Mayes has preferred to concentrate his efforts on helping and supporting his students and to avoid competing against them. Master Mayes does not believe there should be rivalry between Instructor and students.

As Regional Instructor Master Mayes enjoys teaching around 50 students and takes a personal interest in his students' growth and evolution into accomplished Martial Artists.

**Master Mayes states;** "Apart from my family members, who I have taught all their lives, the longest running student I have is Mr Thomas Fuller. Mr Fuller has been a Member since the age of four. He is now 27. I have watched him through school and teenage years and then through his University years and in to his working life and career. He is a Senior First Dan and will be ready for to assess for 2nd Dan shortly. My most senior Students are Mr Jason Mayes and Mr Allen Mayes both are 3<sup>rd</sup> Dans and assist me with teaching regular classes as well as organising Championship events. They cover me when I am not able to attend class due to work responsibilities.

I work as an Electrical Engineer for UK Power Networks and at the moment I project engineer contracts from Network Rail although this means I have a nine to five office job in theory I can and do assist in the power switching of the electrical supply to the rail environment. That part of my duties includes working nights, bank holidays and through seasonal holidays. I plan, implement and oversee the replacement of electrical substations and associated equipment within the rail environment. It is a high stress, project time scaled environment and is very enjoyable.

I hope you are enjoying your TSD classes and wish you all good health and a happy life."

# Sahara Trek

***I was going to write my Newsletter article this morning but found these words from Freddie Cannell's Dad. They seem to say so much about a young man's efforts for others that I felt anything I could say would be of lesser value. What Mr Cannell doesn't say is that this was Freddie's idea because he wanted to make a charitable endeavour. If there is a better example of our 'action philosophy' in Tang Soo Do I am yet to see it. Let's help Freddie hit his £5000 target.***

## **John Dove BTSDF Region 1.**

In March 2015, nine year old Freddie with his mum and dad, will all be trekking 100km across the Sahara Desert in order to raise money for Guide Dogs for the Blind. Freddie is in his third year of Tang Soo Do lessons at Bilton Junior School in Rugby and is currently a green belt.

The family have been heavily involved with Guide Dogs for the last 4 years. During that time, they have looked after 13 different dogs, either boarding them during their training at Leamington Spa, or puppy walking them for the first year or so of their lives training to be Guide Dogs. In addition to this, they are active members of the local fundraising group, and are often helping with collections or other fundraising events. Freddie has previously been involved on other sporting events, having been sponsored to complete the Junior Great North Run twice, and the Great South Run. Mum and dad have also entered the Great North Run and completed this in Guide Dog outfits!

The trek will take place in the Moroccan Sahara Desert, approximately a 10 hour drive south of Marrakech. It will take Freddie and his family 4 ½ days to cover the 100km distance, walking for approximately 8 hours every day. Throughout the trek, they will be guided by local Nomad guides, and their supplies will be carried by the support camels. They will be camping out in tents in the desert overnight.



During the trek, as well as the endless miles of sand, they will also have to contend with a 300 metre high sand dune, snakes and scorpions, and temperatures varying between 40°C in the day to below freezing at night.

It is Freddie's aim to raise over £5000 from the trek and his other fundraising events in the lead up to the trek. Once he has raised this total he will be able to name a Guide Dog puppy in recognition of his fundraising, he intends to call it 'Sahara'. You can find out more about Freddie's plans on his facebook page [www.facebook.com/freddiestrek](http://www.facebook.com/freddiestrek) Should you wish to sponsor him, then you can at [www.justgiving.com/freddies-sahara-trek](http://www.justgiving.com/freddies-sahara-trek)



# On 20th September the Dragon Tang Soo Do open championship was held

in Bristol, 6 of us from BTSDF including Master Dove and Master Preston participated.

With over 250 participants ranging from beginners to the more experienced practitioners, it was going to be a busy day.

Just after 9am the event was formally opened. The first part of the day was weapons, it was interesting to watch, amongst the demonstrations were swords, daggers, nunchaku and guandao to name a few.

Following the weapons, the hyung groups were called, we were all participating as were most of the other competitors - I was particularly looking forward to seeing both Master Dove and Master Preston perform. Due to the volume of competitors this was probably the longest part of the day, and there was quite a few tie breakers where individuals were needed to repeat, adding to the intensity at times.



After all the hyungs were completed the sparring commenced, again groups of equivalent rank in knockout style bouts 'battled' it out, there was good sportsmanship throughout with the most senior ranks the last to compete.

In summary a good day, and a well hosted event, personally a good forum for us to test our abilities not just in application of the art but also in demonstrating good Moo Do.



## Judging advice

With the British Tang Soo Do Federation's Invitational Championships nearly upon us, it is hoped that many have started to think about what part can they play? There are many roles one can take in a competition, from Ring Assistant to Centre Judge. These roles are:

<u>Judging</u>	<u>Ring Assistant</u>
<ul style="list-style-type: none"><li>• Centre Judge/Senior Judge (aged 18+)</li><li>• Ring Judge (aged 16+)</li></ul>	<ul style="list-style-type: none"><li>• Ring Proctor/coordinator (aged 16+)</li><li>• Score Keeper (aged 11+)</li><li>• Time Keeper (aged 11+)</li></ul>

All roles come with guidance, some with formal training. Whilst typically YuDanJa fills these roles, there is nothing stopping YuGupJa from learning about this and getting involved in an assistant capacity.

From November 1<sup>st</sup> 2014 there will be an annual judging seminar assisted by tournament sparring to provide practice in the numerous roles an official may have. Also within our Newsletter advice will be shared about positions, calls, and protocol. Any aspiring judges may benefit from this and any questions will hopefully be answered in future Newsletter articles or in the seminar.

### Advice this month: Stance

Many judges do not actually think about their stance and how it can affect their judging, whether it is standing up or sitting down.

If the judge is sat down, they should sit with their back straight, hands on knees and feet shoulder width apart at least. This enables the judge to lean or quickly rise to one side if their view becomes obscured. If the judge is comfortable, they relax and may lose some of the alertness needed to be an effective judge.

If the judge is stood up, movement is key. The fight will move around the ring and the judge should mirror this as much as possible. As such, a good position to adopt before the fight starts is a sparring stance. This way the judge can follow the way the fight moves and be light enough on their feet to keep up with the pace.

Try moving around yourself; are you quicker in changing direction stood up or in a sparring stance?

Adam Preston





## Tips for travel in Slovakia

***The author of this article, Miss Martina Chovancova is E Dan ranked Kyo Sa in Region 1 and has studied extensively in traditional Martial Arts for fifteen years. In her homeland of Slovakia she gained a reputation as a keen competitor in the (traditional) Karate Competition circuit. Miss Chovancova has been asked to look into the logistics of a BTSDF Summer Camp week for 2016 in Slovakia. Tang Soo Do is unknown in that Country ! Flights to Slovakia are only a couple of hours and are very reasonably priced at certain times of the year.***

***If this article sparks an interest for you please register that interest with your Instructor. With the BTSDF travelling to Kansas and Arizona in Summer 2015 we may be able to consider inviting International guests to Slovakia in 2016. Now that would be a way to introduce Slovakia to Tang Soo Do.***

The High Tatras Mountains are one of the smallest mountain ranges in the world, nevertheless, they are the highest and the only mountain range of alpine system in the Slovak Republic. The territory of the High Tatras lies on 260 km of land. The length of the main mountain ridge is 26.5 km. It begins with Lalióve sedlo (1947 m) on the western side and ends with Kopské sedlo on the eastern side. The longest stretch of mountains in the north - south direction is 17 km long. The state border of Slovakia and Poland runs along the main mountain ridge, starting with Lalióve sedlo and leaving the High Tatras at Rysy peak (2499 m). There are 25 peaks surpassing 2500 meters above the sea level. The highest point is Gerlachovský peak (2655 m). There are numerous side mountain ridges spreading out to north and south of the main High Tatra ridge, all lined by deep and rustic valleys formed by the past glacier activities. As a reminder of this magnificent era the High Tatras uncover 85 mountain lakes on the Slovak side of the mountains. The largest and deepest lake is Velké Hincovo pleso (20 ha, 53 m deep). Modré pleso has the highest elevation of all the tarts in the High Tatras (2157 m). The beauties of Tatra sceneries are enhanced by numerous waterfalls. Some of the most important are Vajanského, Kmetov, Hviezdoslavov, Obrovský, Waterfall Skok and waterfalls Studeného potoka. The High Tatras region is a frequent target of visitors from all around Europe and other continents, because of their unique beauty, wide possibilities of tourism, mountain climbing and skiing. The territory of the High Tatras, together with adjoining Belianske and Western Tatras, form the most important national park of Slovakia - The Tatra National Park.

National Park High Tatras (Vysoké Tatry) is situated in the north of Slovakia, shared partly with Poland. The only mountains of Alpine type in the whole Carpathian Mountain range are often called "the smallest alpine mountains in Europe".



## **There are three main parts of High Tatras:**

- The Western Tatras
- The (central) High Tatras
- The Belianske Tatras

They differ in their geological composition and location. The inhabitants of the High Tatras live in the settlements situated along the "Road of Freedom", which joins Western, High and Belianske Tatras together.

## **For hikers!**

Hiking paths are ranging from gentle to highly demanding. Hikers wear good technical clothes, hiking shoes are mandatory. Navigating through paths, you will feel utmost respect to narrow rocky ridges falling steeply down to glacier-cut valleys. Be careful! After an hours-long ascending, there is not a better feeling than a beautiful breathtaking view from the very top of the peak.

## **Notable Peaks**

Gerlachovsky Stit (2.655 m / 8.710 ft) is the highest of the High Tatras and of Slovakia. For of its height and breathtaking scenery it is one of the most visited and challenging peaks. Hire a skilled mountain guide to lead you, otherwise it's hardly possible (and forbidden) to get there.

Lomnický Stit (2.634 m / 8.642 ft) is possibly the most visited peak, probably because of its accessibility by cable car. You will find the highest situated Astronomical and Meteorological Observatory in Slovakia on the top.

Kriván (2.494 m / 8.182 ft) belongs to the Western Tatras and is the most popular amongst Slovaks. It is said that every Slovak has to climb to the top at least once in his lifetime. Kriván became the symbol of the freedom of Slovaks and since 1955, traditional national walks have been devoted to the Slovak National Uprising and the local heroes.

## **For skiers!**

Tatras can be proud of their heavily frequented skiing areas (alpine, downhill and cross-country). In fact, most of the Slovak ski resorts are situated here. You can enjoy skiing or snowboarding in high altitudes (> 1.500m), beyond the forest treeline.



And let's not forget - you can complete your day in magnificent mountains with bathing in thermal waters under the open skies in the evening. The skiing season begins in the middle of December and continues through to April.

### **Thermal Pools in close reach of ski resorts:**

- AquaCity Poprad
- Aquapark Tatralandia
- Besenova



### **The most popular resorts and gateways to High Tatras:**

#### Poprad - the gateway to High Tatras

The Poprad city is the most important economic, cultural and tourist centres of the Spis region. You can find a lot of great accommodation facilities here and also a popular thermal aquapark AquaCity Poprad.

#### Tatranska Lomnica - the headquarters of High Tatras

Tatranska Lomnica, one of the biggest and most beautiful settlements in High Tatras. It is situated on the Road of Freedom, at the foothill of Lomnický Peak. With the highest (2.196 m / 7.205 ft) and steepest slopes, it is perfect for skiers. You can also find Museum of TANAP here and try some crazy adrenaline stuff like futuristic scooter, mountainboard, as well as cart Stanley rider.

#### Strbské Pleso

Strbské Pleso is a favorite ski, tourist, and health resort in the High Tatras, Slovakia. It's Strbské tarn is a glacial mountain lake, is a beautiful attraction. Strbské pleso is a perfect starting point for hikes to Kriváň and Rysy. You can also try Bungee Jumping from the big ski jump tower, go paragliding or in the winter, experience 16 km of cross-country track, as well as freestyle skiing obstacles.

#### Starý Smokovec

Starý Smokovec, the administrative headquarters of the national park, is a lovely place for mountain-climbers and tourists. Ride up by the ground cableway to Hrebienok, an ideal starting point for light-weight summer mountainous trips. Only 30 minutes far from the ground cableway you will find waterfalls of Studený potok (Cold Creek). In the oldest tourist recreation settlement underneath Slavkovský peak you can find some excellent hotels, restaurants, affiliated branches of some banks and exchange offices.



## September 2014 Tang Soo Do Grading

Even before the children were born, Jo and I made the conscious decision that we would encourage our kids, boys or girls, to pursue a form of martial art. Our main thoughts were that participating would increase and build their confidence, instil some discipline and also to offer some reassurance to Jo and I, as parents, for when the children are more independent, whilst having the benefit of getting a little bit fit.

Over 10 years later and now with an eleven year old girl and an eight year old boy, we decided to take the 'plunge'. Jo and I spent several evenings on the 'net' searching for a suitable discipline. Jo found the local region 2 British Tang Soo Do website. We noted that the site stated they were family friendly and they offered a convenient lesson structure on Sunday mornings – perfect. So we 'pinged' an email to Master Preston stating our interest, to which he promptly replied inviting us to come along for a couple of trial sessions.

We were all a little apprehensive on that Sunday morning in April, but as we arrived outside the Do Jang one of the practitioners could obviously see we looked a little out of place. He quickly befriended us and was immediately reassuring and welcoming (thanks Adam). Indeed, he has continued to be very supportive and willing to offer advice and instruction. We were guided into the Do Jang and immediately greeted by Master Preston, who was obviously pleased to see some new students and a family group at that. He welcomed us and after having a chat about our motivation to participate, soon introduced us to the 'family'. We still comment after every session, just how friendly everyone in the entire group is. We respect and appreciate their patience and willingness to impart and share knowledge, as we are complete novices.



A few weeks later, Master Preston presented us with our crisp white Do Bok's. We now started to look the part, although our learning curve was to be huge and each of us at some point has found aspects personally challenging. However, with continuous feedback and plenty of encouragement from everyone, we persevered and in mid-September we entered our first grading for 9<sup>th</sup> Gup.





Returning from our usual Sunday morning session to the grading in the afternoon, all four of us were rather nervous and not really sure what to expect, despite all the reassurances from everyone. We all lined up in position and Master Preston outlined the format – now he was not our instructor but the examiner. We started our warm-up and tried to relax. First discipline was Ki-cho hyung il bu (we were hopeful that the past two weeks of practice in the garden had paid off!). Then on to Il soo sik deh ryun (not our strongest discipline). Next up was the ‘break’ – (I think we all enjoyed the kicking), with all of us breaking a stronger board than was required. Finally Mrs Creaser would test us on the responsibilities of a student. My mind went blank because I had memorised a system, but fortunately Jo and I were sharing this test, so we could bounce off each other. Master Preston closed the session and told us we would know the results at five to three. We returned to position and had all passed and were presented with our new Dee’s and certificates.

We are extremely proud of what we have achieved as a family and are looking forward to building on our skills.

*Jason, Jo, Sophie and Samuel Eggelton. 9<sup>th</sup> Gup*



# Birthdays

*Robin Tate*

*Rohan Siddle*

*(Who has also wished to express his happy birthday to his father who celebrates his birthday the day after Rohan)*

Inspiration:

*Rohan's nan has just climbed Kilimanjaro, at the age of 62. Such a fantastic achievement!*



Hopefully, we haven't missed anyone! Please let your instructor or newsletter coordinator know about your Birthday so we can get you recognised!

# HAPPY BIRTHDAY!!!

## **Here we have an interview with one of Region 2's students:**

***What is your name?***

Tavleen Lakhan.

***How old are you?***

12 years old.

***What gup rank are you?***

I am a 2<sup>nd</sup> gup.

***Where do you train?***

I train 2 to 3 times a week, in Milton Keynes on Tuesdays, Wednesdays and sometimes Sundays. Also, on Tuesdays my sister Simran and I help out in the Tigers class. I really like using the kiddie crushers!

***How long have you been training?***

It's been 1 and a half years now.

***What's your favourite bit about training?***

I really like sparring and learning my new forms.

***What do you find difficult in training?***

Making sure every move is right.

***What are your hobbies?***

I am a goalie for my football club, and I like cooking and art (and Tang Soo Do!)

***What's your favourite colour?***

Blue.

***Do you have a favourite kick?***

Yeah, I like ahp chagi.

***What are your recent achievements?***

In the Essex Tang Soo Do tournament I got 2 gold's and 1 silver in sparring, forms and breaking and this month I had a grading and I passed!

***What are you looking forward to?***

I'm looking forward to the BTSDF tournament in November and finishing learning my new forms Pyahn Ahn Odan and Chil Sung Il Ro.



*Tavleen sparring at the Essex tournament.*

## Finding Flow

Whilst preparing for my E Dan I have been investigating why I find it difficult to find my 'flow' when performing Chil Sung and Yuk Ro forms. My fluidity and elegance were missing and that was evident in my performance. I considered whether that would lead to a block in my Chi (power) and if I was physically out of balance.

Human Chi is the movement of energy, its flow, around our bodies. An easy starting point for that concept is to think of the oxygen flowing through our veins carried by our blood or the strength carried in our muscles that we gained by eating. Chi is any power source. For humans that begins with breathing in oxygen. For Tang Soo Do practitioners it means the method in which we breathe, more importantly matching that method to the requirements of the portion of the curriculum that we are performing. In much the same way, Chi for your car is petrol. If your petrol pump is not operating correctly your car just won't run right.

Human Chi is an ancient Oriental concept that shares a lineage with their traditional medicines and practices. Perhaps that is where I was going wrong? Perhaps it was my breathing flow that was leaving me out of balance and inelegant.

In Tang Soo Do we use a term called 'grounding' to describe the relaxation of limbs in a gravity friendly manner. That short period of total relaxation aids our awareness of how we feel during the performance of Soo Bahk hyung, The term is not relative to traditional or Weh Gong hyung because the level of tension in that style of hyung makes realising how we feel a lot more difficult for junior students. I have been taught that I can use the grounding motions in the hyung as an analysis point for my progress. A measuring point for how I feel.

The repetitive movements in Tang Soo Do allow us to become familiar with the forms thereby affording us the chance to add in technical improvements without too much consideration over where we should turn next or what movement comes next.

Armed with that knowledge I was ready to address the block in my fluidity and put it right. I set straight back to work on my Soo Bahk hyung (Chil Sung and Yuk Ro) and found that the element that was preventing my fluidity was no more than my own internal tension or muscular rigidity. I had not applied one of Great Grand-Master Hwang Kee's the eight key concepts; 'Shin Chook' or Tension and Relaxation (better understood as the expansion and contraction of the lungs and muscles). I was too tense throughout the entire form, leaving me breathless and fatigued.

My instructor, Master Adam Preston has worked intensively with me on this issue of relaxation over the last month and sums it up using a line from the 'Song of Sip Sam Seh' that relates purely to our Soo Bahk hyung;

"When done correctly, all will appear effortless."

Katrina Creaser

TANG SOO!!



## *How can you contribute to the Newsletter?*

*We have heard regularly from the same students contributing to our Newsletter.  
To them we say thank you.*

We want the Newsletter to be 'for the Membership by the Membership'. Is it fair to say this is true? Not yet.

It is 'for the Membership by individuals who will set aside some time in the month to make a contribution.'

For us to honestly say it is "by the Membership", we need **you** to step up and get involved.

So to help tackle the problem of knowing what one could write about, here are some ideas:

### Topics you could write about:

Your first class  
Your first grading  
Your last grading  
Your first competition/seminar  
A personal success  
A success of a family member  
A Student bio  
An Instructor bio  
Why do you like Tang Soo Do?  
What are your goals in Tang Soo Do?  
What has inspired you lately?  
Your favourite section of Tang Soo Do training.

It can be a paragraph, or a full article. Have a picture? Include it.

Once you have completed your contribution, simply send the information to your Instructor/Regional Newsletter coordinator.

On average there are 43,200 minutes in a month. It only takes 10 of those minutes to make a contribution.

Sincerely,

*Adam Preston*

## Why are *You* training in Tang Soo Do?

There have been many times throughout all the years I have been involved in Martial Arts that I have had to step back for a moment and ask “why am I training?” I’m sure that most who have been training for a long time can say the same. Over time, the reasons for training can, and usually do, change.

For example, young children may be involved because their friends are. Or because their parents want them participating for reasons such as improving their focus, self-esteem, etc.

Teens may be training for a variety of reasons as well. Some may be involved for the same reasons as younger children, but some may be more focused on the self-defence aspects or athletic training of the Martial Arts.

Adults may train for the same reasons as above, or any number of other reasons such as stress relief, getting in shape, applying philosophical ideals to their lives, or sharing an activity with their spouse or children.

Any of these reasons could be the reason *you* involved. And, if the reason isn’t listed here (and believe me, there are countless others), that’s okay. The point is to have a reason.

Most of the people that quit their training do so because they aren’t motivated. They don’t have a reason to train. If you look at the benefits of training in the Martial Arts, you will agree that it’s good for you! Now find a reason to do something good for yourself. That reason may change, and that’s okay too. Just look at where you want to go, what benefit you are looking to get from your training, and use that goal to keep you moving forward!

When you look back on your Tang Soo Do journey, I’m sure that, like me, you will find some of your best memories, longest friendships, most cherished achievements, and life lessons learned, will have been made better for being in the Martial Arts!

TANG SOO!!!

Robert McCoy, Jade Mountain Martial Arts