



# Dragon's Den

唐手道

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## Passionate About Tang Soo Do

By Master Vaughn

### Inside this issue:

This newsletter features a recap of last year's events, the holiday party, Pizzazz training, the Hwarang Dan League and the Dragon Demonstration Team, and Where Are They Now?

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### Upcoming events:

- Feb. 21—Gup Graduation
- Feb. 25—Region 8 Winter Championship
- April 18—Gup Graduation
- April 22—Region 8 Dan Test
- June 2-4—Youth Black Belt Camp
- June 16-18—Adult Black Belt Camp

Are you *passionate about Tang Soo Do*? Let me tell you how I became involved in the art of Tang Soo Do and how I developed a passion for continuing on the path of the warrior.

When I first was exposed to the martial arts, I was attracted to the form and discipline. I had been interested in martial arts since first watching it on TV as a kid. By the time I was able to begin formal training, I had served in the conflict in Vietnam and was looking for a place to work things out. I found Tang Soo Do.

Immediately I fell in love with the art, and committed my life to pursuing its mysteries. I'm not sure why some people (like me) just take to Tang Soo Do, but after interviewing many masters, I have come to the conclusion that TSD attracts some people because it becomes a big part of their life. For me, there was no question I had found what I had been looking for when I found Tang Soo Do. The discipline was just what I needed, and I took to the training with gusto and with passion.

To this day, Tang Soo Do is still the path I choose, and one of the main reasons for this is because I have never lost my passion for learning its lessons and for experiencing its rewards. Being passionate about your training is not only a great way to succeed in TSD; it also keeps your training fun and interesting. To be really great at anything, one must bring passion to the show.

How do you become passionate? It starts with hard work. The hard work, in time, will pay off with you becoming better. Many things begin to happen when you become better and better with your technique. The hard work becomes more like fun, and you feel better all around, because you are getting into better shape. Your confidence and your ability to perform the advanced techniques reach higher and higher levels, and your passion for perfection begins to take hold.

Passion for Tang Soo Do is not something that can be taught or forced on someone; it can only be acquired through diligent practice, and a desire to become a part of something bigger than oneself. The instructor can inspire passion by demonstrating his/her own belief in TSD and thereby motivating the student to emulate that passion.

I believe that once the student begins to discover the intricacies of TSD and begins to feel the effects of self-improvement, the passion becomes more and more manifest in his/her TSD journey. Passion for TSD will invariably carry over into one's everyday life, giving the practitioner a more intense passion for life. Passion for life is at the crux of Tang Soo Do training.

### Training with Pizzazz 5th Anniversary

By Richard Brigandi, E Dan

Vaughn's Dojang held the 5th annual Training with Pizzazz pizza party on December 10, 2016. This is our "family pizza night" where students from all classes in the Dojang and their parents could gather together to enjoy a day of friendly competition, fun, and food. Master Altieri again energized the class through non-stop training and competition followed by a pizza party compliments of the Black Belt Club.

The Dojang had over forty students participating, more than previous years. Parents and siblings were at the back, cheering them on. The day started out with warm-ups followed by hyungs. The training was so intense the windows

started steaming up early. There was barely room on the mat as the rows extended almost to the door. The group was then divided into six teams for the competition. The fearless team leaders were Mrs. Mentley, Dr. Thompson, Mr. Buckwalter, Mr. Braun, Miss Price and Miss Yetnick. The events were relay race, push-ups, sit-ups, highest jump kick, longest jump kick, one-step competition, and questions. Each team member had to compete in at least one event.

Teams 2 and 3 (Dr. Thompson and Mr. Buckwalter) took an early lead, placing in the top three for the relay and sit-ups. Miss Price's team won push-ups. The teams of Mrs. Mentley, Mr. Braun,

and Miss Yetnick kept it close, placing in the top three for the other events including several ties for first place. Even though we changed the scoring system to avoid a tie like we saw in 2015, we again ended in a tie with Dr. Thompson's team edging out in a tie-breaker. Congratulations to all competitors; there was only a two-point difference between the other teams.

Special thanks go out to Master Vaughn for making this possible. Also thanks to Masters Altieri and Lipstein and the Black Belt Club, Mr. Braun, and everyone who helped out. Watch for the 6th annual Training with Pizzazz (and pizza) this fall.



More pictures on next page

# Training with Pizzazz



## A Thank You Note from the Bethesda Project

By Master Altiere

I wanted to thank you for your generosity again this year. Thanks to you, many homeless folks in Philadelphia will have the items they need to get them through the day. You provided hundreds of items to the homeless, including coats, gloves, underwear, soap, toothbrushes, toothpaste, sweat shirts, shaving cream, etc.

Every day, our students practice the purpose of Tang Soo Do—to “be a better person.” Of course, there are many ways to practice this value, but you certainly showed your love by donating so freely.

Unfortunately, some folks struggle to get by, but your kindness will brighten each homeless person’s day. I know every contribution will be appreciated and cherished by the Bethesda Project.

During the past 16 years, we have collected thousands of items for the poor. Thanks to Master Vaughn and our Dojang, we are helping the homeless with the very basic needs to make it through the day.

Again, we thank you for your kindness. Yes, we train to be martial artists, but just as important we train to help others.

**2016 Holiday Party**  
By Don Otto, Cho Dan Bo

Vaughn's 2016 Holiday Party was held at Springford Country Club on December 4th. Master Vaughn's commitment to this annual event allows us to gather with our family and dojang friends for a night of reflection and celebration. It's the perfect time of year to savor good food, reflect on accomplishments over the year at the dojang, watch demonstrations, enjoy great conversations, and dust off the shoes for some fine dancing.

The evening started with greetings from Master Vaughn, welcoming of a special guest, DoJuNim, and introduction of all Sah Dans. Then, DoJuNim honored Master Lipstein with his 6th Dan in Sin Moo Hapkido.

Master Altiere's annual photo slide show curation is another favorite part of the night. It's amazing to see how many great things are happening in our dojang all year long. It gives us a sense of pride in seeing the commitment of students and instructors helping each other in the dojang and helping our local community. Some of the photos included the annual youth demo

team car wash, the Region 8 winter championship in the Poconos, the Bethesda Project, special dragons, tiny tigers, Hapkido classes with DoJuNim, annual Black Belt testing at the Phoenixville YMCA, Black Belt maintenance tests, Gup tests, youth and adult Black Belt camps, Pizzazz training, hobby day, and many other special events.

After the slideshow, our youth demo team presented Master Vaughn with the banner they won at the Fall Region 8 Championship. They placed 3rd in the creativity event. Many other recognitions and demonstrations were made throughout the evening as well, including:

- Master Vaughn's promotion to 8th Dan in Sin Moo Hapkido
- Master Lipstein's promotion to 6th Dan in Sin Moo Hapkido
- Vaughn's Dojang became a recognized "kwan" of Sin Moo Hapkido, which means that Master Vaughn, as a Grandmaster, can promote Black Belts under his own

authority

- Mr. and Mrs. Golden: E Dan in Sin Moo Hapkido
- New 2016 Black Belts
- Family of the Year: The Otto Family
- Student of the Year: Mr. Forte
- Instructor of the Year: Mrs. Golden
- Roundtable Award: Mr. Froman for his "handyman" work at the Dojang
- Hapkido demonstration
- All Stars demonstration
- The annual Youth Demo Team Christmas skits

As we look forward to another new year filled with good works and more challenges, we should be grateful for our everyday lives and the people we meet through our Tang Soo Do journeys.

Tang Soo!





# 2016 Holiday Party



## The Hwarang Dan League and the Dragon Demonstration Team

By Tori Yetnick, E Dan

Being accepted into both the Hwarang Dan League (HDL) and the Dragon Demonstration Team (DDT) is an incredible honor. Each in itself is an amazing program that I hope is able to continue on for many years to come. The HDL is a league of especially dedicated youth to the WTSDA, whose members also happen to consist of extremely talented individuals. Just this past summer was the first annual HDL training camp. It lasted for two days after the World Tournament, and had 35 kids—all of whom had to audition for the HDL by submitting a video demonstrating three of each individual's forms. Each member was also required to answer mini essay questions with their video, such as "What is your favorite and least favorite hand technique and why?" and "What is your favorite and least

favorite part of your training?" Once accepted into the HDL, however, one is always able to return to the training camps, no matter whether or not also on the DDT.

Throughout the HDL camp, all master instructors are watching and studying each camper. They watch your technique, but also your attitude, how you might demonstrate leadership skills, and how well you interact with others. At the end of the camp, all participants must audition for the DDT. Basically everyone must show everything they've learned while at camp, and then must attempt anything the senior masters ask. This can be anything from different kinds of basic jump kicks, to attempting a cartwheel and then a round off into a handstand, and then attempting a 540° kick. The goal was to test both our skills and attitudes as we

performed these tasks. While very challenging, this audition was also extremely fun as we tested our limits.

A few months later, HDL members were informed whether or not they were accepted onto the DDT. Members of the DDT will be accepted to another separate camp, will be required to assist at the HDL training camp, and can also be requested to perform demonstrations at our places around the world. As of right now, the next HDL/DDT training camp is going to be around July 26<sup>th</sup>-30<sup>th</sup> in Spring, Texas. New applications will be coming out soon, as hopefully there will be a DDT demonstration at the Region 9 Championship in Connecticut. Everything is very exciting right now with the team, and I am very exciting to have become a part of this interesting experience.



### Testing Your Knowledge

By Scott Thompson, Sam Dan



- Tang Soo Do originated in...
  - China
  - Japan
  - Korea
  - Okinawa
- The young aristocrats who helped develop martial arts in Korea were called...
  - Hwa Rang Dan
  - Samurai
  - Shaolin
  - Ninja
- In the Korean flag, the symbol with three broken bars represents...
  - Heaven
  - Fire
  - Water
  - Earth
- Knife hand defense and reverse punch in fighting stance is ...
  - Yuk Soo
  - Yuk Jin
  - Yuk Soo Do
  - Soo Do Mahk Ki
- The Silla Dynasty was located in the \_\_\_\_\_ part of Korea
  - Southeastern
  - Southwestern
  - Northern
  - Western
- The kick in Pyung Ahn Sam Dan is...
  - Ahp Cha Ki
  - Tollyo Cha Ki
  - Yup Cha Ki
  - Phakeso Ahnu Ro Cha Ki
- Which if the following techniques is in Pyung Ahn Sah Dan...
  - Tollyo Cha Ki
  - Dwi Tollyo Cha Ki
  - Yup Cha Ki
  - Bit Cha Ki
- The Do Bohk can be traced back to about...
  - 2000 B.C.
  - 600 A.D.
  - 600 B.C.
  - 57 B.C.
- The name of the World Tang Soo Do Association flag is...
  - Tae Keuk Ki
  - Soo Ki
  - Kuk Gi
  - Hyup Hoi Ki
- The Japanese occupation of Korea took place from...
  - 1909-1945
  - 1875-1910
  - 1890-1941
  - 1927-1959

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

## Where Are They Now?

By Scott K. Thompson, Sam Dan

*Editor's Note: In this series we periodically feature a former Vaughn's Dojang student and provide an update on what he or she is doing now.*

### Alec Thompson – Age 22

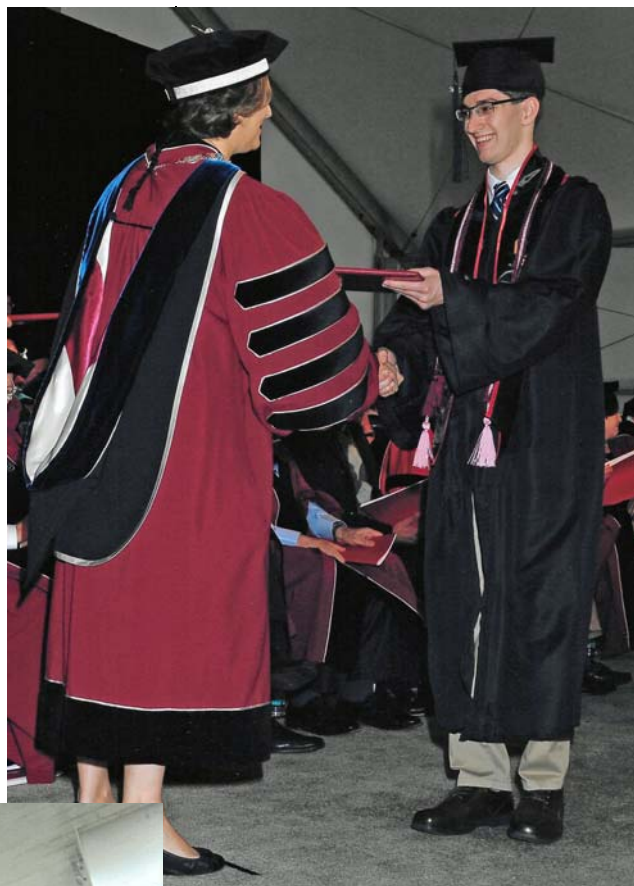
Alec Thompson started training at Vaughn's Dojang thirteen years ago at the age of nine. His interest in Tang Soo Do actually began a few years before that when we used to take him to the Phoenixville YMCA for swimming lessons. He would see the Vaughn's students showing up for class in their uniforms, and he would say "someday, I want to take that stick class," referring to the bongos that he saw the higher-ranked students carrying. A few years later, we finally got serious about it, brought him into the Audubon Dojang, and signed him up for classes. The rest is history. I enjoyed watching him so much that I signed up a couple of months later, to be followed later that year by his mom Susan and his sister Anna, and all of us have earned our black belts in Tang Soo Do.



Alec attained the rank of Cho Dan in 2008 and E Dan in 2010, and was an enthusiastic competitor at Regional and World Tournaments, winning one or more

medals at pretty much every tournament in which he competed. He was also a member of the Vaughn's Dojang Creativity Demo Team from 2006 to 2012.

Alec attended Phoenixville High School, where he was a member of the concert and marching bands, serving as drum major in his junior and senior years, and was president of the robotics club his senior year. After graduating from high school in 2012, Alec attended Worcester Polytechnic Institute where he continued his interest in robotics. During his time at WPI, he worked on the Atlas robot project (7-foot tall, 400 lb. humanoid robot), and interned as a test engineer at Teradata. He graduated from WPI in



2016 with bachelor's degrees in robotics engineering and computer science. Two weeks after his graduation, he started his professional career as a robotics engineer at the Aurora Flight Sciences Research and Development Center in Cambridge, Massachusetts. Aurora Flight Sciences is a Virginia-based aerospace company that specializes in the development and manufacture of advanced unmanned aerial systems and aerospace vehicles.

Alec credits his Tang Soo Do training for giving him the self-confidence, perseverance and leadership skills he needed to achieve the academic and professional success that he has.



### Bethesda Project Thanksgiving

By Rick Braun, E Dan

This past Thanksgiving, Master Altieri, his friend Russ, my son Kevin, and I donated our time and food preparation skills to a homeless shelter for men run by the Bethesda Project in Philadelphia. For many years Vaughn's Dojang members and friends have made this a Thanksgiving tradition where we work to help the less fortunate. This year, in addition to serving breakfast to the many homeless, we spent a great deal of time sorting through crates of

fruits and vegetables, throwing away any that were not edible, chopping up many crates of bell peppers (more than I can count) for various dinner recipes, and slicing up countless pineapples for dessert. For all of us that spent the morning at the shelter, it was a very rewarding opportunity to give back and we look forward to going back next year.

## JUST FOR KICKS





## Vaughn's Dojang 2016 Major Accomplishments

### PROMOTIONS

- **Grand Master (Sin Moo Hapkido):** Master Vaughn, 8th Dan
- **6th Dan (Sin Moo Hapkido):** Master Lipstein
- **Master:** Mrs. Winsko
- **Sam Dan:** Josh Pulley
- **E Dan:** Leo Li, Frank Yetnick, Tori Yetnick
- **E Dan (Sin Moo Hapkido):** Dale Golden & Lacey Golden
- **Cho Dan:** Justin Fan, Greg Forte, Dwayne Gable, Dale Golden, Lacey Golden, Matt Golden, Arnav Gupta, Jason Hu, Michael Hutchinson, Aakash Koduru, Alex Murphy, Teresa Otto, Zachary Paat, Aditya Pasumarthi, Harry Sahu, Sury Yadav, Tyler Yang

### COMMUNITY SERVICE

- Phoenixville Healthy Kids Day
- Served breakfast to the homeless on Thanksgiving
- Collected items for the poor—Bethesda Project

### AWARDS

- Jordan Mudd—Region 8 Scholarship
- Katie Price—Youth BB Camper of the Year
- Tori Yetnick—selected for the national Golden Dragon team
- Demo Team—3rd place at the Fall Championship
- Our students won over 40 medals at the various tournaments

### ACTIVITIES

- Leadership/Instructors classes
- Masters' Clinic
- Hosted 2 Black Belt tests
- Spring cleaning
- Youth and adult Black Belt camps
- World Championship in NC
- Regional Championships in DE and the Poconos

### MORE FUN

- Hapkido Training with DoJuNim
- Wall of Fame
- In-House Tournament
- Combined BB/CDB classes
- Hobby Day
- X-cite program
- Special Dragons Black Belt test
- Ice cream day
- Car wash and bake sales
- Halloween party
- Pizzazz training
- Holiday party

### A NEW SIN MOO HAPKIDO SCHOOL (at Vaughn's Dojang)

- Tang Soo Hapkido Sin Moo Kwan

KIDS

KIDS

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# Wise Guyz

present...

## Tang Soo Do Word Search

By Teresa Otto, Cho Dan

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

Find these words:

BASSAI  
 HANA

DAN  
 HYUNG

DEE  
 SHIO

DOJANG  
 TASOT

GUP  
 YOL

# Congratulations!

On the following promotions:

Master Lipstein, 6th Dan in Sin Moo Hapkido

Kevin Yang, Cho Dan Bo

And to:

**2016 Family of the Year –  
The Otto Family**



**2016 Instructor  
of the Year –  
Mrs. Lacey Golden**



**2016 Student of the Year –  
Mr. Greg Forte**

**2016 Roundtable Award –  
Mr. Tom Froman**

