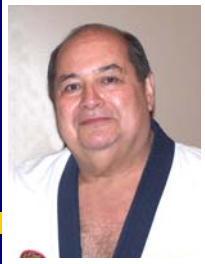




TANG SOO DO MARTIAL WAY ASSOCIATION

Newsletter



Founder's Message

*Kwan Jang Nim Andrew Ah Po
9th Dan*

Dear Association Members:

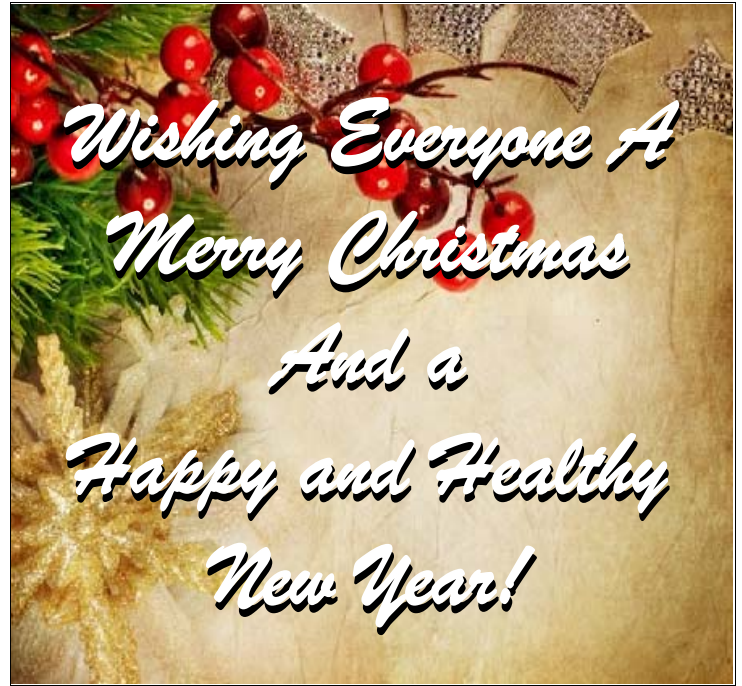
I hope that you are excited to receive and read the Association's Winter 2010 Newsletter. As previously stated, our major purpose for publishing the quarterly Newsletter is not only to maintain close communication with all of you regarding the latest events and administrative activities of the association, but to also serve as a vehicle for providing you with an opportunity to be exposed to information and educational material regarding the history, philosophy, principles, and training methods that will enhance your overall Tang Soo Do training experience.

I want to begin by thanking all of those who took the time to write and contribute articles to this issue. Tang Soo Do is best appreciated and enjoyed when we are able to share our knowledge and experience so please feel free to contribute articles along these lines for future publications.

I know that you will enjoy reading the unique articles contained in this Newsletter and wish you all continued success in your quest to achieve excellence in your Tang Soo Do training and overall development.

In closing I want to take this opportunity to wish all of you as well as your families a "Happy Holiday" season and pray for a healthy and prosperous New Year for you all. I appreciate your loyalty and continued confidence and support.

*Tang Soo!
Andy Ah Po, Kwan Jang Nim, TSDMWA*



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Winter 2010



"The Basic Punch" (Choong Dan Kong Kyuck)

*Master Kevin Watson
Myrtle Beach, South Carolina*

During the annual clinics and training held at Garbowsky, Sa Bom Nim's Dojang last year in Pittsburgh, Kwan Jang Nim posed a question to those in attendance. He asked: "What technique do we practice more than any other but use the least?" After a brief pause, he gave the answer: "Choong Dan Kong Kyuck" or, literally translated in English: "Lunge Punch".

As explained by Kwan Jang Nim (and shown in our own training), we repeat this technique more than any other in our basics, Hyung, and partner training such as Il Soo Sik/Sam Soo Sik Deh Ryun. Yet, again, how often do you see this technique used by yourself, or others, in practice?

Well, of course, this gave me a lot of inspiration to practice, research, and look deeper into what Kwan Jang Nim told us that day (which is always the case after getting the opportunity to train with him)! In the process, I have found a few interesting bits of information...

In the Japanese Budo, the term "Oi Zuki" is used to mean: "lunge punch", or what we refer to in Tang Soo Do as "Kong Kyuck", regardless of where the punch is thrown (Choong Dan, Sang Dan, etc.). However, a brief look at the deeper meaning behind these words could help us in our approach and training with this technique.

"Zuki", or more correctly, "Tsuki" in Japanese, is literally translated to "Spear" in English. Sometimes, it is also translated as "thrust", as in the type of motion one would make with a spear. This is important when one looks at the history of Japanese Karate-Do, which is actually a fairly recent development in Martial Arts as compared to the other, older arts such as Iai-Do or Ken-Do/Ken-Jitsu (sword arts). When the Japanese on the main islands of Japan (above Okinawa) absorbed the Karate of Okinawa into their Budo, one of the things they did was to change a great deal of the approach and training methods. This extended to the language they used to describe basic techniques, and that is why the term "tsuki" or "spear" was used to describe an unarmed punch. The reason is all too simple--prior to Japan accepting Karate from Okinawa, the majority

of martial arts practice in Japan was weapons-based. Very few people practiced unarmed martial arts. Therefore, it was natural for them to use language which would help them to convey what it was they were trying to teach. The term "tsuki" seemed to work to describe the punch. A type of thrusting or stabbing motion similar to what someone would do with a sword, for example. Still, though, how does this help us today?

By looking at the history of not just the Japanese arts but of all martial arts of Asia, we can see a similar concept concerning an "attack". In the Japanese arts, the saying "Ikken Hitatsu" is used. This saying literally means, "one strike, one kill". If I am not mistaken, I believe the term in Korean is something like: "Il Kyok Pil Sung" (one strike, certain victory).

It is important to remember, though, that these terms came from a time when the majority of martial arts practiced involved weapons, particularly swords, that could indeed kill with one strike. Problems have arisen ever since with well-meaning martial artists believing (literally) that the physical goal behind these words is to stop (or kill/maim/etc.) an attacker with just one punch.

Although of course it is possible to end a fight or even seriously injure someone with just one attack, perhaps it would be better for us as martial artists to look at the spirit of what is being conveyed by these terms--a sense of urgency.

Gichin Funakoshi, the founder of Shotokan, would constantly remind his students to "think of your hands and feet like swords". Although, again, Funakoshi came from the Feudal Era of Japan where weapons use was commonplace, this advice still resonates today.

For example, when practicing sparring, try to think of the quality of the techniques you use rather than the quantity of techniques you "throw" against a partner. Use sparring as a method of preparing for an actual fight by your mental approach. (This subject alone can be covered in another article.)

Kwan Jang Nim has given us a great deal of information on how to practice the basic punch in our Il Soo Sik and Sam Soo Sik Deh Ryun techniques. As he explained, sometimes the concept of sparring is intimidating to beginners and juniors. By practicing sparring techniques in this format, it acts as a "bridge" between basic technique and free-sparring, allowing students to gain better confidence and skill in using these techniques.

Of course, part of this practice is using the "lunge

punch”--over and over again--as both partners train. But again, how can we use the punch in actual sparring?

During the clinics and training mentioned earlier, Kwan Jang Nim demonstrated the punch over and over again--both with and without a partner. And, one of the things that I noticed (and will always be working on) is the timing and footwork of the punch. I remembered him using the punch as he demonstrated on me and other members. No one could really block the punch even though you knew what technique was coming! This is of course because Kwan Jang Nim has practiced this technique for many years, and used it many times. This reminds me of a statement I heard years ago and try to apply to punching practice today: “The blade must move before the body”. Although this is a statement used in sword arts such as Kendo or Iai-Do, it can be used in empty hand practice as well.

Although we are taught as beginners to punch with Choong Dan Kong Kyuck as we step (punching on completion of the stepping motion), with further

practice we can begin to change the timing of the step and the punch. I believe that this is what I saw when Kwan Jang Nim demonstrated quite convincingly how to deliver the punch - the punch reached the target before the step was completed. The “blade” (punch) moved before the body. As a result, the punch becomes almost impossible to stop. Still, the hip is used in the same way as when we first began to learn basics. Only the timing has changed.

In closing, please practice the basic “lunge punch”. Practice it in sparring, with different opponents and in different ways. I think you will be amazed at how successful you will be! After all, as Kwan Jang Nim reminded us about a year ago...“no one hardly practices this technique anymore...”

I hope this brief article has given you some food for thought. Merry Christmas and Happy New Year to all!!!

Tang Soo!!!



Upcoming Events

2011



Worldwide Tang Soo Do Family
**2nd Biennial All Tang Soo Do
International Festival**
Lake Buena Vista, Florida

“Family”

家庭

*A family is a place where minds
come in contact with one another.*
~ Buddha

Other News

Pittsburgh, Pennsylvania

Master Gene Garbowsky of South Hills Karate Academy is currently hard at work renovating space that will house his second Do Jang in the nearby town of Pleasant Hills.

With a total of 4,800 s.f. of space, nearly 2,100 s.f. will be devoted to Tang Soo Do training. The balance will include a state-of-the art fitness facility with an internet café / juice bar and other services.

Sanford, Florida

After 4 1/2 years of sharing space at both a fitness center and the local parks & recreation facility, Master Tino Terrigno decided it was time for Two Dragons Tang Soo Do to have its own new home and is also in the process of making renovations.

Located in the quaint downtown historic district of Sanford, the space is 1,800 s.f. overall with an open training area of nearly 1,200 s.f.

Like Master Garbowsky, Master Terrigno is dealing with all the challenging hurdles associated with extensive tear-outs and rebuilding. Updates on both these Do Jangs will appear in our next issue.



"Principles of Self-Defense"

Master Constantino Terrigno
Sanford, Florida

Ask most people what self-defense means and the answer almost always is "defending myself from an attack". For many who have been training for a while it is soon associated with Ho Sin Sul, or the hand-to-hand techniques they've come to learn. In reality, it is much more than either of those. It is the practice of any and all concepts and approaches that "keep us safe", and therefore includes how we "think" about self-defense.

Safety is about risk, and as we all know, there are risks everywhere. There are financial risks, health risks and the dangers and risks associated with crime. Even the simple act of stepping outside on a snowy day brings the risk of slipping and falling. If for example, we gave no thought to the possible icy conditions outside and went out with normal street shoes, **we** magnify the risk. But put on some boots with treads on the bottom and the risk is greatly reduced, and the only thing that was required on our part was forethought - being aware of the risk and taking action to avoid or reduce it. If we should happen to fall even after having taken the proper precautions, then our only alternative is to rely on that cool break-falling technique we learned in class.

The point is, whether a threat is from our natural environment or someone who means to do us harm, the principles that keep us safe are the same and can be condensed to **awareness, avoidance** and **reaction**. The first two are proactive and the last, reactive, and as we all know from our Tang Soo Do training, fighting is the last option after all others have been exhausted. Self-defense begins in the mind.

What follows is some of the information contained in a manual I created for my Women's Self-Defense seminars which, although written primarily as a practical guide for non-martial artists, helps illustrate how these three areas play a major role in helping us to stay safe. It is by no means a complete coverage of this topic. That would easily require an entire book.

Awareness

As I tell my students, "**on an unconscious level, we unknowingly participate in our own victimization.**"

Does that mean that being attacked is our fault? Not at all. It simply means that lack of awareness - both self-awareness and awareness of our surroundings, can help to create the conditions that make it easier for us to become victims.

Self-awareness - how we view ourselves is conveyed to those around us through our body language (how we carry ourselves), and through our voice. So it is important to determine whether we project characteristics that set us up as "easy targets" and eliminate them. For instance:

- **Timid, shy, self-conscious, fearful** - lack of eye contact, looking down while walking, poor posture, hands in pockets, low voice.
- **Confident, assertive, in control** - makes eye contact when speaking, back straight, hands swinging at side while walking, louder, more assertive voice.

"On an unconscious level, we unknowingly participate in our own victimization."

Awareness of our surroundings - pre-occupation is the leading cause of "tunnel vision" where all external, surrounding stimuli are blocked out. This is a problem (safety

risk) in anything we do in our day to day affairs, especially driving. Our attention should always be to what and who is around us.

Awareness also means understanding your environment and sometimes, the psychology of conflict and crime. It is sometimes helpful to think of criminals or troublemakers as animals in the wild. Like animals, they are adept at sizing up and stalking their targets who are generally the aged, the weak (or injured), the fearful, those that are alone, or the unaware (pre-occupied).

Predators want easy targets and more often than not, carry out their attacks quickly, taking you by surprise. Predators prefer not to waste time with those who "look" like they are prepared, who will assert themselves or fight back. The prepared or aware individual is trouble that will slow them down and increase the risk of their getting caught or possibly injured themselves. Unless they are desperate or operate in a group, they will move on to an easier victim. So:

- Always scan your surroundings. Look alert.
- Focus on nothing but take in everything.

- Pay attention to those around you who seem out of place or everywhere you are.
- Don't let anyone enter your personal safety zone which is at minimum an arm's length.

Remember that someone innocently asking for the time can be setting you up. Don't drop your guard.

Avoidance (Planning)

As you know, Tang Soo Do is a defensive martial art where we seek "not to fight" or to **avoid** or **prevent** an encounter. The word avoid in this context does not mean walking away (reactive) but rather, not putting ourselves at risk in the first place (proactive). To be really prepared, good self-defense requires retraining of the mind to create a defensive "mindset". Practicing defensive thinking should not be viewed as paranoia but instead, as a positive daily habit.

For instance:

- Will it be after dark when you leave the store and if so, where will you park?
- Will you pull your car straight into the space or back it in? (it's easier to drive right out in an emergency than to back out first).
- If you're going to be late or away, does anyone know where you are and when you're expected back?
- Always leave yourself an escape route. Never allow yourself to be cornered.

Even with this abbreviated list you can see that practicing good mental self-defense is a multi-faceted process that should, for the most part, help significantly increase your level of safety.

As a side note, I worked in New York City for over 13 years and frequently used all modes of transportation such as subways, buses, cabs and walking, very often through areas considered unsafe. An exercise I used extensively was running through "what if" scenarios where I would create an encounter situation using the actual conditions I was in (say, on a crowded train) and assess whether I was in a good or poor position to react to a possible threat from any number of sources. The possibilities were endless and educational for, over time, I found myself doing things differently, always positioning myself beforehand so as to optimize my chances of a successful outcome. This is a valuable (and fun) exercise you can do anywhere. Try it the next time you're driving and see a new level of alertness.

Reaction (Physical Defense)

Well, you did all you could to be aware and avoid

but now the threat is inevitable. What do you do?

In nature, when animals are threatened by one or more predators that are more powerful, their first instinct is to run. If escape is not possible they will fight back. This is called the "**fight-or-flight**" response and it occurs in people as well.

Unfortunately, there is also the what is called the "**freeze**" response, where the victim is totally incapacitated physically and neither runs nor offers any resistance. It is brought on by an overwhelming fear of the situation whether the threat is real or imagined.

Should an encounter escalate into a physical confrontation keep these points in mind:

- Breathe to remain calm.
- Never put yourself or loved ones in harm's way for the sake of personal possessions.
- When defending your space, never stand squared to or fully facing your opponent. Always angle the body slightly to avoid being pushed or pulled off balance. It also presents a smaller target and provides a better position from which to launch your own attack.
- Do the unexpected.
- Use your hips when striking to extend reach and increase power.
- Deliver strikes to soft, vulnerable areas.
- Make small circles if twisting to create more torque.
- Use your whole body against the opponent's weakest point.
- Yell (Ki Hap) to release energy and startle your opponent.
- When you commit to do battle, be as fierce or fiercer than your opponent. Find the animal in YOU.

The real enemy is your mind. You must first defeat your own mind and your notions of what you can and can't do in order to survive.

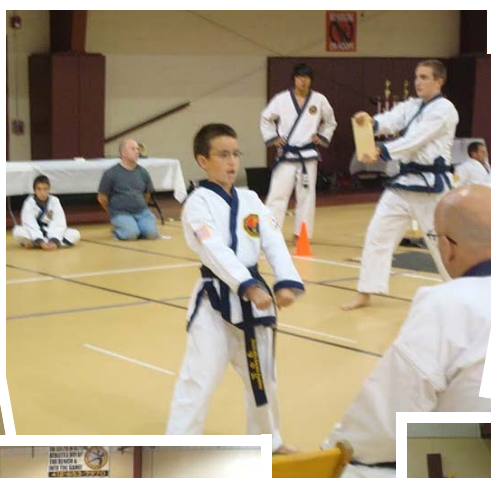
And finally,

"If you don't understand yourself, you will lose one hundred percent of the time.

If you understand yourself, you will win fifty percent of the time.

If you understand yourself and your opponent, you will win one hundred percent of the time."

-Tsutomu Oshima





"Always Finish What You Start"

Sónia C. C. Lopes - 6th Gup
South Hills Karate Academy, Pittsburgh, PA

"Always Finish What You Start," Tang Soo Do's tenth Article of Faith is not always easy to follow; particularly, when interrupting a life of martial arts was never the end goal of joining in the first place...

Back in September of 2009, I received a phone call from Children's Hospital. My two year old son, Santiago, needed to have his blood work repeated prior to having a tonsillectomy and adenoidectomy. So, we went over to Jefferson Hospital and filled up another six or seven tubes of blood. Another phone call came: his blood was not coagulating quickly enough. This meant several more trips to Children's Hospital to figure out what was happening. It was quite frightening to hear, "You need to go to Hematology, which is in the same section as Oncology." The nurse quickly added that there was no reason to panic about such coincidence, which, of course, made me panic. I was very anxious, nervous, simply terrified. Several days later, another call came through. Santiago's diagnosis: hemophilia. My first, second, and third sighs were of relief, "Thank God it is not cancer!"

I was asked to take my other two boys for some blood work as well and, as it turns out, they also have this bleeding disorder. It is a condition where the affected individual's blood takes longer to coagulate than usual. There are three different levels: severe, moderate, and mild. Luckily, my boys have the mild hemophilia, which is of utmost concern only in case of a serious injury (e.g., a car accident) or during surgery. I was given lots of literature on understanding the disorder, recommended activities, and the level of danger of a wide gamut of sports. Although these guides are wonderful in terms of providing knowledge, they also make someone like me (who tends to be quite drastic and over-protective) even more anxious about everything in which my children are involved.

And this brings me to Tang Soo Do. With all the blood tests, uncertainty, and concerns, we began to not attend class. "I'm too tired!" "We don't feel like it!" "We have another doctor's appointment this afternoon!" "Dad wants to go out to dinner!" "Oops! I forgot and now it's too late!" These and others all became acceptable and expected excuses. Santiago's surgery was on December 17th and everything turned out well. But, now there were the healing weeks, Christmas, New Year and the awful winter weather. Some valid, but most not so valid excuses to make it to March without Tang Soo Do.

After quite a few months, I am now calmer about the whole hemophilia deal. I want my boys, my daughter, and me back in Tang Soo Do. I want us kicking, sparring, and breaking boards (after all, this is what my five year-old, Ari, lives for). Besides, if the boys ever get into trouble somewhere, I highly doubt someone will stop and ask, "Do you guys have a bleeding disorder?" And, above and beyond, we all enjoy Tang Soo Do. It is re-energizing, positive, mindful, and a great stress reliever. It is one thing that I do not want to cut short and that I do not want my kids to lose.

Some may think I am being careless with my children; however, I believe otherwise. João, my eight year old, and Ari know about their condition and they already have to deal with sitting and watching during physical education classes while their classmates have a wonderful time playing basketball and tag-football, among other sports. They do not need one more reason, besides having an overprotective mother, to hold them back. I think I am being conscientious and real. I think I am trying to let them finish what we have started: a life with Tang Soo Do.

It has now been several months since I was informed of my boys' disorder. In July, we learned about the first karate tournament sponsored by our instructor Master Gene Garbowsky, head instructor at South Hills Karate Academy in Pittsburgh, PA. Ari, João, and my daughter Xochitl immediately requested to participate, and I could not say no. They chose to compete in forms, breaking, and sparring. I have to admit that I was quite stressed about the possibility of an injury, particularly, during breaking. Master Garbowsky, however, continued to push them to practice more and more, and helped me convey to my children that the most important part was to actually participate, regardless of the results. This would be a learning experience and a confidence builder.

Ari placed first in breaking, second in forms, and third in sparring. João placed second in breaking and third in forms and sparring. Xochitl placed first in sparring, second in forms, and third in breaking. They all enjoyed the competitive environment and came out with new goals in mind: to do better for the next tournament through practice, practice, practice.

Throughout our everyday life, we are faced with

Continued on page 11



News From Across The Pond



Large swathes of the UK were snow bound on Saturday the 11th of December 2010. Fortunately for the British Tang Soo Do Federation (BTSDF), the Midlands had all but immersed from its frozen white blanket. Neither the weather nor the recent prevalent cold and flu bouts managed to dampen the enthusiasm of the participants at the last Gup Graduation for the 2010 BTSDF calendar.

The assessment was held at the Rugby School Sports Centre, the recent venue for the 3rd BTSDF Annual Expo. Over one hundred Members assessed on the day with an additional thirty 'Tigers' age group Members attending the West Midlands 'mop-up' grading on the Sunday morning.

The quarterly BTSDF 'Top-Tiger Award' was given to Tom Cornall, a who attends the Warwick class. Tom had trained for six months to prepare for his first assessment and was deemed to have made outstanding personal progress.

During the past four years the BTSDF has augmented its curriculum to come in line with practices of the GrandMaster Ah Po's Tang Soo Do Martial Way Association and hence move closer to the latter practices of the art's Founder, Great-GrandMaster Hwang Kee.

The effects of this ongoing augmentation could be witnessed in the smooth running of the Gup assessment. Light but energetic 'Choon be won duong' - (readying exercises) were followed by demonstrations of the student's form requirement before moving on to one-step sparring combinations where-in Members displayed their 'intent regard' 'technical knowledge' and 'personal progress'. The one-step sparring combinations continued into the partner work portion of the assessment, then progressed on to free sparring. Participants then lined in rank order for the breaking ceremony in front of the Masters' John Dove and Simon Preston before approaching Master Adam Preston in readiness for their general knowledge questions.

All things being considered, Saturday the 11th of December was a successful and enjoyable day. A day that allowed the BTSDF to demonstrate the progress that the previous four years' association with the Tang Soo Do Martial Way Association has facilitated. What's next for the BTSDF? Well, we can guarantee more well aimed augmentation for 2011, BUT until then, lets hope that the weather that the rest of the country has endured will allow us to experience a white Christmas ?

On behalf of the Members of the British Tang Soo Do Federation, we wish you and your loved ones the warmest of seasons greetings and all that you would wish for yourselves in 2011.



Continued from page 8

challenges or “tournaments.” Tang Soo Do prepares us to become more aware of our surroundings and of other individuals’ actions and reactions. It teaches us how to better react, adapt, learn, and grow from both the positive and the negative aspects of any situation. One of my boys’ lifelong challenges is hemophilia. Others, hopefully not as serious, arise on a daily basis, and the goal, through Tang Soo Do, is to be better able to work through them. While perfecting techniques through continuous practice, my children are learning how to attack and how to defend, when to step back and watch, and when to step forward and act. They are growing stronger physically and emotionally and I with them.

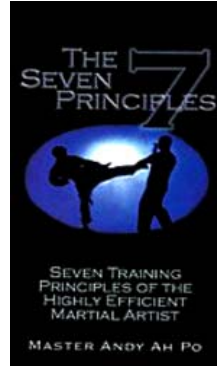
Although I still worry, particularly when I see or hear about some of the injuries, I am glad my children are a part of the Tang Soo Do world. They are exercising on a regular basis, they are becoming more disciplined and more confident and, they are even more respectful. Santiago, now three, has already begun taking classes and, soon enough, he will also be competing.

As a mother and as a student, I will continue to remind my children to “Always Finish What You Start.”



Back: Master Gene Garbowsky, Sônia Lopes
Middle: Ari Lopes, Jao Lopes, Xochitl Lopes and
Front: Santiglo Lopes

TSDMWA Training Videos



**Grandmaster Ah Po's
The Seven Training
Principles of the
Highly Effective
Martial Artist**

VHS

\$49.95

Add \$5.00 S & H



**Grandmaster Ah Po's
Tang Soo Do Training Combinations**

3 DVD Set

\$79.95

Add \$5.00 S & H

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Submission deadline for all issues

Spring - March 1st
Summer - June 1st
Fall - September 1st
Winter - December 1st

Brain Training Answers for Fall 2010

What's Missing?

Compare the photo A and B below and find the 5 things missing in B.



Master McCoy's Research Challenge



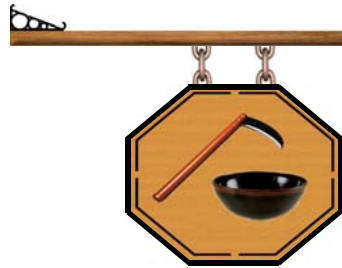
In the last issue, I posed the question "What does the sign (at right) outside a martial arts training hall mean?"

The answer, depending on the source, varies a little. But the general meaning, when the words kama and wan are put together, is "we don't care if you

come in or not", or "We don't care if you challenge us".

I read this for the first time in the mid 1990's in a book called "**KODO, Ancient Ways**" by Kensho Furuya, who, among other things, is an Aikido teacher and Iaido teacher. I would recommend checking this book out no matter what system you study.

The confidence in your system to have that mindset can be interpreted to also mean, in a more modern way of thinking, that "We don't mind if you ask us



questions". If you put yourself out there as a practitioner or teacher of anything, you should probably know what you're talking about, or at least how to find the answers. It seems to

always come back to Ahpoisms..."**Don't try to be on the outside what you are not on the inside!**"

My thanks to Sa Bom Nim Kevin Watson, who knew the correct meaning, and to Mr. Joe Avalos, of Santa Maria, California, who also sent the correct answer. And thank you to Sonia Lopes, 6th Gup from South Hills Karate Academy in Pittsburgh, PA, who sent an answer. And although it wasn't the answer I was looking for, Sonia had the Yong Gi to try, and that's what it takes to succeed at anything. Her answer for a sickle and a rice bowl was "you reap what you sow in your training". How could that answer be wrong?

Tang Soo!!