

# MI GUK KWAN NEWS





# Chairman's Letter

Sa Bom Nim Ken Hilliard

Chairman of the Board, TSDMGK



## Motivation

It has been a long hard day at work or school. You rush into your house and are quickly off to class. You arrive to class in plenty of time to instruct your students who are eagerly awaiting your commands to begin class. As you stand in front of your students, your mind momentarily drifts back and forth finally focusing on the task before you. You are the instructor for tonight's class. You have planned what you would like to teach. You know the routine and have decided on how you might best begin tonight's lesson.

At the very moment that you begin the opening commands for class, your mind begins to drift. Suddenly you remember where you are and what you're there for. You are the instructor and you need to be the driving force toward motivating your class. However, first you must find the motivation to get yourself ready for tonight's class. What do you do?

I am quite sure that this scenario is one that most instructors have experienced at some time during their martial arts career. Where do I find the motivation to teach tonight's class?

Often it is not just enough to rely upon our physical training. As Kwan Jhang Nim has stated in many different ways, when the physical body is weak, the mental and spiritual body must take over. However, just how does this transformation take place?

It starts with a mind-set. This mind-set is one that requires a deeper understanding of your self, your surroundings and nature. Your mind holds the key to many things. The solution to this particular situation is how does the mind go about un-locking the answer.

On occasion over the years, many of us in the North Haven School under the guidance of Sa Bom Nim Rich Kopf have had the opportunity to experience hypnosis. This procedure often allows the mind to be completely relaxed and free. Thus, blocking out many of the obstacles and obstructions that each of us encounter on a daily basis. It is a very similar kind of energy that is needed to motive students who themselves, may have had an "up and down" day and look to you as the instructor to get them through.

As the instructor, we are responsible for setting the tone and a good example. This involves many years of training, dedication but above all it requires leadership. One of the ways to become motivated is to focus on the positive aspects of martial arts training. Despite how tired and run down our bodies may feel at the end of a long class or workout, the good feeling that comes with completing that task is always exhilarating. Just think of how good it feels to complete a "1000 kick class?" Or for that matter, how good it feels to complete your most recent testing. Or even still, for those of us who have experienced it, the great feeling of accomplish each of us feels at the end of the "Ko Dan Ja Shimsa."

Motivation, stimulation and inspiration are qualities that we as martial artists need to be able to call upon at a moment's notice. We owe it to our students to give them 110% regardless of how we feel. That is part of the martial spirit. Triumph over adversity and always moving in a positive direction is very important.

As instructors we should always dig down deep within ourselves to always be examples of the proper discipline by coming to class and the proper motivation by being able to take command of a class with very little notice. In doing so we once again become practitioners of what we preach. Motivation is a very key element in martial arts training. Knowing how to command it can be the key to many successful martial arts experiences.

Yours in Tang Soo Do,

Kenneth B. Hilliard, Sa Bom Nim



# New electronic Newsletter

Kwan Jhang Nim Charles **Ferraro**



Greetings everyone:

I hope this newsletter finds everyone healthy and happily enjoying their Tang Soo Do training. It has been a long time since you have received a newsletter from the Tang Soo Do Mi Guk Kwan Association, Inc. As you know recently the Board of

Directors of the Tang Soo Do Mi Guk Kwan Association decided to change the format of the newsletter to an electronic one. The decision to do so was mainly brought about for economic reasons.

We have been extremely busy gathering e-mail addresses from studio owners all over the USA and South America. It has been a very challenging task. However, we feel that now we can effectively reach a high percentage of our membership by e-mail. This will of course allow us to send each member who has provided us with an e-mail address a high quality newsletter. We are no longer constrained by cost to keep our pages to a manageable number. I am extremely excited about bringing you this first electronic newsletter.

Our newsletter staff will remain the same with Mr. Ken Mitchell serving as our editor and Sa Bom Nim James Savidge continuing as our copy editor. These gentlemen have done a tremendous job in the past in bringing you the highest quality newsletter possible and I am very excited to be once again working with them in bringing you future issues of "The Mi Guk Kwan News".

Another great feature in moving to electronic newsletters is that the entire newsletter can now be presented in full color. Prior to going electronic full color newsletters were cost prohibitive.

We will continue to encourage our regular contributors to continue doing so and we will continue to publish their insights and articles in future issues of "Mi Guk Kwan News". We would also like to encourage anyone else who would like to contribute an article or report on any activity that their dojang may be involved in to feel free to send material and photographs to the editor's e-mail address at [enso5@optonline.net](mailto:enso5@optonline.net)

Much has happened since the last newsletter and our organization and its members have continued to grow

through the participation of the many activities sponsored by the association and its membership dojangs. We had a great "Weekend with the Masters" where we hosted approximately 100 members in a special day of training at Connecticut College in New London. It was the 2nd annual "weekend" sponsored by the Tang Soo Do Mi Guk Kwan Association in the Northeast. Keep your eyes open because there will be another similar event sponsored in Texas later this year. Speaking of Texas, we had a tremendously successful 13th Annual National Tang Soo Do Championship at the Arlington Sheraton in Arlington, Texas this past July.

Many students saw personal growth as they promoted to new levels within the Tang Soo Do Mi Guk Kwan ranking structure. We had our first group of students reach a new pinnacle as our TAC members Sa Bom Nim Kopf, Sa Bom Nim Dugan and Sa Bom Nim DeVita were all promoted to the rank of 7th dan.

Local Tang Soo Do Mi Guk Kwan Championships were held in West Haven, CT; Greenwich, CT; Wappinger Falls, NY; New Braunfels, TX; Canyon Lake, TX; Austin, TX and Santiago, Chile. Participation was better than ever and the participants continued to demonstrate the high level of discipline and physical ability that has come to be a staple at our events.

We have had new dojangs open in CT, TX, Chile, North Carolina and already some of the students from these new dojangs have participated in our events. What a thrill it was to see so many members from the Redfield Martial Arts Dojang in Garner, North Carolina make the trips to Wappinger Falls, New York, Greenwich, CT and Arlington, TX. I think how great it will be to see students from our other new dojangs participating in our events in the future.

As usual, I am excited about the future of our organization and I look forward to seeing everyone at our future events. It is my wish that everyone continue to make the commitment to support these events as they serve as great vehicles for fellowship and continued education for our practitioners in the Tang Soo Do art form. It is the act of gathering together at events like these that creates the shared experiences that form the lattice of organizational strength and unity that we will need to go forward into the future.



# All You Have To Do Is **Just Show Up!**

Kwan Jang NimAndy**Ah Po**



*Even though Kwan Jhang Nim AhPo wrote this article following his experience at the 12<sup>th</sup> Annual National Tang Soo Do Championships held in Rhode Island in 2007 his words and thoughts are just as meaningful today. Therefore even though his article is dated material we are printing it in its entirety for your enjoyment.*

This past July I was again privileged to attend the All Tang Soo Do International Championship (which was held in Warwick, Rhode Island) as a guest of Grandmaster Charles Ferraro and the Mi Guk Kwan Association, Inc. I have participated in this event several times over the years and always look forward to attending. As is customary because I am his current instructor, Grandmaster Ferraro asked me to make a few comments at the opening ceremony. This year (2007), I selected a theme for my speech which I entitled, "All You Have To Do Is Just Show Up!" The purpose of this article is to restate some of the remarks and comments that I made during that impromptu speech for those that were not in attendance and also to reiterate and explain why I chose this particular title and theme.

First of all, I feel it important to explain why I made the statement earlier that I "was again privileged to attend" this event. As some of you may be aware, throughout my many years of involvement in the martial arts, I have on many occasions organized, coordinated, sponsored and hosted many similar events for a number of martial arts organizations. Therefore, I have a tremendous amount of respect and appreciation for all of the planning, hard work, creativity, and coordination as well as the negotiation and organizational skills that are required to sponsor and host an event of this magnitude. And you know when everything has been properly planned and professionally organized when "all you have to do is just show up" to be "privileged" enough to be a beneficiary of such a successful, rewarding and memorable event and experience.

After this year's festivities I recommended that in the future Grandmaster Ferraro might consider renaming this event as the Mi Guk Kwan's "Annual Tang Soo Do Exposition" instead of continuing to promote it as a "Championship". The reason for this suggestion is that in addition to the two full days of competition for all Yu Gup Ja, Yu Dan Ja and Ko Dan Ja levels, this year's event included: a variety of seminars and clinics that were personally conducted by Grandmaster Ferraro and the highly accomplished members of the TAC; a special weapons seminar conducted by an Okinawan weapons Master Instructor; an unprecedented certificate and belt awards ceremony of recently promoted

Ko Dan Ja; a special Mi Guk Kwan Hall of Fame inductee ceremony and barbeque dinner; business seminars and a special breakfast for studio owners; an annual Banquet which included outstanding traditional Korean entertainment; a variety of social activities for the children in attendance; the opportunity for everyone in attendance to meet Tang Soo Do practitioners (of all levels) from all over the country and around the world; and of course, ample opportunity to develop new relationships and to share in an incredible Tang Soo Do experience. And believe it or not, all those in attendance needed to do to benefit from these activities was "to just show up!"

Of course if you didn't show up this year, you will never really be able to fully comprehend and appreciate exactly what you missed. I, therefore, challenge all of you to be in attendance at next year's event which is scheduled to be held in July in Arlington, Texas (near Dallas), to ensure that you not miss out on another opportunity to benefit from a Tang Soo Do experience that you will never be able to acquire or replicate anywhere else. If everything that you are currently doing in Tang Soo Do simply occurs at the dojang where you train or in the region that you reside in, then you are hindering yourself from being able to have a more complete Tang Soo Do training experience by not attending events such as this. And remember, "all you have to do is just show up!"

Finally, in recent years many Tang Soo Do instructors have reported that it is becoming increasingly difficult to motivate students to attend tournaments or competitions that are sponsored annually by the association. I believe that the main reason for this is that many of today's adult students, as well as parents of our junior members, are not fully aware of all of the valuable rewards that can be gained simply by experiencing and being a participant at such an event. The primary reason for this is that we continue to promote this particular event as a "Championship" which implies that it is simply a tournament, and not everyone today wishes to be competitive or wants their child to be placed in a competitive environment. However this annual and prestigious Mi Guk Kwan event has evolved tremendously over the years from simply being a championship to becoming a Tang Soo Do Exposition that affords its members additional opportunities for further development and tremendous growth that they would normally not be able to acquire anywhere else. It is up to all Tang Soo Do Mi Guk Kwan and Martial Way Association studio owners and instructors, therefore, to ensure that we get the word out to the students that, **"all you have to do is show up!"**

Tang Soo!



# Short Fighting: Part 2

Hanshi C. Michael **Cunningham**

(the martial artist formerly know as Kyoshi)



*It has been quite some time since our last newsletter was written and distributed to our members. In the last newsletter Hanshi Cunningham wrote an excellent article regarding "Short Fighting". It was rather long so we divided it into two parts. If you are interested in the first part it can be found by going to the Tang Soo Do Mi Guk Kwan Association, Inc.*

webpage at [www.tsdmgk.com](http://www.tsdmgk.com) You can either read it on line or download the article for reading later on

To continue our discussion of real-life confrontations and some suggestions on how to deal with them, in this article we will begin with some of the strategic principles and goals of "Short Fighting";

**1.** Simply put, we want to inflict injury upon our opponent, while not sustaining any injury to ourselves. The best way to accomplish this is be out of the range of their attacks, yet still remain close enough to our opponent to initiate our counterattack without requiring a full step to close the distance. Time and distance are relative, and the more distance an oncoming attack has to travel to reach you, the more time you have to correctly react to it. Conversely, the closer you are to an opponent when counter-attacking, the less reaction time they will have to successfully defend against it. While this may seem to be a paradox, in application, it is relatively easy to accomplish. We will accomplish this principle by one of the four following methods to defend against our opponents attack(s);

**a)** by taking an evasive action to change our angle relative to the opponent (preferably to the outside of their position), then immediately delivering a decisive counter-attack(s).

**b)** by changing the attackers angle relative to us, i.e., redirecting their movement and direction, then immediately delivering a decisive counter-attack(s).

**c)** by moving rearwards just out of range of the attacking technique, then instantly closing the distance, and immediately delivering a decisive counter-attack(s).

**d)** by a combination of the above some or all of the above three methods.

**2.** We not only want to attack their vital points, we also want to attack both their stability and balance. If you control the opponents position and balance, then in essence, you control the fight. Low kicks, cutting kicks and footsweeps work well at short ranges, as do takedowns and throws, and whenever an opponent is unbalanced, regardless of whatever his brain may be telling him, his body will automatically react to regain its loss of balance. This response presents you with the opportunity to deliver a "kime-waza", a finishing blow. Many of the blocking techniques we use in "Short Fighting" will accomplish a similar

effect in disrupting the opponents balance and position.

**3.** In addition to the above two principles, we also like to use our opponents own force against him. To facilitate this principal, most of the blocking techniques that we use are "parries" which intersect the attacking limb at an angle along the line of the attack, and then using our opponents own momentum, guide that attack in the same general direction it was originally heading, but with enough of an angle off-target to prevent it from hitting the intended recipient, namely you. Okay, enough talk of strategy, let's get down to the actual tactics of "Short Fighting".

### **Stance:**

We use a modified front (forward) stance as our basic fighting stance, with the feet about shoulder width apart, and the length of the stance being about three-quarters the length of your normal front stance, i.e., if your normal front stance is 40 inches from the heel of the rear foot to the big toe of your front foot, then your fighting stance should be about 30 inches long using the same reference points. In-close fighting requires that your body weight be mostly on the ball of your front foot, with your front knee over the big toe of your forward foot. You want your back leg, with the remainder of your body weight on the ball of the rear foot, to be compressed and under tension, to provide you with the ability to suddenly drive forward. Both knees should be facing forward (directly towards your adversary), so as to enable the primary leg muscles to be brought into play upon movement. This shortened stance will provide stability, and the lowness of the stance will provide the muscle power for a surprising amount of mobility, in all directions.

### **Fighting Position:**

Regardless of whatever distance or what angle you are at relative to your opponent, your hips must be facing the opponent, either squarely on offense, or at half-open on defense, and both your knees and your feet must be pointing directly at the center of your adversarie's body at all times. Most of us have two arms and two legs. It makes no sense to turn sideways to your opponent and take away half of your arsenal of potential weapons, and the human body is designed to perform its working capabilities directly to the front. Also, there are no back stances or cat stances in Short Fighting, as these stances put the weight on the rear leg, a definite no-no. If your knees/feet are at right angles to each other, as in a back stance, you will be unable to utilize the musculature of the rear leg to drive your position and attack forward, thereby reducing the forward momentum of your attack and the resulting force (kinetic energy) that is derived from that momentum. The modified forward stance is the only stance we use when engaging in "Short Fighting" drills. I cannot over-emphasize the importance of maintaining your weight in a forward position with the majority of your weight on the ball of your front foot, as a key element to the success of this type of fighting.

### **Posture:**

The upper body should be leaning slightly forward at all times, with at

# Short Fighting: Part 2

continued

least 70% - 80% of the weight on the front foot, even when moving to the rear and even when executing kicking techniques. If you are performing a lead leg kicking technique, your weight should remain forward throughout the entire technique, again, to add to the power of the impact from the additional force of momentum. Leaning your upper body to the rear when kicking is a good way to suddenly end up sitting on the floor, as it imparts as much force to the “kicker” as it does to the “kickee”. The hands should be kept in front, the lead arm farther away from your body than is the trailing arm, similar to an orthodox boxing position, with the hands held at face level. Since many of the blocking techniques we use are done with the open hand, some people keep their hand open in this guard position, others prefer a closed fist. It's really just a matter of personal preference, and either choice is sufficient.

## **Footwork:**

Footwork is the key element to this type of sparring. Since the distances at which this type of fighting takes place is relatively short, the footwork movements tend to be short as well. We have about a dozen individual footwork movements that comprise the basis of Short Fighting, each one with a distinct purpose and direction of travel. The Japanese term for this is “tai-sabaki”, or “body-shifting”, and the latter term appropriately fits the execution and purpose of these footwork exercises. Most of the individual footwork movements are of a fairly simple nature, and are easily learned and utilized once one gets over the initial acclimation period of using unfamiliar techniques. The difficulty level increases proportionately when two or more of these techniques are put together in a combination.

## **Techniques:**

The attacks used in Short Fighting are for the most part, the same attacks that you use in TSD, with the possible exception of a few specialized lower-level kick attacks. It is in the blocking techniques used in Short Fighting where we will see some notable deviation from the traditional TSD (and Shotokan) curricula, and there is also a considerable reduction in the number of different blocks used when compared to number of blocking techniques that are included in the syllabus of both of our styles. We use virtually none of the traditional forearm blocks (inside, outside, lower and high), and rely heavily on deflecting parries as opposed to “power” blocking. We also incorporate several “absorbing blocks”, and because we allow attacks to the legs in our sparring drills, we also have blocking techniques to counter these lower-level attacks. Many of the parry movements are of a circular nature, as opposed to the generally linear movement of traditional TSD and Shotokan blocks, and we also incorporate a couple of more complex blocking techniques that are used to block, grasp and pull your opponent off balance, all executed simultaneously. Here is an example of a typical Short Fighting technique. It will be comprised of two footwork techniques;

**a)** Circle-shift - The defender will shift their lead (left) foot just slightly to their left, then utilizing the rotational forces of the hips, pivot clockwise on the ball of their left foot to a position about 45 degrees from their

original stance, ending with a stance the same width and depth as their original fighting stance, with both knees and their hips still pointing directly at their opponent, and with the majority of their weight still forward. This is used to move the defenders body out of the line of attack of the oncoming attack, and additionally inhibit the attacker from executing a subsequent attack along the same line of attack.

**b)** Snap-shift - The defender will sharply retract their lead (left) foot directly rearward to a point somewhere forward of their rear foot, without changing the height of their stance or their relative distance from the opponent. This is used primarily to adjust distance to enable us to deliver a kicking technique while still at relatively close ranges. We will also introduce a new blocking technique:

**c)** Outside Parry - This is essentially an outside-inward forearm block, executed with the open hand, making initial contact with the attacking limb using the palm-heel of the blocking hand, and then forcefully rotating the palm inwards to face towards your own body. This is the same block as seen in Heian/Pinan Five in combination with a palm-heel strike to the groin, in the ending movements of the form. In Shotokan, it is called “hand-sweeping block”. The only differences between the manner in which we will use it here and the method demonstrated in Pinan Five, are that we will not combine it with a groin strike, and we also want to forcefully push the attacking limb away from us and slightly downward just after contact with the attacking limb. Let's describe this technique:

- 1.** Both opponents are at left side forward, in fighting stance and posture, just out of range of stationary attack (*i.e., the attacker will have to take a step [or kick] forward to make contact*).
- 2.** The attacker steps forward with a right-side [step-in] punch to the face.
- 3.** The defender will simultaneously execute an “left outside parry” and a “circle-shift” footwork movement to evade the oncoming punch. The footwork will take us out of the line-of-attack, and the block will deflect the punch and put the opponent in a slightly off-balance position. It will also keep the defender at a range close enough to his attacker to deliver counterattacking techniques without having to close the distance between opponents (less reaction time for your foe to successfully defend against). It is also a common practice among many of my students to deliver a straight arm palm-heel thrust to the attacking limb (above the opponent's elbow) with the same arm that performed the initial outside parry, immediately after the outside parry and before the executing the counter-attacks, which serves to further disturb the attackers balance and stability, making him that much more vulnerable to the following counter-attacks.
- 4.** Immediately after executing the block (*and optionally, the straight arm palm-heel thrust*), the defender will counter with a “right reverse punch” followed immediately by a “left front (*straight*) punch”, both

# Short Fighting: Part 2

continued

targeted to the point of the opponents chin, now conveniently available due to the defenders change in position (*angle*) relative to his attacker. Additionally, because the attackers right arm has been pushed across the front of his own body, he has little opportunity to either block or continue their attack. To continue...

**5.** Now, without hesitation, execute a “snap-shift” by “snapping” your lead (left) leg back towards your rear leg, say about 20 inches or so, and then immediately execute a “step-in right front kick” to the (now unprotected) rib cage of your opponent. This is made possible, despite the close distance between you and the attacker, because it is the supporting leg of a kicking technique that determines the range of the kick, and your “snap-shift” adjustment is designed to gain that proper range.

**6.** You can choose to either retract your front kick to it’s originating position and follow up with a sweep or subsequent punches, or step forward off the kick and execute a takedown or several close-range techniques such as elbow or knee strikes. Use your imagination, but remember to always end with a “kime-waza,” a finishing technique, one that will render the assailant unable to continue the altercation. The whole concept of “Short Fighting” is easily adaptable to any style of traditional karate, and doesn’t require any additions to a styles curriculum, other than the obvious footwork movements, and possibly some adaptation to many of the traditional techniques most students already possess a working knowledge of, at least as far as the ranges that some of these techniques are generally executed at. Virtually all karate schools currently teach footsweeps and takedowns, elbow and knee strikes, and many styles are now presenting instruction in low kicks and parry movements, not to mention self-defense instruction as well. However, many students don’t practice these close-in techniques on a regular basis, as most of them are not allowed in tournament fighting in many organizations. As a disclaimer, let me state that I am most certainly not an advocate of “street-fighting” by any means. While I have stated within this article that these techniques are for the purposes as a form of self-defense in a “non-lethal, real-life confrontation,” who’s to know if such an event will turn “lethal” or not, either by accident, or by design. Certainly there always exists the chance that someone could suffer serious injury, or worse, during such a confrontation, and only God and the courts know what legal ramifications one might have to endure after defending oneself against an unwarranted assault by some individual who may not be as responsible a citizen as you may be. Just keep in mind that many of the legal judgements that have been made in more recent times in cases of this nature, have punished the victim of an assault as well as the attacker, and it is not uncommon to see the victim ending up as the only combatant who has to face the fickle judgement of the law. The bottom line is, and will always be, that anyone who faces a situation in where they feel that they are about to become a victim of assault, it is entirely up to you to make a snap decision as to whether or not

you need to defend yourself or attempt to flee, if that is in fact possible. If the situation proceeds to the point where a confrontation is inevitable, then use the principles of “Short Fighting” to end the encounter quickly, and with as little injury incurred by you, and only the minimum amount of force to further dissuade your attacker from continuing the assault. Personally, when it comes right down to it, I would prefer to be the combatant in the police car telling the police what happened, rather than being the one in the ambulance telling the EMT’s what happened.



# Back on the Beat

William Kaempffer, **Register Staff**  
09/23/2007



*Sa Bom Nim Peter Krause is a 5th Dan in Tang Soo Do Mi Guk Kwan Under Kwan Jang Nim Charles Ferraro. He is the former owner of the West Haven Academy of Karate in Guilford, Connecticut.*

NEW HAVEN - Police officer Peter Krause is back walking his familiar beat in the city's Wooster Square neighborhood, just 13 months after undergoing an eight-hour surgery to remove a massive brain tumor.

"I went in for a routine eye exam, to get new glasses," he said last week, days after returning to his walking beat. "I failed a field of vision test."

It probably saved his life. Within three weeks he was under the knife.

Before the surgery, the six-year veteran of the force told his 9-year-old daughter, who lives with his ex-wife, that he was going on a secret assignment for the department and would call her when he could.

She was getting ready to leave for Disney World and then was going to start school and Krause didn't have the heart to tell her.

"I didn't want to ruin her vacation."

He was in the hospital for weeks and recovered at home for three months.

Krause returned to work on light duty in January and cleared for full duty this month.

Last week, he stood at a favorite perch at the corner of Greene and Academy Street, a perfect spot to keep an eye on Columbus Park and for cars that routinely coast though stop signs on Hughes Place and Wooster Place. Over the course of 20 minutes, he already had flagged down a handful of motorists and given easygoing warnings.

The park is the neighborhood's focal point, a confluence for residents that stays busy with joggers and families and dog walkers until 10 p.m. Krause figures if he can get motorists to do their part, he can get pedestrians to do theirs.

Until he got sick, Krause was a fixture in the neighborhood, deriving a sense of satisfaction from working with community members. He recalled the time he was chasing a man with a warrant through the neighborhood and caught up to him near the park. As the two tussled on the ground, residents came out of their houses to see whether he needed help, not with video cameras like he's seen in other neighborhoods.

Krause, 43, joined the department later in life. Before joining the force, he taught martial arts and for a time worked as a bodyguard for celebrities, a fact not easily reconciled with his easygoing demeanor and average build. When he got sick, it wasn't long before word spread around the neighborhood and Greene Street resident Bonnie Rosenberg, the unofficial neighborhood organizer, got to work.

At a time when the Police Department has been taking hits from all corners about the breakdown of community policing, Wooster Square residents have been unwavering.

While he was still at the hospital, the staff at Pepe's Pizza on Wooster Street sent a pizza to his room. Later, someone from

Sally's Apizza overheard Krause's roommate at a State Street bar talking about the surgery, went home to Guilford to retrieve the restaurant keys and brought some pies back for Krause.

"We appreciate the Police Department in this neighborhood, but particularly him (Krause)," said Rosenberg. Word spread that Rosenberg was collecting items for a basket and, one afternoon, dozens of people brought piles of magazines, movies, weeks worth of individually packaged, homemade meals for his freezer and Italian pastries.

His roommate drove him over, his head still wrapped in bandages, to collect the gifts, which filled the back of his Jeep Cherokee.

"If he had just been an anonymous person, I don't know that the same thing would have happened. But he reached out to the community too, so it wasn't just us," Hughes Place resident Jack Veas said as his 6-year-old daughter, Nola, had an animated discussion with Krause about the pepper spray canister on his belt.

"He's a wonderful symbol when I'm trying to explain things to her," said Nola's mother, Libby Van Clese. "The archetype for police is someone who is friendly and protects you."

Even so, Krause said later, he was "blown away" by the outpouring of support.

"Every place on this street (Greene Street), on Wooster Street. They were great to me."

Which of the famous Wooster Street pizzas does he prefer? "The big question is do you like Sally's better or Pepe's better. How can you ask me that?"

He insists his standard response isn't a cop out. "Sometimes, I'm in a Sally's mood, and sometimes I'm in a Pepe's mood, and that's

not even being politically correct. That's the way I feel."

But some 13 months ago, all Krause really wanted was a new pair of glasses.

When he failed the field of vision test, he was referred to a specialist who detected some constricting of the optic nerve after dilating his pupils, an alarming sign. A friend drove him for an MRI that same day and that's when he got the news. About two weeks later he was under the knife.

"They didn't know if it was malignant or not, but I guess it was so big and so spread out that they weren't going to take any chances," he said.

The last thing he recalled was the anesthesiologist joking about the street value of the syringe he was holding and then he woke up in the hallway post-op surrounded by doctors.

Later, after the tumor was biopsied, the neural oncologist at Yale-New Haven told him that the tumor was in a transitional stage, partially malignant and partially benign.

Throughout it all, he said, he was certain he would recover and make it back on the job. "From the very beginning there was no doubt in my mind ... What's left of my mind. There was a lot of jokes circulating about that."

Contact reporter William Kaempffer at (203) 789-5727 or wkaempffer@nhregister.com.

©New Haven Register 2007

# Keeping The Faith

Sa Bom Wilson Phillips

The Song of Sip Sahm Seh tells us that the purpose and philosophy behind the martial arts is “rejuvenation and prolonging of life beyond the normal span. So an eternal spring.” Like an ‘eternal spring’, the traditions of Tang Soo Do invigorate, revitalize and improve the quality of life. That we practice an art capable of instilling such benefits is certainly good news. However the point that must not be missed is that these benefits are not given because we put on a uniform. We must earn these benefits by training regularly and with the necessary effort.

Training regularly and training with the necessary effort are two distinct but mutually supporting attributes that each individual is responsible for applying to their training. The rejuvenating capacity of Tang Soo Do is demonstrated in the skill, strength and fitness of its advanced practitioners. If we faithfully apply ourselves to our training - regularly and with the necessary effort – there is no reason that we should not achieve a similar outcome. It is not difficult to believe that training regularly with the necessary effort will enable us to achieve the skills defined through the traditions of Tang Soo Do. However, it would be foolish to suggest that training regularly with the necessary effort is a simple endeavor. Even as we organize our schedules so that we can train regularly, our lives continue to change. New relationships, new jobs, children, family, friends, new responsibilities continue to challenge our capacity to train regularly. Even as we push ourselves to new limits the wear and tear on our bodies, stress and health factors present new obstacles to our ability to train with the necessary effort. Even so, because Tang Soo Do improves the quality of life it is reasonable that our training should remain a vital priority regardless of how our circumstances may change.

Often our circumstances suggest that we must choose between our training and other priorities. This is usually a false choice. When I became a single father I often felt guilty about the time I spent training. It was a false choice however to choose between my children and the martial arts. That would be too much like looking for an excuse not to train. The correct choice was between training regularly and my own intransigence about adapting to my circumstances. I found that if I got up earlier (something I used to hate to do) I could train for an hour while my kids were still asleep. After a little ‘me time’ first thing in the morning I also found myself more energized for the rest of the day. Training regularly makes my body stronger, my mind clearer and makes me better able to deal with life’s challenges and appreciate life’s rewards. While the

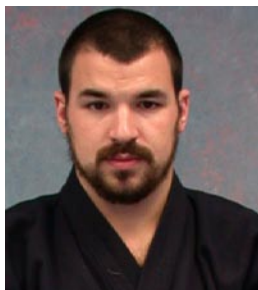
traditions of Tang Soo Do are very specific, the context through which they are understood are as individual as fingerprints. This is because the context is our own life experience. While we may all learn the same techniques the obstacles that we each must overcome to master those techniques may be very different. Even so, as human beings we all share some difficult obstacles that can limit us from giving the necessary effort in our training. Two obstacles, in particular, that we all must confront are distraction and personal preference. A good training area should minimize distracting noises and outside activities. Care should be taken however that we ourselves do not bring into our training distracting thoughts and concerns that prevent us from giving our full attention to training. By completely focusing on the challenge of our training we leave no room for anything else. When we place our attention where it needs to be, from the moment we bow onto the floor to the moment we bow off the floor, our minds are free.

The traditions of Tang Soo Do provide many ways to challenge us as individuals. Whether we are doing forms, self-defense, sparring, conditioning or even teaching, each aspect of the art provides a distinct means for challenging us physically and mentally. Naturally there are aspects of the art that we prefer more than others. And of course there are some aspects of the art that we would rather avoid completely. Regardless of our personal preference we need to understand that those aspects of the art that we prefer the least are often the one’s that provide the greatest opportunity for personal growth. Training with the necessary effort includes giving the necessary effort to all aspects of the art. The Song of Sip Sahm Seh says, “Beginners are guided by oral teaching. Gradually one applies himself more and more. Skill will take care of itself.” Sometimes skill doesn’t seem to happen fast enough. Even so, by showing up regularly and ready to give the necessary effort we are building a foundation of discipline and attentiveness that supports us both inside and outside the dojang.



# Key Concepts: Weapons Training

Sa Bom Nim Michael **Tabone**



The Mi Guk Kwan syllabus is a unique one amongst Martial Art systems due to its natural progression from Hard to Soft. As a human being may use the process of Tang Soo Do to refine their mind, body, and spirit. Part of this training includes weapons training. This is an important addition to our training for several

reasons. It is making a tool that we were not born with, as natural to us as walking or moving our hands. It requires one to master the use of something outside the body, and helps to learn control, dexterity, extra martial fighting applications, and understanding of the weapon. Our traditional curriculum of weapons training has a carefully planned progression: knife, staff, Korean sword, Chinese Broadsword, Chinese Spear, and Tai Chi Sword, at first, second, third, fourth, fifth and sixth dan respectively.

We are given these weapons also in the understanding of their progression from hard to soft. It is very important that we stick with our given weapons for our given rank, and train in all ways to understand that weapon. It is the reason we are given the knife for two years during first dan to be able to have an understanding of attack and defense. There is one required form for testing, and one alternate form for those who wish to be challenged further in the study of the knife. This is also the reason you learn your knife defenses during this time. You are supposed to immerse yourself in the study of the given weapon before you move on in rank and next set of curriculum. If you wish to compete on the local, state, national, and international level then you are welcome to learn the alternate form which there is a variety of avenues for you to learn.

You will find that you're drawn to certain weapons. Personally, I have always loved bladed weapons, which is why I am fond of the double knife form and the Korean Sword forms. But that is not to down play all the things I learned from my staff training during my second dan rank. It is simply a matter of preference, but it is important to put your time in your given weapon before moving on.

A recent phenomenon that has crept into many of the tournament scenes I have been to recently has been what many would call "Open Tournament Form". They are the forms with tons of spins, flips, jumps, throws, and yelling. While these forms are exciting to watch and they take a particular skill to wield a weapon in that manner, they are

not for the most part practical martial techniques. One of the keystones of the Mi Guk Kwan is that it is a traditional martial art. All the weapons forms in the Mi Guk Kwan syllabus are from a traditional source, and all have martially practical understandings and techniques behind them. One might look at these open forms and say they are exciting or skillful, which I have no doubt they are, but they are not what we do, and the more they are untraditional, the more I am thankful that we are.. It is pointless from the viewpoint of one who cares. Movements that are considered flash are moves that inflate the ego, and do not help in the character development of a student. That is one of the major purposes of the traditional arts, to help all aspects of self: physical, mental, emotional, and spirit.

Study your weapons forms hard, and you will find many happy rewards awaiting you.



# News & Events

## Sa Bom Nim Joseph DeVita Celebrates His Dojang's 25th Year!



Master DeVita received his cho dan (1st degree blackbelt) from Kwan Jhang Nim Charles Ferraro in 1982. Three months later he established the Greenwich branch of the West Haven Academy of Karate. The dojang was a sublet of the Allegra Dance Studio located on West Putnam Avenue in Greenwich, CT. The opening of Sa Bom Nim DeVita's dojang was earmarked by a memorable grand opening demonstration in which Kwan Jhang Nim Ferraro, Sa Bom Nim Richard Kopf, Sa Bom Nim Howard Dugan and others participated. It must have been pretty good because 12 individuals signed up and became Sa Bom Nim DeVita's first students.

Sa Bom Nim DeVita's teachings and organizational skills soon led to the opening of a second dojang in Stamford, CT. The Stamford branch of the West Haven Academy of Karate was extremely popular and consequently moved several times because of the need of additional space. The location most remembered was the one above the Car Wash. Eventually the Stamford dojang moved to its current location on Main Street. The Stamford dojang is currently under the direction of Sa Bom Nim John McGuinness, long time practitioner and brother-in-law to Sa Bom Nim DeVita. The Stamford dojang underwent a name change around 1995 to Stamford Martial Arts and is currently a well respected martial arts institution in the Stamford community.

The original dojang also underwent a name change and is currently operating under the name of DeVita Karate. It is there where you can find Sa Bom Nim DeVita still teaching his numerous children and adults daily.

During Sa Bom Nim DeVita's storied martial arts career he has been credited with many firsts. They are as follows:

1. He was the first student of KJN Ferraro to open a dojang.
2. He was the first student of KJN Ferraro to host a Mi Guk Kwan tournament.
3. He was the first student of KJN Ferraro to have a student

achieve cho dan.

Sa Bom Nim DeVita has passed his knowledge on to countless individuals. Under his tutelage 250 students have achieved dan level and 17 have earned the coveted Kodanja (master) belt. Additionally Master DeVita's students have been responsible for opening 7 dojangs under Kwan Jhang Nim with five of them becoming full-time martial arts instructors.

### Testimonials and quotes:

Kwan Jhang Nim:

Master DeVita is one of my earliest students consequently he has participated in just about every facet of the growth and development of my dojang and the building of our organization. Master DeVita is an instructor with a tremendous amount of natural charisma. His smile is infectious and he has the unique ability to light up a room simply by entering.

I remember first meeting Sa Bom Nim DeVita while he was a student at Southern Connecticut University in New Haven, Connecticut. He was a member of an on campus martial arts club that I had established. It was evident at that early juncture that his personality was like a magnet and I had the feeling that he would be successful at whatever he did. When he chose to open a dojang I remember thinking that his future students were going to get an excellent instructor.

From the grand opening demonstration held at Allegra Dance Studio in Greenwich, CT to the hundred plus dans and the tens of master level students that have graduated under Sa Bom Nim DeVita it has been my pleasure and honor to have had the privilege of being his instructor and mentor. His loyalty, commitment, accomplishments and friendship have been a tremendous blessing for me and have helped to make my journey in life both easier and more rewarding. It would be impossible for me to put into words the appreciation and respect I feel for Sa Bom Nim DeVita. In closing I would like to offer Sa Bom Nim DeVita my most sincere congratulations on crossing a prestigious milestone, 25 years of teaching. Only love of work could have sustained him and I hope he continues to share his gifts with future generations of Tang Soo Do practitioners.

Master Bernard Redfield cherishes Master DeVita's use of the Shinai stick as a motivational tool to improve his stance. He also remembers dry mopping the floors above the car wash prior to beginning class. He thanks Master DeVita for his generosity during the lean years and for encouraging him to continue his training despite financial pressures.

Master Sherry Peeles recalls that her training with Master DeVita prepared her physically, mentally and spiritually for her Dan tests. "When I walked into the test, I knew I was fully prepared. I was confident."

---

Master Miriam Caraballo Congratulates Master DeVita on his 25 year anniversary. "It was an honor to have him as a teacher and to work for him. He is a wonderful human being, great teacher and good friend. His perseverance helped me a lot and I thank him for that."

Master Richard Kopf reminisces about the DeVita Karate studio being sublet from the dance school. Shortly after the karate school opened he met a ballet instructor who was later to become his wife. The following week Master Kopf held a party in which Master DeVita and Claudia Fletcher (the owner of the dance studio) were invited. Marriage bells were heard soon after. Claudia's sister Tracy is presently married to Master McGuiness.

Sa Bom Nim DeVita, upon graduating from Southern CT University and moving back to his home town of Greenwich, CT decided to open his own dojang. His relationship with Kwan Jhang Nim Ferraro only got stronger as Kwan Jhang Nim would come to Greenwich and teach classes at Master DeVita's dojang on Friday evenings. Since those early days, Master DeVita's dojang has grown into the respected institution that it is today. Since that time Master DeVita has developed many fine dans and masters through his teaching of Tang Soo Do Mi Guk Kwan.

In 1995, his dedication, loyalty and commitment has earned him an

appointment to the TAC (technical advisory committee) whose job is to oversee the technical aspect of the Tang Soo Do Mi Guk Kwan artform. Over the past 13 years Sa Bom Nim DeVita's enthusiasm and efforts have contributed to the phenomenal growth of our association which has now grown to about 2000 members worldwide. The Tang Soo Do Mi Guk Kwan Association has opened dojangs in CT, TX, FL, NC, RI, MA, OH, WV, NY, LA, NH, OK, Chile, Mexico, Australia and Argentina. Master DeVita, Congratulations on your twenty-five years of being a professional martial arts instructor. It's hard to believe that twenty-five years ago, we were demonstrating at the grand opening of your Greenwich school. It has been a pleasure watching you and your students grow. I always enjoy our time together, whether training or socializing. What a wonderful gift to have you as my friend. All those years we have trained together and competed together are forever etched in my mind and heart. Keep up the good work and as always, I look forward to seeing and training with you. Good luck in the future and keep smiling.

Tang Soo!  
Master Dugan



## CONNECTICUT **R1**

**West Haven Academy of Karate, Inc.**  
*Kwan Jhang Nim C. Ferraro*  
 766 Boston Post Road  
 West Haven, CT 06516  
 (203) 932-5335

**Cornerstone School of Karate**  
*Sa Bom's B. Lear & S. Arbuckle*  
 20 Hartford Road, #6  
 Salem, CT 06420  
 (860) 892-4662

**DeVita Karate Academy**  
*Sa Bom Joseph DeVita*  
 37 West Putnam Avenue  
 Greenwich, CT 06330  
 (203) 629-2467

**Wilton Martial Arts**  
*Sa Bom David Bankowski*  
 213 Danbury Road  
 Wilton, CT 06897  
 (203) 761-6622

**Pereira's Academy of Karate**  
*Sa Bom Eduardo Pereira*  
 696 Amity Rd.  
 Bethany, CT 06524  
 (203) 393-1975

**Stamford Martial Arts and Fitness Center** (has been renamed)  
*Sa Bom John McGuinness, III*  
 379 Shippam Ave  
 Stamford, CT 06902  
 (203) 327-3451

**Stamford Martial Arts** - (JCC)  
*Sa Bom Nim Alonso Martinez*  
 1035 Newfield Ave  
 Stamford, CT 06905  
 (203) 561-5240

**Seymour Martial Arts**  
*Mr. Dean Meier*  
 1 Pine Street  
 Seymour, CT 06483  
 (203) 231-5241

**WHAK in the Valley**  
*Sa Bom James Bergers*  
 549 Howe Avenue  
 Shelton, CT 06484  
 (203) 924-2467

**WHAK of North Haven**  
*Sa Bom Richard Kopf*  
 FUMC Clintonville Road  
 North Haven, CT 06473  
 (203)

**WHAK of Wilimantic**  
*Sa Bom Seth McCalaster*  
 75 Bridge Street Plaza, Unit # 67  
 Wilimantic, CT 06226  
 (860) 456-2467

**Amistad Martial Arts**  
*Noelle Talmon*  
 407 James Street  
 New Haven, CT 06437  
 (203) 530-1759

**Shoreline Martial Arts**  
*Sa Bom William Conforte*  
 Branford, CT 06437  
 (203) 641-0084

**Conn Collage Academy of Karate**  
*Sa Bom David Berube*  
 270 Mohegan Avenue  
 New London, CT 06320 - 4196  
 (860) 303-5103

**Westport Academy of Martial Arts**  
 C/O Westport Weston Family  
*Steven Forlano*  
 59 Post Road East  
 West Port, CT 06880  
 (203) 249-8417

## MASSACHUSETTS **R1**

**Cornerstone School of Karate, Boston Center**  
*Ana Campos*  
 111 W Concord Street(rear entry)  
 Boston, MA 02118  
 (860) 235-4760

**Brandeis Tang Soo Do**  
*Douglas Gobeille*  
 415 South Street  
 Walton, MA 02454  
 (401) 330-8195

## RHODE ISLAND **R1**

**WHAK Rhode Island Ctr.**  
*Sa Boms N. Weida & B. Bearse*  
 P.O. Box 621  
 Portsmouth, RI 02871  
 (401) 683-3913

## NEW YORK **R2**

**Hudson Valley Karate**  
*Sa Bom Peter Antonelli*  
 751 Old Route 9N  
 Wappingers Falls, NY 12590  
 (845) 297-0848

**Triumph Karate- Kingston**  
*Sa Bom Rodney Batista*  
 985 Morton Blvd  
 Kingston, NY 12401  
 (845) 336-8787

**Triumph Karate - Stone Ridge**  
*Sa Bom Rodney Batista*  
 Main Street. Center of the Arts  
 Stone Ridge, NY 12484  
 (845) 336-8787

## NORTH CAROLINA **R3**

**Redfield Martial Arts**  
*Sa Bom Bernard Redfield*  
 94 Technology Drive  
 Garner NC 27529  
 (919) 661-0037

## FLORIDA **R4**

**Plantation Karate Center**  
*Kyo Sa. William A. Nunez*  
 9151 Northwest 2nd Street  
 Plantation, FL 33324  
 (954) 385-5310

**Extreme Art of Tang Soo Do**  
*John A. Gizzi*  
 110 Talavera Lane  
 Kissimmee, FL 34758  
 (407) 343-9302

**Family Martial Arts**  
*Kyo Sa Charles Cripple*  
 3105 W. Michigan Ave  
 Pensacola, FL 32526  
 (850) 478-0555

## OHIO **R5**

**Priceless Martail Arts**  
*Anthony Price, Jr.*  
 643 Northland Blvd  
 Springdale, OH 45246

## TEXAS **R6**

**Tang Soo Do Academy, LLC**  
*Sa Bom Hoke Nunan*  
 525 Cypress Creek Rd.  
 Cedar Park, TX 78613  
 (512) 335-1890

**WHAK Canyon Lake**  
*Kyo Sa Shawn Sawyer*  
 8575 FM 2673  
 Canyon Lake, TX 78133  
 (830) 899-4401

**WHAK of Las Colinas**  
*Sa Bom Tom Cox*  
 2302 So.Hwy 121(BR) Suite 156  
 Leevisville, TX 75091(972)  
 506-9342

**WHAK of New Braunfels**  
*Sa Bom Brett Riley*  
 1323 F Industrial Drive  
 New Braunfels, TX 78130  
 (830) 606-0444

**WHAK Canyon Lake**  
*Kyo SaShawn Sawyer*  
 8575 FM 2673  
 Canyon Lake, TX 78133

**Rockhold Karate**  
*Chris Rockhold*  
 105 Presidio Drive  
 Leander, TX 78641  
 (512) 699-9288

**Tang Soo Do Academy, Austin**  
*Mr. Andrew H. Brooks*  
 8332 Mesa Drive  
 Austin, TX 78759  
 (512) 844-183

**W.H.A.K. of San Marcos**  
*Melanie Mearse*  
 2841 Paso del Robles  
 San Marcos, TX 78666  
 (512) 557-9600

**West Haven Academy of Karate - Seguin**  
*Jon Dela Garza*  
 C/O 1077 Misty Acres M.  
 New Braunfels, TX 78130  
 (830)660-5930

**Raw Martial Arts**  
*Bryan H. Blackmon*  
 200 West Boyd # D  
 Allen, TX 75013  
 (972) 989-4608

**Belton Martial Arts Academy**  
*Henry C. Pugh, Jr.*  
 5633' East Lakeshore Drive  
 Belton, TX 76513  
 (254) 760-551

## CALIFORNIA **R9**

**Unified Center for Martial Arts**  
*Sa Bom Jerry White*  
 1766 S. Broadway  
 Santa Maria, CA 93455  
 (805) 614-4855

## HAWAII **R12**

**Ohana Martial Arts of Hawaiian Acres**  
*Sa Bom Allen Abdul*  
 P.O. Box 616  
 Kurtistow, HI 96760  
 (808) 968-8987

continued

CHILE **R35**

**Dojang - Chile Institute**  
*Sa Bom C. Garcia-Huidobro*  
0-11-56-02-463-0073

**Tamo Institute Chile**  
*Sa Bom C. Garcia-Huidobro*

**Colegio Parroquial San Miguel**  
*Sa Bom C. Garcia-Huidobro & Mr. I Preto*

**Seze Institute Do**  
*Mr. Luis Avilla*

**Chil Sung Kwan Chil Institute**  
*Sa Bom Maricel Garcia*

**KIKwon Do-Chile**  
*Marcelo Yanez*

**Samurang Eirl Company**  
*Sa Bom Carlos Garcia-Huidobro*

**Liceo Miguel Rafael Prado**  
*Marcelo Yanez*

**Bool Joo Hang La Calera**  
*Moises Miranda-Zuniga*

**Chil Sung Kwan Chil Institute**  
*Kyo Sa Maricel Garcia*

**Shim Do Chile Institute**  
*Mr. Jorge Farfan*

**Chang Moo Kwan**  
*Mr. S. Venegas*

**Sakara Institute**  
*Moises Miranda-Zualigez*  
*Wladimir Munoz Braintt*

**Mi Moo Kwan**  
*Juan Sepulveda*

**Ki Jang Tang-Mok**  
*Francisco Prieto*

**Oh Heng-Hwo**  
*Ignacio Prieto*

**Lyons International Tang Soo Do**  
*Miguel Fortes*

**Sip Sam Seh**  
*Daniela Coliboro*

**Yu Sang-Tang Soo Do Mi Guk Kwan**  
*Roland Gallardo*

**Kyum Son Do Institute**  
*Fabian Valladres*

**Escritang-Chile**  
*Mrs Claudio Chodil*

**Ho Sin Sool MGK Institute**  
*Mrs Roberto Avila*

**Choong Jum Kwan Institute**  
*Moises Miranda/*  
*Mrs Wladimir Munoz*

**Hi Tao Kwan Institute**  
*Esteban Ardiles*

**Collegio Chilean Institute**  
*Darwin Liopis*

**Pyung Ahn Gym**  
*Juan Madriaga*

**Shinai Sh'y Institute Chile**  
*Cesare Rubino*

**Shim Gung Do Institute**  
*Kyo Sa Cecilia Chavez*

**Shin Mu Kwan Institute**  
*Pedro Paredes Rebolledo*

**Zen Do Kwan Chile Institute**  
*Patricio Vallahdares*

**Fenix Dorado**  
*Jorge Frafan*

**Joong Sok**  
*Nataly Concha*

**Jia Do Kwan**  
*Jorge Forni*

ARGENTINA **R36**

**Centro Borges**  
*Gabriel H. Barreio*

PUERTO RICO **R39**

**Carvalo's Tang Soo Do Academy**  
*Ms. Casmira Caraballo*  
(787) 797-0856



# Developing Teaching Skills

Sa Bdm David J. **Marcarelli**

Most karate instructors have little, if any, formal training in teaching theories and academic techniques. The extent of our training usually stems from observing our seniors or through trial and error. There are full college curriculums dedicated to the theories and principles of teaching and it would be impossible to approach all aspects of formal academic training in one newsletter. However, there are certain characteristics associated with being an effective educator, which can be practiced and learned.

Instructors who have been able to refine their teaching skills usually possess several qualities which set them apart from more inexperienced instructors. Here are some of the more common traits of interest.

Effective instructors have the ability and desire to understand the needs of the students. Individuals enroll in karate for different reason. The instructor must build a relationship with the students to determine if their needs are being met and show concern for their development. A relationship built on mutual respect and understanding is a positive aid to learning. An instructor must have the desire to teach. The future of your school and our association is dependent upon instructors who are dedicated to teaching and sharing their knowledge. Senior students should take every opportunity to teach. Experience comes from doing. While trial and error are not the most effective way to learn new skills, you will undoubtedly learn something new each time you teach. Instructing one white belt can be more gratifying and eye opening than teaching a full class of advanced belts. Volunteering not only helps in class organization but also helps to develop your own teaching style.

Competence in ones skills and thorough knowledge of the material being taught goes beyond the ability to just demonstrate a technique. A good instructor must have the ability to supplement knowledge. Explaining practical application, history and variations of all theories and techniques shows the student that you have a professional approach to your instruction.

The instructor should project a high degree of interest in the class, the material and most importantly, the art. I have had the privilege to participate in several Kodanja tests and have observed many seasoned instructors. These individuals teach with a passion. I came away from these classes with a new perspective and a renewed sense of appreciation for our art, and I was just watching the class. Imagine the energy the students must have felt! Enthusiasm is contagious.

Motivation, like enthusiasm, is also contagious. Motivation is the desire and determination to achieve goals. The instructor must be able to set goals for both him/herself and the student. Classes should be planned ahead in order to determine which goals are to be achieved during each class. The students should be given the objective for the class and the means of achieving them. This gives the students a clear idea of what

is expected of them and how they are to perform. Long-term goals should be set by combining our martial philosophy with the student's needs such as achieving Dan rank while losing weight. This also shows that you are well organized and have a plan to help them succeed.

A successful instructor understands that one teaching approach may not be suitable for all group members. We are in a unique situation as karate instructors. Unlike traditional academics where we would be dealing with one particular age group educated to roughly the same standards, we quite often are teaching a mixed group of children and adults of various ranks and experience. This creates many challenges and opportunities. In future articles, I would like to discuss types of learning and learning characteristics, but for now, I would like to stress the need for ingenuity and creativity when presenting material. Repetition plays a key role in technique development, however, certain age groups and individuals may get bored with a monotonous approach. We are competing with and for time. Students will not stay if they are not enjoying their classes. They will seek another form of activity in either another school or a different sport. How the material is presented, in the short period of time allotted will determine the level of satisfaction your students receive. Instructors demonstrate their creativity by developing or using training aids to supplement material. Keep it fresh while maintaining our Moo Do philosophy. The Mi Guk Kwan offers several opportunities a year to gather with other instructor's throughout the country, such as camps and tournaments, where ideas are shared in order to strengthen our skills and position in the Martial Arts world.

Finally, it is said that empathy is "putting yourself in another's shoes." Empathy is the ability to understand the feelings and attitudes of another person. An instructor should have a sincere desire to help the student learn and should never adapt a condescending or superior attitude. Having patience is the first step to developing empathy. Do not get frustrated and remember when you first started out and the challenges you faced. This idea needs to be shared between all students within the class. Senior students must reciprocate their patience and empathy shown towards them when working with new students or new techniques.

The belief that good instructors are natural leaders and teachers may be true to an extent. Good teaching methods however can be practiced and learned. As you take classes from other instructors, pay attention to not only what is taught but also how it is being taught. I am sure you will recognize several of these characteristics. While this is by no means an exhaustive list of qualities, these are universal throughout any teaching/coaching field. Practicing your teaching approach is just as important as practicing your technique.



# The 10 Articles of Faith on Mental Training

Susan White  
3rd Gup Candidate

I believe that mental training is the most important aspect of Tang Soo Do. It's not just about being able to recite facts about the patch, translating commands in Korean, or memorizing forms and one-steps. Mental training is about developing the attitude, courage, concentration and endurance it takes to become a successful martial artist. Mental training is so important to the art of Tang Soo Do, that 4 of the eight key concepts are mental processes; courage, concentration, honesty, and humility. All of the 12 tenets of Tang Soo So have to do with mental training as well as the seven R's. Without mental training, it is difficult to endure the physical aspects of martial arts training. Mental training is not just reading books and acquiring knowledge. Going through day-to-day life, dealing with people, making and honoring commitments provides us with intense mental training exercises. The 10 articles of faith may appear to have little to do with mental training, but, in fact, they provide a most strenuous workout for your mind.

Being loyal to one's country does not seem like a difficult thing. But when you add in, sacrifice to fulfill your duty to your country and your people; you get into the more difficult part of it. Any time you sacrifice something your mental fortitude gets stronger. Does this mean you have to go out and join the military and fight in a war to be loyal to your country? No. This means that you must do your part to make your country a better place to be for yourself and for your brothers. President Kennedy understood this principle when he said, "Ask not what your country can do for you, but what you can do for your country." Sacrifice leads to service and service leads to humility. When we have come to a point of humility in our lives, our minds will be open and we can become stronger both mentally and physically.

As we all know, it can be difficult to be obedient to one's parents and elders especially when we are not looking at the big picture. Often times we are living in the moment and don't see all the relevant things needed to make a good decision. It seems we are hard wired to learn things the hard way instead of heeding the advice of someone who learned it the hard way before us. Being obedient to parents and elders builds trust and strong character. Developing trust opens our mind to new things. Developing strong character enables us to use our knowledge and power in ways that are beneficial to mankind.

Anyone who has been married for a long time knows that it is not always easy to be loving to one's husband or wife. Marriage is a huge commitment. For some reason when we enter a marriage we think that everything will be wonderful and we will live happily ever after. I'm afraid that wedded bliss is a myth. In writing to the Corinthians, the Apostle Paul says, "Those who marry will face many troubles in this life, and I want to spare you this" (1 Corinthians 7:28). Not exactly a ringing endorsement for marriage. Love does not sustain itself. It takes a lifetime of work, sacrifice, kindness, and humility to make a marriage work. Sustaining a marriage takes serious commitment and discipline. When we develop commitment and discipline we can endure

the hardships that come our way, in life and in martial arts training. Commitment and discipline will allow us to keep going when we hit a wall both in our lives and in our training.

Being cooperative to your brothers is another important mental exercise. People are different. We develop relationships with people who are like-minded and have similar interests, but there is always the individual factor. It is not always easy to cooperate with people when their feelings and agendas are different from our own. The good thing about this is that everyone has something to bring to the table. When we acknowledge our differences as strengths we can develop a constellation of colleagues that will enable us to do amazing things when we work together. If we develop a group where everyone does the thing that only they can do, imagine the effectiveness of that group! Cooperation builds unity and when we develop unity we will have a brotherhood that can help us get through the tough times.

Being respectful is important to any relationship, but respecting our elders is essential to life. People who are our elders have lived and learned a lot about the world and how to make it through. Showing respect for our elders allows us to the benefit of their wisdom and experience and helps us to develop humility. We protect them because they once were our protectors and our strength. They have given us all that they have and we should return the favor by showing them respect and honor.

Being faithful to your teacher through duty, loyalty and affection can expand your mind greatly. It is easy to be faithful and to serve your teacher when things are going well. When you are the golden student and can do no wrong. But what about when things are difficult? How about being faithful when you have to do 32 forms on a test or when you don't get to test because you didn't have enough classes. Maybe you didn't get promoted because you didn't break a board. Perhaps you didn't get the grade because your teacher didn't see your best effort. These are the times when being faithful is the most important. These are the times when being faithful will pay off. Your teacher is there to bring out the best in you. He knows that being rewarded for something you did not earn will not bring you happiness. Anytime you have to work hard to earn something you build mental strength and discipline. Being faithful to your teacher during feast and famine will allow you to stretch the boundaries of your mind and body.

Developing strong friendships is important to mental health. We are born into our families with no say what so ever, but we can choose our friends. Even the best friendships will be put to the test. We must remain faithful to our friends and maintain healthy relationships with them. It is our friends that will help us through tough times and celebrate during good times. It is our duty to stand with our friends during their good and bad times. Being faithful to our friends can develop peace and harmony in our lives. When we are experiencing

# The 10 Articles of Faith on Mental Training

continued

---

peace and harmony our minds are able to grow and be strengthened.

Facing combat only in justice and in honor takes great mental strength. We must have the wisdom to know what is right and wrong and what we should be fighting for. Combat is not only in war. Everyday lives are filled with combat. With our children, parents, coworkers, employers, students, even ourselves. When we choose to fight a battle, having discerned that it is justified, we must do so with honor. When we fight with honor we will earn the respect of those doing battle with us and from our opponent. When we earn the respect of others, it opens doors that will expand our horizons.

Never retreat in battle is another tough one. Battle is ugly. When we are engaged in battle life is hard. If we have chosen to do battle with honor and justice we must not back down. We may have to rethink our strategy and come in from another point, but we must continue to fight. This will help us develop mental endurance. When we have mental endurance, we can push our bodies past perceived physical and mental limitations.

Finally, we must always finish what we start. This gives us a sense of accomplishment and respect for ourselves. If we continually quit and give up on things, we will stop growing mentally. If we stop growing mentally, we will waste away.

The brain controls our body and the mind controls our soul. In order to maintain our existence, we must feed our bodies and our soul. Following the ten articles of faith will provide us with exercises that will help us strengthen our mind. Having a strong mind not only makes us better martial artists, it makes us better people. Strengthening our mind is essential to maintaining a healthy soul. Maintaining a healthy soul will allow us to live with peace and harmony. When we live with peace and harmony we can have healthy bodies. Having a healthy mind, body and soul leads to a long happy life and, in the end, that is what we all strive for.



Send in your ideas, puzzles, games ect.

		1	3		6			
							3	7
	9	3		5	1			
	4		8			7	6	1
3	1	7			2			9
			6	3		5	8	
9	3							
			5	4	9			

## **Sudoku**

*Sudoku is a test of patience and logic .*

*There is no math.*

*Just fill in the grid so the numbers 1 through 9 appear only once in every horizontal and vertical row.*

*There is only one possible solution.*

*See back page for answer.*



# 24th Dan Classing

## Region 1 10/20/2007

### Cho Dan

William Brown	1572
Dana Evans	1574
Kim Hurd	1577
Kenneth Goins, Jr.	1580
Bradley Heath	1589
Karl Weber	1569
Linette Usowski	1573
Amanda List	1593
Kevin Ryan	1594
Daniel Troiano	1595
Daniella LaPegna	1597
Matthew Termini	1598
Steven Termini	1599
Brendan Pasley	1600
Elliot Wolff	1602
Joseph Creen	1605
Gregory Zales	1607
Nathan Arndt	1608
James Randon	1609
Olivia Conforti	1610
Gregory Lurito	1613
Maura Pasley	1617
Robert Zielinski	1618
Marcos Iqbal	1620
Jordan List	1621
Kennedy List	1622
Julia Conforti	1624
Ryan Hauser	1626
Guillermo Perez	1629
Anthony Pereira	1630
James Ottaviano	1631
Christopher Hunt	1633
Alexander Slanski	1634
Grayson Arndt	1641

### Ee Dan

Derik Weber	243
Theo Constantine	686
Eric Feliciano	943
Charles McManus	1348
Conner Altman	1374
Griffin Donnelly	1379

### Sahm Dan

Anne Himmelright	1000
------------------	------

## Region 2 10/06/2007

### Cho Dan

Renee Mauro	1576
Matthew Bangel	1581
Kelly McNamara	1601
Authur Higby	1604
Christopher Cuchelo	1614
Luke Harrold	1615
Madison Guptill	1619
Patricia Cuchelo	1632
Haley Meade	1638

## Region 4 11/17/2007

### Cho Dan

Francisco Alvaro	1645
------------------	------

### Sahm Dan

Bland Jensen	787
--------------	-----

## Region 6 10/27/2007

### Cho Dan

Larry Covin	1568
David Robinson	1570
Michelle Hill	1571
Crystal Hartley	1579
Devin Kelley	1590
John Keith	1592
Katherine Hill	1596
Jeffery Mosley	1603
Jacob Pyburn	1606
Joshua Pasket	1612
Cooper Blow	1627
Theresa Pasket	1628
Kole Hey	1636
Bodie Malik	1637
Logan Blow	1639
Ayah Alomari	1640
Dustin Voss	1642
Kevin Hey	1643
Matthew Farly	1644

### Ee Dan

Renee Davis	1300
Christina Davis	1309
Adam Davis	1319
Laura Nicholson	1339
John "Jay" Voss	1343
Debra Sparkman	1345
Cara Tribbey	1350
Kathryn Hill	1378
C. Austin Nicholson	1380

### Sahm Dan

Shawn Sawyer	1002
--------------	------

*Congratulations to  
the 24th Dan Classing  
of the Tang Soo Do  
Mi Guk Kwan  
Association 2008!*



# 25th Dan Classing

## **Kodanja Shimsa 1/13/2008**

### **Chil Dan**

Richard Kopf	K-01	7th Dan
Howard Dugan	K-02	7th Dan
Joseph DeVita	K-03	7th Dan

### **Yuk Dan**

Rocco Tirozzi	K-13	6th Dan
John McGuiness, III	K-14	6th Dan
Jeff Talavera	K-15	6th Dan

### **O Dan**

Peter Antonelli	K-46	5th Dan
Barbi Kantor-Goldberg	K-48	5th Dan
Edward Chairamonte	K-49	5th Dan
Christopher Ferraro	K-50	5th Dan
Gail Davidson	K-51	5th Dan
Dave Bankowski	K-52	5th Dan

### **Sa Dan**

Allen Abdul	K-100	4th Dan
Pamela Gorman	K-101	4th Dan
Joshua Sherman	K-102	4th Dan
Adam Sherman	K-103	4th Dan
Michael Bennett	K-104	4th Dan
Robert Maher, Sr.	K-105	4th Dan

## **Region 1 4/26/2008**

### **Cho Dan**

Charles Cortese 1650  
 Kerin Whitmore 1651  
 Carmelo Venero, Sr. 1652  
 Sean O'Brien 1656  
 Pablo Paredes 1657  
 Sarah Bergers 1658  
 Solomon Scherban 1660  
 Emily Dare 1661  
 Michele Morrell 1667  
 David Andrade 1668  
 Chelsea Myette 1669  
 Catherine Wiener 1670  
 Brant Hoffman 1671  
 Caithlyn Sanchez 1672  
 Amamda Bobbyn 1674  
 Fletcher Bonin 1676  
 James Dobbbyn 1680  
 Jesse Yuille 1681  
 Scott Butler 1682  
 Morgan Troiano 1683  
 Alessandro Tagliavia 1684  
 Andrew Greenwood 1686  
 Leonard Ciavarella, III 1687  
 Brian Roman 1689  
 Brenden Bozorgmit 1691  
 Kerry Wolff 1694  
 Trevor Donnelly 1697  
 Carmelo Venero, Jr. 1698  
 Laura Cuseo 1699

### **Ee Dan**

Alexandra Navarro 1004  
 Stefan Gildea 1228  
 Noeme Magracia 1278  
 Bo Pieschel 1308  
 Robert Mosley 1331  
 James Gumbus 1399  
 Richard Ahlers 1400  
 Jason Thornhill 1401  
 Cara Cortese 1421  
 Ashley Burke 1424  
 Matthew Cabrera 1426  
 Ryan Guzhnay 1428  
 Craig Roman 1514

### **Sahm Dan**

Michael Stanton 649  
 Nathaniel Nill 945  
 Collen Greer 1058  
 Ryan Guerrero 1073

## **Region 2 5/3/2008**

### **Cho Dan**

Noel Frawley 1654  
 Neghan Hook 1677  
 Nenekesiw Grignon 1678  
 Bernardo Gallegos 1690

*Congratulations to  
 the 25th Dan Classing  
 of the Tang Soo Do  
 Mi Guk Kwan  
 Association 2008!*





## Tang Soo Do Instructional DVD – Order Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Dojang (School Name) \_\_\_\_\_  
 Instructors Name \_\_\_\_\_  
 Dojang Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

### Individual DVD's (Cost per unit)

White Belt	#1 Qty: _____	\$29.95	subtotal: \$ _____
Orange Belt	#2 Qty: _____	\$29.95	subtotal: \$ _____
Green Belt	#3 Qty: _____	\$29.95	subtotal: \$ _____
Red Belt	#4 Qty: _____	\$29.95	subtotal: \$ _____
1st Dan	#5 Qty: _____	\$29.95	subtotal: \$ _____
2nd Dan	#6 Qty: _____	\$29.95	subtotal: \$ _____
3rd Dan	#7 Qty: _____	\$29.95	subtotal: \$ _____
4th-6th Dan*	#8 Qty: _____	\$39.95	subtotal: \$ _____

\*Only available to TSDMGK Kodanja

### Package Discounts (Cost per unit)

Package A	#1-#4 Qty: _____	\$ 99.80	subtotal: \$ _____
Package B	#5-#7 Qty: _____	\$ 74.85	subtotal: \$ _____
Package C	#1-#7 Qty: _____	\$153.65	subtotal: \$ _____
		CT State Tax (6%): \$ _____	
	Shipping / Handling (Inside USA / Canada - \$5.00)		\$ _____

**Total:** \$ \_\_\_\_\_

If you reside or would like to ship an order outside the U.S. we would be happy to assist you. You may contact KJN Ferraro at: [cferraro04@snet.net](mailto:cferraro04@snet.net) or by telephone at (203) 932-5335

Check:  Cash:  Credit Card:  Master:  Visa:  Other:

Please make checks payable to: **World Mi Guk Kwan**

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Fax or mail this completed order form to receive your DVD(s) with your payment , to:

Fax: **(203) 933-4873**

Mail to: **TSDMGK Assoc.  
 P.O. Box 26096  
 West Haven, CT. 06516**



## CHANGE OF ADDRESS COUPON

If you have recently moved please fill out the change of address coupon below along with your email address and return it to headquarters right away.

**PLEASE** email [www.tsdmgk.com](http://www.tsdmgk.com), FAX 1 203 933 4873, or mail to

TANG SOO DO MI GUK KWAN ASSOCIATION, INC.

P.O. Box 26096

West Haven, CT 06516

This will enable us to update our database so that all information from the Tang Soo Do Mi Guk Kwan Association will be sent out to all members without any delay.

Name\_\_\_\_\_

New Address\_\_\_\_\_

City\_\_\_\_\_

State\_\_\_\_\_ Zip Code\_\_\_\_\_

Email Address **(required)**\_\_\_\_\_

Instructor\_\_\_\_\_

# PHOTOS: Remember When



**Send in copies of your photos**

# Schedule of Events

2008 / 2009

---

**November 1, 2008**

26th Region 6 Dan Shimsa and  
Clinic - WHAK of New Braunfels,  
New Braunfels, TX

**November 8, 2008**

TAC / RAC Meeting  
West Haven Dojang,  
West Haven, CT

**November 9, 2008**

Annual B.O.D. Meeting  
West Haven Dojang  
West Haven, CT

**JANUARY 9-13, 2008**

12th Annual Kodanja Shimsa  
and Clinic  
For More information contact  
Kwan Jhang Nim Charles Ferraro  
(203) 932 5335

---

---

**JANUARY 14 -18, 2009**

13th Annual Kodanja Shimsa  
and Clinic  
For More information contact  
Kwan Jhang Nim Charles Ferraro  
(203) 932 5335



7	8	1	3	4	6	2	5	9
4	5	6	9	2	8	1	3	7
2	9	3	7	5	1	6	4	8
5	4	2	8	9	3	7	6	1
8	6	9	1	7	5	3	2	4
3	1	7	4	6	2	8	9	5
1	7	4	6	3	9	5	8	2
9	3	5	2	8	7	4	1	6
6	2	8	5	1	4	9	7	3



**TANG SOO DO  
MI GUK KWAN  
ASSOCIATION, INC.**

P.O. Box 26096  
766 Boston Post Road  
West Haven, CT 06516  
(203) 933-4873

**www.tsdmgk.com**

Administrator  
Pattie Manchisi

Tang Soo Do Mi Guk Kwan  
Association  
2007

**Board Members**

President  
Kwan Jhang Nim **Charles Ferraro**

Chairman  
Sa Bom Nim **Kenneth Hillard**

Vice Chairman  
Sa Bom Nim **Steve Arbuckle**

Treasurer  
Sa Bom Nim **Christopher Ferraro**

Secretary  
Sa Bom Nim **Eduardo Pereira**

Appointed  
Sa Bom Nim **Richard Kopf**  
Sa Bom Nim **James Davidson**  
Sa Bom Nim **Rocco Tirozzi**  
Sa Bom Nim **Thomas Cox**  
Sa Bom Nim **Brett Riley**

**Directors**  
**Region 1**  
Sa Bom Nim **Howard Dugan**  
Sa Bom Nim **Steve Arbuckle**  
Sa Bom Nim **Kenneth Hillard**  
Sa Bom Nim **Eduardo Pereira**  
Sa Bom Nim **Christopher Ferraro**

**Region 3**  
Sa Bom Nim **Thomas Cox**

**Region 4**  
Kyo Sa **William A. Nunez**

**Region 6**  
Sa Bom Nim **Hoke Nunan**

**Region 9,10 & 12**  
Sa Bom Nim **Jeff Talavera**

**Region 35**  
Sa Bom Nim **Carlos Garcia-Huidobro**

**Historian**  
Sa Bom Nim **Paul Carty**

**TAC**  
*(Technical Advisory Committee)*

Sa Bom Nim **Richard Kopf**  
Sa Bom Nim **Howard Dugan**  
Sa Bom Nim **Joseph DeVita**

**RAC**  
*(Regional Advisory Committee)*

Sa Bom Nim **Bill Lear**  
Sa Bom Nim **John McGuiness III**  
Sa Bom Nim **Jeff Talavera**  
Sa Bom Nim **Thomas Cox**  
Sa Bom Nim **Brett Riley**  
Sa Bom Nim **James Bergers**  
Sa Bom Nim **James Savidge**  
Sa Bom Nim **Christopher Ferraro**