



MI GUK KWAN NEWS

Volume 8, Number 1 Fall-Winter 2004



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*Congratulations to the 2004
Kodanja and the 16th and 17th
Dan Classings of the Tang Soo
Do Mi Guk Kwan Association!*



Chairman's Letter

Sa Bom John McGuiness III

Chairman of the Board, TSDMGK



Greetings to all the members of the Mi Guk Kwan Association.

As I began to write this letter, what first came to my mind was the phenomenal rate of growth our association has experienced this past year. Through the tireless efforts of Kwan Jhang Nim Ferraro and the TAC, we are expanding nationally and internationally through the addition of new dojangs and students. This growth is fueled by the commitment, energy and participation of all members.

Membership is the core of our MGK community, and we are committed to building the association in a way that reflects the needs and the interests of all involved. This is accomplished by MGK-sponsored events such as summer camps, clinics and tournaments. These events enhance our knowledge of Tang Soo Do and strengthen our relationships as a community.

It is in this spirit that I am pleased to announce the development and launch of a new section in the newsletter called *TAC Notes*. *TAC Notes* is designed to provide technical information on the core concepts of Tang Soo Do. Each article will focus on a technique or move that is part of our curriculum through photographs and words, and I believe everyone will want to save each one we produce as a key reference source for his/her training.

I invite all individuals and schools to participate in building this future together. Phone numbers and e-mail addresses are available in this issue that can be your lifeline to the association. Your thoughts and ideas are welcome, but we can only respond to them if we know what they are. Let us know how you are doing. Send us your school photos and information on school events so that we can share this with each other and strengthen our sense of community and brotherhood.

As we get closer to 2005 and our 10th anniversary, we are very excited about the special events being planned to mark this historic occasion. You will be hearing more about this in the upcoming months, and I promise it will be a celebration of all the hard work and dedication that has made the *Tang Soo Do Mi Guk Kwan* what it is today.

Stay well and train hard as you build your warrior spirit.

Tang Soo! 武



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Please contact Martha D'Adamo at migukkwannews@hotmail.com to send feedback, photos, articles, etc. or if you would like to volunteer to act as a regional representative for the newsletter.

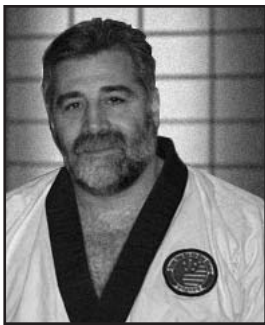
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Why Discipline and Protocol?

Kwan Jhang Nim Charles Ferraro

Founder/ President, TSDMGK



The martial arts landscape is constantly changing. Studio owners pressured by finances or threatened by competition continually compromise many of the age-old traditions that have dominated the martial arts since their inception. Questions regarding the legitimacy of these traditions are constantly raised. Due to a desire to increase martial arts participation and interest in their classes, many changes and innovations have been made. While some changes have been necessary, others have had a deleterious effect on the classical martial arts.

For some instructors, martial arts have become big business. One can easily find martial art institutions whose membership exceeds 800 students. In addition, many of these commercial entities are charging rates unaffordable for many individuals and families. Gone is the "club" or "mom and pop school" mentality and in is the corporate look and philosophy. Dojangs today are larger, more modern, computerized and efficient businesses. Much of this is essential for dojangs to be viable in today's marketplace.

Dojangs that do not have sufficient curriculum have embraced the school within a school concept. It is common to find martial arts schools teaching a primary art i.e., Tae Kwon Do, Kung Fu or Tang Soo Do and supplementing their income with cardio karate, Tai Chi or some sort of street or combat self-defense such as CDT, Krav Maga or Brazilian JiuJitsu. While it is understandable why some owners do this, it can be difficult balancing them as they each compete for prime time and may have philosophical differences.

Fortunately, *Tang Soo Do Mi Guk Kwan* is an art, that when promoted and taught correctly, can more than meet the needs of the communities in which we live. This art is rich in tradition; it is characterized by strong powerful blocks, strikes and kicks;

effective self-defense techniques and concepts; in-depth study and practice in various types of weaponry; and a philosophical backdrop that fosters morality and leadership among its practitioners. Our market is an all-inclusive one for men, women and children. Our curriculum is extensive with a broad-base appeal.

While some will always abhor discipline and structure, there are many more looking for just those things for themselves and/or their children. In a consumer-driven corporate environment, the customer pays a fee and has the right to demand a certain service or product. On the other hand, because of the nature of traditional martial arts such as *Tang Soo Do Mi Guk Kwan*, a student pays his/her fee for the privilege and opportunity to belong to a particular dojang and martial arts organization in order that he or she might learn the techniques and philosophies taught there. This subtle difference in approach allows *Tang Soo Do Mi Guk Kwan* dojangs to develop and foster special relationships with their clientele.

Parents are busier today than they have ever been. Elementary school teachers complain that they feel as if their hands are tied and kids get away with just about anything while they have to respond with political correctness. High schools look like war zones littered with metal detectors, T.V. monitors, hall police and lavatory police. And yet, drug and alcohol abuse run rampant.

Oftentimes the discipline taught in our dojangs is a valuable support system for parents. It is important that we recognize the significance of maintaining the basic protocols and disciplines of our art. It is my belief these aspects of our art make our dojangs special and clearly differentiate us from countless other martial arts entities.

Discipline must be taught and implemented in a fun and modest manner. No one likes to be browbeaten, lectured or publicly humiliated. There are many ways to enforce discipline and martial protocol without being overbearing. When dealing with adolescents and adults, it is less obtrusive to speak generally to an entire class than to single out a particular student. If you must single out a student, then it is always good to do it with a sense of humor and a smile.

The student should feel you are being instructive rather than angry. If you have a serious discipline problem with a particular student, private consultations always seem to work better than public scolding. Young children, on the other hand, must be disciplined firmly and immediately. It is important to make your expectations known to your target audience. You must have clear, firm and realistic expectations for young students. You should be ready to provide valid reasons why every protocol and disciplinary action is taken. Finally, you must be fair and unilateral in your approach to the administration of discipline and protocol.

Parents appreciate your efforts to teach their children respect and discipline. I can't tell you how many times I looked over at

the parents sitting on the side of my dojang beaming with joy after I reminded their child that the proper response was “Yes, Sir!” or how many times a parent commented to me that they couldn’t believe their ears when their children responded at home with a “Yes, Ma’am” or “Yes, Sir.”

It is also interesting to watch children interact among themselves regarding the issue of seniority. It is important to give children a proper understanding of the senior/junior relationship. Once they understand that it is the senior’s responsibility to educate and help the juniors and not to merely assign push-ups and to reprimand them, then some pretty exciting transformations take place. It is in this way that we can be extremely instrumental in imparting important leadership skills.

The junior and senior relationship can be extremely challenging for adults. Oftentimes adults are in situations where seniors who are younger in age are teaching them. This is an excellent opportunity for an adult, who is used to being in charge, to experience their need for demonstrating humility. Our traditional dojangs provide an environment where adults can feel that respect is mutual. True seniors always treat their juniors with respect. As the juniors grow into seniors, they will come to appreciate the respectful atmosphere fostered in the dojang. As a result, it is common that our adult students develop healthy, long-term friendships with fellow students in their dojangs.

The following is a list of the fundamental aspects of discipline and protocol found within a Tang Soo Do Mi Guk Kwan dojang:

1. All students should address their seniors by the rightful titles such as Kwan Jhang Nim, Sa Bom Nim or Kyo Sa Nim.
2. If no title has been conferred, then juniors should always refer to their senior by the following titles: Mr., Miss., Ms or Mrs.
3. The use of these titles should take place both in and out of the dojang and especially in the dressing rooms.
4. Students should never be taught or corrected by their juniors.
5. Senior students who are teaching a class should always have the class recognize anyone who is senior to the instructor teaching the class whenever they enter the dojang.
6. It is proper for an instructor who is teaching a class to offer the class to his or her senior if they put on their uniform and enter the dojang.
7. Juniors should never talk negatively about their seniors and all forms of gossip should be avoided.
8. Juniors should try to assist their senior whenever possible. It is the juniors’ responsibility to make the senior’s job easier.

9. All students should bow to the flags before entering and leaving the dojang.

10. All juniors upon seeing their seniors for the first time each day should bow as a form of greeting. It is expected but not required that the senior will return the bow.

11. This formal bow between junior and senior should be practiced both inside and outside the dojang. However, public spectacles should be avoided and bows of respect in public should be performed subtly.

12. Personal feelings should never be allowed to interfere with this process and it should always be remembered that the bow or respect is shown to the belt (a symbol of dedication and time given to the art) not to the individual.

13. It is impolite for students to question instructors regarding the status of their next test. Instructors are aware of each student’s progress and will, in accordance with the procedures of their dojang, inform students when they are eligible for rank advancement.

14. Junior members should never argue or question their seniors while in class. No one is right one hundred percent of the time. It is permissible for juniors to talk privately with their seniors regarding disagreements.

15. Students should do their part to keep the dojang clean (emptying rubbish pails, mirrors, dressing rooms, bathrooms, lobby). If everybody does his or her part, then no one person can feel overworked in this regard.

16. All Dans should assist their instructors with the teaching and the conducting of gup testing within their dojang.

17. All third Dans and Kodanja should assist with the conducting of regional Dan tests.

18. All students should strive to be a good example for their juniors.

Enforcement of discipline and protocol should start at the top and proceed through the ranks. For example: Kwan Jhang Nim is responsible for the TAC; the TAC for the senior Kodanja; the senior Kodanja for the junior Kodanja (4th dans); the 4th Dans for the 3rd Dans; the 3rd Dans for the 2nd and 1st Dans; the 2nd and 1st Dans for the Gups.

Students who follow the above guidelines will maximize their opportunities for growth and development in *Tang Soo Do Mi Guk Kwan*. Additionally, they will be doing their part in fostering a respectful environment within their dojang. 武

Mental Training

Sa Bom Richard Kopf



As martial artists and martial arts instructors, we are constantly developing the physical, mental, and spiritual aspects of our training. Physical training tends to occupy the majority of our training in the early phases of our development as practitioners, but there are systematic methods for enhancing physical performance through mental training.

In the past three decades there has been amazing growth and interest in athletic performance through mental training, or sports psychology, which has always been integral to martial arts training. Corporate programs to improve sales and other types of work performance and skill enhancement have proliferated of late. Interestingly, martial arts texts such as *The Book of Five Rings* (highly recommended) have been incorporated into MBA programs and become required reading for many corporate training programs.

The Soviet Union and East Germany were initially responsible for the increased awareness of these mental techniques when their dominance in the Olympic Games prompted investigation into their training methods. They had accepted and employed both a Western scientific and an Eastern metaphysical approach to the relationship between mind and body functioning, and incorporated it into their training methods. Did you ever have a "bad day" when training? Why can't we have the "best day we ever had" every day? Why do our moods vary so much, and why do we break concentration or "lose it"? The answer is that our mental outlook and state of mind influence our performance.

There are four basic areas (there are more) in which mental training can be employed to enhance our martial arts performance: goal setting, relaxation, concentration and rehearsal. A systematic mental training program contains the following basic essentials:

1. Evaluation
2. Strategy
3. Visualization or mental rehearsal
4. Cueing and conditioned response
5. Feedback, progressive development and reinforcement

Evaluation is the first step. It is accomplished simply by evaluating your technique with your instructor, observing your performance in the mirror or on videotape, recounting your performance and mental state under pressure, and recognizing the physical and mental areas for improvement in your performance.

Strategy is formulated by setting realistic goals that blend your physical training schedule with your mental training schedule. Realistic goals are not goals that limit the extent of your performance or ability, but they limit the rate at which you are able to achieve certain levels of performance within your schedule. Therefore, goals are set that are psychologically consistent with the physical demands of training.

When visualizing an activity, it is very important to model this visualization after a desired performance has been viewed. Watch a video of an exceptional performance, or in the case of certain hyung, observe the movement of the characteristic animal until you can close your eyes, see the movement and imagine yourself as the person or animal, and see yourself performing vividly in the "television of your mind."

Common mistakes occur when an instructor or student constantly notes the incorrect way to do something. This drills the mind into developing a clearer picture of the incorrect model. The proper way to show an incorrect technique is to show it seldom and show it directly before the proper technique is demonstrated, so the mind can replace the improper imagery with the new one. Visualization also includes the practitioner "viewing themselves" performing at their best and winning. Great athletes expect to win and approach their sport with no other scenario in mind. Visualization should be practiced on a regular schedule, the same as physical technique. Negative visualizations and expectations can program the mind to do exactly the opposite of what is desired, so make note of the positive.

Cueing and developing a conditioned response is the development of a "trigger," which evokes a state of mind, or a performance level, based on past experience and repetition. Horse trainers have used this method in training horses to click into a state of mind at the gate for years. A state of mind, more often than not, determines the winner. A great athlete must be able to reach down for that extra focus and energy in order to go beyond the limits of an average or good performer.

There are three components to this training technique. The first is the development of a cognitive phrase or word that is designed to produce a psychophysical state. The second component requires the systematic use of this phrase by the student, or in conjunction with their instructor during visualization and during peak performances. Doing so on a regular basis builds associations between peak performance levels and the phrase, thereby capturing the "feeling" of the performance and packaging it for future use. Thus, the phrase must not be improperly employed during times of less than optimal performance or visualization. Multiple phrases can be utilized for different

needs (i.e. power, calmness, confidence, energy, etc.). The third component is linking the phrase to the desired response through mental repetition, i.e. "whenever I hear the phrase/word _____, I _____."

Probably one of the more effective areas of performance impact that mental training can offer is that of relaxation. It seems odd that when we speak of martial arts activity with its speed and power, we speak of relaxation. However, the inability to relax inhibits performance either by producing muscle tension, thereby diminishing speed and power, or by contributing to anxiety.

Stage fright produces physical and mental barriers to performing as well, and is a result of improper or inadequate mental training. If you were to take a plank 18 inches wide and 20 feet long and place it on the ground and ask 50 people to walk across it without falling off, most people could do it. If you were to place that plank 40 stories up between two buildings and ask the same people to do it, how many do you think could? The imagination of what would happen if they lost their balance and fell becomes their visualization.

How many of you thought the same thing when you just read this scenario? What if you were to imagine yourself walking across calmly and confidently? If you never thought of this possibility, or never practiced it, how could you behave any other way? Practicing calmness and/or repeating scenarios over and over mentally produces the end result. "I hope I don't get hurt" or "I don't want to be nervous" produces an entirely different frame of mind and performance than "I am going to blow away the competition and WIN!"

Concentration is the most powerful factor to influence performance. It is the presence or absence of concentration during practice and performance that produces consistency. We think that "practice makes perfect" without realizing the real meaning of the word practice. It is believed that if a movement is repeated a sufficient number of times, it will automatically improve. However, if mental training is not incorporated with the practice, then the movement becomes routine and left to chance without awareness.

Utilizing mental training during this process allows the student to become consciously aware of every movement, evaluate the movement, and become familiar with how each movement was executed. Correct practice, then, is mental practice. It requires concentration and awareness. Pay attention to the movement, and all the body parts involved with that movement, and you will develop refined body awareness. Fatigue, distraction, worry and other mental interests and blocks take their toll in robbing the mind of concentration when it is seriously needed. Not only is this true during practice, but it can be even more important during competition.

Feedback, both from your instructor and viewing your present and past performance, allows for the progressive development

and reinforcement of your mental and physical training. Put yourself on a schedule (just as you would put yourself on a physical training schedule) to periodically review your performance. Be careful not to do this at too short a time interval. Personal development occurs at different rates for different people, and at different times during our training. Note your progress. Note how and which part of your mental training protocol was most effective. Set new goals, and continue on.

Tang Soo 武

Kodanja 2004: Unity through diversity

Sa Bom Shelley Lindstrom



Many, many moons ago, nine adults walked into different dojangs for a myriad of reasons. During the next 15 or 20 odd years, not one of us could have guessed what lay ahead in January 2004. We had been climbing this mountain for years; each was on a different path, often meeting each other along the way.

Some of us went alone, and others picked up a partner as we trekked along. If we traveled solo or in tandem, it didn't matter. When we finally reached this summit, we were ready to unite and face the biggest challenge of our martial arts careers together.

Our journeys were as unique as we were. Some of us were competitors, some studio owners, and some of us quiet contributors giving back to our art however we could. Some of us took pit stops along the way to pursue family, business challenges or nurse our wounds, but the one thing we all had in common, from the first step we took, was the art. We were all practitioners and we all love Tang Soo Do. That's why we were here.

I began this journey alone. Within the first few months I found my true partner, Jesus Christ, and he has been with me every step, every curve, every stumble along the way --through marriage, divorce, opening a studio, different instructors, frustrations, laughter, disappointments, financial pressure, successes,

Kodanja 2004 (continued)

betrayals and failures. I know I would never have reached this peak had I been on my own.

And let's not dance around the issue. This was a summit in a pretty big mountain range – none of us are kids; we'd all faced many challenges on our journey. And for most of us, we are reaching the autumn of our training at the same time approaching the autumns of our lives.

Watching Kwan Jhang Nim and the TAC work themselves for us, give themselves for us and sacrifice themselves for us was astounding. What else could we do but work harder and try harder in an effort to express our gratitude and respect? With tired, and some worn-out bodies, we faced each day, each task and each challenge with excited anticipation. How will we ever get this done? Our minds were willing, but our bodies were weak. We relied on each other for support and strength.

Once it was all over, I discovered this experience was a window. It was a window of reflection to my journey as well as a peek into the journeys of my peers, my seniors, Kwan Jhang Nim, the TAC and my instructors. It was as if the scales fell from my eyes; for one moment I understood just how much they love Tang Soo Do as well. I caught a glimpse of the might in the *Mi Guk Kwan* brotherhood. Of course our journeys were all about us, but at that moment I discovered it wasn't about us at all; it was about our juniors, those close behind or those who haven't even begun.

As a child, I was fortunate because my parents taught me that life is not about me, it's about giving; it's not what you get, it's what you give. Years ago, I couldn't imagine owning a studio until I trained within the microcosm of what was then the soon-to-be *Mi Guk Kwan*. We are all here because of our teachers, but most importantly we are here having such positive experiences because of Kwan Jhang Nim, the TAC and each other. Each one of us has an impact and Tang Soo Do is exactly what we make it.

Everyday you have a choice; will you be part of the problem or part of the solution? It's up to us to determine not what happens to us, but how we face our tribulations. You can choose to face them with a smile or with a frown. The expression on your face doesn't change them, but it does change the world of those around you.

When I faced the prospect of the five day Kodanja exam, I thought, "Oh boy are these people in for it!" I knew my tendency to grumble and complain and I didn't want to be the anchor to bring the group down. I wanted to be a help to everybody I with whom I faced and conquered this challenge, and I pray in the end I was as much of a blessing to them as they were to me.

Tang Soo! 武

The Older Martial Artist

Sa Bom Paul Carty



We all know that as we age, our physical and athletic prowess, as well as our ability to heal following injury, begin to wane.

Consequently, many people use this as an excuse to avoid vigorous physical pursuits, such as sports, and in particular, the martial arts. However, with a little determination and a hefty dose of common sense, you can continue to train in the martial arts well into your sixties and even beyond.

Before any training session, it is important to adequately warm up and stretch the muscles that you will be using. We may remember the days when we could jump into any activity with little or no risk of injury. However, for us older folks, proper warmup is imperative. Our muscles and ligaments are less elastic than they once were, and are more likely to become strained or torn, resulting in lost time from training, and in many instances, the end of training. And of course, it also takes considerably more time to heal than it once did.

So, how do we train without any adverse consequences? Some of the more common injuries experienced by older athletes are hamstring pulls, groin pulls, back injuries, various degrees of knee injuries (sprains, cartilage and ligament tears, etc.) and the like. This means that special attention must be given to these areas of the body.

Ideally, one should devote sufficient time to get blood flowing to these areas before your training session. In practice, however, a rudimentary stretch will do, to gauge your limit of flexibility, followed by half-speed repetitions, gradually increasing to full speed as your muscles warm up. This is extremely important, as going full out before your muscles are ready will almost invariably result in some degree of injury. This, of course, will cause the practitioner to be unable to train at his/her peak, or even cause an interruption in training while the injury heals.

Second, we must know and work within our limitations. I know that many of us have an illusion of ourselves as we once were, but the fact is that as we age, our bodies change, both in terms of our performance capabilities and our recuperative abilities.

It is one thing to “hang” with the younger folks, but quite another to ignore one's own age-related physical changes to the point at which the risk for potentially career-ending injuries increases. We all have friends who we've trained with for years, but who were forced to stop training due to injuries to a knee, hip, back or what have you. Unless you are anxious to become one of those unfortunate individuals, then you must learn to modify your training with an eye towards longevity.

As a case in point, my knees are very fragile, and I've had two surgeries on one of them. If I tried to train as I did even five years ago, I would not last more than a few months at most. However, I rarely, if ever, do jump kicks anymore, substituting other kicks in their place. Even though I sometimes feel bad that I can't do some of the kicks that my juniors do, the fact is that with this modification, I have been, and expect to be, training for years to come.

Just as important as working within your limitations is giving your injuries sufficient time to heal. Let's face it --you cannot engage in any vigorous physical activity without the occasional injury. If you do not allow your injuries to resolve themselves, you will undoubtedly compound them, once again, putting your longevity in the martial arts at risk. This does not necessarily mean not training at all while you heal, but backing off a bit until the muscles or joints are strong enough to withstand full out exertion. This is where the common sense comes in. If you know that you cannot perform optimally because of an injury or even just because you've aged, then it is ridiculous to ignore what your body is telling you. You will only accomplish making matters worse and the hastening of your decline into a sedentary lifestyle.

Everyone, as they age, will acquire various conditions and/or injuries, which are to some degree limiting in nature. These conditions can be used as excuses for not training, or, with some common sense and care, they can be worked around. I liken this to a rusty hinge. If you use it, it may squeak, but it will still work. However, if you don't use it, it will freeze up. Your body works the same way as that rusty hinge.

Remember, though you may not be in the same condition as you were as a young person, as long as you're still training, you are better off than other people your age who are not engaging in physical activities. With a little care and self-awareness, you will be able to continue to train and to reap all the benefits to your physical and mental well-being. 武

Authors and volunteers needed!

Do you like to write? MI GUK KWAN NEWS is always looking for great news items, calendar listing, photographs, articles and book reviews. Contact Martha D'Adamo at (203) 966-5310 or migukkwannews@hotmail.com for more information.

More On Sparring: Intense, not tense

Sa Bom Ed Chiamonte



We have all heard the expression of "putting on your game face." Getting into the correct mindset and attitude when sparring is often paramount to winning or losing a match, but what goes into the ideal fighter's mentality? I would like to expand on the notion of going into each match as intense, but not tense.

If you enter the ring with an outwardly intimidating demeanor (by either putting on a scary face, exaggerating the kihap, jumping around, etc.) you may notice that this approach may help you against some fighters. However, it may hurt you if you are not careful as to what this is doing to the entire match. On the positive side, this can often be used as a way to motivate yourself, while intimidating your opponent (especially against the inexperienced fighter). While this outwardly tense tactic may prove somewhat worthwhile in setting the initial mood of your match, you must be careful not to allow the “hardness” of this mindset to restrict your own physical movements. Is the tension of your body preventing you from reacting to openings in your opponent's defense? Is it causing you to be too aggressive, leaving yourself open to allowing your opponent to time your aggression?

In order to maximize the effectiveness of your sparring techniques, you must be relaxed. Kwan Jang Nim often makes reference to allowing your energy to flow freely. A tense body will prevent this. Try tensing your body and executing an offensive technique. You should notice that each technique is: 1) harder to execute, 2) slower, 3) weaker, and 4) not as flexible or fluid. These, of course, are things you do not want. It is learned at an early level that our techniques should be relaxed until the moment of impact, not tense throughout. Of course, you should exemplify this same proper execution when in the ring to maximize your effectiveness.

Balancing the apparent hardness on the outside while remaining loose and agile can be a difficult task, though this principle is illustrated in many of our Tang Soo Do teachings. The concept

(continued on page 12)

TAC Notes:

One-Step Sparring (Il Soo Sik Dae Ryun)

Intermediate One-Step #1

One-step sparring is a series of pre-planned blocks, punches, kicks and strikes designed to prepare you for free-sparring (*Ja Yu Dae Ryun*). The purpose of one-step sparring is to help you develop proper distance, control, focus and balance.

Pay attention to how each movement is performed, noticing not only the proper technique but also why each technique is performed in the sequence. Understanding how and why will assist you in developing proper speed control, control of power and awareness. These qualities will become central features in your future free sparring.

Techniques demonstrated by Sa Bom Nim Joseph DeVita, member of the Tang Soo Do Mi Guk Kwan Technical Advisory Committee, assisted by Sa Bom Nim John McGuinness III.



2. The Attack

The attacker comes forward with a right hand high punch focused to the upper lip of the defender. The first move for the defender is moving forward in a front stance with the right foot, while at the same time executing an inside/outside open hand block (*Soo Do Mabke Kee*) to the attacker's wrist.



1. Preparation for Attack

The attacker steps back with the right leg in a low block position and ki-haps loudly, signaling that he is ready to attack.

The defender responds with a strong ki-hap, accepting the challenge from the partner.



3. Counter Attack - First Punch

The defender shifts 180 degrees into a reverse front stance while executing a right hand reverse center punch (*Teul Ob Choong Dan Kong Kyuk*) to the solar plexus.



4. Counter Attack - Second Punch

The defender pivots 180 degrees again into a front stance while executing a left hand reverse high punch (*Teul Oh Sang Dan Kong Kyuk*) to the face.



5. Counter Attack - Preparation for Kick

The defender brings his left foot behind his right, assuming a short back stance (*Hu Gul Jaseh*) in preparation for a roundhouse kick (*Dollyo Cha Gi*) with his right foot.



6. Counter Attack - Execution of the Kick

The defender executes a right foot roundhouse kick (*Dollyo Cha Gi*) to the attacker's face. (An acceptable alternate target is to the attacker's solar plexus.) Make sure to ki-hap as the kick is executed.



7. The Completion of the Defense

After executing the roundhouse kick, the defender brings his right foot back behind him, so he is in a left foot forward side stance (*Sa Ko Rip Jaseh*). Both hands are in fighting position 武

Sparring: Intense, Not Tense (continued from page 9)

of *Neb Gung Web Yu* means “hard on the inside, soft on the outside.” Two examples of this idea are Mohammed Ali’s now famous expression of “float like a butterfly, sting like a bee.” His offense, defense and ring management seemed effortless, but he packed a mean punch and ended his career as one of the greatest. The other good example is Clark Kent. On the outside, he was meek and mild mannered, but we all know what he had on the inside...

Another demonstration of the proper mindset is learned early in our training, through the Pyung Ahn forms. These forms begin to teach the peaceful confidence we should incorporate not only into the sparring arena, but our everyday lives.

Finally, one of the Eight Key Concepts, Shin Chook, or “tension and relaxation” also describes the proper execution of all our techniques, especially those used in a “meaningful” sparring match.

Experience will further help you keep your intensity on the inside. While tournament sparring can be stressful, you should aim to stay relaxed. Let your inner strength be the catalyst to get you motivated. Maintaining the intensity and energy in sparring is important, and a facet that should only have a positive effect on your free sparring.

As always, if you want some more advice on maintaining the proper fighter’s mentality, ask your instructor or local seniors whom you admire. 武



Book Review

by Hayley Charas

The Karate Class Mystery

by Elizabeth Levy
A Scholastic Book

I really enjoyed this chapter book about three kids going to karate class, Charlene, Chip and Justin. Justin had hearing loss but he could read other people’s lips. There is a picture on each page. The kids are about eight years old. There are five chapters and it shows how you can have good spirit in karate. 武

“You Dan Ja 2004”

Actitud-Energía-Espíritu 10y 11de

Mr. Moises Miranda Zuniga



Ya ha llegado el momento de viajar preparo los últimos detalles para ir rumbo a la ciudad de Santiago.

Viajo con mucho peso ya que llevo 2 tablonos para mi examen Kyok Pa uno de los requisitos que deberé cumplir.

Un día antes recibo muchos buenos deseos de parte de mis alumnos y apoderados, amigos y compañeros de trabajo me siento importante y contento.

Ya faltando pocas horas para comenzar mi examen, trato de dormir un poco casi, no lo logro ya que me siento muy inquieto deberé levantarme muy temprano me encuentro en casa de la señora Bernardita Familia Prieto, me hacen sentir como en casa me recepcionan muy bien.

Cualquier ruido me despierta, y pienso que ya hay que partir logro dormirme y siento otro ruido ahora si llego la hora hay que levantarse!!! él momento el cual estaba enterado hace muchos meses ya había llegado, son las 04:00 am. Ahora nos levantamos con nuestro Do Bok en el grupo se encuentra el instructor Pedro Paredes, Instructor Cesar Rubio, Kiosa Ignacio Prieto, tambien nos acompaña un alumno Esteban Ardiles quien nos acompañara toda esta larga jornada de dos días.

Ya estamos camino al lugar donde comenzara todo, diviso a mi Sabon Nim Carlos García Huidobro quien estaba de muy temprano, con quien será mi hermano de examen Fabián Valladares. Ya en el lugar no se como va comenzar todo, pienso que comenzare hacer los Hyung al ver que todo es muy diferente a como yo pensaba solo me dejo llevar y trato de hacer un buen examen.

Mi cuerpo trata de jugarme una mala pasada y me siento muy débil y mariado debo sentarme por un momento, me molesta sentirme así estoy en mi examen no puedo estar así y lucho con mi cuerpo, ya me siento mejor me pongo de pies.

Estamos alrededor de nuestro Sabon Nim había escuchado que un artista marcial debería tener respeto y estar en armonía con la naturaleza, pero no lo había experimentado hasta ahora, luego de hacer ejercicios de relajación me enseñan a compartir con mi

medio ambiente me relaciono con los árboles, el pasto, siento su textura, su aroma, acaricio el pasto siento y escucho lo que me rodea, lo que estamos acostumbrado a ver pero no le damos la importancia que se merece luego como un juego Sabom Nim nos hace formarnos de mayor a menor de menor a mayor de mas a edad a menos, solteros, cazado en fin, comienzo a comprender que el objetivo de lo que parece un juego es compactarnos como un grupo un cuerpo, debemos estar entrelazados movernos como cuerpo.

Una pregunta, ¿que hace el pies o la mano sin la cabeza? se que todos los miembros conformamos el cuerpo y todos somos pieza importante para el éxito. Cada hora que pasa es una sorpresa, surge el pensamiento que vendrá después recibo instrucción no de clases si no de verdadero seminario.

Están a mi alrededor los kiosa he instructores que son nutrido como yo pareciera que como todos los que nos presentamos a examen.

Trato de retener lo que mas pueda siento apetito de aprender y escucho con atención ya no me acuerdo de la hora a medida que las horas avanzan el cielo se torna de color azul de media noche pareciera que todo esta adornado para presentarme y ser un señor de azul

Vivo y aprendo, lo que pensé que era para mi, es para todo. Los conocimientos fluyen por la boca de nuestro sabom Nim el seguro de si, muestra un gran conocimiento y me doy cuenta una vez mas que tengo mucho que aprender

Luego soy llevado a un lugar de concentración que estaba designado, nada se improvisa se que hay un programa el cual se va desarrollando hora a hora y esta de mucho antes de mi examen. Recibimos instrucción de nuestro Sabom Nim para luego ir a terreno unas cuadras antes de llegar al lugar, donde trabajaremos nuevamente como instruidos para hacer un buen trabajo, debemos caminar por el centro de la calle donde se encuentran los puestos de las verduras. Debemos caminar en grupo cuidar la expresión corporal debemos saludar amistosamente, vestimos una polera amarilla, que tiene letras grande y dice *Tang Soo Do Mi Guk Kwan* el color amarillo de la polera representa al oro lo que somos nosotros. La piedra que hay que pulir en base a entrenamientos y los conocimientos que recibimos. Por nuestro Sabom Nim.

Ya estamos en el lugar, comenzamos a avanzar, a saludar las primeras impresiones que noto en la gente son dudas, incertidumbre, preocupación

Algunos se preguntan entre ellos quienes somos nos confunden con extranjeros inspectores selección de algún equipo etc.

Al terminar nuestro recorrido recibimos nuevas instrucciones, ahora debemos devolvemos por el mismo lugar y debemos entrevistar por lo menos a tres personas logro entrevistar a 4 las cuales me demuestran muchas ganas de preguntar, ¿quienes

somos? y no se atrevían a preguntar al estar solo, hay un dialogo fluido de esta experiencia se me ratifica la enseñanza de las primeras horas de la mañana, trabajo de cuerpo al terminar entregamos nuestras experiencias, la sorpresa fue al contar las personas interesadas como alumnos eran mas de 30 alumnos en este ejercicio.

Aprendemos como captar alumnos de una manera muy elegante y eficaz. Luego de un breve receso para almorzar nos dirigimos al parque donde seguiremos viviendo una gran experiencia. Ya llegado al lugar y sin perder ni un solo minuto nuestro Sabom Nim nos deja claro que minuto a minuto se debe aprovechar y con mi hermano de examen debemos ir al piso que luego de unos cuantos minutos nuestros uniformes estaban irreconocible.

Luego de eso nuestros instructores y kiosa tienen que presentar sus diferentes exposiciones las cuales fueron las siguientes:

- Los diferentes tipos de artes marciales.
- Como enseñar.
- Como administrar un Dojang.
- El inicio de una escuela.
- Como enseñar a alumnos básicos.
- Como hacer clases.
- Como dirigir una clase.
- Aplicaciones de los Pyung Ahn

En estas exposiciones con mi hermano de examen servimos de asistentes para las diferentes demostraciones.

Y extraemos todo lo que nuestros instructores explican.

Luego se nos solicita las técnicas básicas de 10° Gup y somos evaluados por todos los Shim Sa Kwan Nim los cuales nos dicen sus notas y debemos ir anotando.

A llegado la hora de presentar los Kyo Pa debemos romper las tablas en el menor tiempo posible elegimos entre los instructores y kio sa el equipo que nos asistirá en nuestro desafío me ofrezco en forma voluntaria para ser el primero elijo mis modos de rompimiento 10 tablas son rotas sin problema se me corrige técnica y agradezco por la corrección.

Mi hermano las rompe sin problemas en mejor tiempo.

Se logro el objetivo.

Recuerdo que en la mañana al inicio del examen se nos encomiendan dos tareas la primera 2 termos, uno con té y otro con café y sándwich, vasos, y azúcar imagino que el examen estará hasta tarde y será para nosotros.

La segunda tarea investigar sobre la dinastía Tang palabra que nombraba a diario pero era mucho mas profundo es una gran historia la cual incremento mis conocimiento este examen no se trataba de demostrar todo lo que sabía si no tambien estaba

siendo retroalimentado de conocimientos los cuales me serán muy útil en mi cultura general.

Luego somos llevados al Dojang de la Shim Sa Kwan Nim Maricel Gatica donde preparamos los Sándwich, y los termos solicitados.

Somos llamados a reunión donde me enseña mi Sa Bom Nim como dirigirme en publico demostrando presencia una buena dicción el como presentar un producto al escucharnos parecíamos gerente de algún banco La manera que se nos planteaba, la forma que nos dirigíamos en público la presencia corporal etc.

Al terminar este seminario mayor fue la sorpresa cuando fui llamado a subirme al auto del Sa Bom Nim Carlos García Huidobro y mi hermano de examen al auto del Kiosa Jorge Farfán Lira con los termos y lo demás viajamos por las calles de santiago sin saber que íbamos hacer o donde íbamos, cuando comprendí recién fue cuando nos hicieron bajar del auto y a pocos metros del lugar habían 2 hombres acostado en un colchón me acerque con un cosquilleo en el corazón nos acercamos y después de saludarlos ofrecimos un vaso de café nos comentaron que eran primos tenían una mascota de nombre come bien,

En fin y así seguimos ofreciendo un vaso de café y alimentos a esas personas que no tienen nada me sentí bien con migo mismo hace mucho tiempo que no me sentía así, comencé a experimentar el nivel de mi examen estaba pasando por diversas experiencia incluyendo la humanidad que debe existir dentro de nosotros hay cosas que no podría explicar sentimientos, que quedan muy dentro de mi que quisiera ser un poeta o un escritor y poder describir mi gran experiencia la cual queda viva en mi. Quisiera tener la elocuencia de palabras para describir con el verdadera belleza y valor que se merece mi experiencia. Que jamás se repetirá porque es única y no habrá otra igual.

Al volver al lugar donde estábamos reunidos relatamos nuestra nueva experiencia a los demás. A continuación pasamos a un ejercicio de relajación de 10 minutos los cuales nos sirvió mucho para reunir fuerzas al despertar en la mañana siguiente antes de poder abrir los ojos completamente somos llamados a presentar tesis guardamos rápidamente el saco de dormir nos sentamos con nuestros rostros soñolientos nuestra cabeza despeinada la verdad fue gracioso vernos así poco producido jajaj.

Presente mi tema el como enseñar en las diferentes etapas de edades me hicieron preguntas las cuales trate de contestar lo mejor posible.

Sabom Nim se dirigió a nosotros ya era cerca de las 9:30 hora debíamos estar a esa hora en el lugar donde se concentraban los alumnos que tambien se presentaban a examen.

Nos comenzamos a movilizar para estar en el lugar lo antes

posible, ya llegado al parque de santiago con mi hermano de examen en tenida formal con nuestras credenciales. Recepcionamos a los alumnos deseándoles una buena participación.

Estábamos en el segundo día de esta larga jornada venia la parte física las técnicas el sudor y el cansancio, olvidaba mencionar que mi cinturón era blanco el que representa el invierno el potencial escondido.

Presente las técnicas requerida de ese cinturón y a medida que avanzaba el día y el trabajo el Sa Bom Nim Carlos García Huidobro nos llamaba para ser graduados, si les interesa saber como me sentí les diré, por mi interior me inundaba una conformidad y si es mas raro decir una tranquilidad un peso era quitado de mi sentí que sanaban viejas heridas, que los espacios en mi vida como artista marcial, eran cubiertos, el camino quedaba despejado sin tropiezos.

Y así con mucho cansancio, sudor, sed, fui ascendiendo hasta llegar al cinturón rojo 1° Gup fue una gran sorpresa cuando mi Sa Bom Nim me dijo ahora podrán ser evaluados. Y comenzó la etapa ya quedaba lo último tenia que resistir no podía dejarme vencer fui tratando de hacer lo mejor posible lo que se me solicitaba, recordando el lema de mi examen actitud, energía y espíritu

Siguiendo con esta etapa soy llamado por el Sabom Nim y debo improvisar y transformarme en un guerrero, corro a una sequía donde había agua y barro el cual me sirvió para rayar mi cara luego debo correr a una nueva marca la cual dibuje el signo chino Moo en mi pecho al regresar seguimos con las técnicas solicitadas.

Jaja a continuación somos llamados a la misma sequía donde había marcado mi rostro mayor fue mi sorpresa cuando mi hermano de examen se ofrece voluntario sin saber a que y debe recostarse a la orilla de la sequía y es tomado y colocado en medio del barro de espalda, luego yo, y luego el de la idea Kiosa Jorge Farfán Lira bueno ahí termino todo.

Nuestros Do Bok quedaron casi inservibles. Parecíamos cualquier cosa jajaja la verdad no se que cara tenía pero me la imagino la cara con barro y en medio de la sequía. Bueno en resumen todo fue una gran experiencia muy enriquecedora nunca antes vivida y jamás olvidada fueron dos días pleno.

Agradezco la valiosa asistencia de los alumnos que estuvieron en nuestro examen Esteban Ardiles, Guerrero, miguel Forte, Rolando gracias por permitirme vivir lo nunca antes vivido por compartir sus conocimientos

Como dice nuestro Sabom Nim una experiencia vivida vale más que mil palabras Gracias.

Kahm Sa Ham Ni Da! 武

Tournament Roundup

The weekend of March 20, our Mi Guk Kwan members were busy getting reacquainted with competition at tournaments in their local areas. Priceless Martial Arts in Springdale, Ohio, under Sa Bom Anthony Price and West Haven Academy of Karate under Kwan Jhang Nim Charles Ferraro both reported students attending different tournaments in their localities.

Sa Bom Anthony Price reported that he and his students attended Kwan Jhang Nim Roger Haine's Region 8 Nationals. Kyo Sa Noreen Price won Grand Championship in Korean Dan Traditional Forms with Rho Hai. Ms. Nancy Price, after completing four years of Division I basketball as starting point guard for Butler University, got back in the ring in fine fashion as she won Women's Dan Free Sparring Grand Championship. Ms. Loreen Price won First Place in the 13- and 14-year-old Dan Sparring.

Kwan Jhang Nim Ferraro reported that he and his students attended Kwan Jhang Nim Richard Byrne's ATA National Championships in Boston. Also in attendance was Bernard Redfield of Stamford Martial Arts under Sa Bom John McGuinness.

The tournament started out with what was a complete surprise to Kwan Jhang Nim Ferraro as he was inducted into the ATA (American Tang Soo Do) Hall of Fame. Grandmaster Byrne stated it was the first time in its 31-year history that a member outside of the organization was inducted into its Hall of Fame. The plaque was presented to a standing room only audience of approximately 400 Tang Soo Do practitioners. The inscription reads as follows:



“Let it be known that: Kwan Jhang Nim Charles Ferraro has officially been inducted into the ATA Hall of Fame. In recognition of your life long commitment to Tang Soo Do and unwavering dedication and support of ATA. You truly exemplify the title of Grandmaster with your vast knowledge of history, philosophy and your superior technical ability. As such, you have been an inspiration to generations of practitioners. Your *Tang Soo Do Mi Guk Kwan* organization shares the same traditions and principles that the ATA has always stood for. Most importantly, your loyalty and friendship to Grandmaster Byrne has brought Tang Soo Do to a new height of success and awareness around the world. Presented this 20th day of March 2004 by Grandmaster Byrne, Master Penny Mitchell and the American Tang Soo Do Association.”



Mr. Bruce Maus of West Haven won First place in Dan Men's Lightweight Sparring and Second place in Men's Traditional Hyung. Mr. Maus was also crowned Men's Dan Free Sparring Grand Champion. This marked the first time that Bruce, only 17 years old, won Free Sparring Grand Champion in the Adult Dan Division.

Mr. Brandon Ferraro, also of West Haven, was allowed to compete in the adult divisions, even though he's only 15 years old. He responded to the opportunity in a big way winning First place in Dan Men's Weapon Hyung, First place in Dan Men's Chil Sung Hyung and Third place in Men's Middle Weight Sparring. Brandon was also crowned Men's Dan Form Grand Champion and Men's Dan Weapon Grand Champion.

At the beginning of April, Sa Bom Joseph DeVita hosted his annual Greenwich Tang Soo Do Championships. Mr. Brandon Ferraro won Grandchampion in the Adult Dan Forms competition.

In May, Kwan Jhang Nim Ferraro hosted his 27th Annual Connecticut State Tang Soo Do Championships. Nearly 300 competitors displayed their prowess and talent. Once again, Brandon Ferraro found himself Grand Champion in Dan Men's Weapons.

At this occasion, Chairman of the Board Sa Bom John McGuinness was inducted into the *Mi Guk Kwan* Hall of Fame in recognition of his 25 years plus of commitment and dedication to Tang Soo Do. He also has been an advocate for the Multiple Sclerosis Society for the last six years, sponsoring a kickathon to raise funds for this cause and to date has raised nearly \$100,000.



For some great pictures and all the tournament results, visit the *Tang Soo Do Mi Guk Kwan* Website at www.tsmdk.com

WHAK Rhode Island Gets The Message: "Change Up!"

Pamela Gorman, Sahm Dan

"Let your imagination fill the universe Don't allow yourself to be bored. If things become too familiar, change it up!" This was a central theme to the teaching of Kwan Jhang Nim Ferraro when he visited WHAK Rhode Island Center the first weekend in August.

Planned since last spring, Portsmouth students eagerly anticipated the arrival of Kwan Jhang Nim. Friday evening he taught a Dan/Red belt class. He emphasized that practitioners of Tang Soo Do should never let themselves become complacent while basic techniques are reviewed. To emphasize the point, the Dans and red belts were interested to learn how the Basic Il Soo Sik could be integrated into three-step sparring. Kwan Jhang Nim explained that in a true fight situation, one often does not expect the attack. A basic defensive technique can be used to gain time and composure, and then the appropriate action can be implemented.

A white belt class and orange belt/green belt class took place on Saturday morning. The white belts learned that Kwan Jhang Nim's 3 favorite letters are N, R, and G. The students were instructed to say the words quickly. He explained to the students that the most important thing they can give to their instructors is their own eNeRGy. The students all had a chance to hold a good front stance with their knees bent against a padded blocker for 10 seconds. Then they were asked to do Ki Cho Hyung Il Bu; it was determined that during the form, each front stance lasted about 4 seconds. He explained that everyone could hold a good front stance for four seconds during the form, especially when you just showed that you could hold the stance for 10 seconds.

The orange and green belts also performed Basic Form Number One and then were asked if they thought they knew it

well. They all answered in the affirmative. "After all," said Kwan Jhang Nim, "you have been doing this form for many months now." Then he asked the green belts to repeat the form. He began with a low block to the right and proceeded to walk them through the form in the opposite direction. He had the 6th gups sit and then asked the senior green belts if they thought they knew the form really well. He had them add a 360-degree turn after the low blocks and in between the three punches. Everyone agreed that perhaps they did not know Ki Cho Hyung Il Bu as well as they had previously thought. "When I think that I am getting bored with a form, change it up" was the message from Kwan Jhang Nim. Don't let your imagination be the size of a pea; let it fill the universe!

Instructors Nancy Weida and Betsy Bearse had the opportunity to take Kwan Jhang Nim Ferraro on a tour of the grounds of the Portsmouth Abbey School, located five minutes from the Dojang on the shore of Narragansett Bay. The 2004 Summer Camp/Retreat was held at Portsmouth Abbey on June 18th, 19th and 20th. Anyone interested in see the photographs from 2004 Summer Camp should visit the *Tang Soo Do Mi Guk Kwan* Website at www.tsmdk.com

The students of the Portsmouth school have seen how energizing it is to train with Kwan Jhang Nim. The visit was a wonderful chance for us to interact with Kwan Jhang Nim instructionally and socially. Now the picture of Kwan Jhang Nim that hangs on our wall has a greater meaning for all our students, especially those who have not previously had the opportunity to train with him.

Colby Martial Arts, Waterville Maine

We train at Colby College in Waterville, Maine with 14 gup members and four Dan members. Our head instructor this year is Sam Dan, Lijah Barasz. We also have dedicated student instructors, Andre Garron, Dana Wheeler, Kathryn Hulick, Rafal Urban, and Adam Marvin, who are intrinsic to the process of training new students. Last year, under the tutelage of Sa Ba Nim Jonah Barasz, we brought five students to the 15th Dan Classing and returned to campus with five new black belts: Michele Perkins, Thomas Jackson, Andre Garron, Dana Wheeler and Harrison Wreschner. 武



2004 European Tang Soo Do Championships

Hagen, Germany, was the site for the 2004 European Tang Soo Do Championships, which featured martial artists primarily from European countries. The event took place on May 30 and 31, 2004, at the Hagen Sportszentrum. As a gesture of goodwill, the United States of America was invited to participate in this year's event. It was the second such invitation received by Kwan Jhang Nim Charles Ferraro. Grandmaster Ferraro accepted an invitation back in 2002 when the event was held in Rotterdam, Netherlands. "It was such a wonderful opportunity for our members to experience international goodwill and high-level competition that I just couldn't pass it up."

Students who were interested in participating in the event began meeting regularly at the West Haven Dojang in January 2004. For five months the team members practiced every Sunday from 1 to 3 pm in order to prepare for the European tournament rules, which differ slightly from those practiced in the USA. "The European practitioners do not wear safety equipment and they fight with a little more aggression and contact than what we are accustomed to here in the States," Grandmaster Ferraro said. "When you are used to competing at such a high level, it is not a problem...as long as you have time to prepare," he added.

The individuals who represented the USA in this year's European Championships were as follows:

Marlisa Rodriguez, 2nd Gup Red belt - 25 yrs., West Haven, CT.
Helen Morahan, 2nd Dan (Kyo Sa) - 35 yrs., Woodbridge, CT.
Leigh Anne Crocco, 3rd Dan - 16 yrs., West Haven, CT.
Klara Marie Crocco, 3rd Dan - 19 yrs., West Haven, CT.
Bruce Maus, 3rd Dan - 17 yrs., West Haven, CT.
Brandon Ferraro, 3rd Dan - 16 yrs., West Haven, CT.
Bernard Redfield, 3rd Dan - 40 yrs., Stamford, CT.
Peter Prokopolis, 3rd Dan - 44 yrs., West Haven, CT.
Christopher Ferraro, 4th Dan (Sa Bom) - 20 yrs., West Haven, CT.
Edward Chiaramonte, 4th Dan (Sa Bom) - 28 yrs., Boonton, NJ.
Donald Allen, 4th Dan (Sa Bom) - 27 yrs., Ansonia, CT.
Paul Carty, 4th Dan (Sa Bom) - 50 yrs., West Haven, CT.
Peter Antonelli, 4th Dan (Sa Bom) - 36 yrs., Wappinger Falls, NY.

Coaches:

**KJN Charles Ferraro, Sa Bom Nim Richard Kopf,
Sa Bom Nim Howard Dugan**

The competition was divided into four major areas of expertise: empty hand forms, weapon forms, individual sparring and team sparring. Competitors were primarily from Scotland, England, Greece, Germany, Holland and the USA. The USA team members fared well as the following individuals placed as follows:

Christopher Ferraro - First Kodanja (masters) weapon, First Kodanja Sparring, Second Kodanja Forms, Overall Tournament Grandchampion.

Brandon Ferraro - First Men / Women Dan Weapons, First Men's Dan Form, Second Men's Dan Sparring.

Leigh Anne Crocco - First Women's Dan Form, Second Men / Women Dan Weapons.

Klara Marie Crocco - Second Women's Dan Form.

Edward Chiaramonte - Third Kodanja Sparring, First Kodanja Forms.

Bruce Maus - Third Dan Men's Sparring.

Marlisa Rodriguez - First Women's Red Belt Forms, First Women's Red Belt Sparring.

The tournament concluded with the exciting Team Sparring event. The USA Team members were Donald Allen, Peter Antonelli, Brandon Ferraro, Bruce Maus and Marlisa Rodriguez. The USA team placed Second, losing a close match to the Netherlands Team. The British Team placed Third and the German Team placed Fourth.

Grandmaster Ferraro summarized the event as follows: "It is always amazing to me to see individuals of different countries fellowshiping together at sporting events. Once politics and international fervor are removed from the equation, what you invariably get are people who have more in common than they have in difference. It is easy to see them enjoying each other and demonstrating what is good about the human race."

Grandmaster Peter Salm, the head of the European Tang Soo Do Association, has committed to sending a team from Netherlands to participate in our upcoming International Championships in San Antonio, Texas, this August. 武

Greenwich Tournament, 2004



5th Gups Chase Cortese (l) and Michael Wittner (r) of Greenwich Conn. take a well-deserved break at 2004 Greenwich Tang Soo Do Karate Championships.

Summer Camp 2004

Torrential rains gave way to beautiful sunshine on the Rhode Island coast line where over 100 Tang Soo Do members from across the country gathered to train and learn and deepen their martial arts skills. It was an intense two days of training, lead by Kwan Jhang Nim Charles Ferraro who opened the event on Friday evening. "Summer camp is a great opportunity to make deep connections with our art and build our sense of community as an organization. We are fortunate to have all the senior members from our association here as well as Kwan Jhang Nim Andy Ah Po, who traveled from California to be part of this event."



Sa Bom Howard Dugan teaching at TSDMGK Summer Camp 2004. Immediacy is what TSDMGK Summer Camp is all about. What an opportunity for these orange belts: To learn a blocking technique directly from a TAC member!

Key instructors, in addition to the two grandmasters were Masters Dugan, Kopf and DeVita, the TSDMGK Technical Advisory Board. "Campers" were divided into groups by rank, and the instructors rotated through every group which provided an extraordinary learning experience and exposure to our association's most senior martial artists. Core TSDMGK curriculum was covered with added depth and insight while Kwan Jhang Nim Ferraro also introduced a new sword form to the Sa Boms and Sahn Dans.

In addition to the great karate, the setting was spectacular and the food was great. Portsmouth Abbey School provided the perfect setting for this annual gathering. Sa Boms Nancy Weida and Betsy Bearse, Mr. Rick Weida, Mr. Tim Bearse, Ms. Pam Gorman, their families and students did an outstanding job of planning and preparation for this weekend. For those who attended, it was a weekend to remember as we were touched and transformed by our teachers and the environment. 武

In Closing

Bernard Redfield. Many of you in the association know him as a dedicated martial artist, an avid competitor, an active participant on the martial arts message boards, a historian of the martial arts with probably one of the biggest collections of martial arts books on the planet, a talented graphic designer, and a dedicated family man.

For the past few years, Bernard has unselfishly devoted his time and his talents to designing and producing the TSDMGK newsletter. Many times he worked against difficult deadlines with materials that needed to be reworked in order to fit into an issue. Most times, he worked alone at all hours of the night, laying out an issue when he should have been sleeping. And at all times he was driven by his love for Tang Soo Do to contribute his individual talents to create a membership newsletter that fostered a sense of community and connectedness within the Association.



After producing more than five issues, Bernard has decided that it is time to take a break so that he can devote more time to work and family. We are all so grateful to Bernard for the gift of his time and his talent, and we thank him for his dedication and commitment to building the MGK Association.

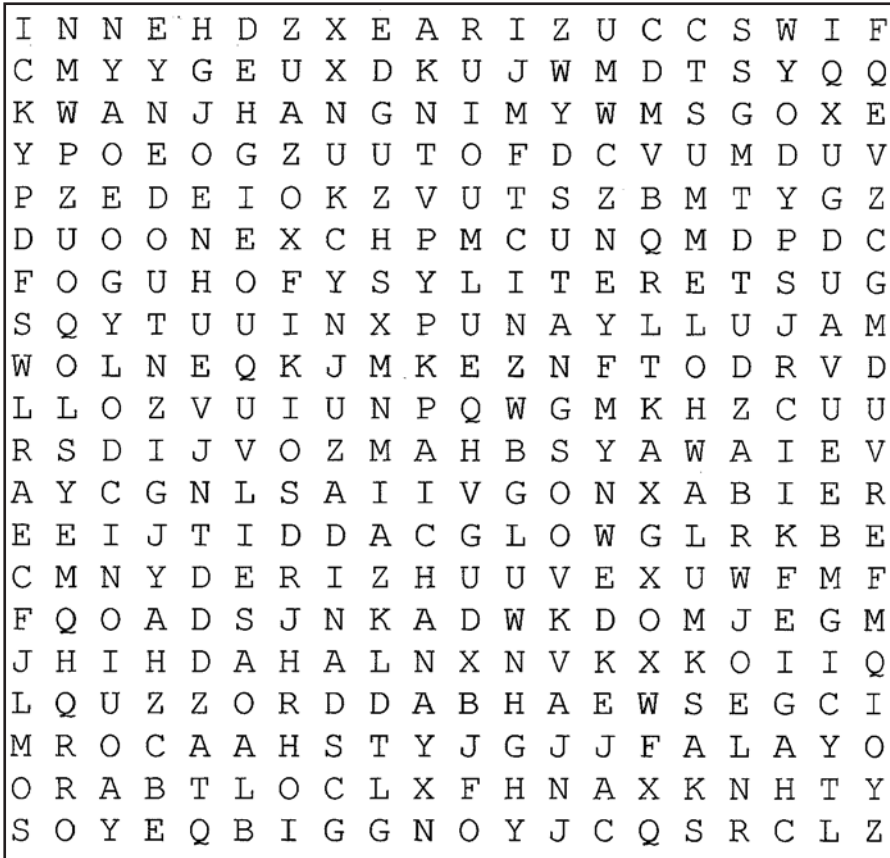
Please join us in wishing Bernard well and in a rousing "Tang Soo!" 武

"Courage is a virtue most often associated with martial arts. The very nature of the martial arts demand it. However, the courage needed to live a life of honor is different from the bravery expected by warriors in battle. Moral courage is the fortitude it takes to do what is right, no matter what the personal cost."

Kwan Jhang Nim Charles Ferraro

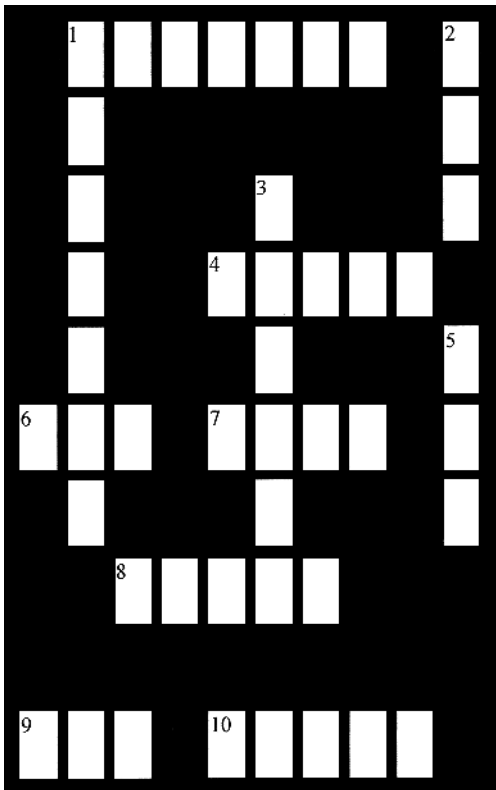
Tang Soo Do Word Search

by Claudia D'Adamo



Can you find the following words?

- BA RO
- CHA GI
- CHO DAN
- DAN
- GUP
- HA NA
- IN NEH
- KARATE
- KWAN JHANG NIM
- MI GUK KWAN
- SOO DO
- TANG SOO
- YOHL
- YONG GI



Tang Soo Do Crossword Puzzle

by Claudia D'Adamo

The clues are in English, but the answers are in Korean (or in one case, Chinese).

DOWN:

1. Meditation
2. Holder of a midnight blue belt
3. Training hall
5. Chinese name for "three"

ACROSS:

1. Block
4. Uniform
6. Holder of a color belt under midnight blue
7. Return
8. Kick
9. Korean name for "three"
10. Form

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