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MI GUK KWAN NEWS



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MI GUK KWAN NEWS

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Chairman's Letter

Sa Bom Ken Hilliard

Chairman of the Board, TSDMGK



Greetings to all from The Tang Soo Do Mi Guk Kwan Association. On behalf of the Board of Directors I welcome everyone to our 12th (and what promises to be a very exciting) year. At this time I would like to take a moment to introduce myself.

I am Sa Bom Nim Ken Hilliard, 6th Dan instructor and student of Sa Bom Nim Richard Kopf from North Haven, CT. I am also the newly elected Chairman of the Board of Directors.

As a member of the Board of Directors for the past eight years, I have previously been elected to the positions of both Secretary and Treasurer. It is indeed now an honor and privilege to be first nominated then elected Chairman of the Board of Directors. In accepting this position I promise to serve the membership to the best of my ability.

As we begin our 12th year as an Association, I am sure that everyone will find numerous opportunities for each and every member to grow and further develop as a martial artists. Throughout the year there will be many local, regional, national and international events that will be open to all members of our Association. The highlight of our year will once again be our annual International Tournament that will take place July 12 -14 in Providence, Rhode Island. I encourage everyone to once again make every effort to attend and participate in our premier event. I look forward to meeting and speaking to everyone there.

One of the things that I would like to accomplish during my term as chairman of the Board of Directors is to further strengthen and develop communication with the martial arts community. Through sharing the uniqueness of our art with the rest of the world, I hope to add to the strong

foundation that Kwan Jhang Nim Ferraro and the members of the T.A.C. have already created. In the upcoming months I will be sharing more information with everyone about this project and how everyone can help to make this happen.

In closing I once again welcome everyone to our 12th year as an Association. I look forward to the many opportunities that we will have to share Tang Soo Do with the martial arts world.

Yours in Tang Soo Do,

Kenneth B. Hilliard, Sa Bom
Chairman of the Board of Directors



Preparing for the Kodanja Shimsa

Kwan Jhang Nim Charles Ferraro

How does one possibly prepare for what is undoubtedly the most difficult and demanding shimsa in one's martial arts life? To begin with you do not arrive at a point in your martial arts career where you are sitting under an apple tree and suddenly an apple falls on your head and you are enlightened onto mastership. Achieving mastery in the martial arts is the results of a long journey of at least thirteen years. During this period much time and energy is spent in an effort to develop the skills, concepts and attitudes that epitomize the martial arts master.

Tang Soo Do Mi Guk Kwan is a discipline where students develop and cultivate special relationships with their instructors. Instructors are only too happy to share their knowledge and experience with their students. Students are taught the techniques, philosophies and skills needed to be successful in the martial arts. Instructors provide both long term and short term goals for their students. As a result of their vast experience in Tang Soo Do Mi Guk Kwan, instructors are able to guide their students through the various levels of development which will lead to eventual mastership. From the first day in the dojang when a student is first taught how to tie the white belt that holds their dobok together to the day that they are invited to test for their dan belt and throughout all the dan levels leading up to the kodanja shimsa this relationship between the teacher and student continues to define itself and continues to grow to maturity. The full expression of this special teacher / student relationship is made manifest when a student is finally invited to attend the kodanja shimsa. The candidate stands ready for evaluation as a living example of the dual commitment and dedication of the teacher and the student.

What exactly does a kodanja candidate need to be able to demonstrate during their shimsa. We must remember that the kodanja shimsa is unlike anything that they have heretofore experienced. It is five days in duration and it is extremely demanding both physically and mentally. It is a venture whose primary objective is to introduce the candidates to the kodanja concept. Tang Soo Do Mi Guk Kwan kodanja members are a family or brotherhood, who are united by their common journey through the martial arts process. During the kodanja shimsa, candidates are expected to demonstrate their understanding of oneness with regards to the group dynamics within their ranks. For example the fourth dan candidates must demonstrate their understanding of the team concept. Therefore, they eat, sleep and train together constantly during the entire five days. Through this process they learn to rely on each other when one of their members is experiencing difficulty. It is analogous to of the military concept that in time of war, leaves no one behind. The hours spent training in the dojang each day are long...up to 15 hours a day. Each candidate will experience difficulty on some level and through interdependence with each other they form bonds and friendships that in many cases are for life. The transformation of a group of candidates beginning the kodanja testing as individuals to the kodanja team that emerges by the completion of the shimsa is what makes the event special indeed.

The best way each member of the kodanja class can contribute to the team is to do their best to be completely proficient in the Tang Soo Do Mi Guk Kwan curriculum. The kodanja shimsa is a complete review of every technique, hyung, one-step, self-defense and weapon that comprises the Tang Soo Do Mi Guk Kwan syllabus. Being physically fit and in shape is a plus. Practice of all the hyungs from white belt through their current rank will save time and will

enable the shimsa to stay on schedule. If possible candidates should get together with each other to work on timing and standardization as this will help the candidates to get to know each other. Additionally, they will be able to develop an understanding of each others strengths and limitations and they will be able to begin the process of integrating these attributes for the benefit of the group. One of the earmarks of a graduating kodanja class is their uncanny ability to perform each hyung while moving together as one individual. If there are areas within the curriculum that you are unsure of you should make your instructor aware of it and request some help.

All Tang Soo Do Mi Guk Kwan masters are expected to be able to teach Tang Soo Do classes. An individual that has all the knowledge of a master instructor and does not share it with anybody is liken to taking a lamp and hiding it under the bed or like placing it in a drawer and closing the drawer. Knowledge is light and it is meant to share not to be locked away. Therefore, a considerable amount of time during kodanja shimsa is spent watching kodanja candidates teaching class. The candidates are observed and evaluated by Kwan Jhang Nim, the TAC, all the other members of the kodanja class as well as those kodanja members who are simply attending but not actually testing. In order to prepare for this portion of the kodanja shimsa it is highly recommended that candidates get as much teaching experience as possible prior to attending the kodanja shimsa. One suggestion would be to approach your instructor and ask to be included on the teaching schedule. If you cannot be given your own class to teach, ask your instructor if it is possible to assist whoever is teaching. It is recommended that candidates teach at least one class a week for a year.

If one thinks about the belt ranking system and the philosophy of the cycles of nature that it imbues then the importance of master instructors teaching and sharing becomes quite obvious. The white belt is symbolic of winter with a blank, clean slate while the seeds of future vegetation winter over below ground. The orange belt represents the sun of the early spring when the snow melts and the ground begins to warm up and the seeds underground begin to germinate. The green belt is symbolic of spring when the rains come and together with the energy of the sun create the conditions for the first sprouts of new life. The red belt represents the summer when vegetation is in full bloom. The dan belt represents the fall when the seeds fall from the flowers to the ground and the process starts over again. The master belt is the full maturation of the dan ranks. As one can see it is imperative for the generations of Tang Soo Do student's future that the master instructors, much like the analogy of the seasons depicted above, needs to cast off his their seeds of knowledge.

The question is still how does one prepare for their kodanja shimsa? I believe one can conclude that preparation for kodanja shimsa begins from where you are now. One must continually renew their commitment to their goal of self-mastery. Maintain a consistent training regiment. Work hard and relentlessly at perfecting your hyungs and techniques. Do not allow yourself to get frustrated when things are difficult...adapt, modify and overcome. Assist and serve the juniors in your dojang whenever possible. Develop a sincere and humble attitude towards your accomplishments. Work towards achieving the short term goals and never take your eye off the prize....

“Senior Ko Dan Ja Ki Symposium”

Kwan Jhang Nim CharlesFerraro



The Ki Symposium taught to senior kodanja members by Kwan Jhang Nim Ah Po was a phenomenal experience. KJN Ah Po used elements of his Huna (Kahuna) Hawaiian culture, his extraordinary ability to communicate and teach and his over 35 years of Chi Kung training to render a subject that ordinarily is extremely complicated

and mysterious to one that is understandable and attainable. The symposium was held at the beautiful Interlarken Resort in Lakeville, Connecticut during the weekend of November 17-20, 2006, which seemed to support the nature of the subject material being taught. The symposium was attended by Senior Kodanja members who were 5th dans and up. It was the first such training of its kind and expectations were high. The fellowship and rapport among those in attendance was instantly apparent as everyone seemed united in the intent to enjoy a weekend of intense training free from any of the usual distractions that usually pervade their lives. In addition to KJN Ah Po, the symposium was attended by KJN Charles Ferraro, KJN Darryl Khalid, SBN Richard Koph, SBN Howard Dugan, SBN Joseph DeVita, SBN William Kopf, SBN Steven Propst, SBN Jack Bennett, SBN James Bergers, SBN Jeff Talavera, SBN John McGuiness, SBN Guy Petroski, SBN Dan Segarra, SBN Bruce Rogers, SBN Robert Shipley, SBN Seth McCalaster, SBN Dave Berube.

The Senior Ko Dan Ja Ki Symposium could best be summed up by the following statement: “energy flows where attention goes”. KJN Ah Po carefully laid out a curriculum that enabled each of us to access a higher understanding of Chung Shin Tong Il (concentration, # 2 of the 8 key concepts TSD). Early in the training it became apparent that the current understanding of this concept would not be sufficient for this symposium...mere concentration was expanded to developing a higher level of conscious awareness. This weekend was divided into seven segments, each one thoughtfully constructed to eventually lead the group to the desired result...getting in touch with, accessing and channeling ki (chi, manna, life force).

The symposium began with an orientation dinner on Thursday evening, the highlight of which was observing the reunion of KJN Ah Po and SBN Robert Beaudoin. They had not seen each other in approximately 25 years. Training on Friday and Saturday commenced at 9:00 am and continued through to 7:00 pm. We concluded our training on Sunday at 12:00 pm. It was apparent at our concluding luncheon that

no one wanted it to end. The seven segments taught by Kwan Jhang Nim Ah Po were as follows:

1. “Being Open to Change”
2. “Developing a Higher Level of Conscious Awareness”
3. “Ensuring that Tang Soo Do Techniques are Characteristically Correct”
4. “A Unique Approach to Meditation”
5. “The relationship of Ho Hup to Proper Technique, Timing and Wan Gup”
6. “Replicating Your Emotions to Control Your Chi at Will”
7. “Getting in Touch With, Accessing and Channeling Your Chi”

On the last day of the symposium as I was experimenting with my new understanding of chi flow I was also able to observe the other symposium participants who were doing the same. It was then that I realized what a wonderful gift KJN Ah Po had given us. He imparted to us the tools necessary that would enable each of us to continue to further our understanding of the talents and abilities that have always resided within us but heretofore had for the most part remained untapped. As is often the case in the martial arts I was able to reflect upon the dual nature (um and yang) of this gift by considering the feelings exhibited by the participants of the symposium on that last day. Each participant displayed both feelings of playful joy and workmanlike seriousness. The gratitude and the joy of each of the participants was apparent by the smiles on their faces when by extending their chi they watched the leaves of a plant flicker or the flame of a candle bend forward or backward. The seriousness of the gift was emphasized by the pledge all the participants were asked to make at the concluding luncheon, “to only use channeling of chi for good”...a pledge each participant was only to happy to make.



Key Concepts: “Jonshim”

Michael Tabone



In the martial arts there is a very important concept to help one practice the skill of always being prepared and ready. It is a concept that can be applied to all aspects of your Tang Soo Do Mi Guk Kwan training, from self defense, to hyungs, to basic and intermediate one steps, to sparring. The concepts is called Jonshim. Jonshim literally

means “the heart that lingers”. In practice, it means to be in a state of physical and mental readiness. To have Jonshim is to be in such a position to continue the attack or to be sufficiently alert so as to not be in danger of attack. In practical terms this means following through after the technique or combination of techniques and ending up in the correct posture, obviously alert and ready to defend. A great way to practice the concept of Jonshim is to do your basic and intermediate one steps with a partner. As you line up to work together, make sure to keep eye contact continually with your partner. There is a certain level of heightened intensity already when you remain with your eyes glued to your partner for a long time. This is important, because they say the eyes are the window to the soul. Even though one steps represent a simulated defense scenario your punches, blocks and kicks should be done with proper speed, power, and technique. Jonshim is a concept that requires 100% effort, 50% effort will not do. You are in simulated combat with your partner, they are going to attack you with all of the energy they have, so it is important that you reciprocate and do the same. You should always finish techniques or series of techniques in a ready position. This insures that should your partner decide to continue the combat you will not be caught off-guard. Your “heart is still lingering” on the actions that have just taken place, and your attention is alert and responsive. You both go back to ba ro together, all the while maintaining eye contact.

Let us take the example of step one of the intermediate one steps. As it was stated earlier, one can use this concept in every aspect of ones training. Two students pair up and face each other. They bow to each other, remembering to keep eye contact. The attacker drops back with a strong right leg back low block and ki haps loud, so as to present a good challenge. The defender stands ready for anything the attacker could present, as he is in a good choon bee (ready position). The attack advances forward into a front stance right hand high punch, with a loud ki hap. At the same time as the attack is coming in the defender steps out with his right leg and blocks to the attackers wrist with a left hand inside-outside open hand block, he turns his front stance as he punches the

body with his right hand, then turns his front stance again and punches with his left hand to the face, he then brings his legs to a position to be able to set up a right leg round house kick, he executes the kick with his right leg, and ends up in a left leg forward fighting stance, all the while making sure that eye focus and contact was kept with his partner; he ki haped strongly with his partner, and all techniques had the correct intent. Still this mental and physical drill is not over. With the eyes still making contact one must pause here for a second, and then together step to ba ro together. All the while expecting some form of attack. This is the mental and physical preparedness of Jonshim.

A great example of this is in the movie “Million Dollar Baby”. The plot is a trainer/manager works with a determined woman in her attempt to establish herself as a boxer. Through out the movie the trainer is reminding the boxer to always follow the first rule “always protect yourself.” Towards the end of the movie she is in a fight where she knocks a fellow boxer down in the ring, thinking she had won the fight she put her arms up and began to celebrate as many athletes do, only her opponent was not knocked out, and got up and punched her when she was unaware. This is the danger of not having the attitude of Jonshim. Since one can never know the direction of a real fight, one can never assume it is over at any certain point.

Jonshim is an essential concept and adherence to it will help you reach higher levels in your physical mental, emotional and spiritual training in Tang Soo Do Mi Guk Kwan.

TANG SOO!!!



A Weekend to Remember

AuristelaFrias-Gizzi

For several months the students at Extreme Art of Tang Soo Do, 395 South Marigold Ave., Kissimmee, FL eagerly awaited the arrival of Kwan Jang Nim Charles J. Ferraro. They diligently practiced their hyungs and Korean terminology so when Kwan Jang Nim approached them with a spontaneous question, their hard work, preparation and daily study would pay off, and they would answer properly. Our responsibility as school owners is to show our dedication to the Mi Guk Kwan through our students.

Both students and parents felt this anticipation and excitement. Finally, the day arrived on Dec. 15. As Kwan Jang Nim showed the students numerous breathing techniques and different ways to approach their hyungs through breathing and movement, you could see their hungry eyes grasping at every word. Our student's devotion to learning Tang Soo Do became more ignited since our transition from the Cheezic TSD to the Mi Guk Kwan style. Saying that we feel extremely honored and excited by being taken in and accommodated by the Mi Guk Kwan is an understatement. The Tang Soo Do Mi Guk Kwan is precisely what our school has been seeking for quite some time. Our only regret is not making the transition many years earlier.

Having studied Tang Soo Do for a number of years under different leadership made us realize just how deprived we were. It is refreshing to experience a Grandmaster that is truly "hands on" with his organization. It was apparent that there were numerous things we had to tackle to meet the criteria of the Mi Guk Kwan. The effortless ability to have your Grandmaster accessible to you at all times, through various forms of communication, was a first for our school and helped tremendously with our transition. For the very first time our students comprehended why they do what they do. A real understanding of what Tang Soo Do hyungs represent, as well as the reasons for each movement, has sparked great interest. Learning by mimicking only was our old way. Our new approach, thanks to the Mi Guk Kwan via the comprehensive DVD's and the Grandmaster's one-on-one attention, has given us the proper understanding and internalization of each move and its purpose. It has given the students a new sense of meaning of Tang Soo Do. Needless to say, our Friday experience made a lasting impression on everyone, as well as the parents from Extreme Art of Tang Soo Do. The positive infusion of knowledge has left all of our students re-energized and inspired to continue on with their training.

On Saturday at the Dan testing we had never seen such a grueling and awe-inspiring examination of individuals and what they can physically, mentally and emotionally withstand. We are extremely proud of everyone who pushed themselves beyond points they did not know they could surpass. Tears were in abundance after all was said and done. We are very thankful for the show of support offered to us by all the Florida school owners who welcomed us to their dojangs for continued training, particularly Kyo Sa Nim Cripple of Pensacola, FL and Kyo Sa

Nim Bill Nunez of Plantation, FL. Additionally, both Kyo Sa Nim David J. Brandt, military, stationed in Pensacola, FL and Kyo Sa Nim Mike Horcursak, West Haven, CT were very helpful with their advice and show of support to both John Gizzi and Erica D. Reini-Frias. Both John and Erica absorbed a lot of information from them before, during, and after their testing.

After the test was over it was off to the beautiful Dolphin Resort. The night was perfect; the air was crisp, and everything felt idyllic and peaceful. I'll never forget the conversations that took place ranging from politics to Kwan Jang Nim sharing his experiences of his visits to Chile. Kwan Jang Nim's ability to verbally paint for you the hundreds of students on one knee in tsd dobaks holding the spinning drums enveloped us as if we were there watching the event ourselves. Even the Grandmaster's delight in talking about the homemade "chicken limon" that he loves, and is cooked for him in Chile, gave the evening a warm and personal touch. I failed to tell him that my mother holds the world's best recipe for "lemon chicken," which she will cook for him the next time he comes to Florida. (He doesn't know the "lemon chicken" wars he has possibly ignited between Chile and the Dominican Republic!)

In conclusion, just when you think things couldn't possibly get any better: At the end of this wonderful night, an amazing thing occurred. As we all gathered our things and said our farewells, while exchanging e-mail addresses and phone numbers, we headed towards the Dolphin Resort. Just as we turned onto the corridor of hotels the most unbelievable display of fireworks began. It couldn't have been staged, designed or orchestrated more perfectly. The five of us, Kwan Jang Nim and Mrs. Ferraro, my husband John A. Gizzi, my daughter Erica Reini-Frias and I had a front-row seat while sitting at a traffic light, to these beautiful, extravagantly explosive and magnificent fireworks. It was magical! I'll never forget Kwan Jang Nim saying, "This is a perfect ending to this experience - I'm here in Florida with good friends watching these beautiful fireworks, and it just doesn't get any better than that"! It really made me think a lot about living in the moment and not letting things go by so quickly. I will record things in my memory and cherish them forever. This was one of the happiest and most memorable moments of my family's life. We were honored to share in this memory with Kwan Jang Nim and Mrs. Ferraro. God bless the Mi Guk Kwan!

Tang Soo Do!



What it means to be a karate family

JohnGigola



Hi, my name is John Gigola. This is about me and my family, my wife Stacy and my children, Giovanni, Gabriela, Giuliana being a karate family.

Before I had a family of my own I was into karate and had taken four years of training of Tae Kwan Do at Chae Rhee Tae Kwan Do. This was my second step toward leading a disciplined life. My parents did the first step by raising me correctly. This later led into the third step of my discipline, which was the U.S. Army. These three elements lead me and are still leading me through life successfully. Now that I have a family, this is what I want for them also.

Initially I just wanted my children to have this same quality of discipline. I would like them to grow and follow in my footsteps. We began investigating karate schools and were unsuccessful in finding the quality needed. I then remembered the West Haven Academy of Karate, not knowing at the time the differences between Tang Soo Do and Tae Kwon Do.

Immediately we signed two of our children up for training. Giovanni, 9 years of age and Gabriela, 7 years of age. They both loved it, but after watching for a week or two, I became very interested in this style and decided to sign up myself at that point. Even though there were a lot of Tae Kwon Do habits I had to break, it was becoming more and more comfortable with time and understanding the “why” they did what they did.

My children and I trained regularly and loved every minute of it as mom (Stacy) and my youngest (Giuliana) watched. I

began badgering Stacy to join, she would not. There was “no way” she said, that she would ever get out there in front of others and kick, spar or Ki Hap. After six months of this she gave in and decided that she would “give it a try”.

Now Stacy is totally into her training along with the rest of the family. We have one more that will be enrolling in another year. She is just 4 years old.

The changes I have seen in my family are positive ones. My children have gained a sense of pride and humility, a feeling of winning and losing, and have basically grown mentally in the way they handle themselves. They are much more sure of themselves in all that they do. As for my wife Stacy, she was not so much looking for learning of the actual martial art, but for the fitness part of the art at first. This all changed as she became more interested in the art itself. It mentally cleared her mind, which helps in a mother’s day-to-day activities.

As a family we love that we train together and have grown together as a martial art family... growth in the art, growth in the sureness of oneself, and growth in the leadership qualities that I look for in my family.

The art of Tang Soo Do Mi Guk Kwan has brought my family to a new way of life and thinking. It has given us an outlet for reducing the day-to-day pressures of life, keeping fit (mentally and physically), being able to defend oneself. Tang Soo Do Mi Guk Kwan has defined us not only as a family but a team. We help each other in our training and ensure that we do what we need to do to progress to our next level.

I am proud of my family for what we are accomplishing together and cannot wait until my little one is ready, and then we will all be as one!

We are now known as the “karate family”!

The Gigola’s



Finding the “Do” in Tang Soo Do

Noelle Talmon / Sid Werthan



Tang Soo Do is the Sino-Korean translation for the Japanese term karate. Karate literally translates into empty hand but in the early 20th Century was modified into karate-do, which due to changes in warrior culture and society turned the fighting art into more of a philosophical way of life that became more than just combat. It became the “way of the empty hand.”

Our art, Tang Soo Do, weighs heavily on the “do” factor, which literally means “the way,” or path of spiritual/physical development and transformation through martial doctrine. Most practitioners do not fully understand this “way” physically, mentally or spiritually. This unfortunate situation needs to change.

“Seeker of the Way”

A fellow martial arts practitioner has a sticker in his vehicle that reads “seeker of the way.” As martial artists in Tang Soo Do, we should embody this statement with our every action. We’re all seeking the way: the way to improve our hyungs, the way to enhance our flexibility, the way to increase our strength, the way to defend ourselves, and the way to become a better human being. One who follows “the way” in Tang Soo Do will adhere to the traditions of the art, follow the examples of senior students, respect dojang etiquette, guide new members, etc. These examples demonstrate the physical world around us and how we appear to or treat others. And while all of these practices are necessary in becoming a well-rounded martial artist, they are merely beginning steps that allow one to enter into the life-long conversation of the committed martial artist. However, what is essential in training is our spiritual connection to our physical techniques.

At the start of each Tang Soo Do class, students sit and take a minute to meditate. What do you think about in these moments? Sa Bom Nim Michael Murphy always instructs his students, “Clear your mind, and prepare for training.” But

what does this mean? And what does this achieve?

This concept refers to the emptying of “self” or any limitations that the mind may offer as resistance to the intended goal. While it is difficult to completely clear your mind (or self) of the day’s work and events, it is possible with concentration. This goal is essentially “Satori,” a Japanese term, meaning sudden enlightenment. This is a challenging concept to understand and adapt to modern reality, but it is attainable. And when you know what to look for, it is easy to recognize. Breathing is the first recognizable and useable interface to bridge the void between idea and reality in training. Focus on your breathing, envisioning the air as it travels through the nose and fills the lungs and the dangen before it is released back into the atmosphere through the mouth. Prepare for training by emptying the metaphorical cup (as Bruce Lee advises his student in one of his films.) Relax the shoulders, and release any tension. Clear the mind of negative energy. “Breathe. Just breathe,” advises D. Suzuki, Japanese Zen Master.

Once you let go of your thoughts and start warming up you’re not burdened by the remnants of the day, which distract you from the moment. Instead, you’re able to focus on your quadriceps as you stretch, or feel the tightness in your stomach as you work on your abdominal muscles. It is important to isolate these motions to get the full benefit of your training. When your thoughts drift too much, your energy is directed elsewhere, which prevents you from getting the maximum benefit from your training.

How many times have you started a hyung only to stop midway because your thoughts drifted? As martial artists, we strive to perfect our techniques so they’re automatic and executed without thinking. This idea refers to the Japanese concept of “Mushin,” or “no-mindedness,” which occurs when we let our practice lead us spiritually into action without present thought. We become a Chil Sung or Phyoong Ahn. A hyung, while a physical act, becomes an extension of our metaphysical being. We completely give in to the practice (losing self), the repetition, and the present moment without being cluttered by extraneous minutia.

Following “the way” means eradicating the everyday problems and obstacles you encounter and focusing on the development of inner peace. There may be times when you may not be sure where you’re going, or whether to lead or follow, but the important thing is that you are going and that you’re in the present moment. After many years of ardent and conscientious training, your path will likely change directions several times. But with constant effort to attain enlightenment through repetition and meditation, you will find great strength and the ability to face seemingly insurmountable odds.

TAC Notes:

Self Defence (Ho Sin Sool)

Crosshand Grab # 2

Self defense practice is one of the cornerstones of the Tang Soo Do Mi Guk Kwan philosophy and curriculum. By repetition and practice, practitioners develop instinctual responses to threatening situations in a controlled and safe place (the dojang).

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 self defense development.



1. Attacker reaches across with his right hand and grabs defender's right wrist.



2. Defender immediately relaxes by slightly bending both knees. At the same time he brings his left hand up over his right shoulder and turns the right hand upward and twist his wrist so that his fingers point slightly to the right. This action will put pressure on the attacker's right thumb.



3. Defender steps to a front stance with his right foot to a 45 degree angle. As the defender's right foot touches the ground he executes a simultaneous left open hand strike to the neck of the attacker while pulling his right hand directly back above and behind his right shoulder freeing himself from the attacker's grip.



4. Defender twists his hips to the left into a left front stance and simultaneously executes a right handed palm heel to the chin of the attacker.

Note: (When breaking free of the attacker's grip push your right elbow inward toward the center line of your body and forward toward your opponent...as your hand begins to break free from the grip pull it backward behind your shoulder).



5. Defender again twist his hips this time to a right front stance and simultaneously executes a left spear hand to the attacker's groin.

Note: (While executing the spear hand the right hand comes up and rest above the left shoulder).



6. Defender twists into a left front stance as he pulls hands into a right hand forward fighting stance.

Techniques demonstrated by Kwan Jhang Nim Charles Ferraro assisted by Sa Bom Nim Richard Kopf, member of the Tang Soo Do Mi Guk Kwan Technical Advisory Committee.

News and Events



Santiago Chile: Barbecue at Sa Bom Nim Carlos Garcia-Huidobro's house, October 9, 2006, Santiago Chile. The guy with the apron, fork and knife sitting next to me is Sa Bom Nim Carlos Garcia-Huidobro's dad. The guy on the other side of me is Sa Bom Nim Carlos Garcia-Huidobro...he is holding his daughter Valentine and Marcello Yanez's son Benjamin. Great time! KJN



Austin, TX: Kwan Jhang Nim Charles Ferraro and Sa Bom Nim Hoke Nunan proudly display a cake made by one of Hoke's students to commemorate the 5th anniversary of Hoke's martial arts studio, The Tang Soo Do Academy in Austin Texas.



West Haven, CT: Meeting of the Tang Soo Do Mi Guk Kwan Association And the European Tang Soo Do Moo Duk Kwan Federation, December 2006. From left to right: Sa Bom Nim Joseph DeVita; Sa Bom Nim Ashok Kumar; Kwan Jhang Nim T.Salm; Kwan Jhang Nim C. Ferraro; Sa Bom Nim Richard Kopf; Sa Bom Nim Rob Salm.



Bethany, CT: Sa Bom Nim Ed Pereira and his younger students with presents that were purchased for the New Haven Children's Hospital. Sa Bom Nim Pereira has more than 60 students at his academy of karate which participated in the Toys for Kids Challenge in December. The proceeds went towards the purchase of over \$500.00 worth of toys for the hospitalized children.



Kissimmee, FL: 22nd Region 4 Dan Shimsa and Clinic. First row from left to right: Kyo Sa Nim David Brant; Kwan Jhang Nim C. Ferraro; Kyo Sa Nim Michael Horcesak; Kyo Sa Nim Charles Cripple. Also in the photo is: Second row L/R: Claire Hall; Theresa Nunez; Kyo Sa Nim Bill Nunez; William Tayler; Bland Jensen; Erica Reini-Frias; Holly Sellers Back row: John Gizzi; Thomas Kilgore III; Tom Kilgore.



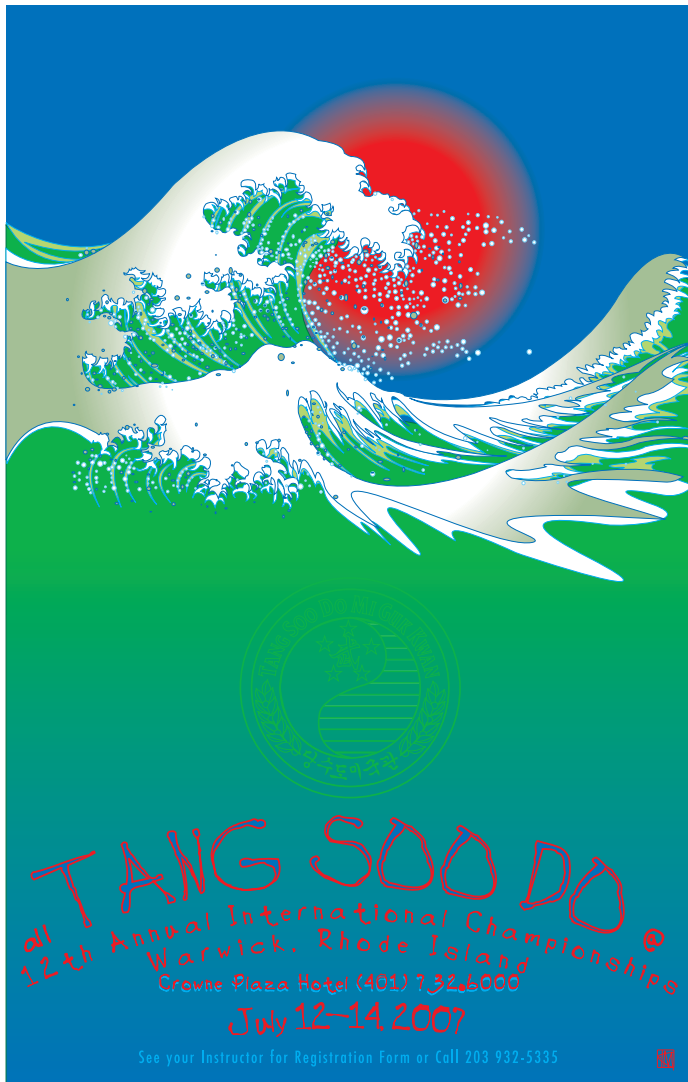
Remember

it's only a short time away for the 12th annual International Tang Soo Do Championships in Warwick Rhode Island. So start planning ahead.

This area is centrally located also a great vacation spot, it's only minutes from the ocean, great beaches and many other things to see and do. Thursday, July 12, 2007 - Exciting Clinics open to all students all ages and ranks: taught by Kwan Jhang Nim, TAC and masters of the Tang Soo Do Mi Guk Kwan. Friday, July 13, 2007 - Dan Competition...Individual and Team Saturday, July 14, 2007 - Kodanja (master) Competition, Gup Competition...individual and team.

NEW! NEW! NEW!

1. Junior Dan Sparring Teams
2. Gup Sparring Teams
3. Shim Gung Dojang Competition Awards
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6. Professional Instructor Seminars
7. Kodanja (Master) Promotions and Demonstrations



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Red Belt	#4 Qty: _____	\$29.95	subtotal: \$ _____
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2nd Dan	#6 Qty: _____	\$29.95	subtotal: \$ _____
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4th-6th Dan*	#8 Qty: _____	\$39.95	subtotal: \$ _____

*Only available to TSDMGK Kodanja

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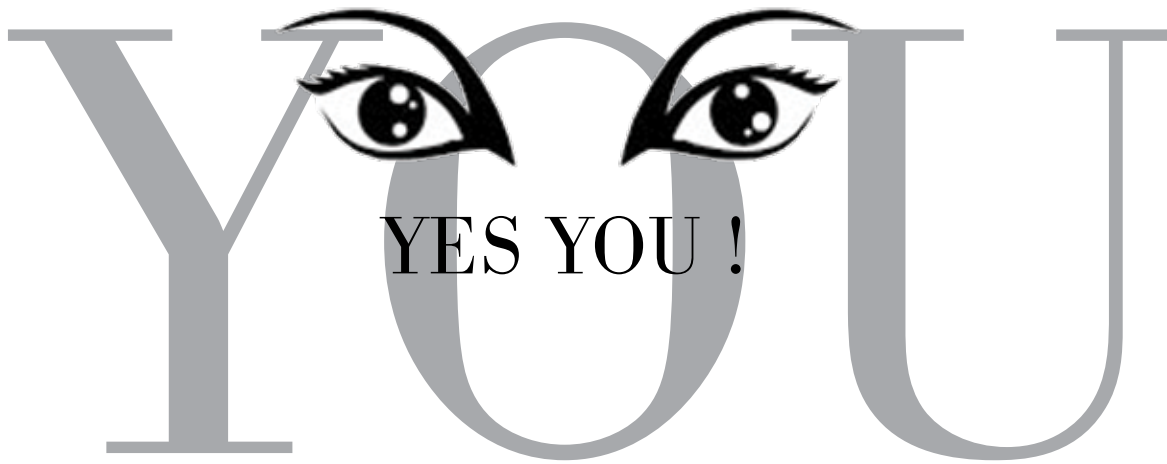
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Would you like to get your material, ideas ect., published ? Are you up for a challenge? *If you are*, you're the person we are looking for. We are looking for students of all levels in the Tang Soo Do Mi Guk Kwan Association who can write, who can draw, who can take photographs, and come up with fresh new ideas and those whom just want to try . Please participate in YOUR NEWSLETTER, you can only make it better. Please contact *The Tang Soo Do Mi Guk Kwan Association P.O. Box 26096 766 Boston Post Road West Haven, CT 06516 (203) 933-4873* **www.tsdmgk.com**, or contact Ken Mitchell at **enso5@optonline.net** to send feedback, photos, articles, etc. Also, if you would like to volunteer to act as a regional representative for the newsletter, please remember to give us your name, address, phone number and e-mail address, thankyou.
TANG SOO !

DEADLINE APRIL 1, 2007

Schedule of Events

MARCH 3, 2007

23rd Region 2 Dan Shimsa and Clinic
Hudson Valley Tang Soo Do Dojang
Wappinger Falls, New York
Clinic 10:30 am Testing 1:00 pm
For More information contact
Sa Bom Nim Peter Antonelli
(845) 298 2506

MARCH 17, 2007

Grenwich All Tang Soo Do Championships
Greenwich Catholic High School
Greenwich, Connecticut
For More information contact
Sa Bom Nim Joseph DeVita
(203) 629 2467

MARCH 31, 2007

23rd Region 1 Dan Shimsa and Clinic
West Haven Dojang
West Haven, Connecticut
Clinic 9:00am: Testing- 11:00am
For More information contact
Kwan Jhang Nim Charles Ferraro
(203) 932 5335

APRIL 5, 2007

Annual Texas Tang Soo Do Classic
New Braunfels, Texas
For More information contact
Sa Bom Nim Brett Riley
(830) 606 0444

MAY 5, 2007

30th Annual All Tang Soo Do
CT State Championships
West Haven High School Gymnasium
West Haven, Connecticut
Eliminations start 9:30am (forms, weapons,
sparring)
For More information contact
Kwan Jhang Nim Charles Ferraro
(203) 932 5335

MAY 5, 2007

1st Annual Haidong Gumdo
CT State Championships
West Haven High School Gymnasium
West Haven, Connecticut
Eliminations start 12:30pm
(forms, self-defense sequences)
For More information contact
Kwan Jhang Nim Charles Ferraro
(203) 932 5335

MAY 12, 2007

23rd Region 6 Dan Shimsa and Clinic
WHAK New Braunfels
New Braunfels, Texas
For More information contact
Sa Bom Nim Brett Riley
(830) 606 0444

MAY 17, 18, 19, 2007

European Tang Soo Do Championships
Inverness, Scotland
For More information contact
Kwan Jhang Nim Charles Ferraro
(203) 932 5335

JUNE 2, 2007

Weekend with the Masters
Special Clinics taught by the
Masters of Tang Soo Do Mi Guk Kwan
Open to all Tang Soo Do Mi Guk Kwan members
Carrigan Junior High School
West Haven, Connecticut
8:00am to 8:00pm
For More information contact
Kwan Jhang Nim Charles Ferraro
(203) 932 5335

JUNE 16, 2007

23rd Region 4 Dan Shimsa and Clinic
Family Martial Arts
Pensacola, Florida
Clinics Friday 6:00pm and Saturday 10:00am;
Testing- 1:00pm
For More information contact
Kyo Sa Charles Cripple
(850) 478 0555

JULY 12, 13, 14, 2007

12th Annual All Tang Soo Do
International Championships
Crowne Plaza Hotel
Providence/ Warwick, Rhode Island
Exit 12A I 95 Hotel phone (401) 732 6000
For More information contact
Kwan Jhang Nim Charles Ferraro
(203) 932 5335

SEPTEMBER 29, 2007

Weekend with the Masters
Special Clinics taught by the
Masters of Tang Soo Do Mi Guk Kwan
Open to all Tang Soo Do Mi Guk Kwan members
New Braunfels, Texas
For More information contact
Sa Bom Nim Brett Riley
(830) 606 0444

OCTOBER 6, 2007

24th Region 2 Dan Shimsa and Testing
Sager's World of Martial Arts
Highland, New York
Clinic 10:30am: Testing 1:00pm
For More information contact
Sa Bom Nim Keith Duncan
(845) 691 9019

OCTOBER 20, 2007

24th Region 1 Dan Shimsa and Clinic
West Haven Academy of Karate
West Haven, Connecticut
Clinic 9:00am Testing 11:00am
For More information contact
Kwan Jhang Nim Charles Ferraro
(203) 932 5335

OCTOBER 27, 2007

24th Region 6 Dan Shimsa and Clinic
WHAK Las Colinas
Lewisville, Texas
Clinic 9:00am Testing 11:00am
For More information contact
Sa Bom Nim Tom Cox
(214) 683 1694

NOVEMBER 3, 2007

6th Annual Hudson Valley Tang Soo Do Invitational
Championship
Casperkill Country Club
Poughkeepsie, New York
For More information contact
Sa Bom Nim Peter Antonelli
(845) 298 2506

NOVEMBER 17, 2007

24th Region 4 Dan Shimsa and Clinic
Plantation Karate Center
Plantation, Florida
Clinics Friday 6:00pm and Saturday 10:30am
Testing Saturday 1:00pm
For More information contact
Kyo Sa Bill Nunez
(954) 385 5310

JANUARY 9-13, 2008

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

22nd Dan Classing

2006

Region 1

10/28/2006

Cho Dan

Michael Cardelli	1467
Susan Hoehl	1468
Paul Burke	1469
Marlene Harrington	1470
Alain DeCoster	1471
Kathleen Gray	1472
Bradford Heines	1473
Elizabeth Young	1474
Carlos Marcano	1476
Taiji Iwase	1477
Peter Hagman	1478
Sarah Heines	1480
Molly Schneider	1482
Alexandra Iqbal	1487
Jacob Schneidmeyer	1489
Jamie Fedele	1491
Danielle Brace	1494
Marco Grandinetti	1495
Chris Burke	1498
Ari Spilo	1499
Dylan Thomas	1500
Ibrahim Brown	1501
Christopher Goncalves	1502
Samantha Brace	1503
James O'Loughlin	1505
Michael Wittner	1508

Ee Dan

Kristen Smith	209
Elizabeth Harman	1221
Martha D'Adamo	1224
Beth Bernobich	1225
Matthew Bernobich	1225
Susie Cuseo	1226
Erik Smith	1229
Lenka Horakova	1230
Daniel Walker	1236
Arthur Quarequo	1237
Hailey Bourgeau	1247
Matthew Bourgeau	1250
Nathaniel Heiden	1256
Connor McGinnis	1259

Sahm Dan

Steven Kline	132
Michael Spilo	893
Helen Morahan	894

Region 2

10/21/2006

Cho Dan

Stefan Ramirez	1481
Timothy Walton	1483
Anne Eisner	1484
Joseph Ayala	1485
Michael Smith	1486
Kyle Meade	1488
Christopher Wright	1490
Jacob Rowland	1492
Sumeet Bhinder	1493
Bryan O'Hearn	1496
Joshua Sossa	1506

Sahm Dan

Michelle Mercer	872
Christopher Aiken	878
Adam DiStefano	1457

Region 4

12/16/2006

Cho Dan

John Gizzi	1475
Erica Rein-Friás	1479

Region 6

12/04/2006

Cho Dan

Corey Cox	1497
Caleb Horn	1504
Autumn Whaley	1507

Ee Dan

Russell Hallmark	1254
Daniel Delenela	1466

Sahm Dan

Brittney Wolda	742
Lois Riley	867
John Feltenberger	876



*Congratulations
to the 22nd Dan
Classing of the
Tang Soo Do Mi
Guk Kwan
Association
2006!*

Tang Soo Do Mi Guk Kwan Association Dojangs

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 06830
(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

Prime Time Martial Art Training Ctr.

Sa Bom Sherry Peele
1021 Dixwell Avenue
Hamden, CT 06514
(203) 772-6661

Stamford Martial Arts

Sa Bom John McGuinness, III
231 Main Street
Stamford, CT 06901
(203) 327-3451

WHAK in the Valley

Sa Bom James Bergers
549 Howe Avenue
Shelton, CT 06484
(203) 924-2467

WHAK of North Haven

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FUMC Clintonville Road
North Haven, CT 06473
(203)

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(860) 456-2467

Amistad Martial Arts

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

American Karate Center

Kenneth Barrett
68 A Enfield Street
Enfield, CT 06082
(860) 741-3168

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

MAINE R1

Colby Martial Arts

Ms. Lijah Barasz
6067 Mayflower Hill Drive
Waterville, ME 04901
(207) 859-6433

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
24 Old Route 9
Wappingers Falls, NY 12590
(845) 758-2553

Seven Stars Martial Arts

Mr. Ray Siler
62 Albie Road
Red Hook, NY 12571
(845) 532-1204

Triumph Karate

Kyo Sa Rodney Batista
985 Morton Blvd
Kingston, NY 12401
(845) 336-8787

Sagers World of Martial Arts

Sa Bom Keith Duncan
27 Sunny Brook Circle
Highland, NY 12528
(845) 691-9019

FLORIDA R4

Plantation Karate Center

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

Peaceful Journey Martial Arts

Stacey P. Culpepper
8279 Coconut Blvd
West Palm Beach, FL 33412
(561) 255-9334

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

LOUISIANA R4

Tiger Tang Soo Do Academy

Sa Bom Kevin Hemphill
64035 Southern Woods Lane
Pearl River, La 70452
(985) 863-2345

OHIO R5

Priceless Martial Arts

Sa Boms Anthony & Norene Price
294 Northland Road
Springdale, OH 45246
(513) 771-3315

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

Mr. Shawn Sawyer
8575 FM 2673
Canyon Lake, TX 78133
(830) 899-4401

WHAK of Las Colinas

Sa Bom Tom Cox
250 Carpenter Way
FWY 2 Wgn
Irving, TX 75063
(972) 506-9342

WHAK of New Braunfels

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

Tang Soo Do Academy, Austin

Mr. Andrew H. Brooks
8332 Mesa Drive
Austin, TX 78759
(512) 844-183

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

Mr. Jerry White
1766 S. Broadway
Santa Maria, CA 93455
(805) 614-4855

HAWAII R12

Ohana Martial Arts

of Hawaiian Acres

Kyo Sa Allen Abdul
P.O. Box 616
Kurtistow, HI 96760
(808) 968-8987

Aloha Zen

Guy Hess
575 Cook Street
Suite A #2321
Honolulu, HI 96813
(310) 916-8356

Tang Soo Do Mi Guk Kwan Association Dojangs

continued

CHILE R35

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

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Jorge Frafan

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Nataly Concha

Jia Do Kwan
Jorge Forni

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Sa Bom Ricardo A. Longinotti

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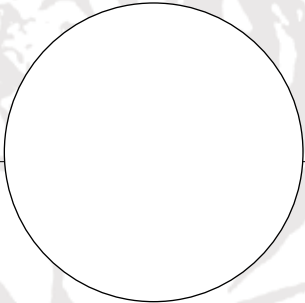
PUERTO RICO R39

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



Fun Stuff !

What color is your dragon?



WORD SCRAMBLE:
inaenttto
otidnemtai
clabnae

ANSWERS: *attention, meditation, balance*

Kodanja night:

a rare glimpse, WHAK





**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

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2007

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