

# OUR TANG SOO DO TIMES

*February 2015 Edition*



*As always, thanks to all of those that contributed articles for our newsletter. Tang Soo!*

## **U.S. Training July 2015.**

*HEADS-UP MEMBERS*; Thanks in no small part to Master McCoy's input we are ready to finalising the details for the BTSDF trip to the US in July 2015. We are honoured to have been offered training opportunities with both Grand-Master Khalid in Phoenix, Arizona and Master McCoy in Hutchinson, Kansas. Our scheduled travel dates are;

London - Phoenix Saturday 18th July.

Phoenix - Wichita Thursday 23rd July.

Wichita - Phoenix Wednesday 29th July.

Phoenix - London Wednesday 29th/Thursday 30th.

That Schedule will give us four full days with Grand-Master Khalid and five with Master McCoy.

Grand-Master Khalid is not only well known as a extremely accomplished Tang Soo Do fighter and trainer of fighters but also as a talented and experienced exponent of Chi Gong. Our time with him in Phoenix will allow us to experience both sides of those skill sets. Those of us who went to the WWTSDF World Championships in Florida in 2011 will have witnessed Grand-Master Khalid's son, Master Darryl Khalid, win the Masters free sparring category in exciting and flambouyant style. As these visits are neither 'rank assessment based' nor restricted to senior ranked students we will have plenty of down time to rest and explore. That fact alone makes the event a first in the development of the BTSDF.

Master McCoy, as you will have seen from previous editions of this Newsletter, operates a full time location as a base for his Jade Mountain Martial Arts. He has kindly stated that we can have unlimited access to his location for our daytime training needs. They will include training in his Ji pang e sool (walking cane defense) as well as a review of our il soo sik bunhie and some extensive reworking of the Senior Adult Tang Soo Chi Gong material. Not to mention the pulled pork bbq !

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If you are interested in the trip please take the time to look into the Hutchinson area in case there are any activities that you would like to adopt during down time there. Without wishing to sound selfish or self-indulgent I have to say I'm excited about hiring a Harley and visiting the Motorcycle Museum. What would you like to get up to?

Our next Region 1 Senior class will be on the 28th February (full details to be announced on the FB page) after which we will have a lunch meeting to confirm participants and travel itinerary for the US trip. Please ensure your attendance if you are an interested party.

Trips like this one are exceptional learning opportunities due to the talk time we can share as well as the in depth physical training that will be available. If you are genuinely interested in mastering Tang Soo Do please make this trip a serious consideration. Ask yourself; How often do I really get the opportunity to put questions to senior practitioners without the restriction of class time or queues ? This is one such chance. If you dont 'get-it' now you will when you come back.

(Next year Slovakia)

***John Dove***

## **Raising money for Cancer Research in Region 2**

During January 2015, three adult Members of Region 2 joined a national charity event called the “Dryathlon”, which is run by Cancer Research UK. The goal is to raise money by resisting drinking any alcohol for a month.

I would hazard a guess that almost all of us reading this article have been, or know someone who has been affected by Cancer. We wanted to do something to help Cancer sufferers, in this case the Dryathlon. The outline of the event had mixed views by members of the public. One said, “If you do not drink much it is easy”. Though none of us are ‘heavy drinkers’, it was a good way to raise awareness and raise money with the added benefit of improving our health after the Christmas holiday.

Dragons in Region 2 have shared their desire to get involved, by modifying the event to resist fizzy drinks, or sweets, for a month in an effort to support Cancer research.

So far the event, with 54,000 participants nationally, has raised over £3,000,000 (\$4,500,000). The donation pages will still be open for a few more months, for those who were waiting to see if participants succeeded, to donate.

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***My thanks go to all who have sponsored us so far and to Mrs. Creaser and Adam for their participation.***



***Gratefully,  
Adam Preston***

## ***PRACTICE***

Practice makes what? Certainly not perfect. That's something I've learned the hard way since starting Tang Soo Do. Some of you may remember in one of my previous contributions about how hard I was practising to correct my wayward arms.

The answer to what does practice make, as Master Dove reminds us students, is permanent. And this is the reason for at least one of my New Year's resolutions - If I'm going to practice, practice what is right. If I'm not sure what's right, ask. Once you have gone into a fighting stance incorrectly for a few hundred times, correcting what has become almost habitual is incredibly challenging.

As I'm a 4th Gup Green Belt, the excellent British Tang Soo Do manual contains practical information on the Pyung Ahn hyungs and states the icon for the Pyung Ahn forms as the turtle, renown for returning to its roots. I'm finding this particularly relevant as I'm working towards red belt - the basics have to be right and be almost instinctive for the levels of concentration required on the higher level forms. Some time studying the manual and getting to grips with the terminology, history and meaning of what we do in Tang Soo Do is certainly time well spent.

Whatever goals you have set for yourselves in 2015 I wish you every success. I'm currently working a lot on speed now I'm starting to get to grips with the techniques, particularly higher kicks as I'm working on increasing flexibility - not easy at 48...

By John Tuffin

## How to Memorize Korean Words

A key element of Tang Soo Do as you progress through the ranks is to learn Korean words. At one point we've all been there; a day before your grading and you're still not 100% on those 8 Key Concepts of Tang Soo Do, or the 7 Responsibilities of a Student... or even if it's just in class, trying to follow the commands of simple motions like a low block or middle punch. In this article I will be explaining 3 techniques I've used to help me remember Korean vocabulary.

**1) Repetition** – A good way of remembering something is to keep repeating it. For example, if you're trying to learn to count from 1 to 10 in Korean, why not do 10 star jumps/press ups/kicks/punches every day and practise counting then. Soon it will become a habit and it will be easy for you to remember those numbers, as well as improving your ability to do those exercises.

**2) Break it down** – A lot of the motions we do in Tang Soo Do are made up of building blocks from a few simpler terms. If you can remember even just 5 words, you'll be able to combine them to describe other motions. So firstly, there are 3 main sections of your body:

**High** = Sang dan

**Middle** = Chung dan

**Low** = Ha dan

Then, you have blocks and strikes:

**Block** = Maki

**Strike** (punch) = Kung Kyuk

Just by remembering these 5 simple words, you'll be able to say 3 types of strike and 3 types of block. Then, you can build up from this to expand your knowledge of Korean.

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**3) Acronyms and Stories** - Our brains are more likely to remember something if it has an image or story associated with it. If you are trying to remember the order of a list of words, acronyms are very useful. For example, if we look at the 8 Key Concepts of Tang Soo Do: Courage, Concentration, Endurance, Honesty, Humility, Control of Power, Tension and Relaxation and Speed Control, it's quite difficult to remember all 8, let alone in the right order and in Korean. So what you can do is create an acronym to help you with the order:

**C. C. E. H. H. C. T. S.**

An example could be: Crazy Cats Eat Happy Hippos 'Cause They Starve. The more ridiculous the saying, the more likely you are to remember it. The next part of this is to remember the Korean meaning of each concept. This is where you can add a story to help your brain remember it. Let's look at courage. In Korean, the word for courage is Yong Gi. This sounds a bit like 'Young Guy'. Now, you could imagine a young guy who is very courageous and is about to do something that takes a lot of courage. Then, when you think of courage, you'll be reminded of the story and you'll be able to link it to the Korean: Yong Gi.

Hopefully this will help you to learn some Korean, or even remember anything else. Why not try making up your own acronym and sharing it in the next newsletter? Or if you have some memory techniques of your own that we could benefit from?

Thank you for reading.

*Sincerely,*

*Simran Lakhan*



## **Tang Soo Do, a natural thing to do?**

In his book, the Soo Bahk Do Dae Kham, Great Grand-Master Hwang Kee states that Tang Soo Do is a natural thing to do. When we face the challenges of technique and curriculum we may not always feel that to be the case. We may ask ourselves whether we think he was referring to the physical elements of our Martial Art or whether he was alluding to something else entirely different ? If we factor in our use of Korean language and our adoption of certain protocols that are not widely present elsewhere in modern society the truth of that statement is blurred further. My personal belief is that in the main the Great Grand-Master was reminding us of our own historical connection to Martial practices. Furthermore I believe he was saying that Martial Arts practices in general are natural because of our historic and cultural connection to them. That does not exclusively mean physical activities. So as Westerners what historic connection do we have to Martial Practices?

I wonder how many students are aware that there exists a law that has never been repealed that requires every Englishman to practice archery for no less than two days per year. Skeletons have been found that demonstrate a bias to the bone growth in the arms and shoulders that reflects abnormal development brought on by the lifelong training required to pull a bow of three hundred pound strain again and again in battle. Archery is only a small part of our historical connection to Martial practices. From the cultural view we can remember that Westerners shake hands with the right hand. That is so that the sword arm is engaged in an act of mutual trust. Our spiral staircases circle clockwise upwards to give the advantage to the right-handed swordsman defending in decent and leaving the attacker hampered by the centre of the spiral giving him no room to swing his weapon.

Even a brief look into the little we know of our Martial past offers a few common knowledge pursuits; Jousting, Chivalry and even Morris dancing offer us glimpses into our Martial heritage. An even closer look may confirm to us that Tang Soo Do IS a natural thing to do.

***John Dove***

## **Welcome to Kansas, USA!**

Normally, I like to fill the newsletter with articles and pictures submitted by others. I really enjoy collecting and organizing all of your happenings so that everyone gets to share everything that is going on with everyone else. But this month, I really want to let everyone know that we here at Jade Mountain Martial Arts are looking forward to playing host to those of you that are making the trip in July!

Not only will we have lots of good training, but there are plenty of local attractions for all interests. There is a Salt Museum, one of the best Cosmospheres (space museums) in the country, Salt City Splash (a swimming park) and, in Wichita (where you will be flying in) one of the best Zoos in the nation. There is Old Wichita Cow Town, a cowboy history where there are recreations of old west shootouts and saloon life! There is plenty of shopping and plenty of restaurants. There will also be plenty of Get-Together-Cookout time!

Please don't hesitate to send any questions you may have about what's available if you find something you want to know more about!

For all of the Instructors and Students of Jade Mountain Martial Arts,

Robert McCoy

***Tang Soo!***