

April 2009



TANG SOO DO KARATE

The KiHap

When the Teacher is Ready the Student Will Appear

By Allie Alberigo

There is an age old saying, "When the student is ready the teacher will appear!" This is a unique way of thinking from the student's perspective.

In our modern society, when you join a Martial Arts school the teachers are on the mat running classes. Of course they are visible, they appear to you every day, the minute you walk through the door.

In situations such as this the reality is that lessons are flying by at the speed of light and very often they go unnoticed or they are invisible.

The students who start off at White Belt and end up at Black Belt have only achieved 1/10th of their journeys, because in most Martial Arts there are 10 levels of Black Belt: 1st Degree through 10th Degree.

In the heading of this article I wrote "When the *teacher* is ready the *student* will appear." In the opening line I wrote the saying as it was originally meant to read from the student's perspective. Quite often a student sees the easy lessons: block down, turn to the left, fix your hand, etc. The life lessons go unnoticed: they are often invisible until later on in life, when the proverbial light goes on in your head and you see how the Martial Arts lesson fits into your everyday life.

What is it about this that makes it so special? Simply put, in a Martial Arts school you are learning lessons

that will change your life forever. You may not know it now, you may not see it for years, but it is absolutely true.

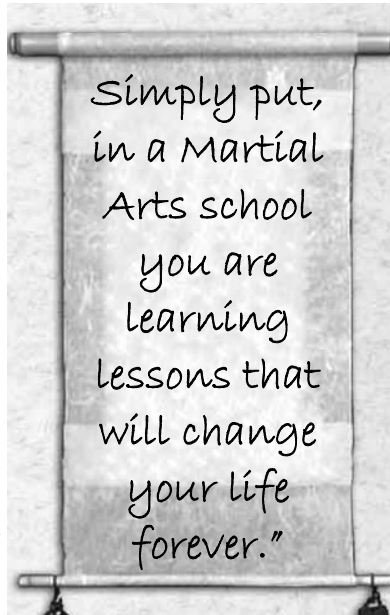
Taking the time to really listen is a key factor to learning. When I say really listen, I want to clarify. Just because your ears are working doesn't mean you are *listening*.

For example: a parent may tell a child not to touch the hot stove, but even though the child says "OK," as most kids will respond, the child still touches the stove, because he or she didn't really truly hear.

Martial Arts teachers are always striving to help our students grow, and we are always excited about the prospect of students joining us on our quest to teach Martial Arts and pass on the

knowledge. We trust that you will consistently listen to your instructors and take the little lessons and make them your own.

Take your experiences and log them in a personal journal. Call it the "Book of Knowledge." Look at it as though you are looking in the mirror and you are the lesson. Write down your struggles, your aches and pains, your injuries, your successes, your failures, and learn from each of them. Then take the time to pass the lessons on to others. Teach and you will become the best Martial Artist ever. So the next time you hear a lesson, remember when the teacher is ready the student will appear, and when the student is ready the teacher will appear.



Healthy Heads Up

Small Changes, Big Impact!

By Jennifer G. Galea, MS RD

This past year I volunteered for the Wellness Committee at my children's elementary school. Our charge was to improve and/or establish programs focused on wellness, including activities, foods, education, etc.

As a registered dietitian with almost 20 years of experience in the wellness field, I opted for the subcommittee on nutrition. Our aim was not only to improve the menu offered to our children, but also to establish programs geared toward nutrition and "food" education. We made menu substitution recommendations, provided educational resources to parents, and suggested ways of incorporating nutrition education into other school subjects such as math, science, and language.

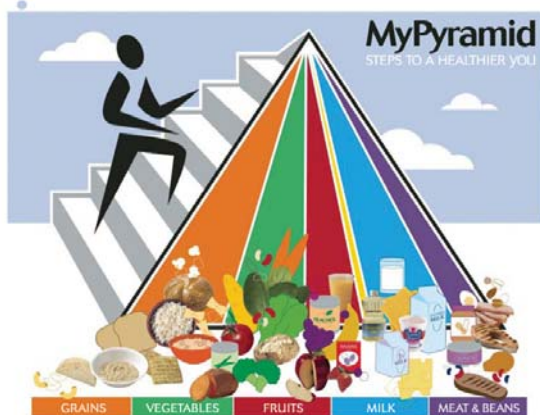
What was most exciting was to show how tiny changes can have a huge impact on the overall diet of children and on their overall wellness. That's a lesson we can all learn and implement daily as we enter the New Year.

What small changes can you make in diet and be-

havior that will have great impact on your health: will you cut down on the sugar you put in your tea; replace the mayonnaise on your sandwich with mustard; train an extra day each week; take that fun kickboxing class

your health and well being. Your body will thank you for fueling it with good food and adopting a healthier lifestyle. You'll feel like a finely-tuned automobile rather than a car that merely goes (most of the time) when you push the accelerator.

Give your year a jump start. Identify some areas in your diet and activity that could use improvement. Then decide on some changes you can make and commit to making them. And finally, do it! Start slowly and add as you feel more and more comfortable with the changes already made. Good luck in the New Year!



you've been looking into; take the stairs instead of the elevator at work; park on the far side of the parking lot; make the commitment to train with your child in class?

Each of these small modifications to your routine, when accumulated into the whole of your day or week, will make significant differences in your diet and the energy you expend. In addition, each time you make a healthful decision, you reaffirm your commitment to improving



<Kids Corner>

Welcome to Kids' Corner, the mind boggling, brain teasing section of Kids' Zone. If you score: 9 or 10, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

Martial Arts Match Game

How it works: Match each **word or phrase about bullying and bully prevention** with the appropriate definition or explanation below. **Get the bonus answer correct and add +1 to your score. Good luck!**

ATTENTION STUDENTS: If anyone is interested in having Sa Bom Nim come to their school to teach an anti-bullying seminar, please let us know and we can schedule that.

1. Picking on someone online, via e-mail, text messages, chat rooms, web sites, etc.

Answer _____ A. Bully

2. Belief in oneself; self-assurance;

Answer _____ B. Mediation

3. In self-defense, telling someone what you want them to do.

Example: "Back away, you're too close."

Answer _____ C. Victim

4. The act of looking directly into someone's eyes.

Answer _____ D. Self-Respect

5. A person who tries to intimidate or pick on smaller, weaker people.

Answer _____ E. Buddy System

6. Practice of two or more people teaming up together for mutual assistance or safety.

Answer _____ F. Verbal Boundaries

7. The quality of having dignity towards one's self.

Answer _____ G. Eye Contact

8. A person who is harmed in some way by another.

Answer _____ H. Cyber-Bullying

9. To give knowledge of a matter to someone else.

Example: Mike will inform a trusted adult if he is bullied.

Answer _____ I. Inform

Bonus: The attempt to settle a dispute through a neutral party. Answer _____

Answer _____ J. Confidence

Answers: 1. H-Cyber-bullying; 2. J-Confidence; 3. F-Verbal Boundary; 4. G-Eye Contact; 5. A-Bully; 6. E-Buddy System; 7. D-Self-respect; 8. C-Victim; 9. I-Inform

Bonus: B-Meditation

In Retrospect

Extreme Clinic Weekend was a success

The weekend long extreme clinics on March 6 & 7, were lead by four PKSA Dans. Ian Kalis and Zachary Angileri showed our extreme class a variety of new kicks and flash moves. These advanced techniques will be practiced and perfected in our regular extreme class held every Friday night at 6pm.

Our PKSA instructors brought our weapons class to the next level with two new staff forms and a new nun chuck form. Kyo Sa Nim Prosch oversaw the weapons clinics while Mr. Kalis, Mr. Angileri and Miss Andrea Logan, led their individual forms. These forms can be learned and practiced during our weapons class held Thursdays at 7:45pm. To participate in our weapons class, you need to upgrade your enrollment program to our black belt package. Please speak to an office employee for more information on getting enrolled in that program.

The regular karate curriculum was enhanced through this extreme weekend and any changes in the curriculum will be reviewed daily in our regular karate classes. Black and red belt curriculum was especially reviewed and those students need attend their rank specific classes in the upcoming weeks to get their revised material.

Featured Gear

Ultimate Karate Kid Package \$120

This package includes nun chucks, karate kid T-shirt, gear bag, karate graphic lap-top cover, and complete sparring gear set

Foot gear upgrades:

Velocity Boots \$29.99

C-Gear Boots \$39.99

Powerline Kicks \$49.99

Weapons:

Staffs (4', 4 1/2', 5', 5 1/2') \$19.99

Nun Chucks (10", 12") \$11.99



Student Star Chart

Stefan Gittens is the winner of our first quarter star chart. He was awarded this for excellent technique, being a leader in class, winning the science fair at school, and other exemplary performances inside and outside of karate class such as an awesome attitude.

How to get a STAR: Students receive stars for demonstrating excellent behavior such as helping other students in class, having great technique, showing an enthusiastic attitude, being respectful to everyone, and much more. Remember someone is always watching in the dojang, so be caught doing something good.



Upcoming Events

Gup Testing: May 9 8:30am

Regular gup testing for all colored belts. It will start promptly at 8:30am so do NOT be late. There is a testing fee of \$60 but if you register before the morning of testing, you will receive a \$5 discount. Be sure you are prepared for testing and know all of your material.

Summer Camps:

This summer there will be many opportunities to join our summer camp programs. Students and non-students and welcome so tell all your friends. The camps will run 9:00am-3:00pm. The cost is \$80 per week for students and \$95 per week for non-students. Ask in the office about referrals and discounts. There is a \$25 registration fee to ensure your child's place in camp that will be applied to that week's fee.

Dates:

May 26-29

July 13-17

June 8-12

July 27-31

June 22-26