

Tang Soo Do

August, 2014 Edition

Newsletter



Greetings, and welcome to the August edition of our newsletter! This newsletter, for the instructors, students, families and friends of the British Tang Soo Do Federation, the Essex Tang Soo Do Association and Jade Mountain Martial Arts, needs a name! This month, we need you to come up with a name for our publication that describes the newsletter. The names submitted will be listed in next month's issue, and everyone will have a chance to vote!

Send your ideas to Master McCoy at
jademtn@hotmail.com

News and Events

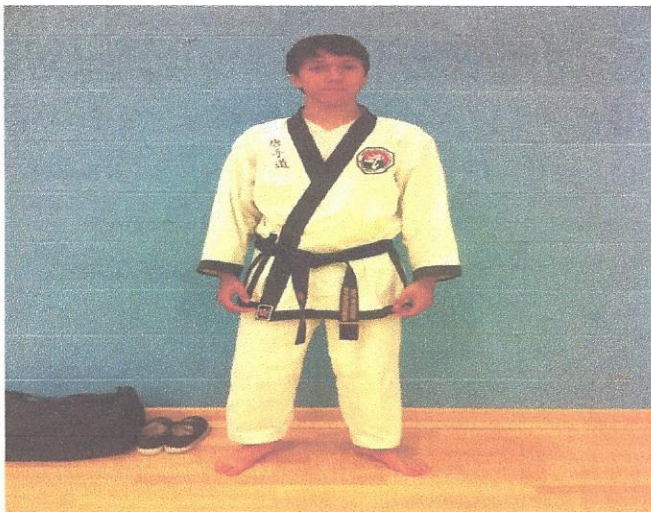
Jade Mountain Tang Soo Chi Gong Class

July, 2014 saw the beginning of the Tang Soo Chi Gong class in South Hutchinson, Kansas, USA, and it has been a very happy experience. As Lyndon (pictured with Master McCoy and Mrs. McCoy) and others began the class, there was a very



light and excited mood. Everyone is looking forward to reaping the rewards of building energy!

Thanks to Sa Bom Nim Dove for developing this wonderful program!



Mr. Jake Wilkinson

For over five years Mr. Jake Wilkinson (pictured) has been a student in Region 1 where he assists the Rugby 'BTSDF Tigers' classes. He has taken responsibility for introducing our younger Members to the World of jump kicks and 'run up the wall' jump kicks. Mr. Wilkinson managed to attend classes three days a week through his A level and college years. That can often be a difficult time for young adult Members because of the division in focus brought about by educational commitments. Obviously education must come first but it's good to remember that a healthy weekly exercise regime will supply the mental strength needed to face and combat the stress of exams. Mr. Wilkinson's focus has been rewarded with a place at Northampton University where he will study Policing and Criminal Justice. As a prerequisite to that course he has had to apply to a local ward to become a Special Constable (Auxiliary Police US) starting in September this year. Good luck Mr. Wilkinson, I'm sure that you have the focus and mental strength to see this through.

Equipment review

The Century Versys VS.1 'Fight Simulator' Free standing punch bag.

Review by John Tuffin, BTSDF Region 1



For a few years now I've been a convert to the floor standing punch bag, I just like the way they move. Hanging punch bags just don't pivot in a realistic way in my opinion, especially when we're talking kicks.

My first floor standing punch bag was the Century Pro 2XL, as seen in the picture to the left. The Pro 2XL is a real heavy beast of a bag, intended for use in boxing gyms. To get it moving takes a massive effort, a full-power *dwee cha gi* or *Yup cha gi* rewarded by the bag briefly tilting before thumping back down to the ground with a satisfying thud.

As you can see in the picture, my 2XL did start to go out of shape after a particularly punishing session but remains perfectly useable.

However, unless you're used to sparring with Oddjob from the James Bond films it just does not move in a way that felt right. So, I set off in search of something a little better. And that's where the *Century Versys VS.1 'fight simulator'* came in.

Unfortunately, priced at around £270 new (\$453), a second hand Century Versys VS.1 was the only way for me. A quick search of Ebay and some quick bidding action resulted in a brief trip to Clevedon in Somerset to collect a practically new Versys for £100 (\$168), a good saving..



The first thing to notice about the Versys is the soft base, no hard plastic to accidentally clip with your toes, it's all useable. It even has handles on the base and top so you can use it to grapple with, if you wish. Great for practicing take-downs!

The weight of the base is around 100lbs; it's also prefilled so no messing about with sand or water. At this weight it's easy enough to move around your home gym (or Do Jang if yours is so equipped). The base certainly holds the bag in place well, tending not to slip around too much and provides just enough resistance to stop it being knocked over too easily.

For practising punches, it responds well and has just the right density. Personally I wear thin sparring gloves but practising without gloves is certainly possible. Power punches will move the bag a bit too far for my liking so I just practise speed and accuracy with this bag.

Kick practice is where this bag comes in to its own. Sure, an *Ee dan yup cha gi* will knock it over, resulting in having to pick it up but that's not what this bag is about. Go for speed and accuracy over

power and you'll be rewarded with a connection that will move the bag just enough to follow up with whatever move takes your fancy. *Dwee hu ryo cha gi* followed up with a quick *Toll yo cha gi* feel particularly good. At nearly 6 feet tall you can practice those head high kicks all day long!

So, in conclusion:

Pros:

- Good weight, easy to move about
- Good for speed kick and punch practising
- Suitable for grappling
- Feels well built
- Prefilled base

Cons:

- Relatively easy to knock it over.
- Heavier base would be needed for building up power punches/kicks.
- High cost.

Editor's Note: John Tuffin, who has submitted multiple articles for this newsletter, has generously included his contact information. If you are interested in doing an article with John, you can contact him at

John Tuffin
rem762@gmail.com

In Our Thoughts

Mrs. Debra McCoy, who trains at Jade Mountain Martial Arts, will have surgery the 26th of this month to reattach 3 torn tendons in her ankle. The rehab for this type of surgery is about 6 months to get back to full use. Let's hope she is up and kicking again soon!

Training Tips

What is Tang Soo Do ?

Perhaps that sounds like a rather silly question to you; What is Tang Soo Do ?
Perhaps your answer came very quickly and easily; "it's a Martial Art". (Correct)
Perhaps you were a little more in-depth and thought "it's a Korean Martial Art". (Correct)
Perhaps you answered with a higher sense of ownership "it's MY Martial Art". (Correct)
Perhaps you thought; there is more in the question than its length suggests. (Top marks)

Let's start again. What is Judo ?

Maybe that sounds like an equally silly question ? If so the first answer still stands; "it's a Martial Art".
Maybe you feel the previous second and third answers don't fit this time. If so we are getting closer.
Maybe you thought about Judo as being Olympic sport or as a throwing sport. It is.
Maybe you went beyond and thought of Judo being a sport and therefore different from your Art.
Maybe the Judo question helped you to answer the Tang Soo Do question more comprehensively.

More important than the accuracy of your answer at this stage is this; If you read either the 'Perhaps' list or the 'Maybe' list in order you can see that the more thought we apply to answering the question the closer the answer is to being correct, even with such ambiguous questions. This approach will certainly help you to obtain a higher mark for your Dan Test Essays. That said the train of thought may be a bit much for some of our younger practitioners so I will ask you to allow me a moment to offer a sure fire way of getting straight to the answer that the questioner was looking for. One way of doing that may be to ask yourself this question first; What is it about the topic in question that makes it unique ? Light bulb moment.

Let's go again; What is Tang Soo Do, but firstly what is it about the topic that makes it unique ?
Armed with that double barrelled question we are ready to aim straight at the answer the questioner was looking for. Here goes; Tang Soo Do was started by one man so I need to know what he intended for us to gain from our practices before I can say exactly what his Art is. As that may have changed during his lifetime I may be better off answering with the most up-to-date information I have;

So.... We know that Great Grand-Master Hwang Kee (the Founder of Tang Soo Do) began to teach his Art in 1945. He introduced a selection of forms that he had gained from Japanese Martial Arts. At that stage the difference was less technical and scientific than it became. From 1957 onwards he had been studying and translating (not by language but from pictogram into physical motion) the MooYae Dobo Tongji (the book written in 1790 by order of King Jungjo that described the known Korean Martial Arts prevalent at that time). Great Grand-Master Hwang Kee's goal was to introduce a higher portion of indigenous Korean Martial Art influences and practices into his Tang Soo Do. By the 1990s those introductions had brought about a dynamic Martial Art that was unique in style and content.

Along the way Great Grand-Master Hwang Kee even offered us the translation of a poem 'The Song of Sip-Sam Seh' that told us exactly where his work was heading. The poem contains the following translation;

*What is the purpose and philosophy behind the Martial Arts ?
Rejuvenation and prolonging of life beyond the normal span.
So an eternal spring.*

Now we can answer the seemingly innocuous question 'What is Tang Soo Do ?' in light of its Founder's intentions rather than our own thoughts and calculations.

Answer; Tang Soo Do is a Korean Martial Art created and developed by the late Great Grand-Master Hwang Kee between 1945 and 2002. By adopting Tang Soo Do we can gain many benefits foremost of which is to afford ourselves longer and more healthy lives by practicing its combat related techniques, breathing methods and philosophies.

(students may wish to research 'Mission 2000' to learn about other high goals the Founder had for his Art).

Wow, that's a lot of brain work for what seemed like such an easy question. Here's why all of this is it is important;

Good basics make good Black-belts and depth of knowledge makes good Masters.

So, if you want to get there, start your journey today.

An Instructor who has long since retired expressed an opinion to me; "We are not trying to create robots" he said. He was talking about technique alone and referring to standardisation and how that makes us move together and in the same way, like robots. I still disagree with his assertion. If we are all working towards ideal techniques as identified by the Founder considering body mechanics and Newton's law on the generation of force then we will look like robots. And surely there is only one biomechanically safe, best practice for each technique so that IS what we are doing.

I have Dan students less than half my age who perform HaDan Mahki as I do but faster and stronger and therefore with more power. So it's the depth of knowledge gained through experience and applied thought that makes me the Instructor rather than them.

Good basics make good Black-belts. For physical technique observe your Instructor closely, listen to their technical tuition then do it faster and stronger and you will be a good Black-belt.

depth of knowledge makes good Masters. For depth of knowledge listen to you instructor intently, note everything no matter how small it may seem at the time, ask for a more comprehensive answer when you can and note that too. Read everything you can about the Art but remember to separate fact from opinion and dogma. Collate and interrelate these sources of information and commit them all to memory while you adopt them into your practices and you will be giant leap further along the road to mastery.

Thank you for your time and patience.

John Dove

Tang Soo Do age vs Chronological age

By Adam Preston

I have some questions I would like you to consider:

1. Could you complete a workplace-training course delivered by someone younger than you?
2. Would you be willing to accept a child may possess knowledge that you do not?
3. Would you let them teach you?

A friend of mine, a fellow Maths Teacher, encountered a situation where the answer to questions 2 and 3 were 'no'.

Mathematics evolves constantly, through new research and listening to children and Teachers. Such changes saw BODMAS (the order of Maths operations) change to BIDMAS. The O (pOwers – the capital is intentional) changed to I (indices) to use correct vocabulary and keep the acronym in order.

My friend taught BIDMAS to her class. The next day she received a phone call from a child's father complaining that BIDMAS does not exist and she is teaching false concepts. His argument was based on a conversation with the child's grandfather, a Maths graduate, who had never heard of it either. The grandfather was adamant she was wrong, as he was older.

He then went above the teacher and spoke to her line manager whose statement was, "My team are well qualified teachers, they are correct. We will happily teach you if you wish also". The father declined and hung up.

The point being because my colleague was young, she must be wrong compared to someone who has been around a lot longer. Instead of looking at how she got to the position of being a qualified School Teacher. He could not accept there are things even he did not know.

As much as I hate to admit it, this also happens in Tang Soo Do.

To explain, I would like to share 2 events. First an event that stuck with me throughout my time as a Dan grade then a more recent event as a KoDanJa.

I was a ChoDan, aged 11. I was asked by my first Instructor, Mr. Steve Egan to teach a 7th Gup adult Pyung Ahn Cho Dan. I admit I found it difficult to relate to adults so taught by demonstration rather than verbal tuition. I would go into more detail once they had been through the form.

This 7th Gup felt differently, as there was roughly a 20-year age gap, he did not want to learn from me because I was so young. I did ask him if he thought Mr. Egan would ask me to teach him if I could not do it? He replied he would not entertain my questions or my tuition; he wanted to learn from an adult.

Mr. Egan overheard our conversation and noticed I had yet to start teaching, upon asking why, the 7th Gup openly admitted his problem; he asked, "What can I learn from a kid?" The solution was simple, put him in the sparring ring with me so I can show him. From my Chi Hap to the end of the match I had to demonstrate the skills Mr. Egan taught me to beat him and teach a valuable

lesson of humility to us both. From here I learnt that whilst my age would be beneficial in terms of having the ability to demonstrate, it was also a hindrance resting on other people allowing themselves to be taught by someone younger. They had to be humble enough to allow me to teach, but I had to be humble enough to appreciate their willingness, as I should not demand to be respected, I had to earn it the hard way.

Recently an event occurred that brought back memories of this event. A prospective student called wishing to take our trial class. When she arrived at the DoJang she immediately dismissed that I was the Instructor stating "Your not Master Preston are you, can you tell me where he is?" my immediate response was "what tells you I am not him?" Following my reply she immediately made the correct conclusion and attempted to continue our previous conversation from the phone whilst her body language was "he's too young" and felt embarrassed by her initial assumption. I must say at this point I did not put this person in the ring! Times have changed and it is no longer appropriate. Needless to say this person never returned.

Whilst 20 years ago I had to fight people to deliver the message, my maturity and experience now allows me to communicate the message in a manner I could not previously.

My approach in terms of the message remains the same, look at the person's time in Tang Soo Do compared to yours, not at the time spent alive.

Age does play a role in being able to demonstrate most techniques to the level students require to make progress. As does having the willingness to be taught by someone younger than you. Support is needed for all to carry this message.

Young YuDanJa; make sure you are watching your KoDanJa carefully today as tomorrow we may not be so able to demonstrate. This is when it will be your turn to show others how to perform. Your Tang Soo Do age will need to show for itself, regardless of your chronological age. Appreciate the patience and humility it would take for an adult to be willing to learn from you. Earn the respect you get and honour the respect shown by your juniors by excelling further.

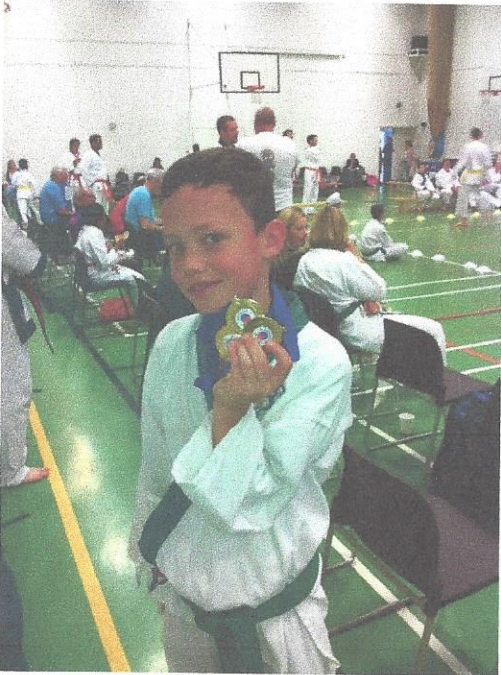
YuGupJa; do not assume that your young YuDanJa are incapable of showing you a Hyung or technique because of their age. Be fortunate you have someone who can, and will, show you.

Spot Light

Student Focus

Your opportunity to meet some of the students from the regional Tang Soo Do Do Jangs!

This month's interview:-



Hi. What's your name? Kyle Tuffin

How old are you Kyle? 10 years.

Where do you study Tang Soo Do? Rugby. With Master Dove. I normally try to attend class on Wednesday and Friday evenings.

What's your grade? 6th Gup

How long have you been studying? Nearly 2 years now.

Good going. What's your favourite part of the lesson? Sparring. Master Preston's Summer Camp was epic too!

Cool. And your least favourite part of the lesson? Block and Punch combinations, so easy to get confused. *I can understand that!*

Favourite kick? Ee dan yup cha gi, especially when we practice by jumping over people.

And what's your best Tang Soo Do achievement do you feel? Getting gold medals in Sparring, Forms and Board breaking at the 2014 Essex Championships.

Wow, quite an achievement. Reckon you'll be up for more medals at the 7th BTSDF invitational Championships in November? I'll certainly try!

Plans for the rest of the year? Get my 11+ passed!

Fantastic, good luck with that! Football Club? Tottenham. **Hmm.. No comment. Transformers or Ninja Turtles?** Transformers!

Thank you Kyle! Tang Soo!! Tang Sool!