

THE NEWS

WTSDA REGION 8 NEWSLETTER

SAVE THE DATE!

October 24-25

Regional Championship

November 22

Combined Leadership class and lunch

November 23

Instructor's class and lunch

November 30

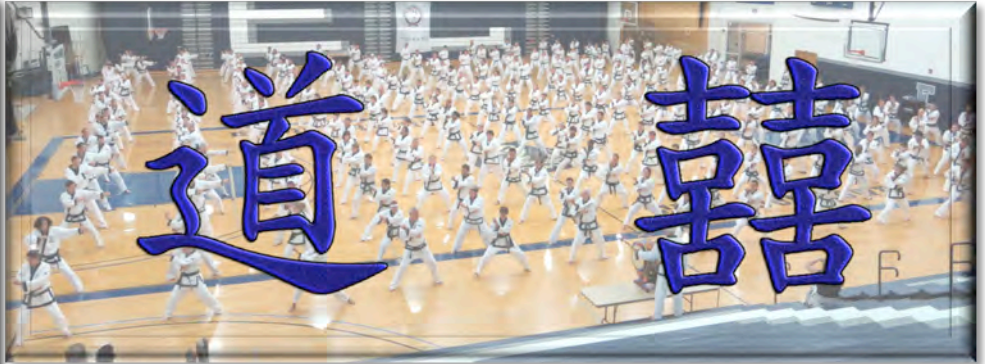
Sam Dan Evaluation (by invitation only)

January 25

Instructor's class

To be determined

Winter Classic Championship



THE FRONT PAGE

Cool, crisp nights, beautiful fall foliage, children back in school –

Fall has definitely arrived! It's time to start unpacking all of our heavier clothes and get out our favorite sweatshirts. Before you know it, the Region 8 Championship will be here and you'll have the opportunity to get a new favorite sweatshirt. A few reminders concerning the Region 8 Championship in October:

1. Grandmaster Beaudoin will be there.
2. Competitors must compete in official dobokh (no half belts or black pants); no jewelry; protective gear is required for sparring; no 'live' weapons; and the "No Contact" rule will be enforced.
3. Youth Black Belts will be competing on Saturday morning.
4. Practice for Saturday's Promotion Ceremony

will be held immediately after the competition is complete on Friday night with Master Fisher and Master Black.
5. ALL promotions will take place Saturday morning.
6. The Judging assignments (including the scorekeepers and timekeepers) will be distributed to all instructors approximately 1 week before the Championship - so check with them to see if you have any duties. If you are unable to fulfill your duties, email Master Arteca as soon as possible at rna@psu.edu.

As the last major event of the year, you don't want to miss it! Even if you are not registered to compete, it will be a great weekend to support your fellow Tang Soo Do brothers and sisters. Come out to see the creativities, competition and promotions that everyone worked so hard to achieve. It's going to be a great weekend.



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2014 WORLD CHAMPIONSHIP

On July 18 – 19, the WTSDA World Championship was held in Greensboro, NC. Region 8 was well represented among the attendees and competitors. Among the seven WTSDA Hall of Fame recipients, four were from Region 8 - Master Frank Fattori (Master of the Year), Ms. Katrina Fausnacht (Community Service of the Year), Mr. C. Donald Weinburg (Humanitarian of the Year) and Vaughn's Dojang (Studio of the Year). Special congratulations to Ms. Marianne Donaghue (KMAI) for Senior Female Gup Grand Champion, Ms. Dao Ho (KMAI) for Youth Female Gup Grand Champion and Ms. Samantha Convento (Castelli's Shin Karate) for Adult Female Dan Grand Champion! And of course a first place creativity by East Coast Karate Institute! Grandmaster William Strong was promoted to Pal Dan along with several of Region 8's Masters including Steven Chambliss, Charles Vaughn, Vance Britt and John Godwin to Chil Dan (7th); Dennis DiMarco, George Conrad and John Gallagher to Yuk Dan (6th); Frank Fattori and E. Watters to Oh Dan (5th).

On Sunday morning, Grandmaster Shin's Meditation Garden was dedicated. Two lion statues guard the gates of the garden. Upon entering the Meditation Garden is a bronze statue of Grandmaster Shin sculpted by Ms. Cathy Hopkins, Center City Karate. A granite monument containing Grandmaster Shin's ashes, a labyrinth and a pagoda are features of the garden that make it a perfect place to reflect. If you are ever in the Burlington, NC area, be sure to stop by and visit WTSDA Headquarters and the Meditation Garden.



JUDGES' TRAINING



Twice a year Region 8 holds a Championship and the amount of preparation needed to have a successful event can be overwhelming. Among the items to prepare are the venue set-up, hotel accommodations, scheduling, ring assignments, set-up, and the list goes on. One area of the Championship that actually begins years before a Championship is the certification of judges. Since judges can make or break any championship experience, Grandmaster Shin felt that a program was necessary so there would be consistent and fair judging at all Championships across the Association.

In 2002, Grandmaster Shin established a Rules and Judge Committee to address tournament judging issues. This program is responsible for certification of all judges and to clarify any questions concerning the rules of competition in the WTSDA.

So, who can be a judge? Judges need to be a black belt, at least 16 years old and be a member of the WTSDA in good standings. The certification process begins with the Corner Judges. To be certified as a Corner Judge, both practical and written tests are administered to demonstrate their knowledge and applications of the rules in all areas of competition. Once a Corner Judge has enough experience in the ring, they are eligible to test for Regional Center Judge. At this level, Judges must demonstrate their ability to control the ring with authority and application of the rules. The practical portion for Regional Center is very demanding and only those able to meet the vigorous demands are certified. After gaining experience as a Regional Center Judge, the next level is International Center Judge. One of the requirements for being an International Center Judge is judging at a World Championship. As you can see, becoming a Judge is not something that happens in a few months. In fact, being a certified International Center Judge is one of the requirements for Sah Dan testing. Judging certifications are held throughout the year, check the Region 8 website or Facebook for announcements if you are interested in being part of the team. A training program is currently under development for scorekeepers and timekeepers that will be open to gup or dan members at least 13 years old.

One area of competition that is often debated and the topic of some heated discussions is sparring and the amount of contact that is allowed. In Tang Soo Do training, sparring is not the same as street fighting, MMA, 'anything goes' matches or other contest that involves bodily contact. An important characteristic of WTSDA sparring is that no bodily contact is required to score points. The reason for this is twofold, first is safety reasons and second, it is more demanding to demonstrate and control non-contact techniques. This is reflected in the 2011 Championship rulebook "No Contact means no contact to the body no matter the severity. A light touch to the uniform does not constitute contact. Points can be scored for a controlled light touch to the surface of the uniform, not the body, of a valid target area described in the rulebook."

The 2014 Fall Championship will soon be here. As you are competing or watching the competitions remember that the judges are trained and must follow the rules. Many have years of experience and their duty is to provide a safe and fair competition for everyone.

Tang Soo!
Master Rich Arteca
Chair of the WTSDA Judging Committee
Region 8 Judging Coordinator

NEVER GIVE UP

The Winter Championship at Twin Valley was the second tournament in which I have competed since my return to Tang Soo Do last year. During the previous tournament, I had lost my nerve three times while performing my form, and was completely overwhelmed by my opponent's abilities in sparring. As a result, I entered the Winter Championship with some very clear goals in mind for self-improvement.

Controlling my anxiety in front of the crowd was easily the most difficult aspect of competing in the Winter Championship. At the previous tournament, the anxiety alone was enough to rob me of my ability to focus, which I needed to perform at my best. Like before, I struggled to even work up the nerve to practice my form while I was waiting for my division to be called to a ring. Eventually, about an hour before my division was called up, Professor Weinberg advised that I should start stretching and practicing my form. I already knew that I should have been doing that, but hearing it from someone else gave me the push I needed to get up and try. With time, the anxiety faded enough for me to be able to complete the form to my standards. When it was time to compete, I found that, when combined with the pep talk that I was giving myself in my head, the time I spent practicing was a key factor in my ability to control my anxiety, and complete my form without any issues.

When we moved on to sparring, I made sure to keep a few things in mind, which I had learned both in the previous tournament and in class. I wanted to make sure I remembered to protect my head. It seems like it should be obvious; however, even if the kick seems to be nowhere near me, making no attempt to block or evade would give my opponent a point. The other thing I made sure to remember was that step-behind side kick and step-in-front roundhouse kick are very useful for quickly attacking at long range. Unfortunately, I found that my strategy of rushing my opponent to try to force an opening was not very effective after my opponent scored two points against me while defending everything I threw at him. While I could duck under his crescent kicks all day, I still left myself open whenever I tried to counterattack.

In the previous tournament, my failure to adapt ensured my defeat. I had failed to score even one point. I wanted to make sure I did not repeat my mistake. I decided to go with a more defensive strategy; however, I wanted to make sure I did not give away my intentions right away. My plan was to rush only the first attack, and then back away and wait for him to attack. By attacking, he would give me an opening. I would simply have to put all of my concentration into watching him closely to find out where that opening would be, and how I would go for it without dropping my own defense.

Just like the last two rounds, my opening move failed to connect. As planned, I backed off, and watched closely. I was exhausted at that point. I had wasted too much energy on a strategy that was not working. I realized that even if my new strategy was successful, I did not have enough energy to reliably pull it off three times in a row. I never planned to defeat my opponent, anyway. My goal was to do better than I did last time, which meant finding a way to adapt so that I might score at least one point, and I only had one chance left to do it. My determination heightened my focus so much that time seemed to slow down as I watched and waited for my opponent to make a move. After what felt like a couple minutes had passed, my opponent relaxed his arms a bit. It was barely noticeable. I am not sure if he even noticed it. When this happened, he left a small gap in his block. I somehow just felt that he might have abandoned some of his defense while trying to find an opening, and I knew that hesitating would cause my strategy to backfire. With that, I threaded a diagonal kick through his block in an instant, and scored a point. At that point, I was satisfied; however, I continued to push hard, because giving it anything less than my best just would not be right. My opponent quickly scored his third point right after that. Despite my results, I still felt like a winner, even before I found out that I had placed second in forms and third in sparring. With the combined force of the support I received from the people at Vaughn's Dojang and sheer determination, I managed to calm myself down, maintain my focus, and even adapt my sparring strategy. I still have room to improve.



*Submitted by,
Dwayne Gable
Vaughn's Dojangs*

REGION 8 STUDIO PROFILE

BETHLEHEM MARTIAL ARTS ACADEMY



Bethlehem Martial Arts Academy has been in operation since 1987. First, the school operated as a program affiliated with the Bethlehem YMCA. Then, in order to provide more training time for the students and attract more people to Tang Soo Do, the school moved to its current location in 2004, renting commercial space in an old textile mill.

The school emphasizes the rigorous physical training for which Tang Soo Do is famous. But also, the students of Bethlehem Martial Arts Academy are encouraged to live the example of well-rounded martial artists like the Hwarang Dan and develop themselves mentally, intellectually, and spiritually.

Besides the weekly training sessions, students at Bethlehem Martial Arts Academy are afforded the opportunity to train in special training sessions at various times of the year. One of the widely attended sessions is the special "1000 Kick Night" class. In this the class instructor follows a script which has the students completing anywhere from 1,200 to 1,400 kicks in 45 minutes. Needless to say, that is an intensely rigorous workout. This workout is usually reserved for nights prior to holiday closings, for example, before Thanksgiving, Christmas and Easter.

Another of the special training sessions held by Bethlehem Martial Arts Academy is the yearly, New Year's Training session. This has occurred for over 20 years and involves outdoor training in the dead of winter. Typically, instructors and students meet in a park in Bethlehem and, after a 20-minute session of meditation, complete a traditional Tang Soo Do class involving basic hands and kick techniques, forms, and one-step sparring or self-defense techniques. This class is an all-weather event and has been held in rain, snow, biting cold, and beautifully sunny winter's days. The class ends with the students entering into a near-by river, splashing themselves with the icy water in order to steel minds, bodies, and spirits for the coming year. Interestingly, these special training sessions, as challenging and uncomfortable as they may be, are usually the most widely attended classes of the year. That speaks volumes to the indomitable spirit of the students of Bethlehem Martial Arts Academy.

This spirit is also demonstrated in the leadership and service roles to which Bethlehem Martial Arts Academy Dan members have dedicated themselves throughout the years. Bethlehem Martial Arts Academy black belts have regularly attended and been active participants in the Region 8 Tournaments as time/scorekeepers and judges, conductors and panel members at black belt tests, and been recognized as students and instructors of the year in Region 8.

The instructors at the school include Mr. Jim Horwath 4th Dan, Mr. Ian Glickman 4th Dan, Mr. Dave Cuddy 3rd Dan and Master John Gallagher 6th Dan.

*Tang Soo!
Master John Gallagher*





MESSAGE FROM THE DIRECTOR

"When I let go of what I am, I become what I might be". – Lao Tzu

For me, this quote speaks to being stuck in the past; wanting to be safe, believing you are now all you are going to be. It is true that we are the product of all we have experienced in our lives thus far. Only with courage, a future vision and optimism can we move forward and become more than what we are today. Believe in yourself, challenge yourself, have no fear! Tang Soo!

TANG SOO DO KNOWLEDGE

Masters and instructors of Region 8 are well known for freely sharing their knowledge. They can be found devoting a weekend or two at our annual Dan camps, visiting other studios and regions for special classes, instructing the Leadership classes and so much more. Master Robinson and Master Gordon have found another way to share their Tang Soo Do knowledge – they wrote books! The following is a review to those books. Enjoy!



"S.M.A.R.T. SELF-DEFENSE" - MASTER KEVIN ROBINSON

Thankfully I have never been in a situation where I have had to defend myself or a loved one; however, if such an occasion were to arise, I would be grateful that I read "S.M.A.R.T Self-Defense" by Master Kevin Robinson. This quick-read manual on self-defense covers not only the physical aspects of self-protection, but also the mental and emotional aspects as well. Master Robinson takes a practical approach, but gives a personal touch.

S.M.A.R.T stands for "Strategic Martial Arts Reality Training"-- and Master Robinson keeps it "real" in this book. He uses a no-nonsense approach to convey simple and realistic defense techniques and avoids fancy or complex skills. The reader is led through all aspects of self-defense from statistics to profiling an attacker and learning their "lures" to practical and basic technique application. The book is written in a manner that is beneficial to both the lay-public as well as an advanced martial arts practitioner.

The last portion of the book is a series of photos depicting techniques that are practical and simple for any individual to use. Master Robinson explains the proper striking zones in which to use the various techniques as well as their most effective targets. The pictures are easy to follow and understand and provide a wonderful reference that you can consult over and over again.

If you are looking for a fast, yet thorough read on the topic of self-defense, don't look any farther. I know I have personally used Master Robinson's "S.M.A.R.T Self-Defense" as my sole resource when teaching self-protection seminars. You will not be disappointed with this book and you will certainly learn something that may save your life or that of a loved one.

*Erin Watson
Kaizen Karate*



"NON-VERBAL BEHAVIOR IN THE MARTIAL ARTS" – MASTER NATE GORDON

George Bernard Shaw states "The single biggest problem in communication is the illusion that it has taken place." Well, Master Nate Gordon teaches us that communication is actually taking place all the time (whether we know it or not!) in this book. This brief and enjoyable book opens the eyes of the reader to the 93% of interaction that isn't spoken at all.

Master Gordon first explains that non-verbal communication is not a new concept, but rather has been used as long as our species has existed. He then carefully and clearly explains the basics of non-verbal communication using illustrations and language that any reader can understand and appreciate. Master Gordon supplements his thoughtful explanations with bursts of witty personal anecdotes and recountings, making the read a delight.

After we have been introduced to the concept of non-verbal communication and its physiology, Master Gordon teaches us how we can apply this knowledge to the martial arts. First, the reader is given tips about how to use non-verbal communication when speaking with a student and their family as well as how to understand their non-verbal behaviors. This understanding can be very beneficial when trying to sign up a new student or teach a student in class. The book then goes on to explain how a competitor can interpret their judges' non-verbal communication during a tournament. Finally, Master Gordon gives amazing insight into how non-verbal behavior can be used to our advantage in sparring competition. Imagine being able to know your opposition's next attack before they attempt it!!-- Master Gordon explains how this is possible.

The last portion of Master Gordon's book alerts the reader to those non-verbal behaviors that signal aggression or danger. He lists and gives a pictorial representation of various pre-attack warning signs. Master Gordon teaches the readers how to recognize threatening non-verbal behaviors, allowing us to avoid or diffuse a confrontation before it can escalate. We can't all be a Master of non-verbal communication like Master Gordon, however, by reading this book we can appreciate how importance of non-verbal behaviors. Moreover, we can learn how to apply our understanding of non-verbal communication in in our martial arts careers as well as our everyday lives.

*Erin Watson
Kaizen Karate*

MASTER SPOTLIGHT

*M*aster Kevin Robinson is the owner and Chief Instructor of Robinson's Martial Arts Institute in Tunkhannock, PA. Master Robinson has been training for over 38 years. Master Robinson received his Master rank in 1994 and was promoted to Yuk Dan in 2010. Practical self-defense is Master Robinson's expertise and his sessions are among the most popular at Dan clinics. In fact, the topic for his Master's thesis was on self-defense that has been published in the book entitled "*S.M.A.R.T Self-Defense.*" Master Robinson is currently in charge of the WTSDA Security Committee. In his spare time, Master Robinson studies and researches martial arts history, yoga, nutrition and alternative medicine.



Fun Fact - In the 70s and 80s, Master Robinson was one of the top roller skaters in northeastern PA and was asked to represent PA in national competitions. He declined because it would take too much time away from his first love Tang Soo Do.

KID'S KORNER

How many changes can you find?



A3 - Cat is present. A3 - Logo on backpack is missing. A3 - Red backpack is now purple. B5 - Water bottle is now a Pepsi. B2 - One stripe from instructor patch is missing. C2 - Um and yang is upside down. C2 - WTSDA patch missing some parts. D2 - Pretty blue earring. D3 - rose on headband. D4 - Stripes removed and blacker black belt. D4 - Skin Karate logo is now orange. E4 - One of the stripes on belt removed. F3 - Colored stripes in hair. F1 - 600 is now 800. F3 - extra net.

WTSDA REGION 8 OFFICIAL NEWSLETTER
REGIONAL DIRECTOR - Master Frank Fattori
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Website - <http://wtsdaregion8.com>

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