

South Hills Karate Academy NEWSLETTER

SHKA News
Vol. II
December,
2009

Random Thoughts

Master Gene Garbowsky



Happy Holidays!

I wanted to take the time to wish all of our students and parents all the best during the Holiday Season. From my family to yours, may you and your families have a very Merry Christmas and Happy New Year!

Master Gene Garbowsky

Speaking of the New Year, now is the time when people start to look at setting goals and improving themselves during the upcoming year.

Goal setting is the key to success; it serves as your road-map to your martial arts, fitness and personal goals. Goal setting is not easy, but can be learned. If done properly it can help you reach new personal goals or get back into training at the dojang if you have been absent from class for a while.

One thing is certain and that is your goals will only mean something to you if they are yours and you take ownership of them. As an example, I remind students all of the time that they need to be consistent in their training and class attendance. In reality, many aren't consistent and don't achieve their full potential in Tang Soo Do. The goal for regular class must be yours. For your goals to truly encourage you, they must not only be specific, but that must also be realistic. A goal that is unrealistic such as being able to do a five board jumping kick break without the proper training will only frustrate you and lead to failure.

That's not to say that you shouldn't aim high because remember that we are motivated by goals that are just a little beyond our reach. Just start off with easily attainable goals like the example of regular class attendance and don't let excuses get in the way!

Now to the hard part. Find a nice quiet place to sit down

and do some serious soul searching. Some meditation might help to! Use the technique of going to the "lake" that Grandmaster Ah Po taught all of us recently. Write down not only your personal achievement goals but also goals for your Tang Soo Do training and personal fitness level. Training in Tang Soo Do at least three days per week is an excellent goal. The more you put into something, the more you get out of it!

If you want to be able to spar like some of our seniors in class it is going to take not only hard work but hours hitting the dojang and practicing free sparring techniques with other students before class, during class and after class! On the other hand if you want to be more proficient in your hyung, than this is something that you may be able to do at home in addition to regular class attendance.

Additionally, take a look at your nutrition as nutrition plays a key part to overall athletic performance. Maybe your goal may be to eliminate one or two things from your diet that are unhealthy such as junk food.

Now get too it! Start setting your goals now!

Karen Garbowsky set the goal of competing in a women's figure competition and achieving her Mid-night Blue Belt (Black Belt) in 2009 and achieved both! What do you want to achieve in 2010?

Pictures taken from SHKA's 2nd Dan Classing Shim Sa (Oct. 2009) and OCB Women's Figure Competition (May 2009)



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Notes, Announcement and Recent Events

Master Gene Garbowsky

3rd Annual Tang Soo Do Fall Training in Pittsburgh October 16 - 17, 2009

Pittsburgh, PA, October 16th through October 17th – Kwan Jang Nim Andy Ah Po founder of the Tang Soo Do Martial Way Association, traveled to Pittsburgh to conduct his annual Fall Training Sessions for senior members of the Tang Soo Do Martial Way Association along with students of South Hills Karate Academy. As with Kwan Jang Nim Ah Po's past events in Pittsburgh he was accompanied Sa Bom Nim Stephen Propst, 7th Dan from Yuba Sutter California.



Master Garbowsky and Master Watson Demonstrate Sam Soo Shik Deh Ryun

This year marked a special year for Master Gene Garbowsky, head instructor of South Hills Karate Academy, since not only did Kwan Jang Nim Ah Po conduct three special training sessions, but this year he conducted South Hills Karate Academy's 2nd Dan Classing Examination. In addition to Sa Bom Nim Stephen Propst and Sa Bom Nim Gene Garbowsky, other Tang Soo Do Martial Way Association Masters and Instructors also made the trip to Pittsburgh. This included Sa Bom Nim John Ennis from the United Tang Soo Do Alliance, Sa Bom Nim Constantino Terrigno, from Two Dragons Tang Soo Do, Master Kevin Watson, 7th Dan Shito-Ryu Karate-do and traveling all the way from England were Master John Dove, 5th Dan Tang Soo Do and Masters Adam and Simon Preston. Master Dove and Masters Simon and Adam Preston are members of the British Tang Soo Do Federation.

Friday evening, all of the visiting Ko Dan Ja, Master Gar-

bowsky and the Gup students of South Hills Karate Academy received first hand instruction on the Sam Soo Shik Deh Ryun techniques that are unique to Grandmaster Ah Po and the Tang Soo Do Martial Way Association. Kwan Jang Nim Ah Po emphasized that the Sam Soo Shik Deh Ryun contained in his Tang Soo Do Martial Way curriculum provide a bridge between Ill Soo Shik Deh Ryun and Ja Yu Deh Ryun (free sparring).



Ee-Dan Candidate Chuck Durney and Cho Dan Candidate Dan Wilson Practice During Friday's Clinic

Saturday morning October 16th, South Hills Karate Academy held its 2nd Dan Classing Examination. Twelve students from South Hills Karate Academy tested for Cho Dan and two for Ee Dan in front of the watchful eyes of Kwan Jang Nim Ah Po and Sa Bom Nim Propst. Cho-Dan Candidates included; Eric Garbowsky, Karen Garbowsky, Cody Vickless, Denny Pruni, Dylan Pruni, Brian Maxwell, Eric Irsen, Rachel Diffendal, Dan Wilson, David Hafer, Jeff Weir and Cody Durney. Ee-Dan Candidates included; Mrs. Christie Wilson and Mr. Chuck Durney.



Cho-Dan Candidate Eric Garbowsky Demonstrates Kyuk Pa

Saturday also saw Sa Bom Nim Constantino Terrigno complete his testing for O-Dan in front of Kwan Jang Nim Ah Po. Master Terrigno performed Seisan Hyung in an incredible fashion. He also demonstrated unique Ill Soo Shik Deh Ryun and Tando (knife) self-defense techniques. Master Adam Preston from the British Tang Soo Do Federation assisted Master Terrigno during his demonstration. That same evening Kwan Jang Nim Ah Po instructed a Ko Dan Ja and Yu Dan Ja training session on the Traditional Hyung of Tang Soo Do. Kwan Jang Nim concentrated on the use of Ho Hup and timing within the Hyung. Kwan Jang Nim Ah Po was careful to point out the techniques in



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Grandmaster Ah Po Presents
Sa Bom Nim Terrigno O-Dan
Rank

the Traditional Hyung that are unique to the Tang Soo Do system and the variations that are uniquely Soo Bahk Ki techniques. Additionally, what made this opportunity unique was the fact that all of South Hill's Karate Academy Dan Candidates were given an opportunity to witness the performance of the Traditional Hyung by the Ko Dan Ja in attendance.

The weekend ended with South Hills Karate Academy's Annual Banquet. There were over 70 attendees from South Hills Karate Academy along with other distinguished guests. It was at this time Sa Bom Nim Constantino Terrigno from Two Dragons and a direct student of Grandmaster Ah Po was made aware of his promotion to O-Dan. Kwan Jang Nim Ah Po presented Master Terrigno with his rank certificate at the conclusion of the evening. Congratulations to Master Terrigno!

South Hills Karate Academy's 2nd Dan Classing Examination



Back Row: Masters, C. Terrigno, A. Preston, S. Preston, J. Dove, Kwan Jang Nim Ah Po, S. Propst, J. Ennis, K. Watson, G. Garbowski **2nd Row:** J. Weir, R. Diffendal, K. Garbowski, B. Maxwell, C. Durney, D. Wilson, C. Wilson, D. Hafer **Kneeling:** C. Durney, E. Garbowski, D. Pruni, C. Vickless, E. Irson, D. Pruni

SHKA's 16th Shim Sa Promotion November, 2009

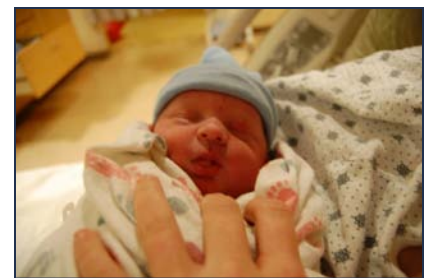
Congratulations to all students who tested and past their testing during *South Hills Karate Academy's 16th Shim Sa*.

Student Name	New Rank	Student Name	New Rank
Benjamin Diffendal	2nd Pre-Test	Braden Sadler	8th Gup
Stephen Harroun	1st Gup	Christine Taylor	8th Gup
Mary Reiland	1st Gup	James McGill	8th Gup
Ritwik Gupta	1st Gup	Kyna McGill	8th Gup
Sumanyu Gupta	1st Gup	Nicholas Zoder	8th Gup
Arthur Rhone	1st Gup	Christian Tamborino	8th Gup
Chris Marini	4th Gup	Josh Manning	8th Gup
Kevin Fedorchak	4th Gup	Natasha Yanief	9th Gup
Perry Sisley	4th Gup	Dawn Tamborino	9th Gup
Cody Potts	4th Gup	James Wise	9th Gup
Zach Bacon	5th Gup	Tom Alvord	9th Gup
Justin Marsteller	5th Gup	Bill Bankert	9th Gup
Vishrut Naik	5th Gup	Robert Wellons	9th Gup
Erin Leonard	6th Gup	Theresa Hall	9th Gup
Kaleb Sadler	6th Gup	Molly Stefl	9th Gup
Richard Diffendal	7th Gup	Adam Stefl, Sr.	9th Gup
Jeffery Natter	7th Gup	Adam Stefl, Jr.	9th Gup
Andy Harsh	7th Gup	Bret Nowowiejski	9th Gup
Christopher Powers	7th Gup	Scott Cicero	9th Gup
Brett Powers	7th Gup	Mark Cicero	9th Gup
Tommy Cox	7th Gup	Dylan Stokes	9th Gup
Alex Bowyer	7th Gup	Shawn Reese	9th Gup
Bruno Maietta	8th Gup	Madison Murphy	9th Gup

New Addition to South Hills Karate Academy! Congratulations to Zach and Erin Bacon!

Zach and Erin Bacon welcomed Jude Stanley Bacon to the world on December 2, 2009.

Jude Stanley Bacon
6 lbs 14oz
20.5 in
Born at 9:57 a.m. December 2, 2009



Mom and baby are doing fine! Congratulations are in order for Zach, Erin and Jude!



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This Is Your News Letter!

Master Garbowsky is looking for students to write and submit articles! Is there something that you are thinking about writing?

SHKA's 17th Shim Sa Announcement

I am happy that South Hills Karate Academy's 17th Gup Shim Sa (testing) will take place on Saturday January 23rd at the RT 51 location. We are planning a 9:00AM start time. **The testing list will be posted shortly and will be based on class attendance and individual progression.**

In conjunction with SHKA's 17th Shim Sa we will hold a "Reality Based" Self-defense clinic. See announcement below.

Reality Based Self-Defense Clinic

Following SHKA's 17th Shim Sa, South Hills Karate Academy will host Master Zac Szabo. Master Szabo a 4th Dan in Tang Soo Do is a reality based Self-defense expert. Master Szabo will conduct a "Reality Based Self-defense" clinic and training session.

This **two hour long Self-Defense** training clinic will be open to not only students of South Hills Karate Academy, but also **anyone interested** in personal self-protection including friends and family and persons without any prior martial arts experience!



4th Degree Black Belt and Reality Based Self-defense Expert Master Zac Szabo

About Master Zak Szabo:

*Master Szabo is a tournament champion and has been on the Technical Advisory Committee for the International Tang Soo Do Federation. He has taught fellow Masters and Instructors around the world, military personnel, police forces, as well as men, women and children in the Pittsburgh area since 1992. He is also a published writer with cover stories featured in **Black Belt Magazine** and **Tae Kwon Do Times** and other various martial art publications. He is also a radio personality in Pittsburgh where he is featured on Q 92.9*

More Information to Come!

2009 Holiday Class Schedule

Rt 51 and Elizabeth Locations

South Hills Karate Academy Schools will be closed the following days:

- Closed: December 23rd -26th for Christmas Break
 - Classes Resume on Monday December 28th
- Closed::December 31st -Jan 1st for New Years
 - Classes Resume on Saturday Jan 2nd

Enjoy The Holiday Season!

Traditional Hyung of Tang Soo Do

Master Gene Garbowsky

At the heart of Tang Soo Do is hyung (Korean) or forms. It must be the foundation of training in Tang Soo Do. The hyung that we practice in Tang Soo Do allows us to share techniques and traditions with many famous Tang Soo Do stylists of the past and present. We can trace this history back hundreds of years to our forms Okinawan roots. Many Martial Artists have used these hyung as method of obtaining the Way (Do Korean/Japanese / Tao Chinese).

Each hyung represents an archived library of effective self-defense techniques. Often the application of each move within hyung is not well understood within many Korean do-jangs unless the effort has been made to study the origins and history of the form. One should strive to

understand and practice at least one bun hae (bunkai Japanese) motion for each action in a hyung. Most of the original applications do not involve the basic kicks and punches, which are often given as an interpretation, but rather grabs, breaks, pressure points and close in fighting. The elaborate nature of these actions (symbolized by individual hyung motions) are challenging even for Dan (black belts) ranks to know, practice and execute proficiently. Once a bun hae is understood it should be drilled with partners, like we often practice free sparring and Ill Soo Shik (one step sparring) combinations at high speed, and in repetition. Many Ill Soo Shik practiced at South Hills Karate Academy already utilize bun hae from the hyung.



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The "Um-Yang" (Yin-Yang Chinese) nature in hyung is noted in such opposites as fast/slow, hard/soft & still/movement. For example, at the end of given combination in hyung one should pause before moving to the next direction to create a separation of events (i.e. often hyung are hurried, and students do not pause long enough before changing directions – the pause creates the moment and contrast to movement and speed. You will notice more advanced practitioners perform hyung in this manner.



Hyung demands techniques executed with precision and power. It trains the body to strike from different stances and different angles, as in fighting or self-defense scenarios. Hyung trains one to move quickly, to use precise and stable stances for the execution of solid techniques. Without this ability one will be unable to control an opponent during battle. Furthermore, if one cannot execute precise and powerful technique in hyung, it will definitely not happen in the heat and chaos of having to defend one's self. As students advance, hyung must begin to feel natural as if becoming "one" with the movements.

Finally it is important to understand the characteristic of the hyung being practiced. There are three styles of martial arts that each hyung individual will be characterized by. These are:

1. **We Ga Ryu (外家流) or hard external style**
2. **Ne Ga Ryu (内家流) or soft internal style**
3. **Choong Ga Ryu (中家流) combination style or both hard and soft style**

Important Points in Practicing Hyung

1. Each hyung needs to be practiced in the fixed order.
2. Each movement needs to be understood and practiced diligently. The movement must be made correctly. The real application of each bunhae must be drilled.
3. The speed of each hyung needs to be regarded. Some are fast and some are slow and require concentration.
4. The movements must follow a certain rhythm. All movements interconnect. Usually the end of one is the begin-



ning of another movement.

5. While each form has a specific rhythm certain points need to be made regarding execution. These are:
 - ◆ Correct use of power
 - ◆ Use of the huri or waste
 - ◆ Smoothness in relation to speed of execution
 - ◆ Flexibility of the body in relation to expansion and contraction of muscles
 - ◆ Understanding of the use Ho Hope or proper breath control

Points to Improve Learning and Practicing Hyung

1. Do not try all the movements quickly. Each movement requires its own speed and position
2. Lower the hips and assure a solid stance
3. Proper breathing technique. Breath in before the execution and exhale upon execution
4. Move the body as a complete unit
5. Know the connection between hyung and fighting
6. Practice repeatedly

Different Forms of Hyung Practice

1. Slow and relaxed without concentration
2. Fast without concentration
3. Real speed and power as one would use the techniques in combat
4. Slow with contraction of each muscle group to strengthen the body
5. Slow and relaxed with deep breathing as in tai chi
6. Reverse training.
7. Repeating certain sections of a hyung over and over.
8. Practicing hyung with closed eyes.

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Sat: 9:00-1:30PM

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Children's Corner

Master Garbowsky is looking for students to write and submit articles! Eric Garbowsky took it upon himself to write an article about something other than Tang Soo Do. Thank you Eric for submitting an article on the P51 Mustang!

The Fiddler Crab

Eric Garbowsky Cho-Dan Candidate

As part of my school's adopt a pet program I'll be bringing home a male fiddler crab. I am extremely excited and I thought that I would share with you some information about fiddler crabs.



Fiddler crabs are found along sea beaches and brackish inter-tidal mud flats, lagoons and swamps. Like all crabs, fiddler crabs shed their shells as they grow. If they have lost legs or claws during their present growth cycle a new one will be present when they molt. If the large fiddle claw is lost, males will develop one on the opposite side after their next molt. Newly molted crabs are very vulnerable because of their soft shells. They are reclusive and hide until the new shell hardens.

Fiddler crabs live short lives of no more than two years (up to three years in captivity). Fights between males will also occur, which are presumably meant to impress the females; if a male loses his larger claw, the smaller one will begin to grow larger and the lost claw will regenerate into a new (small) claw.

**South Hills Karate Academy
Tang Soo Do Training**



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Item # SHKA-11 in Tang Soo Do Hyoung Vols 2, includes Chil Sul, Ji Sul, Il Sul and Sam Sul, Bessel Sul, Bessel Chul, Han, Hanul Cho Dan, white/black 3000 forms tushwanul Ji Dan, Chiruk and Il Sul \$24.99 each

Item # SHKA-11 in Tang Soo Do Ho Shin Sul, includes all essential techniques from which built up to 1st Dogaoo Black Belt \$24.99 each

This set contains all of the required Combination Techniques and Ill Soo Chik required up to 1st Dogaoo Black Belt

See Master Garbowsky For Details

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Classes With New Instructors

Master Gene Garbowsky

From time to time because of my extensive teaching schedule and appearance at tournaments and other events it is not physically possible for me to teach every single class at both of our locations.

Master Craig Morgan also has recently accepted additional work responsibilities and will only be teaching class once per week at the RT 51 location. Additionally, we will have a number of senior students who will be awarded their Cho-Dan ranking and these students, in order to round out their martial art skills, will be asked from time to time to lead a group class. Also as Cho-Dan member at South Hills Karate Academy it is part of their responsibility to assist me in the proper operation of both South Hills Karate Academy's locations.



With the above in mind, I want to remind everyone that having a different instructor lead a group class is good situation as it can help lower ranked students by providing them with a different perspective and approach to their training in Tang Soo Do. Having an instructor other than me can provide students with:

- A fresh perspective on Tang Soo Do
- Different training methodologies
- A new class environment
- New basics and sparring techniques
- A different order to class
- Someone new to emulate

Some of the seniors who may be taking on additional responsibilities in the schools may include some of the following seniors; Cho-Dans, Mr. Chuck Durney and Mr. Rich Polinski; Cho-Dan Candidates, Mrs. Karen Garbowsky, Mr. Denny Pruni, Mr. Eric Irsen, Mr. Brian Maxwell, Mr. Dan Wilson and Mr. Jeff Weir. I have also asked 1st Gup Ms.

Mary Cayte Reiland to assist specifically with the Children's Classes and 1st Gup Steve Harroun to assist with the teaching of classes on occasion. Please take the time to congratulate these individuals for being awarded an opportunity to instruct on occasion! Other seniors at the school should also be seeking out opportunities where they can assist with classes.



These individuals when leading a group classes should be paid the proper respect and attitude. Classes lead by someone other than me should be no different! In fact students attending these classes should work harder to assure that the class runs smoothly and is no different than when I am instructing. I expect it!

As a reminder the following protocol must be maintained:

After class has been lined up properly, the instructor or highest ranking member will start class by calling the following commands:

Cha Ryut	Attention
Kuk Gi Baray	Salute to the Flags
Baro	Return
Anjo	Sit
Muk Nyum	Meditation and mind preparation
Baro	Return

The highest ranking member in class will then call the class to attention and bow to the instructor.

During class proper respect and discipline must be maintained at all times.

1. If a student comes to class late, he or she will wait at the Dojang entrance until the instructor acknowledges them. They will then approach the instructor, bow, and ask for permission to join class.

Note:

Students should make every attempt possible to arrival early for class. This way, proper respect will be paid to the instructor and there will be sufficient time for warm-up exercises.



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2. **Under no circumstance is a student to leave class without permission.** To do so show will show disrespect to the instructor and the other students. Students must gain the permission of the instructor in order to leave class for any reason. To return, students must stand at attention at the entrance of the Dojang, until welcomed back in by the instructor.

3. Questions to the instructor or senior members should be preceded by a bow. If a student is seated, he or she should raise their hand, and wait to be acknowledged by the instructor.

4. A chain of command should be followed for questions outside of class. If a senior Gup is unable to answer a question, a Dan member should be approached. The Master Instructor should be approached only as a last resort.

5. Members should keep a posture that is conducive to good health, while they are seated on the floor. This means sitting with the legs crossed, back straight, and hands on the knees. Seated members should also pay the utmost attention to seniors who are



performing. A lot can be learned by watching those who are more advanced. Talking while seated is not allowed.

6. Students should never ask their instructor to teach them something new. This is disrespectful. Place trust in your instructor's knowledge and experience.

7. Master Garbowski should always be addressed as Sa Bom Nim. Black Belt (Dan) Members should be addressed as either "sir" or "ma'am". It is also acceptable to address Dan Members with Mr., Miss, Ms. or Mrs., followed by their last name. Instructors from other studios should be called either "Sa Bom Nim" (Master Instructor) or "Kyo Sa Nim" (Instructor Under Master)

8. The instructor may, upon discretion, ask students who do not obey the above class guidelines to remove themselves from class.



Grandmaster Ah Po's

Responsibilities of Students

1. Look with the intent to learn
2. Listen with the intent to learn
3. Record to enable visualization
4. Imitate
5. Practice, practice, practice
6. Develop a higher level of conscious awareness
7. Study, explore, and then create Ryu Pa

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Item# SHKA-02
WKF Strike Glove
\$22.00 each



Item# SHKA-03
Vinyl Kick Boot
\$19.00 each



Item# SHKA-04
Sparring Set
Incl. Shin and Hand
\$40.00 each



Item# SHKA-05
Vinyl Focus Mit
\$15.00 each



Item# SHKA-06
Vinyl Kick Target
\$12.00 each



Item# SHKA-07
SHKA Heavy Weight Uniform, Sizes 000-8
\$75.00 each



Item# SHKA-08
SHKA Gup Uniform, Red or Green
\$70.00 each



Item# SHKA-09
SHKA Flag Set
Incl all Three
\$15.00 each

Clothing and Apparel



Item# SHKA-12
SHKA Performance Jacket, Sizes sm-2XL
Colors Black or Navy
\$60.00 each



Item# SHKA-13
SHKA Ringer
Sizes sm-2XL
\$22.50 each



Item# SHKA-14
SHKA Golf Shirt
Sizes sm-2XL
\$22.50 each



Item# SHKA-15
SHKA Hoddie
Sizes sm-2XL
\$47.50 each



Item# SHKA-17
SHKA TSD Ball Cap
\$21.50 each



Item# SHKA-18
SHKA Confidence T
Sizes sm-2XL
\$24.00 each



Item# SHKA-19
SHKA Womens Tank
Sizes sm-2XL
\$23.00 each



Item# SHKA-16
SHKA TSD Confidence Hoodie
Sizes sm-2XL
\$47.50 each

Media



Item# SHKA-10
Grandmaster Ah Po's Training Videos
Includes Required Combinations 1-10
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Item# SHKA-11
Forms and Ho Shin Sul Training DVDs
Complete Set
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DVD VIDEO QUALITY!

Item # SHKA-11a: Tang Soo Do Hyung Vol#1, includes Hyung Ill Bu, Ee Bu and Sam Bu, Pyong Cho Dan, Ee Dan, Sam Dan, Sa Dan and Oh Dan: **\$24.95 each**

Item # SHKA-11b: Tang Soo Do Hyung Vol#2, includes Chil Sung Ill Lo, Ee Ro and Sam No, Bassai So, Bassai Dai, Naihanchi Cho Dan, with Black Belt forms Naihanchi Ee Dan, Chinto and Sip Soo: **\$24.95 each**

Item # SHKA-11c: Tang Soo Do Ho Shin Sul, includes required self-defense techniques from white belt up to 1st degree black belt: **\$24.95 each**

