



South Hills Karate Academy

1st Dan Testing Championship of Tang Soo Do
and 8th Promotion Testing and Ceremony

Oct. 30th, 2007



*"A Fall Weekend the Tang Soo Do Way
with Grandmaster Andy Ah Po"*

Pittsburgh, PA, October 19th and 20th –

(a version of this article appears at www.tangsoodoworld.com)

Photographs—Ken Eber Photography, www.keneberphotography.com

October 19th and 20th were two special dates for South Hills Karate Academy as Kwan Jang Nim Andy Ah Po founder of the **Tang Soo Do Martial Way Association**, traveled to Pittsburgh, Pennsylvania October 19th to conduct **South Hills Karate Academy's 1st Dan Testing Championship and Gup Shim Sa** held on October 20th, 2007.



In conjunction with South Hills Karate Academy's Dan and Gup Shim Sa, Grandmaster Ah Po, with the help of Master Stephen Propst, conducted two Ko Dan Ja and Yu Dan Ja clinics along with one Gup clinic. Overall, there were over 100 participants. In attendance were high ranking Ko Dan Ja and Yu Dan Ja along with students from local Tang Soo Do

schools in the Pittsburgh area. Those in attendance included members of Master Peter Oien's North American Tang Soo Do Association and Master John Ennis' United Tang Soo Do Association. Also attending from Myrtle Beach, S.C. was Master Kevin Watson. Master Watson a 3rd Dan in Tang Soo Do and now a recently promoted 6th Dan in Shito-Ryu Karate-do summed up the weekend with Grandmaster Ah Po, "Learning and training again with Grandmaster Ah Po reminded me of the beauty and power of Tang Soo Do! It was truly an awesome weekend"

The weekend events kicked off Friday night with Kwan Jang Nim Ah Po teaching a clinic for the Ko Dan Ja and Yu Dan Ja in attendance. The clinic focused on "Understanding the Difference and Significance of the Tang Soo Do Weh Ga Ryu (Hard Style), Neh Ga Ryu (Soft Style) and Choong Ga Ryu (Combination Style)." Grandmaster Ah Po explained that many of today's instructors of Tang Soo Do

focus solely on Weh Ga Ryu and to truly understand the beauty and power of Tang Soo Do, instructors and senior students of Tang Soo Do need to incorporate Neh Ga Ryu into their training. This concept was incorporated into Tang Soo Do's development in the later years with the ultimate goal being to achieve the "Middle Road Style" Choong Ga Ryu. Grandmaster Ah Po drilled those in attendance until he felt comfortable that Na Ga Ryu concepts were grasped.

Saturday's events included South Hills Karate Academy's **1st Dan Testing Championship and Gup Shim Sa**. Grandmaster Ah Po oversaw the testing panel, with Sa Bom Stephen Propst,

Master Kevin Watson, Sa Bom Darin Patterson, Sa Bom Nim and Craig Morgan participating as judges. Mr. Russ Betler helped Sa Bom Nim Garbowski with the execution of the testing.



During the Shim Sa, South Hills Karate Academy's Gup students and Dan Candidates, Charles Durney and Richard Polinski all gave a phenomenal demonstration of Tang Soo Do

Student	New Rank
Chuck Durney	Cho Dan Candidate
Rich Polinski	Cho Dan Candidate
Eric Garbowski	2nd Gup
Cody D. Vickless	3rd Gup
Brian Maxwell	4th Gup
Denny Pruni	4th Gup
Dylan Pruni	4th Gup
Sean Tighe	4th Gup
Eric Irsen	5th Gup
Adia Achtzehn	6th Gup
Eli Achtzehn	6th Gup
Rob Achtzehn	6th Gup
John Gralish	6th Gup
Sean Gralish	6th Gup
Alex Murphy	6th Gup
Howard Murphy	6th Gup
Margarat Panchura	6th Gup
Zachary Elliott	7th Gup
Casey Fedorchak	7th Gup
Gail Freynik	7th Gup
Ritwik Gupta	7th Gup
Sumanyu Gupta	7th Gup
Brendan Ross	7th Gup
Payton Bartek	7th Gup
Jacob Hinish	8th Gup
Christian Hinish	8th Gup
Zac Goldsmith	8th Gup
Samantha Fogel	8th Gup
Nick Tarson	8th Gup
Donna Weir	8th Gup
Patrick Muyawala	8th Gup
Stephen Harroun	8th Gup
Anne-Marie Hinish	9th Gup
Arthur Malenky	9th Gup
Alison Malenky	9th Gup
MacKenzie Malenky	9th Gup
Carina Ocasio	9th Gup
Aliyha Ocasio	9th Gup

(note the results from Chuck Durney's and Rich Polinski's testing will be posted at a later date)



Do techniques including, Hyung, Ill Soo Shik, Ho Sin Sul, Kyok Pa, and Ja Yu Deh Ryun. Kwan Jang Nim Ah Po remarked afterwards, "All students of South Hills Karate Academy gave a great account of themselves during the Shim Sa."



Following the Shim Sa was a Gup level clinic that was geared to both students and instructors of Tang Soo Do. Grandmaster Ah Po reinforced what it takes to learn Tang Soo Do from a student's perspective. He emphasized his "Responsibilities of Students" which included the steps necessary to achieve a higher level of technical perfection in Tang Soo Do. In addition, he taught specialized breathing techniques, Chil Sung Ee Ro Hyung, and the simpler concepts of Neh Ga Ryu training as only he can. Grandmaster Ah Po wowed all in attendance including a huge audience of friends and family. Many remarked that Grandmaster Ah Po was simply awe-inspiring! Everyone was amazed by Kwan Jang Nim Ah Po's humbleness and accessibility.

The weekend capped off with Grandmaster Ah Po again teaching a Ko Dan Ja and Yu Dan Ja clinic that emphasized "Chi Gong" and how to access it during Tang Soo Do practice. Although, each clinic conducted over the weekend could stand alone, those who attend all three clinics were really treated to something special. The final clinic was the culmination of Kwan Jang Nim Ah Po's teaching for the weekend and included a few of the "Chi Gong" demonstrations that has made Grandmaster Ah Po one of the most sought after "Masters of Tang Soo Do!"

I hope this weekend proved to be one that we will not soon forget! Finally, a special thanks goes out to all of those students and Masters who assisted Sa Bom Nim Garbowsky with the entire weekend events! All though everyone helped in some way, Master Garbowsky would like to extend a warm thank you to the following:

- Sa Bom Nim Craig Morgan
- Sa Bom Nim Darrin Patterson
- Mr. Russ Betler
- Chuck Durney
- Rich Polinski
- Denny Pruni
- Dianne Shagi
- Brian Maxwell
- Margarat Panchura
- Eric Irson
- Rob Achtzehn
- Howard Murphy
- John Galish
- Christian Hinish



Finally a special thank you to Mrs. Karen Garbowsky, Eric and Samantha. We all couldn't have had this weekend without your love and support!

