

# SOUTH HILLS KARATE ACADEMY NEWSLETTER

## The Healthy Lifestyle Plan

Part One of a Series

by Master Gene Garbowsky

### Introduction and General Overview:

It is my intention to provide you with a general guideline on Tang Soo Do training, physical fitness activities and diet implementation for weight loss without going into too much scientific detail. If you require more scientific background, I can point you to numerous resources. These guidelines are not intended for medical purposes and should not replace any medical advice given to you by your doctor or medical practitioner. I am by no means a doctor or even a certified nutritionist and do not intend to supersede any advice given by a medical professional.

The Healthy Lifestyle Plan is based on my study of diet and bodybuilding techniques over the past fifteen years. Why did I do this? For the past twenty years I have dedicated a portion of my life to the study of the Korean Martial Art of Tang Soo Do and I have utilized these dieting and physical fitness techniques to accelerate my performance goals in the martial arts. What I can tell you is that this plan will work for just about anyone who is interested in transforming the way their body looks and feels. It is a simple plan that does not require you to count calories, monitor fat, protein, and, carbohydrate intake. I know this plan works! If you follow this guideline as described you can experience weight loss in the range of 10-12 pounds per month with minimal effort. All that is need is a willingness to modify a few eating habits and follow the Tang Soo Do training and fitness recommendations which will be provided in the 2nd installment of this article.

### PART I, The Diet

The most important thing you can do to change the way you look and feel is to change your diet! When people think of diet they immediately believe that you need to be restrictive in your eating or take extreme measures to loss weight. This is incorrect. Diet is simply defined as what you eat. What I intend to do is provide you with a guideline on what foods you should eat, when to eat, and what foods to avoid to promote weight loss and healthy eating.

1. Eat five to six meals a day. Plain and simple; our bodies work better and perform more efficiently when we eat more frequently. Here is an interesting statistic from the Georgia State University: active folks who skimp on calories and eat infrequently (only three times a day) may be training their bodies to get by on less energy and therefore more readily storing unburned calories as bodyfat.

In fact, when you eat more times per day you actually increase your metabolism! Bodybuilders have been eating this way for many years.



Continued on page 2.

## The Healthy Lifestyle Plan

Continued from page 1

2. Combine carbohydrates and protein at every meal. What you do when you match protein and carbohydrates at each meal is stabilizes insulin levels, which leads to steady energy throughout the day. One more benefit: eating protein has been shown to reduce your appetite. So, avoid high-carbohydrate nutrition plans and instead balance your protein and carbohydrate intake. In addition, we will choose foods that have a lower value on the Glycemic Index.

The Glycemic Index (GI) is a classification scheme based on the blood glucose rise after consuming a carbohydrate food. Simply put, the higher the carbohydrates value on the GI index the more blood glucose will rise. This is a bad action to occur for fat lose. When blood glucose rises without an expenditure of energy, the body signals this production of energy to be stored as fat. However, by combining a protein with a carbohydrate you can slow the release of blood glucose because of the necessity for your body to process the protein source with the carbohydrate source.

Foods with a lower rating on the Glycemic Index include:

- Whole oats
- Wheat and wheat breads
- Whole grain rice's and brown rice
- Yams and sweet potatoes
- Beans

3. Maintain Portion Size! You want to eat a portion of protein with a portion of carbohydrates at every meal. What is a portion? Make a fist and look at it. That is a portion. So, you want a portion of protein about the size of your fist and a portion of carbs, about the size of you fist.



4. Keep a Food Log. One of the basic keys to eating healthier and losing weight is to keep a log of what and when you are eating. You need to develop a plan and stick to it! After a period of time you become accustomed to what and when to eat and planning your meals becomes less important and possibly not even necessary unless you become truly in tune to developing your body. Studies have proven that by keeping a log and actually writing down what you plan to eat dramatically affect one's ability to stick to the plan. We will use this concept to its advantage. I can provide you with an easy to use log that you can use to plan what you eat.

5. Hydrate! Another key concept for weight loss is to drink water and lots of it! What you will need to do is to drink approximately 12 (yes 12) 16 ounce glasses of water every day. Do this simply by having two glasses of water with every meal. Water has numerous positive effects in the body and can make a dramatic impact on how you look and feel.

Fluids to Avoid for Weight Loss:

- Juices have to much sugar and carbohydrates
- Milk, even skim
- Alcoholic Beverages
- Soda Pop; even diet sodas
- Kool Aides and Sport Drinks, Gator Aid

What Foods to Eat:

Sounds good so far, but what do I eat? What are proteins and what are carbohydrates?

See the food guide on page 6

**CHUCK'S FURNITURE**  
**REPAIR**

Over 20 Years  
Experience

412-882-8926



# Stretching... the Truth

by Stephen Harroun

It can be argued which elements of martial arts are the most important. Similar to other physical activities, starting and ending with stretching exercises will allow you to get the most out of your workout. Stretching is widely thought to only improve flexibility, but it also aides in blood flow, prevents injury, and helps muscle recovery. There are several types of stretching, including static, dynamic, and isometric. When we begin class, we do static and dynamic stretches to make our bodies ready for the exercise we are about to undertake. An example of static stretching would be sitting with your legs in a "V" and reaching to grab your foot. An example of dynamic stretching would be standing and swinging your arms, gradually increasing speed and range of motion. Isometric stretching is similar to static, but adding muscle tension to the stretch. Isometric stretching is most beneficial when muscles are fatigued and has been proven to be the most effective stretching technique to increase static flexibility. An example of isometric stretching would be sitting with your legs in a "V" and reaching to grab your foot, while pushing down on your heel to the floor.

If you are trying to increase your range of motion, increase your flexibility, increase blood flow, and prevent injury, a combination of dynamic, static, and isometric stretching should be used throughout the day.

## DR. GEORGE YONEK, NUMISMATIST

Member: American Numismatic Association, R-3125925

Buying, Selling, Trading US & Foreign Coins  
Proof Sets, Mint Sets, Medals and Tokens  
**FREE APPRAISALS AND EVALUATIONS!**

PO BOX 173 HARRISON CITY PA 15636

Phone: 724-744-7875

yonek@comcast.net



In the morning, combine dynamic and static stretching with about 10 leg lifts, arm swings, and trunk rotations, and some light static stretches such as standing with your legs in a "V" and stretching to either side and down the middle. These stretches should be done before breakfast because bloodflow decreases after you eat. Also, doing these exercises with a full stomach inhibits good digestion.

Relating to Tang Soo Do training, these stretches are also done during our workout; for example, you may notice that we work our way up to doing high kicks, starting with middle height front kicks and then doing face high front kicks. Our classes are structured to take full advantage of this system of stretching, but you will only make significant gains by practicing at home. Like Tang Soo Do, stretching will affect your whole life. You may notice that you have more energy due to increased blood flow, you will recover from intense workouts faster, and you will notice an increase in concentration throughout your day.

The information in this article was obtained from the book "Stretching Scientifically, 4th Edition" by Thomas Kurz, an authority on flexibility and sports training. 🇰🇷

If you are student of Tang Soo Do and under the age of 15, and you would like to write an article or suggest a topic for the next issue of SHKA News, please send your idea / article to:

**Master Gene Garbowsky, South Hills Karate Academy**  
4500 Clairton Blvd.  
Pittsburgh, PA 15236



# Discipline Fundamentals of Tang Soo Do

by Master Gene Garbowsky

**A**s a reminder the following list of protocols within the Martial Art of Tang Soo Do should be followed by all students of South Hills Karate Academy. Additional information on these can be found in the Student Gup Manual and students need to recognize that these protocols have been passed down from instructor to student since the formation of the Moo Duk Kwan. Students who follow these guidelines will maximize their Tang Soo Do training and foster a positive learning environment that can be shared by all of our students.

1. All students should address their seniors by the rightful titles such as Kwan Jang Nim, Sa Bom Nim or Kyo Sa Nim. As an example, Grandmaster Ah Po should always be recognized as Kwan Jang Nim, Master Garbowsky and Master Morgan as Sa Bom Nim.
2. If no title has been conferred, then juniors should always refer to their senior by the following titles: Mr., Miss., Ms or Mrs.
3. The use of these titles should take place both in and out of the dojang and especially in the dressing rooms.
4. Students should never be taught or corrected by their juniors.
5. Senior students who are teaching a class should always have the class recognize anyone who is senior to the instructor teaching the class whenever they enter the dojang.
6. It is proper for an instructor who is teaching a class to offer the class to his or her senior if they put on their uniform and enter the dojang.
7. Juniors should never talk negatively about their seniors and all forms of gossip should be avoided.
8. Juniors should try to assist their senior whenever possible. It is the juniors' responsibility to make the senior's job easier.
9. All students should bow to the flags before entering and leaving the dojang.
10. All juniors upon seeing their seniors for the first time each day should bow as a form of greeting. It is expected but not required that the senior will return the bow.
11. This formal bow between junior and senior should be practiced both inside and outside the dojang. However, public spectacles should be avoided and bows of respect in public should be performed subtly.
12. Personal feelings should never be allowed to interfere with this process and it should always be remembered that the bow or respect is shown to the belt (a symbol of dedication and time given to the art) not to the individual.
13. It is impolite for students to question instructors regarding the status of their next test. Sa Bom Nim's Garbowsky and Morgan are aware of each student's progress and will, in accordance with proper procedure, inform students when they are eligible for rank advancement.
14. During class time, students should refrain from asking to leave the class except in extreme emergencies.
15. Students should make every effort to be on time for class. Should a student be late for class without prior permission, it is up to the discretion of the instructor to allow the student to enter the class.
16. Junior members should never argue or question their seniors while in class. No one is right one hundred percent of the time. It is permissible for juniors to talk privately with their seniors regarding disagreements.
17. Students should do their part to keep the dojang clean (emptying rubbish pails, mirrors, dressing rooms, bathrooms, lobby). If everybody does his or her part, then no one person can feel overworked in this regard.
18. All Dans should assist with the teaching and the conducting of Gup testing within South Hills Karate Academy.
19. All students should strive to be a good example for their juniors.
20. Dobalks should be cleaned and in nice order for each class with the South Hills Karate Academy patch fixed to the dobalk over the heart. 



# MARK YOUR CALENDARS!

## UPCOMING EVENTS AND ANNOUNCEMENTS

- **Children's Little Tigers Classes**  
Wednesdays, 6:15 - 6:45 PM  
Saturdays, 11:30AM - 12:00PM  
South Hills Karate Academy
- **Adult Sparring Classes**  
1st Saturday of Every Month  
11:30AM - Finish  
South Hills Karate Academy
- **SHKA 11th Shim Sa Pretest**  
Students must attend at least one pretest prior to testing.  
Thursday, July 17, 6:30PM - 8:00PM  
Saturday, July 19, 10:00AM - 11:30AM  
South Hills Karate Academy
- **SHKA 11th Shim Sa (Test) and Ceremony**  
Saturday, July 26, 9:00AM (Tentative)  
South Hills Karate Academy  
Testing list is available at the dojang.
- **The Dojang will be closed in observation of Independence Day**  
Friday, July 4 and Saturday, July 5
- **Adult Sparring Class Will be Held**  
Saturday, July 12, 11:30AM
- **A Weekend with Grand Master Ah Po Part II and 12th Shim Sa and Promotion Ceremony**  
October 23 - 25, Time is to be Announced  
Specific information will be available closer to these dates

### SOUTH HILLS KARATE ACADEMY NEWSLETTER

The Official Newsletter of South Hills Karate Academy

4500 Clairton Blvd.  
Pittsburgh, PA 15236  
PHONE: 412-670-3801  
email: [sabom\\_1@comcast.net](mailto:sabom_1@comcast.net)  
[www.SouthHillsKarate.com](http://www.SouthHillsKarate.com)

**Business Hours**  
M-F 6:00PM - 9:00PM  
Sat 9:30AM - 1:00PM

**HEAD INSTRUCTOR & PUBLISHER**  
Master Gene Garbowsky

**EDITOR & DESIGNER**  
Steve Harroun

**THIS IS YOUR NEWSLETTER!**  
YOUR IDEAS AND SUGGESTIONS ARE WELCOME  
PLEASE SEND ARTICLES, PHOTOS, & IDEAS TO:

Master Gene Garbowsky  
[sabom\\_1@comcast.net](mailto:sabom_1@comcast.net)

or  
Steve Harroun  
[steve@harroundesigns.com](mailto:steve@harroundesigns.com)

For South Hills Karate Academy  
Apparel and Gift Items, Please Visit:  
[www.cafepress.com/southhillskarar](http://www.cafepress.com/southhillskarar)

#### Matthews Financial Services LLC.

*Residential and Commercial Mortgages*



JERRY MATTHEWS  
President

Toll Free: 888-489-2454  
Local: 412-203-1560  
[www.MatthewsFinancial.net](http://www.MatthewsFinancial.net)

Mortgage Lending with  
Honor and Integrity

DENNY PRUNI, OWNER  
COMPLETE COLLISION SERVICE  
FULL SERVICE AUTO DETAILING

*Pruni*  
AUTO BODY

3221 LIBRARY RD • CASTLE SHANNON PA 15234  
PHONE: 412-881-3323 FAX: 412-881-4376  
[dpruni@pruni-autobody.com](mailto:dpruni@pruni-autobody.com)



# The Healthy Lifestyle Plan

Continued from page 2

VEGETABLES	PROTEINS	CARBOHYDRATES	DO NOT EAT!
Broccoli Tomatoes Asparagus Whole leaf Lettuce Green Beans Mixed Vegetables Spinach	Chicken breast Turkey breast Lean ground turkey / beef Egg/whites or substitutes Haddock Orange Roughy Trout or salmon Swordfish or tuna Crab or lobster Shrimp Lean ham Wild-game meat Low-fat cottage cheese	Baked potato Barley Kidney beans Corn Couscous Fat-free yogurt Fruits High-fiber cereal Oatmeal Pasta Legumes Whole-wheat bread Steamed brown / wild rice Rice cake Popcorn Sweet potato Tortilla Whole grains Yams	Butter Fried foods Mayonnaise Sweets Whole-fat dairy products Peanut Butter White Bread Juice Milk Cookies Ice Cream Cakes Candy Bars Iceberg Lettuce Cereal Lunch Meats Bagels Corn Oils / Heated or Fried Oil

Pick one food from the list of proteins and one from the list of carbohydrates and eat them together. In addition to what I have listed so far, you want to be sure to eat at least two servings of vegetables twice per day. Grill, bake or steam your foods. Do not fry. Frying foods changes the chemical composition of foods that is unhealthy for your body.


### How to Make It Easy:

When you cook food make lots of it. If you grill chicken breast, grill 6 or more and eat one and toss the rest in the fridge. This Takes it easier to plan the rest of the week's meals. I tend to use fat-free cottage cheese and fat free yogurt a lot. You don't have to. Fat free cottage cheese is just a convenient solid protein source and yogurt is a convenient carb source. Think you'll miss butter? Here is a simple replacement. For foods that you typically eat with butter, use a butter flavored cooking spray instead. In addition, most condiments are ok to keep using. Marinades, mustard, ketchup, hot sauces, and BBQ sauces do not add many calories or carbohydrates if used sparingly. Avoid using these in excess.

For example a teaspoon of BBQ sauces is all that is need to add a little flavor to a piece of chicken. Some purists avoid these all together as they usually contain high fructose corn syrup and sugars two things that are extremely high on the Glycemic Index.

### Your Saving Grace:

One day out of the week, take a free day in which you do not watch what you eat. Eat anything you like. This will help to relieve the cravings that you might have during the week for unhealthy foods. If you want brownies, go ahead and eat them. Potato chips? Sure, but only once per week. Pizza, fine!

This free day also helps you focus on what you want to accomplish with changing your diet. It affects you mentally, in a positive way. I recommend not going over board with your free day, unless you are undertaking a very strenuous training program that includes both strength training and cardiovascular exercise. 

### HELPFUL HINTS:

Eating a well-rounded breakfast is a great way to kick start your metabolism!



# Training at Home

by Denny Pruni

As one progresses through the ranks of Tang Soo Do, one difficulty that most students struggle with is learning a new Hyung or form. The best way I've found out how to learn a new Hyung is by practicing at home. Since it is the foundation of the art in which we practice, at-home training is a must for every martial artist. All that is required is a minimal effort, usually 1-2 hours per week. With the help of the videos Master Garbowsky has developed, each Hyung and one-step sparring is posted on the South Hills Karate Academy website. When learning a new Hyung for the first time, it is essential to practice it at home in order for everything to flow properly in class. The only way to truly learn a new form is to practice at home or on your own time. I normally break down the first ten moves until I feel confident in each technique. With the help of the website, it enables one to pause every movement in order to breakdown the form. This helps tremendously in order to remember all of the proper movements in the forms.

One of the nice features of at home training is practicing outside. I prefer to do my home training outside on my back patio, which is set up perfectly for Hyung practice. However, if the weather does not cooperate, I also have the option of training inside in my game room or living room. Even if space is limited, you can still perform all the movements of every Hyung separately. Normally, I run through several of my highest forms, consisting of around 30 minutes. Over the course of a weekend, I've discovered that if I practice my Hyung at home for about 20 – 30 minutes at a time, I am able to stay sharp in class and not struggle or



Another key component of home training is investing in a heavy bag or stand bag. This can really be effective in improving ones kicking and punching skills and putting kicking combinations together. One of the best ways to get better at a particular kick is by practicing at home. For roughly \$100 - \$150, it is a great investment in ones martial art training. Even if you cannot afford a bag, simple targets can be made out household items (old pillows, towels, etc). I normally break up my home training sessions into two 30 minute periods. This enables me to spend a fair amount of time practicing the basics of Tang Soo Do at home. Practicing at home enables one to stay focused and stay sharp in class and in every day life. Also, this type of workout is really beneficial if I cannot make it to class enough during the week, due to my busy schedule. I also stretch daily, which greatly improves my flexibility. As soon as I wake up in the morning, I do several dynamic stretches to loosen up the muscles in my legs and back. They consist of front leg stretch kicks, side leg stretch kicks and crescent kicks. I repeat the process throughout the day to stay loose, then again before I go to bed. With these three elements of training at home, it has definitely had a significant impact on my martial arts practice. 🇰🇷



## HELPFUL HINTS:

Using some light weight dumbbells while watching TV or sitting around the house will burn some calories and tone muscles!



# 10th Promotion Shim Sa and Ceremony

The following students were tested and promoted during South Hills Karate Academy's 10th Promotion Shim Sa and Ceremony. Testing was held 5/17/2008. Congratulations to all of the students for doing such a wonderful job in preparing and demonstrating the Moo Do attitude and technique:

STUDENT	RANK PROMOTION
Cody Durney	4th Gup
Christopher A. Maxwell	4th Gup
Margaret Panchura	4th Gup
Adia Achtzehn	5th Gup
Eli Achtzehn	5th Gup
Donna Weir	7th Gup
Jessica Occasio	9th Gup
Justin Marsteller	9th Gup
Pero Marina	9th Gup
Adriana Marina	9th Gup
George Yonek	9th Gup
Richard Diffendale	9th Gup
Matthew Kail	9th Gup
Natalie Kail	9th Gup
Jeffery D. Natter	9th Gup
Abigail Vavro	9th Gup
Lydia Vavro	9th Gup
Brianna Marcucci	9th Gup
Kaleb Sadler	9th Gup



## Famous Quotes

"I hear and I forget. I see and I remember. I do and I understand."

- Confucius

"It's not whether you get knocked down, it's whether you get up."

- Vince Lombardi

"Remember... you are expressing the technique, not doing the technique"

- Bruce Lee

I have not failed 700 times, I have not failed once. I have succeeded in proving those 700 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work

~ Thomas Edison