



Masters Profile

August 2008 Masters Profile

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Full Name: Master Joseph P. Scota

Rank and Date of Rank: Sah Dan Master July 2006

Region, Studio Name and Location: Region 7, Scota Karate Academy, Ltd., Taylors, SC

Contact Information: 864-268-3477, scotakarate@bellsouth.net

Personal Information

Where were you born?

I was born in Philadelphia, PA in January of 1956.

Family members involved in Tang Soo Do:

My wife, Lisa Scota is an 8th Gup while my son, Dr. Joe Scota is a Sam Dan and my niece Amber Scota is a Cho Dan.

Martial Arts Career

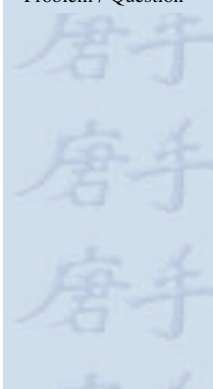
When, where and why you started Tang Soo Do?

I started taking Tang Soo Do lessons in March of 1988. The reason I started was because my son Joe wanted to take lessons at a local racquetball club where I was a member. The instructor was Mr. Daniel Pope and his school was located in Lansdowne, PA.

What were your first impressions when you started?

Twenty years ago when I started, we trained in a building without air conditioning. Many nights were spent in the dojang in the summer when the temperature outside was still 88 degrees in the evening. Water breaks did not exist during class. In the winter, we ran around the block in the snow in our bare feet on occasion. We did whatever our instructor told us to do without question.

Today we train in air conditioned buildings and rarely go outside for training. Students have many more activities to choose from and therefore the level of professionalism in teaching must be of a higher standard. Keeping a high standard for training is one of the essentials of our program today. We are also more actively involved in the lives of our students on a daily basis.





*Master Scotta and demonstrating his sidekick.*

*Difference between when you first started training and today?*

Today I feel that I train in a much smarter way than when I was younger. I enjoy the results of training and have always done so.

*Notable accomplishments in the martial arts field?*

I was honored with the WTSDA Hall of Fame Instructor of the Year in 2002. My other accomplishments have been modest and include winning three gold medals and three bronze medals in world championships. I also won the Senior Cup in Region 7 in 2001 and have enjoyed competition over two decades of my martial arts career.

### **Tang Soo Do Career**

*What was your master's thesis on?*

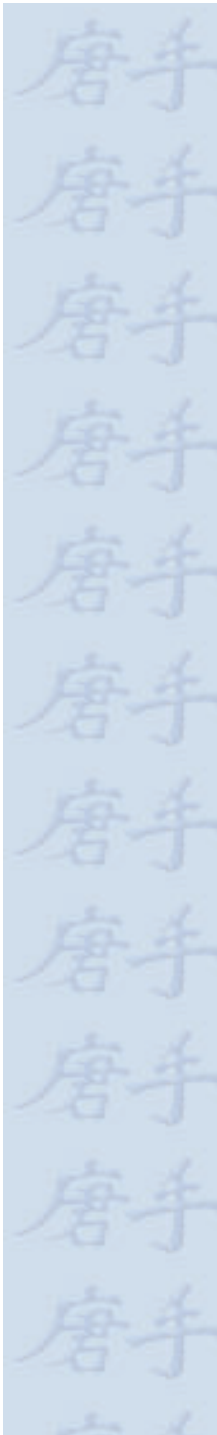
My Master's thesis was on *Sensory Integration Dysfunction and Tang Soo Do*. This was the first time in my life that I had ever done a research paper of this magnitude. The reason I chose this subject was because I had several students with varying dysfunctions in my academy and I was looking for answers on how to best serve my students. Along the way I learned that many of the things I was already teaching were having a tremendous impact on the children with dysfunctions. One of the techniques I use to help students with SI Dysfunction is to what I call 'Squeeze the knee'. This is applied when a child is having difficulty doing a front kick for example. I simply squeeze their knee for a direct sensory input and on the next kick the child picks up the knee properly for doing the front kick. Sometimes I find it necessary to apply the sensory input several times before the movement becomes natural for the child. Another technique I use is for identifying the left and right sides of the body. I give a strong rub or squeeze to the left and call it the 'Smooth Side' and I tap on the right arm and call it the 'Tap Side'. This helps a child identify their right and left hands and legs. Again, several direct sensory inputs may be applied to help the child develop the natural tendency to identify the right and left sides of the body. I learned why the things I was teaching were helping the students and it encourage me to be even better in my teaching skills. It has made me the leading professional in my area for children with dysfunctions.

*What is your favorite part of Tang Soo Do?*

My favorite part of Tang Soo Do is the sparring. I have always been more physical growing up enjoying a variety of sports. Tang Soo Do sparring had a big appeal to me. Now that I am a little older I still enjoy some sparring but the forms have a greater meaning to me now.

*What is your favorite hyung and weapon?*

I always struggled with Hyung in my training. As athletic as I was in sports, hyung always made me uncomfortable. My favorite hyung for a long time was Pyung Ahn Oh Dan because after trying a long time in competition I finally won a forms competition doing this form. I now enjoy many of the forms and weapons.



*Master Scotta and Jang Gum.*



*Master Scotta enjoys times with his students.*

*Who are some of your role models in and out of Tang Soo Do?*

Outside of the dojang I strive to follow the teaching of Jesus Christ. He is my ultimate role model! Within Tang Soo Do, Grandmaster Shin comes to mind first. I value his leadership and knowledge. He has always been understanding, supportive and has great advice when I need it. Other role models are Master John Godwin, Master Scott Homschek and Master William Strong.

*What are some of your favorite memories of your time in Tang Soo Do?*

My fondest memories of my training are the ones that include training with my children. I remember my son, my daughter and I were testing for our eighth Gup and I was messing up because I was watching them mess up in front of me. Other memories include the three of us going to competitions and coming with a carload of trophies. We really enjoyed our time together at the different functions. I will always remember those and other memories.

*WTSDA committees or positions:*

I was Region 7 Treasurer for eight years. I presently am the Program Director for the region and am currently serving the WTSDA on the Building Committee.

*Why do you continue to train and serve in the WTSDA?*

I continue to train because it is a part of my daily life. I believe in leading by example to the students of the academy. I continue to serve the WTSDA because it is first an honor to do so and second because I wish to be a part of training the next generation to some day lead in the association.



*Master Scotta with his wife, Lisa and his Dan students.*

**Advice/Words of Wisdom:**

*Youth, teen and/or adult martial artist:*

Do not be afraid of hard work, it will always bring you many benefits in the future by learning how to set goals and work hard. Your training in Tang Soo Do will make you a better person in many areas of your life.

*Teaching tips or ways you make classes more exciting:*

Remember to always have fun while teaching! Don't be afraid to try new ways to teach or to train.

*Personal comments and your goals for future?*

My goals are to continue to be a professional in the art of Tang Soo Do. To continue to help others become better people through their training and in their spiritual lives. To continue to learn and grow as a martial artist and business person.

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If there is a particular Master Instructor who you would like to recommend be profiled, contact our editor at [MasterProfile@wtsda.com](mailto:MasterProfile@wtsda.com)

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