

# Master Monique Lamb

By Diana Tutini

You know that class has ended when you hear the spirited "Tang Soo White Tiger!" It has been another challenging class, however the energy is as strong as it is contagious. As I reach for car keys and wait for my children to change, it is not only the student, but the parent as well, who leaves Master

Lamb's studio with a renewed sense of commitment.

As unique as the White Tiger itself, so is the style of Master Lamb. She is a positive influ-

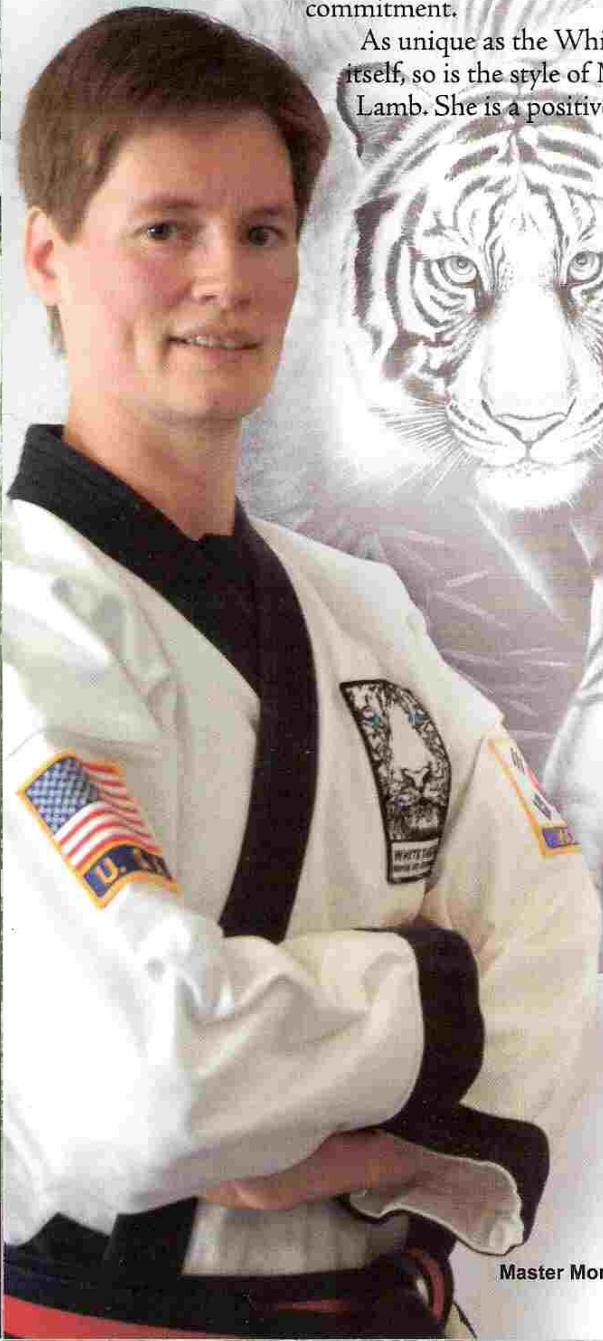
ence in the growth and development of each of her students. This Canadian-born master instructor in the Korean art of Tang Soo Do, is also the owner of the White Tiger Martial Arts Academy located in upstate New York.

It is no wonder that on March 15, 2008, Master Monique Lamb was inducted into the prestigious U.S.A. Martial Arts Hall of Fame as 2008 Tang Soo Do Master of the Year. She was also awarded a Ph.D. Doctorate of Martial Arts Philosophy from the University of Asian Martial Arts Study. In August 2007 she took the World Title in Women's Semi-Contact Kickboxing in Toronto, Canada, at the Open Black Belt World Championships.

In 1987, when Master Lamb began her training, the martial arts were dominated by men, and only a few women dared to step out onto the mat. For those who did no special consideration was given. Cracked ribs, bloody noses and broken hands were not reserved for just the men. "Today I believe that more women have become involved because the stigma as a male-dominated sport has been broken by the increasing numbers of women masters. My studio today is almost half females. I am proud that my students, some of whom started with me as young as four years old, are still studying as they plan for college."

A few years ago, Master Lamb started a program called Tiny Tigers for the little ones, starting at age four.

Preparing for class



Master Monique Lamb



Even at this tender age, she is teaching them the basic message of the importance of self-respect, control and discipline. For Master Lamb, it is a labor of love, working with her Tiny Tigers, hoping to inspire the passion that will keep these young children involved in the martial arts well into their adult lives.



Ms. Elia lines up with fellow students

Even today, former students and masters alike still come to visit her studio which has become a home away from home, almost a sanctuary. The relationships she has formed with her students and mentors over the years is a testament to Master Lamb's dedication and compassion.

Despite the varied ages and ranks, Master Lamb gives individual instruction to each of her students. Seamlessly, she goes from one to the other, half doing forms, the other half practicing self-defense. Her energy is stellar and her spirit stays strong, hour upon hour, and class after class. Patience, self-control, perseverance, focus, concentration, respect, obedience, and even humility, are several of the values she instills into her students, regardless the age. Master Lamb has produced numerous

first place champion students from her academy that are well known in the tournament circuit. Her journey has been an inspiration to all who walk through the door of her studio.

Having my two children, ages 18 and nine, studying with Master Lamb for well over five years, I feel honored to say we are part of the White Tiger family. For my 18-year-old son, the skills he has acquired from Master Lamb's influence have positively impacted his life. He has grown to be a confident, respectful, young man who will carry the knowledge Master Lamb fosters for years to come. As for my nine-year-old daughter, the transformation has been sensational. She has improved her self-discipline, her self-esteem and her physical ability. Being part of this academy, my daughter has learned to work



Mr. Notarte has trained with Master Lamb for 11 years.

#### Drills







Reviewing report card with student

towards obtaining a goal. She too has confidence in herself, and has acquired an enormous amount of respect for herself as well as for others. She will mentor the younger ones around her, and yet she is modest about her skills. The education from Master Lamb is beyond just the martial arts, it is in life skills. She truly knows how to speak to all, keeping them interested with a hunger and willingness to learn.

My kids are ready to leave, as we head for the door they turn to bow. I ever so quietly mouth the words, "Thank you" to Master Lamb. For, as she has guided my children to realize the importance of patience and integrity, I have been reminded to keep myself open to self-improving as a parent. I too am humbled, as I have much to learn from them, as they from me. The lessons with which you leave Master Lamb's studio are not only for her students, but for the audience as well.

Tang Soo White Tiger! **T&D**

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Master Lamb working with Ms. Delgado.



The young tiny tigers

Photos by Don Lubarsky and Stephanie Eisen

**ABOUT THE AUTHOR:** Diana Tutini is mother to her two children, 18-year-old son Domenico and nine-year-old daughter Isabela. She is a housewife and homemaker in upstate New York and first read *TaeKwonDo Times* magazine in Master Lamb's studio.

