



NKKSF OOTNOTES

a publication of Nam's Korean Karate School/Martial Arts Center

November Pan-Am Tang Soo Do Federation Promotional Testing

by Gyo Sa J. Didiano

Well another successful test has passed us by once again. From the Black Belt Tea Ceremony to the Instructors' demonstration, everything went according to plan. Tyler G. tested for his Second Degree Black Belt (E Dan) as well as Jerry M. tested for his First Degree Black Belt (Cho Dan). The future of Nam's Karate continues to look very promising from the numerous new white belts

that attended their very first promotional testing. There was also a great turn out for our color belts as well.

The instructors' demo was also out of this world. Gyo Sa K. Petrov's knife form showed his precision and close attention

to detail. Bu Sah Bum P. Allen displayed grace and strength by performing Jin Do, a high

their Second Degree Black Belts, and finally Master Steven Russell on achieving his Fourth Degree

Black Belt (Master). With that said, we as students and instructors take time out of our busy schedules to attend class and work very hard at our requirements so that we as students can learn and grow as martial artists. That is why it



second degree form. Sah Bum Nim Nam dazzled the audience with his form and impressive breaking while standing on broken glass.

Since this was our November testing, the bi-annual Black Belt Tea Ceremony was held. The newsletter would like to congratulate the following on receiving their new Black Belts and Certificates: Ty S. and Alex S. for receiving their First Degree Black Belts, Ben H. and Gyo Sa L. Nagoda on earning

is so important that everyone be there for testing so that we can show to our friends and loved ones all of the hard work and dedication we put into our training. **TANG SOO!**



INSIDE THIS ISSUE...

Message from Grandmaster	2
Events Calendar	
Karate Parents Association	3
Tang Soo Do and Me	4
A Thought	5
Achievers are Winners	6
Holiday Party	7

A Message from GRANDMASTER TAEK HO NAM

Greetings and welcome to the 2007 season! I wanted to take this opportunity to make several important points. Foremost, I extend my thanks to all of our students, instructors and parents that made 2006 a memorable year. We have many things to celebrate, from the Cecil Campus celebrating the re-grand opening to our wonderful Holiday Party in December 2006. All of this was possible with the support of the parents and students.

I want to encourage all my students to continue their hard work, desire and loyalty to make 2007 another great year. As each year passes, I am reminded why I have dedicated my life to Tang Soo Do over 50 years ago. For every student that achieves their next belt to the student who has overcome a difficult obstacle in their life with the help of Tang Soo Do, I can rest assured that my philosophy, dedication and teachings have not gone to waste. I am reminded that words such as Loyalty, Dedication, Respect, Commitment, Confidence and Discipline are not just words but actions, actions that are taken each day by my students. I am proud to call myself your Grandmaster Instructor, and I am determined to continue to dedicate my mind, body and spirit to my students and Tang Soo Do. For this, Thank You.

This is our first newsletter and I am sure you will agree that its purpose and content will serve us well. We intend to provide this informative bulletin and distribution e-mail on a seasonal basis as a means for us to be able to communicate further important information to you, so please sign up. In addition to important announcements, schedules and highlights, our newsletter will showcase the accomplishments of our students and the ongoing goal of Nam's Martial Arts Center.

Once again, thank you for your continued support and loyalty to myself, Nam's Martial Arts Center and Tang Soo Do.

TANG SOO!

Kwan Jang Nim

관장님



**Grandmaster
Taek Ho Nam**

“ I want to encourage *all my students* to continue their hard work, desire and loyalty to make 2007 *another great year.* ”

NKKS Footnotes

A Publication of Nam's Korean Karate School / Martial Arts Center
256 Washington Rd., Mt. Lebanon, Pa 15216 (412) 344-5557
5444 Steubenville Pike, Robinson, Pa 15136 (412) 787-9895 Fax (412) 787-9895
3131 Millers Run Rd., Cecil, Pa 15321 (412) 901-6890
www.namskoreankarate.com
E-mail: namskoreankarate@gmail.com

Founder and Publisher	Grandmaster Taek Ho Nam
Executive Editor	Master Hans H. Nam
Production Editor	Master Brenda Calderone
Production Editor	Master Tony Tresky
Copy Editor	Martin M. Feick
Design / Printing	Heather Arbuckle

© 2007 T.H. Nam's Korean Karate School / Martial Arts Center.
All rights reserved.

UPCOMING EVENTS

*ASK YOUR CAMPUS MANAGER FOR TIMES

RC= Robinson Campus CC= Cecil Campus MC= Mt. Lebanon Campus

January

- 1** NO CLASS @ ALL CAMPUSES – New Year's Day!
- 10** Children Breaking Clinic @ MC
- 11** Adult Breaking Clinic @ MC
Breaking Clinic @ RC
- 12** Breaking Clinic @ CC
- Pan-Am Tang Soo Do Federation Promotional*
- Pre-Testing:*
- 17** CC
- 18** RCs
- 19** MC
- NO CLASS @ CC**
- Pan-Am Tang Soo Do Federation Promotional*
- Pre-Testing:*
- 20** ALL STUDENTS @ RC
- Pan-Am Tang Soo Do Federation Promotional*
- Pre-Testing MAKE-UP:*
- 22** RC
CC
- 23** MC
- NO CLASS @ ALL CAMPUSES** (Clinic)
- Blue Belt and Up Clinic @ RC

*"Don't let today's disappointments cast
a shadow on tomorrow's dreams"*

February

- 7** Children Breaking Clinic @ MC
- 8** Adult Breaking Clinic @ MC
Breaking Clinic @ RC
- 9** Breaking Clinic @ CC
- 19-23** BUDDY WEEK @ All Campuses

March

- 7** Children Breaking Clinic @ MC
- 8** Adult Breaking Clinic @ MC
Breaking Clinic @ RC
- 9** Breaking Clinic @CC
- Pan-Am Tang Soo Do Federation Promotional*
- Pre-Testing:*
- 21** CC
- 22** RC
- 23** MC
- NO CLASS @ Cecil Campus**
- Pan-Am Tang Soo Do Federation Promotional*
- Pre-Testing:*
- 24** ALL STUDENTS @ RC
- Pan-Am Tang Soo Do Federation Promotional*
- Pre-Testing MAKE-UP:*
- 26** RC
CC
- 27** MC
- 31** **NO CLASS @ ALL CAMPUSES** (Clinic)
- Blue Belt and Up Clinic @ RC

Karate Parents Association (KPA)

by Master T. Tresky

The KPA was re-organized by fellow parent and student Susan D. Ms. Susan had organized two Sarris' Candy Fundraisers, which helped raise more than \$700 for our student functions. With events such as Pan-Am Tang Soo Do Federation Promotional Testing, our annual Inter-School Championship and regular class, there is little time to sit down and talk to your instructors and fellow martial artists. These student functions are a vital part to keeping the school spirit high and remind us that, in the end, we are a family. Due to the significant work that Ms. Susan has done, the Holiday Party was a huge success! This will also help the students run and organize the Summer Picnic and

Karate Kamp and many more student functions in 2007. Thank You, Ms. Susan for all your support and hard work. If you are interested in helping to raise money for the KPA, please contact Ms. Susan at the Mt. Lebanon Campus via your campus manager.



Tang Soo Do and Me

by Tyler G. (This is Tyler's 2nd Degree Black Belt Essay)

The Korean Karate art form Tang Soo Do is an ancient Martial Arts system going back to over 2,000 years ago. Tang meaning Tang Dynasty in China, Soo meaning hand but implies fist and punch, and Do meaning "way of life". It can be traced back to the three kingdoms Koguryo (now most of Korea), Silla Dynasty, and Paekche. The Japanese army then used this type of Martial Arts from 1909 to WW2, which was from 1940 to 1945. It was also taught in the Vietnam War to the American troops, and is still taught today to The Green Berets, The Marines, and other branches of the military.

Karate has helped me mentally, physically and spiritually in many ways. First, I can focus

and concentrate on things better in school and at home. The mental focus I have learned with Martial Arts has helped me achieve my goals and continues to attribute to my success. Plus on the physical side, I am now stronger than I was before I became a karate student. I have better coordination, balance, flexibility, and stamina in which I am healthy and fit. The spiritual aspect of Martial Arts training has helped me to see things from a different perspective. It has helped me to gain a more positive attitude instead of looking at things from a negative viewpoint. Mental focus,

physical health, and a healthy spiritual attitude have driven me and will continue to guide me in my success, in karate, academically and in my personal life.

Tang Soo Do taught me discipline. Discipline is a very important attribute in life. Without discipline the world would be a horrible place, people would not be civilized. Discipline has taught me not to give in to someone bullying me or making fun of me. Instead I'm able to ignore a bully and relax and walk away instead of fighting with him and making a big deal out of it. Being disciplined, I am

able to make better decisions.

Tang Soo Do has also taught me patience. You do not become a master over-

night. It takes many years of hard, constant practice. You have to be determined not to give up and continue to practice to overcome your mistakes.

Karate has shown me to stand up for myself and be more self-confident in my actions. It has taught me humility; to be humble and not boastful. Self-defense is a very important thing to know. I believe everyone should learn at least a little bit of it to protect themselves and loved ones against an attack. I have gained confidence to be able to defend myself if needed. If someone came up to me with a knife or pointed a gun at me,

I have gained the skills to make it through that situation. Self-defense is an important skill to know.

Karate is very important to me and I will continue to train for a long time to come. My all time goal in karate is to be an extraordinary student and try my hardest. Even though sometimes my techniques may not be so good I will always try my hardest. The whole point of karate is for me and all the people who have succeeded in it to learn self-defense and be able to stand up for them selves.

Another thing karate has taught me is respect. I have learned to respect my elders and to not be mean and hateful to them. They have done so much to help me and never hurt me. Also confidence is very important; you need to be confident in life to get anywhere. If you weren't confident then you would succumb to everyone and never get a career in any field of business. Without confidence you would not be able to withstand a meeting or a presentation.

After high school I want to go to college. Karate will also help me there because of the discipline I learned and the coordination it taught me. Karate also helps me now in gym class; I am much more flexible then the other people there. Out of gym it helps me defend myself in times of need. Martial Arts will always be a very important part of my life.

Kwan Jang Nim is an extraordinary teacher, he is, in my opin-

"The mental focus I have learned with Martial Arts has helped me achieve my goals and continues to attribute to my success"

Tang Soo Do and Me (con't)

ion the Best karate teacher all-around, and he has influence many people's lives in Tang Soo Do. He puts much time and effort into Tang Soo Do and has become an excellent teacher to me. He has put his whole life into learning karate and I want to

some day be as good as he is. I will try my hardest to do well in karate and be a good black belt. I know I will probably not grow up to be as good as Kwan Jang Nim but I will try my hardest.

Children Learn What They Live

If a child lives with **criticism**; He/she learns to condemn.

If a child lives with **hostility**; He/she learns to fight

If a child lives with **ridicule**; He/she learns to be shy.

If a child lives with **shame**; He/she learns to feel guilty.

If a child lives with **tolerance**; He/she learns to be patient.

If a child lives with **encouragement**; He/she learns confidence.

If a child lives with **praise**; He/she learns to appreciate.

If a child lives with **fairness**; He/she learns justice.

If a child lives with **approval**; He/she learns to like themselves.

If a child lives with **acceptance and friendship**; He/she learns to find love in the world.

A Thought

by Master H.Nam

I was driving to the Dojang today and I remembered this time when I was younger driving to Erie with my father to go salmon fishing. This was our "father-son time" and it was my most favorite time, I didn't have to share my father with any student or parent. It was just him and me. I had a complex life growing up, with my father being Grandmaster T.H. Nam to being a first generation Korean growing up in the United States with traditional Korean parents. I often reflect on my conversations with my father, but this one in particular comes to mind, usually driving in a car.

I would always love when my father would refer to things to make everything relevant to the topic. I remember my father telling me, "our life is like driving on the road, and we have bumps, hills, accidents, destination and the trees." All the examples that my father had given me made sense except for the reference to the trees. My father explained, "The trees are like things in our life. They are people, choices, opportunities or anything that pass us like that," pointing to a tree on I-79. He said, "If you focus too much on one of them, you could get into an accident or miss

something nice on the other side of the road or miss the next tree. You can't concentrate on one tree but instead concentrate on all the trees. All the trees put together make a beautiful scene. They are on the hills and make everything look pretty. In life, if you focus too much on one tree, you will miss all the other trees that go to your goal, or destination. Just focus on your goal, where you are going."

As time goes on I think about this conversation I had with my father, and I think about the opportunities and people that have negatively but most importantly positively had an impact on my life. I often find myself looking at just one tree, and I sit and wonder what that tree would be like, what my road would look like if that tree was a little further along, or even if my road would have ended up where it has if that tree was never there. As I continue to drive and that tree passes me and I can't see it too clearly in my rear view mirror, I always look ahead at another tree. This time further up the road.

Achievers are Winners

by Master B. Calderone

Achievers are winners; that is my philosophy. We have had continued success with our "Academic Achiever" Program. The students who earned "straight A's" and even those who displayed marvelous improvement throughout the academic school year become a member of the Academic Achievers with an award to prove.

Last August we celebrated our first Academic Achiever Celebration Party for those who were Academic Achievers for the entire 2005-2006 school year. The 18 students in attendance

played games, broke boards, had a special class, participated in an award ceremony and ate pizza while talking about what excited them most for the upcoming 2006-2007 school year.

I expect this year's party to have over 30 Academic Achievers in attendance, so I want to encourage all the students to continue to study hard, remember to bring your report card and try your best so that you can become part of this wonderful team.

MT. LEBANON CAMPUS

ROBINSON CAMPUS

CECIL CAMPUS

A+CADEMIC A+CHIEVERS

Arielle S.
Stephen D.
Andrew M.
Noah B.
Matthew B.

Cort B.
Jarrett U.
Alicia S.
Meghan S.
Dakota A.
Tony P.
David H.

NEW BLACK BELT RECIPENTS

Ben H. (E Dan)
Ty S. (Cho Dan)
Alex S. (Cho Dan)
Master Stephen R (Sa Dan)

Jerry M. (Cho Dan)
Tyler G. (E Dan)

Linda N. (E Dan)

NEW INSTRUCTORS

MC Arielle S (E Dan)

BIRTHDAYS

Joseph G. - January 7th
Cody G. - January 29th
Eli C. - February 2nd
Sydney K. - February 8th
Mana A. - February 18th
Danny K.- February 21st
Ryleigh B. - March 3rd
Lauren P. - March 11th
Joshua S. - March 30th

Morgan S. - February 2nd
Hannah M - February 18th
Janette M. - February 24th
Susan G- March 2nd

Noah B. - January 28th
Greg R - January 26th
Cort B. - February 11th
Alicia S. - February 6th
Robert L.- March 6th
Ryan D. - March 21st

Writer Wanted

We are asking students who are interested in helping write articles, post bulletins, messages/announcements, photos or any testimonials for the newsletter or submitting photos to the website, please e-mail them at namskoreankarate@gmail.com. Thank you.

Holiday Party

by Gyo Sa K. Petrov

Tang Soo Do with Kwan Jang Nim is about more than just kicking and punching. It has always been about family. This year's holiday party continued this long-standing tradition and showed us yet again that it is good to be together.

It was strange, at first, entering the Dojang without uniform; but the familiarity of the mat and the friendly faces immediately drew one in.

Above the buzzing conversation, the shrill voices of the children carried through the air. The testing table, usually standing menacingly on the podium during examination, had now lost its severe demeanor and rather than staring one down, offered its services in holding the plethora of food everyone had brought in. The plates ranged

from sweet cakes, smooth jello, to enticing entrées. Sah Bum Nim Nam was kindling the festive atmosphere with new and old favorites from his extensive music library.

Everyone showed a great and nimble performance of the limbo. Gyo Sa J. Didiano, who has been training for 5 years, spoke fondly of his experience at the party: "it was great to see so many new faces and

the food was great." This was all only made possible with the efforts of Susan D. from the Mt. Lebanon Campus. She more than aided in the organization of a Sarris Candies fundraiser that raised over \$300 for prizes. Because Susan believes, "it is nice to come together to have and socialize" she worked hard to realize the holiday party. Josh S., black belt whose been training for 4 years, shared Susan's belief in the importance of the even. "It means a lot (to have a unified karate school). After spending almost four years at a karate

school, knowing the people you're training with becomes very meaningful." Nothing short of our collective conviction as to the value of our being together can make events like the holiday party happen.

[More pictures from this event and others, are available for viewing at our website:

www.namskoreankarate.com]



ADVERTISE NOW!!

Our website has attracted many new visitors each day. Our newsletter and informative brochure will be e-mailed to perspective students. Anyone interested in placing an advertisement in the newsletter please e-mail your interest to namskoreankarate@gmail.com. All the ads are 1/4 page, color or black & white, and will be listed in the table of contents in each issue. Ad design is included in the price. All ads will be designed by our webmaster Heather Arbuckle. There are four months per issue.

For the first issue that your ad appears in – \$40

To continue the same ad – \$20/issue

For re-design of your ad – \$30

To continue the redesigned ad – \$20/issue

