

NKKSF FOOTNOTES

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

March PTF Testing

submitted by Adam H.

March's Testing was certainly a sight to behold. Several students were testing for their next Dan. Susan D, Stephen D, and Ivan G were all testing for Cho Dan, Gyo Sa Petrov tested for E Dan, and Timmy B tested for Sam Dan. Also, those who attended witnessed a spectacular demonstration by the Masters. It was certainly a testing that won't be soon forgotten.

impressive than the testing belts themselves, were the demonstrating instructors. We saw that spring had finally come when Sah Bum Nim Tresky broke through two cinderblocks with an elbow strike. Sah Bum Nim Calderone also demonstrated some defensive (and as the attacker, I can say they were quite painful) techniques using a belt. Sah Bum Nim Nam performed his famous side kick while standing on glass as well as an impressive jump-spin technique that was too impressive to even begin to describe.

As everyone was getting in line, Kwan Jang Nim gave a closing speech. He spoke of how important it was to work hard, work diligently and to maintain the traditional style of training. To enforce this, he said that all students should begin to attend class more often, at least twice a week. Probably the most notable phrase he said during that closing statement was "Without class, there is no testing. Without testing, there is no class."

It was a reminder to us all that we should

(continued on page 3)



Grandmaster T.H. Nam poses with Black Belt Testers

The mats were quite filled during testing. It was a pleasure to see the smiling faces of the white belts breaking their first boards, and to see the confidence of the higher ranking belts as they powered through their own boards. Many of the senior belts tried some new techniques for breaking, such as Sah

Bum Allan's use of the short-punch, and Mr. Smith's 360 jump wheel kick. But more



Bernie P breaks with a Back Kick for his 5th Gup

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A Message from GRANDMASTER TAEK HO NAM

As we prepare for our next promotional testing, I would like to take this opportunity to stress the importance of some basic principles and philosophies of Tang Soo Do.

In order to benefit from your training, all students need to try their best and remain focused during classes. You must remember that to be a successful martial artist you need to be respectful to instructors and other students, remain disciplined, set goals and learn to be effective leaders. Also, to obtain the benefits of Tang Soo Do such as, increased flexibility, coordination, strength, endurance and improved cardiovascular status, you must exhibit self-discipline, self-control and concentration.

Remember that forms are a very important part of training. Good basics are the foundations to good forms, and this can not be accomplished unless practiced constantly.

Keep in mind, that to be prepared is not to fail. I always get great satisfaction in seeing the progress of my students.



**Grandmaster
Taek Ho Nam**

“ ...to be prepared
is not to fail.”

TANG SOO!

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SELF-CONFIDENCE • DESIRE • RESPECT

건강합품 기쁘하 마음

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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

UPCOMING EVENTS

*ASK YOUR CAMPUS MANAGER FOR TIMES
 RC= Robinson Campus CC= Cecil Campus
 MC= Mt. Lebanon Campus

APRIL

6&7 NO CLASS (GOOD FRIDAY & EASTER)

12 Adult Breaking Clinic @ MC

All Belts Breaking Clinic @ RC

13 Children Breaking Clinic @ MC

All Belts Breaking Clinic @ CC

14 MOVIE NIGHT @ CC

21 MOVIE NIGHT @ MC

28 MOVIE NIGHT @ RC

MAY

3 Adult Breaking Clinic @ MC

All Belts Breaking Clinic @ RC

4 Children Breaking Clinic @ MC

All Belts Breaking Clinic @ CC

14-19 Parents' Appreciation Week

Pan-Am Tang Soo Do Federation Promotional

Pre-Testing:

16 CC

17 RC

18 MC

NO CLASS @ CC

Pan-Am Tang Soo Do Federation Promotional

Pre-Testing:

19 ALL STUDENTS @ RC

Pan-Am Tang Soo Do Federation Promotional

Pre-Testing MAKE-UP:

21 MC

CC

22 RC

26&28 NO CLASS ALL CAMPUSES (MEMORIAL DAY)

JUNE

2 BLUE BELT to BLACK BELT CLINIC

NO CLASS ALL CAMPUSES (CLINIC)

7 Adult Breaking Clinic @ MC

All Belts Breaking Clinic @ RC

8 Children Breaking Clinic @ MC

All Belts Breaking Clinic @ CC

11-15 BUDDY WEEK

16 MOVIE NIGHT @ RC

(ALL CAMPUSES WELCOME)

18-29 SUMMER KAMP

PTF Testing (con't from front page)

attend class regularly and support our fellow martial artists by attending testing as well. Even if we aren't going up for the next belt, it's important to show up and help out as other students rise in the ranks.

Not only that, but to attend class and testing is to further yourself in Tang Soo Do. It's how you improve your technique, increase your discipline, and most importantly show respect and loyalty to the school. Everyone should attend testing. Whether it be to go up a rank, watch the demonstrations given by the senior belts, or just to show respect to the school, everyone should

An Echo...Or Life?

submitted by Gyo Sa L. Nagoda

A son and his father were walking in the mountains. Suddenly the little boy falls, hurts himself and screams, "Aaahhhhhhhh!" To his surprise, he hears his voice repeating somewhere in the mountains: "Aaahhhhhhhh!"

Curious, he yells, "Who are you?" He receives the same answer: "Who are you?" Angered at the response, he screams, "Coward!" He receives the answer: "Coward!"

He looks to his father and asks, "What's going on?" His father smiles and says, "My son, pay attention," and he screams to the mountain, "I admire you!" The voice answers: "I admire you!" Again, the man screams, "You are a champion!" The voice answers: "You are a champion!"

The boy is surprised but does not understand. Then the father explains: "People call this an echo, but really this is life. It gives you back everything you say and do. Our lives are a reflection of our actions. If you want more love in the world, create more love in your heart. If you want competency in your team, improve your own competence. This relationship applies to everything, in all aspects of life: Life will give you back everything you have given to it."

This week, make a conscious effort to be a positive influence on every person you meet. Make a difference! You will feel empowered, energized and full of joy!

The First Testing of 2007

by Megan S.

Once again, the students of all three campuses came together for the first promotional testing of the year. Students had a chance to meet those who have recently joined our family and students from different campuses. Many students were

in attendance and anticipation was in the air prior to starting.

Once testing started, nerves wore away and students started to have fun showing off what they had learned to Kwan Jang Nim. During testing Master T. Tresky, Master E. Calderone,

and several other students performed a demonstration. All the students enjoyed it and everyone is looking forward to another demonstration during testing this March.

A+CADEMIC A+CHIEVERS

* designates a new achiever

Austin C*

Cort B

Anthony G*

Nathan M*

TJ D*

Josh P*

Adam R*

Josh B*

MacKenzie L

Alicia S

Meghan S

Caela G*

Noah B*

Stephen D

NEW BLACK BELT RECIPIENTS

Stephen D (Cho Dan)

GyoSa K. Petrov (E Dan)

Timmy B (Sam Dan)

Susan D (Cho Dan)

GyoSa J. Didiano (E Dan)

Ivan G (Cho Dan)

NEW INSTRUCTORS

BuSahBum Linda Nagoda (NIT – 2nd Dan)

BIRTHDAYS

APRIL

Lea M – 2nd

Jimmy W – 6th

Nicholas H – 9th

Aiden A – 14th

BuSahBum P. Allen – 15th

GyoSa Arielle S – 18th

Stephen D – 21st

Tyler S – 24th

Chris L – 22nd

Gerald M – 28th

MAY

Kayla K – 4th

Adam R – 4th

Erin S – 8th

Eddie S – 16th

Emily F – 19th

Monica M – 27th

Mia R – 28th

GyoSa J. Didiano – 31st

JUNE

Daniel K – 3rd

Dennis Y – 5th

Beverly S – 5th

GyoSa Alex D – 8th

Meghan S – 10th

Matthew C – 14th

Ben H – 14th

Don D – 24th

Ian B – 26th

Jennifer G – 27th

Liam K – 27th

Austin W – 29th

Murot T – 29th

Nathan M – 30th

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HEATHER ARBUCKLE

web & graphic designer

heather@beneaththeradar.com

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A Thought for That: The Obese Enemy

by Master H.Nam

"CONGRATULATIONS, it's a girl! Or perhaps a boy. Either way, these may be the most exciting words parents hear their entire life. From this point on, parents are determined to keep their child safe from any harm. Now imagine years from now when your son or daughter is diagnosed with diseases that could have been prevented years before with minimal effort and discipline. They are overweight, and the doctor has informed them that it is a necessity to lose weight. They are now fighting The Obese Enemy.

Many questions arise concerning childhood obesity. A natural question that many parents ask is, "How do I know if my child's excess weight is a part of the natural growth process, will he/she just grow out of this weight and will my child's weight have a negative affect on his/her health into adulthood?" According to the American Obesity Association, about 15.5% of adolescents (ages 12 to 19) and 15.3% of children (ages 6 to 11) are obese and there has been an increase of approximately 5% per 4 years of study. Nam's Martial Arts Center feels compelled to inform and educate the public about these important issues.

Education and awareness is a priority. Children and adolescents who are educated about the importance of physical activity and nutrition are the cornerstone of the strategy in beating The Obese Enemy. The AOA states that "Families and schools are the two most critical links

in providing the foundation for those behaviors." The AOA also reports that "Parents are the most important role models for children." Below are the results of a survey conducted by American Obesity Association: 12 percent of parents considered their child overweight. Comparing their own childhood health habits to their children's, 27 percent of parents said their children eat less nutritiously, and 24 percent said their children are less physically active. 35 percent of parents rated their children's school programs for teaching good patterns of eating and physical activity to prevent obesity as "poor," "non-existent," or "don't know."

Studies have shown a correlation with diseases directly linked with childhood obesity, such as type-II diabetes, asthma and hypertension. Once considered adult conditions, they are now reported more frequently in children and adolescents. And children who are overweight may face self-esteem issues as well as ridicule, bullying, and decreased social interaction due to lack of confidence.

"The U.S. Surgeon General recommends moderate physical activity for children every day for at least 60 minutes." Nam's Martial Arts Center is taking action in our communities to create awareness about The Obese Enemy. Nam's Martial Arts Center believes that it has the newest and most effective ways to make training educational and, more importantly, fun! Our Kwan Jang Nim is continually updat-

ing and finding innovative ways to present our curriculum to the students.

"Involvement of the entire family is also a motivating factor. Weight control programs that involve both parents and the child have shown improvement in long-term effectiveness compared to directing the program only to the child." Nam's Martial Arts Center also believes that when children see their parents are performing and learning the same techniques as themselves, they are motivated to perform better than their parent. As a "Family Business" the Nam's Family has first hand experience and strongly believes that "A Family that Kicks Together – Sticks Together!"

(con't on page 6)

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. Ad design is included in the price. All ads will be designed by our webmaster Heather Arbuckle. There are four months per issue.

\$40- For the first issue that your ad appears in
 \$20/issue- To continue the same ad
 \$30- For re-design of your ad –
 \$20/ issue- To continue the redesigned ad

A Thought for That (con't from page 5)

There is absolutely no cure to beat The Obese Enemy. All parents can do is to prepare and educate their children as best as possible. Giving your child the information and tools to beat this Obese Enemy is the key to giving your child the long adult life it deserves.

As a Martial Arts Master Instructor, I personally hold health as one of my top priorities. As an Instructor I also feel responsible and confident that I can help my children overcome The Obese Enemy. No matter if I



SahBumNim Nam holds while Cort B breaks

let The Obese Enemy overcome your child!

instruct the student for 10 weeks or 10 years, I treat every child I instruct and motivate to do better as if they were my own child. Just like a parent, I pledge to protect, educate and help each and every child. For more information concerning childhood obesity and other tools for success against your child's "Obese Enemy" please go to American Obesity Association (www.obesity.org). Don't

A Journey from White Belt to Black Belt

by GyoSa J. Didiano (This is GyoSa J. Didiano's 2nd Degree Black Belt Essay)

There are many levels in the world of Martial Arts, from student to instructor to Master and finally Grandmaster. Every Art, whether it be Tae Kwon Do, Kenpo or Tang Soo Do has some form of belt or level system. There are many reasons for these systems. One reason is to separate the teacher or Master from the student. Another reason is that we all have to begin our path of knowledge at the beginning. In the world of Martial Arts, the first step on the path to Master is usually a white belt. This color shows purity and a lack of knowledge. This level is where the student begins on his journey to mastery. The student will start by learning basic techniques and terminology.

Now, this is where the paths

of different Arts diverge. Some styles go on to yellow or even green belts. In our Tang Soo Do, we progress from white. In the Training Manual it says that this is the level of growth and exploration. For example, the student will take the knowledge of how to perform a front kick, and learn to do a roundhouse kick. This also happens with other kicks such as the side and back kicks. This level also allows the student to build on other basic techniques that they learned as a white belt.

As the student progresses on his journey toward mastery, the student will receive their yellow belt. The Manual teaches us that the "Yellow represents the gold in the ground waiting to be found." As time moves on the



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A Journey... (con't from page 6)

student learns newer and more difficult techniques. The student will also learn more advance weapons in training. Now, the student is prepared to go onto Green Belt. Green symbolizes nature in the way of growth, like grass and other plants the student is growing stronger as a Martial Artist.

Brown Belt is a very critical stage in Martial Arts training. This is where all of the movements and techniques learned up until now will help the student move onto Red Belt. The Manual states that it represents, "Strong roots in the ground", and with that brings "Power, Stability, Agility, Weight, and Wisdom." It shows that the student is still slowly growing as a Martial Artist striving to become Master. Once Red Belt is achieved, the student will start to help the junior belts perfect their own technique as well as learning new movements. This is a good learning experience for the aspiring color belt. It is also another way senior belts can review older and more basic techniques. Red represents "Blood, Life, Energy, Attention and Control." This is the final step of Gup (Color Belts) for the student. Next is Blue Belt, and then the student becomes Cho Dan Bo.

Blue Belt is the next important step in becoming a Mater. Blue represents "The skies high above the trees reaching for more knowledge. It is at the level that an instructor counts on the student

to help the junior belts work on their techniques. Through time, a lot more is expected of the aspiring Blue Belt.

"Maturity, Dignity and Sincerity are all traits that help build a Black Belt's character."

The final Stage before Black Belt is the Red/Black Belt, also known as "Black Belt Deputy". The Manual states that "This is the fusion of mind and body to strive to become the Golden Man". To me, this is the most important part of the color belt training. This is because now it is time to take all of the knowledge that the student has been building up to apply and become a Black Belt, which is one of the most honorable steps in the student's journey towards mastery.

Once the student has achieved their Black Belt, he/she must move onto more intense training to become a Master. Black represents, "Health and Strength, Confidence, Winning Habits, Mastery, Calmness, Dignity and Sincerity." These words are what the students aspire to achieve. It shows the long journey taken to reach this level. Each word helps describe the student in different ways. Health and Strength show that a Black Belt is at their peak physically and mentally. It also displays how your training and hard work has paid off. Confidence is another trait

of the Black Belt. When some students become Black Belts, they start to feel more confident and even confident enough to start teaching class when needed. Confidence is the backbone of a true Black Belt. It also helps with Winning Habits in competition like settings, testing and demonstrations. Calmness is essential to be a Great Black Belt. It portrays a sign of growth on the student's part. Maturity, Dignity and Sincerity are all traits that help build a Black Belt's character. The last and one of the most critical characteristic is Mastery. Once the level of Black Belt has been achieved, the student's requirements will start to be more spaced out, allowing the student to "Master" all of the basic techniques as well as the new ones.

The journey from White Belt to Master is a long and continuous one taking many years to achieve. But it is only achieved when the student dedicates time and energy in pursuing this goal. Because of Kwan Jang Nim and the other Masters are we able to reach this goal.



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.