

NKKSF

OOTNOTES

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

May Pan-Am Tang Soo Do Federation Promotional Testing & Parents Appreciation Month

submitted by Master E. Calderone

Once again, the Robinson Campus overflowed with nervous excitement as Nam's Karate students congregated to demonstrate their Tang So Do skills for the May 19th Promotional Testing. Kwan Jang Nim proudly sat among his Master Instructors as he tested each of his students. Every student displayed their very best techniques accompanied by strident ki-ups that echoed through the Dojang in anticipation of reaching their next level of training.

Several black belts demonstrated their proficiency of techniques as they tested for their next Dan. Noah B and Mateus P diligently performed each technique with precise accuracy for their 1st Dan. Tim S presented himself with mindful discipline as he tested for

testing as he meticulously revealed skillful mastery of techniques from his five years of persistent black belt training. All-in-all, the most impressive part of examining black belt testing—other than the exhilaration of watching broken boards flying across the room in every direction—was knowing that every day of their training and every accomplished test was in

anticipation of becoming a master... someday.

On this promotion day, all students were invited to witness two very special events. The bi-annual Black Belt Tea Ceremony was held to induct all new Black Belt Dan recipients



Kwan Jang Nim poses with the new Black Belt Recipients after our Bi-annual Black Belt Ceremony

in a traditional ritual of showing respect for their Grandmaster. Recipients drank tea, walked backwards accompanied on either side by two girls dressed in traditional Korean garb, and stamped their fist as an official sign of their accomplishments and dedication to the school. Congratulations to all black belt recipients!

The second event was one of the most intriguing of the day and involved the tremendous demonstrations by SahBumNim Nam and our very own Kwan Jang Nim. SBN Nam never ceases to amaze everyone with

(Continued on page 7)

INSIDE THIS ISSUE...

| | |
|---|---|
| Message from Grandmaster | 2 |
| Our Movie Night! | 3 |
| A Thought for That | |
| Achievers, New Black Belts, New Instructors and Birthdays | 4 |
| Upcoming Events | 5 |
| Karate and Me | 6 |
| A Tang Soo Do Family | 8 |

2nd Dan and executed every movement with thoughtful precision. BuSahBum Marty O flawlessly accomplished his 3rd Dan

A Message from GRANDMASTER TAEK HO NAM



**Grandmaster
Taek Ho Nam**

Summer is finally here, and everyone is busy with new activities and hectic schedules. I want to remind everyone that maintaining your training during the summer, however hectic your schedule may be, is very important. As I continue to update our curriculum to make summer training more fun, my motivation comes from seeing my students attending class. With that said, we are initiating our summertime uniform change and outdoor training! I would also like

to take this time to thank all my dedicated students for their continued support and hard work.

This is a good opportunity to reinforce to everyone why it is important to train at a school that values tradition and teaches true Martial Arts rather than a fighting method. As many of you know, our curriculum is based upon the traditional Tang Soo Do. The philosophies and techniques are those of the ancient Hwa Rang Do Warriors.

The Martial Arts is a code of honor which students are expected to live by. It does not represent violence or aggression. By definition, Martial Arts is the way of peace-making or the way of self-defense. It is the basis from which you are expected to build your knowledge to become a compassionate, courageous, and trustworthy individual. It is built on the student's loyalty to his art, school, and his Master Instructor. Without this true dedication, it is like a lost person being without a family.

The Nam Family Tree is rich with very influential Martial Artists, which includes myself; Grandmaster Y.U. Min, my Master Instructor; and Great Grandmaster Hwang Kee, the founder of Tang Soo Do, just to name several. As we continue our training, we are directly linked to these very important Grandmasters and many more! You should be proud of your Family Tree and know that as you continue your training, you continue the Nam's Tang Soo Do Family Tree.

As you gain experience and continue to study the Martial Arts, it will become apparent how important it is to learn basic skills, techniques, and control. This ability comes only with time and proper training. You cannot obtain it any other way. If you are not taught correctly from the start, it makes no difference how hard you train or how good your intentions are. The physical part is only one aspect of the total picture. Becoming a true Moo Do In encompasses much more.

TANG SOO!

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
Lisa Over

Design / Printing
Heather Arbuckle

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

congratulations!

to **Lisa Over** our
new Copy Editor!

Our Movie Night!

by Susan D. (Acting KPA Chair)

The price is right. A free show, inexpensive refreshments or bring your own, fun and games afterwards. No, I'm not talking about a game or sporting event. What I am describing is our Movie Night. A place where parents can enjoy quality family time with their children or be children-free for a few hours.

I attended two out of the first three movie nights. The atmosphere was casual and relaxed, where movie-goers could snuggle with their own blankets, pillows, and stuffed animals. Following the



movie, the children enjoyed playing "Krab Soccer," "Karate Ball," and dodge ball.

We welcome movie suggestions and loans. Movies shown are G to PG rated. PG-13 will be considered with approval from KPA chair, co-chair, and all the KPA members.

If you have any questions regarding movie night, please contact your campus manager or send a message on the KPA e-mail list.

A Thought for That: "I am the BEST Martial Artist!"

by Master H.Nam

I find myself sitting at home watching a movie on TV. It is an action movie. I used to ask myself, "If I was ever to face this guy, could I beat him up?" I have dedicated my life to the Martial Arts; does this mean that I shouldn't be asking these questions? Many of my friends sometimes ask me, "If John and you were to fight, who would win?" I would reply, "if we were friends, we would never have to fight."

I was recently approached by a student/parent, Ty, who enlightened me about a conversation his son, Alex (also a student), had with some friends.

"Hulk Hogan can beat up your karate teacher!" one friend said.

"NO WAY! SahBumNim can beat up anyone!" Alex replied.

During my childhood, I recall only two instances when my Martial Arts skills were absolutely necessary. Growing up, kids were aware that my father owned karate schools and that I took Martial Arts, and many wanted to test my limits. I've learned to give many verbal warnings before using physical action. I remember being in the locker room when a kid decided to push me until I gave into his bullying. In the end, after multiple warnings to just walk away, he attempted to push me again. I instinctively swung him around and pinned him

against the wall.

I often sit and think about these instances. I wonder, if I were less patient, who and where would I be today? There comes a time when enough is enough, and it's time to "walk the walk." Today, I have had a few minor incidents of people attempting to "push my buttons" and force me into an action that, in today's age, I could get sued over. I am very confident in myself and the Martial Arts skills that I possess. I am confident enough to feel that I can defend myself against anyone that may come my way.

But is this enough?

Even if I was able to defeat every single fighter of any style, would that mean I was the "BEST" Martial Artist in the world? My father taught me that knowing Martial Arts isn't a reason to use it. I have a responsibility to know and understand when and where it is acceptable to use karate. All along, I've known that Martial Arts should be used to help—not hurt. Seeing my father instill loyalty, dedication, hard work, discipline, and self-defense into his students and teaching this same philosophy to my students has taught me many things.

I have read many philosophy books and seen many action movies. (Continued on page 5)

A+CADEMIC A+CHIEVER TEAM 2006 - 2007

★ = New team member ① = 1st nine weeks ② = 2nd nine weeks ③ = 3rd nine weeks ④ = 4th nine weeks

| | | | |
|-------------|----------------|--------------|-----------------|
| Alicia S ③④ | Jonathon K ★③④ | Kevin N ★③ | Jarrett U ③④ |
| Meghan S ③④ | Jessica K ★③ | Zachary L ★③ | Austin C ③④ |
| Joshua P ③④ | Alyssa H ★③④ | Emily L ★③④ | Caela G ③④ |
| Nathan M ③④ | Hanna L ★③④ | Megan L ★③ | Trent K ★③ |
| Maura F ★③④ | Matthew B ★③ | Hollis B ③④ | Catherine L ★③④ |
| Emily F ★③④ | Noah B ③④ | Stephen D ③④ | Joseph L ★③④ |
| T.J. D ③④ | Mackenzie L ③④ | Arielle S ③④ | |
| Bruce K ★③④ | Stacey N ★③ | Cort B ③④ | |

NEW BLACK BELT RECIPEENTS

| | |
|--------------------|-------------------------------|
| Noah B (1st Dan) | Tim S (2nd Dan) |
| Mateus P (1st Dan) | BuSahBum M.O'Hanlon (3rd Dan) |

NEW INSTRUCTORS

| | |
|--|--|
| GyoSa Ryan Drozynski (CLT – 1st Dan) | GyoSa Meghan Stoyanoff (NIT – 1st Dan) |
| GyoSa Susan DeCarlucci (NIT – 1st Dan) | BuSahBum Louis Nagoda (NIT – 3rd Dan) |
| GyoSa Alicia Stoyanoff (NIT – 1st Dan) | BuSahBum David Klink (NIT – 3rd Dan) |

BIRTHDAYS

Have a Karate Celebration Party! ALL AGES ARE WELCOME TO CELEBRATE!

JULY

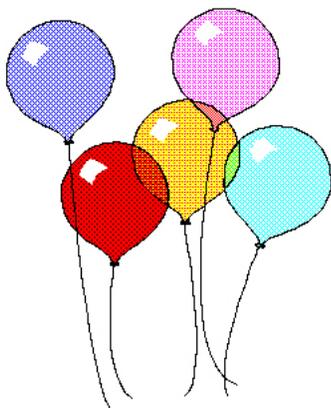
- Anthony G – 1st
- William L – 4th
- Fiona R – 5th
- Debbie S – 7th
- BuSahBum M.O'Hanlon – 12th
- George U – 13th
- Carl G – 14th
- Austin C – 17th
- Nathanael O – 24th
- Scott D – 24th
- Stacy L – 24th
- Kaitlyn C – 29th

AUGUST

- Maura F – 2nd
- Jessica K – 5th
- Jonathon K – 6th
- Khalil K – 7th
- Carmen S – 9th
- Kristy H – 10th
- Zachary L – 11th
- Emma S – 12th
- Christine K – 13th
- BuSahBum Lo.Nagoda – 14th
- David H – 16th
- Michael S – 16th
- Mason T – 17th
- Jim S – 19th
- Susan D – 20th
- GyoSa Li.Nagoda – 22nd
- Dakota A – 23rd
- Jared S – 23rd
- Matthew B – 23rd
- Ian L – 30th
- Julia H – 30th
- Shad A – 30th

SEPTEMBER

- Connor R – 3rd
- Jarrett U – 3rd
- Jason S – 4th
- Emily O – 5th
- Montana E – 7th
- Megan L – 10th
- Yurishan K – 14th
- Gary F – 14th
- David W – 17th
- Lee A – 19th
- Rocci G – 19th
- Kwan Jang Nim – 24th**
- Kevin K – 25th
- Adam H – 27th
- BuSahBum D.Klink – 28th



Happy Birthday!!

UPCOMING EVENTS

*ASK YOUR CAMPUS MANAGER FOR TIMES

RC= Robinson Campus

CC= Cecil Campus

MC= Mt. Lebanon Campus

JULY

4 NO CLASS (4th of July)

11 Children Breaking Clinic @ MC

12 Adult Breaking Clinic @ MC

All Belts Breaking Clinic @ RC

13 All Belts Breaking Clinic @ CC

14 LASER TAG TOURNAMENT

NO CLASS ALL CAMPUSES

Pan-Am Tang Soo Do Federation Promotional

Pre-Testing:

18 CC

19 RC

20 MC

NO CLASS @ CC

Pan-Am Tang Soo Do Federation Promotional

Testing:

21 DORMONT PARK (Directions available)

10am: ALL STUDENTS

SUMMER PICNIC (Immediately afterwards)

Bad Weather held at MC

9am: CHILDREN

10am: ADULTS

PICNIC WILL BE HELD RAIN or SHINE

Pan-Am Tang Soo Do Federation Promotional

Testing MAKE-UP:

23 MC

CC

24 RC

AUGUST

NO BREAKING CLINIC THIS MONTH

11 2nd ANNUAL A+TEAM PARTY @ RC

(Academic Achiever 2006-2007 Team Members Only)

24-26 KARATE KAMP

SEPTEMBER

1 & 3 NO CLASS ALL CAMPUSES (Labor Day)

5 Children Breaking Clinic @ MC

6 Adult Breaking Clinic @ MC

All Belts Breaking Clinic @ RC

7 All Belts Breaking Clinic @ CC

Pan-Am Tang Soo Do Federation Promotional

Pre-Testing:

19 CC

20 RC

21 NO CLASS @ CC

MC

Pan-Am Tang Soo Do Federation Promotional

Testing:

22 RC

Kwan Jang Nim's Birthday Celebration!

Pan-Am Tang Soo Do Federation Promotional

Testing MAKE-UP:

24 MC

CC

25 RC

Blue Belt to Black Belt Clinic

29 RC

NO CLASS ALL CAMPUSES (CLINIC)

A Thought for That (con't from page 3)

The messages always seem to contradict. Philosophy teaches us peace, love, and a way of life in harmony. Action movies that portray Martial Arts teach us that being the best fighter or the one to kill first is the best way to live. I would hardly think that the public will pay millions of dollars to see Jet Li or Jackie Chan teach philosophy. It is action that the public wants.

In our weekly "Greatest/Worst" discussion, I asked my younger students, "If a person is mean, can we change their heart by changing their face?"

And the answer was "NO!" With everything that Martial Arts teaches, it teaches us a way of life. I find myself fighting the toughest enemy I have ever known—myself. Every morning on my way to the karate school I tell myself, "be patient, caring, kind, respectful, and humble." These philosophies flow through the Martial Arts. I would like to leave you with this last thought: The "BEST" Martial Artist in the world brings peace to those around them and, most importantly, to themselves.

by Tim Scales (2nd Dan Essay)

I began taking karate lessons four and a half years ago because my daughter wanted to, and it was something we could do together. I didn't intend to, initially. I thought I'd just bring her to class and watch, perhaps, but after thinking about it, it seemed like a good idea. I had been looking for a way to become less of a couch potato and get into better shape, maybe lose a little weight in the process. This seemed like it might be a good opportunity to do that and spend some time with my daughter, too. After several months, my daughter lost interest and stopped coming to class. I continued, earning my black belt in 2005. I plan to stay with it as long as my body holds together enough to let me.

In the past, I have not enjoyed exercise. Running or biking is boring unless you are going somewhere (and it's even less attractive when it's raining or snowing). Any of these are also less attractive as I have gotten older and my knees have started to go. Exercise machines, weight training, or calisthenics at home have the same problem—doing the same thing all the time gets old very quickly. I have tried one or another briefly over the years and have lost interest and motivation after a short time. Each of these activities also tends to concentrate on only one or two aspects of fitness—strength, flexibility, endurance, etc.—rather than a balance of all aspects. Exercising on my own has also been difficult for me because of the lack of structure. What do I do next? How can I change my routine to improve? What can I do to make it interesting?

On the other hand, I enjoy karate. Classes are structured, but not the same every day. There is always a mix of activity—stretching for flexibility, strengthening and balance exercises, forms and sparring for endurance, etc. I may be in pain sometimes, but I am never bored. I can see myself improving over time, stretching a little lower, holding my own in sparring a little better, performing forms and basic techniques a little more cleanly. I compare myself to others, seeing how they do things

differently. Sometimes I learn something from them and sometimes I help out another student. I may come home after class and collapse, but I am not bored. And I always do a little better the next time.

There is also a social aspect to karate that is missing from many of the other fitness programs I have tried over the years. The people you meet in class are not whiners, nor are they lazy or trying for a quick fix. No one is here who does not want to be or who is not willing to work and push themselves. No one is trying to lose thirty pounds in thirty days or get their money back (at least no one who lasts long). My fellow students are from many different backgrounds, and I would often not encounter them anywhere else. You can't avoid interacting with others, whether as teacher and student, as sparring or stretching partners, or just groaning together after an especially tough workout. For me, class is not only fitness; it is a chance to meet interesting people I might not have had a chance to meet otherwise.

Even if I am tired after class, I come home relaxed and more mellow. There is something about pushing yourself as hard as you can, or a little harder, that makes the routine annoyances of life seem a lot less important. I'd like to think this has made it a little easier for others to get along with me, and I know I have had an easier time myself.

I have changed over the past four and a half years. Since I have been coming to class, I have gotten stronger. I couldn't do fifty pushups four years ago without falling on my face (it's still no picnic, of course, but I can do it). I have even lost a few pounds, not quickly, but at least consistently, and what's left is more muscle and less fat. I have gotten more confident—pushing yourself to your limits and finding they don't push back quite as hard as you worried they would does that. This has not happened all at once, or even in noticeable steps all the time. For me it has been a gradual

*"I have gotten more confident—
pushing yourself to your limits and
finding they don't push back
quite as hard as you worried
they would does that."*

Karate and Me (con't)

process, a growing experience (it's encouraging that this can still happen when you are almost fifty). I am proud of what I have accomplished here.

I also find myself applying aspects of Tang Soo Do, both physical and mental, into other parts of my life in small ways. Standing in line or in a PAT trolley? Step into a fighting stance and see how long you can hold it. This not only helps you balance better when the trolley shakes and swerves, but also makes an otherwise boring ride pass more quickly. Frustrated in a meeting? A couple slow Dan Jan breaths get rid of some of the tension. Think a quick back-stab will get you

ahead at work? "In fighting, choose with sense and honor." Not only do you look better to others by taking the high road, but it's easier to live with yourself. The Five Codes of Tang Soo Do is good advice for life.

It is not always easy to find the time to attend class. Between a sometimes more than fulltime job, two kids and their activities, my wife's job and the groups she is involved in, there are many competing demands on my evenings and weekends. But, it is worth it for me. I always look forward to class, and almost always feel as if I have accomplished something when I head home.

“ABILITY IS WHAT YOU ARE
CAPABLE OF DOING. MOTIVATION
DETERMINES WHAT YOU DO.
ATTITUDE DETERMINES HOW
WELL YOU DO IT.”



PTF Testing (con't from front page)

his exploding apple kick, stepping on broken glass while breaking boards, and his remarkably breathtaking techniques while signifying an imaginary sparring match through the performance of a traditional master's form. However, the room became respectfully silent as Kwan Jang Nim performed his first demonstration in many years to his devoted students and Tang So Do family. During his performance, I sat reminiscing of the numerous demonstrations I have seen of KJN. As a child, I remember watching KJN crack walnuts with his bear hands, carry pails of water on bicycle spokes pierced through his forearms, break bricks, slice a watermelon in half with a sharp sword while blindfolded, which happened to be placed on someone's bare stomach, and various other absolutely shocking performances of mental and physical discipline. Many new students are unaware of the true ability of our world-renowned

Grandmaster. His amazing abilities linger into his late 50's and continue to astonish us all. Kwan Jang Nim's dedication to Tang So Do makes me feel proud to be one of his Master Instructors. Every student should feel proud to say that they have learned from truly the best!

Last, but certainly not the least, SBN Nam took a moment of gratitude to thank all of the parents of our Tang So Do family who have been working hard to support the school in many fund raisers and other karate events. Carnations were given out to all parents in celebration of Parent's Appreciation Day. And newly appointed Assistant Instructors and Training Instructors were announced. Thank you all for attending this tremendous event, and we hope to see you again at our next Promotional Testing/Summer Picnic in July!

Tang Soo!

A Tang Soo Do Family

by Lisa Ann Over

In the resolute silence of the Dojang, my rambunctious children were as conspicuous as a cell phone ringing in church. I struggled to divide my attention between watching the karate class and getting my children to sit quietly, but they are little bundles of great commotion. Nate is a very active 6½-year-old. Abbi is 4 and quite an instigator. When Kwan Jang Nim took us into his office, I tried to settle them several more times when he finally motioned for me to sit down, saying, "Let them go. When they put the uniform on, they will change."

I understood enough about the martial arts to know that practicing it would instill discipline and self-control as well as provide a physical outlet for my very active boy.

This was the reason I came, so I focused my attention on Kwan Jang Nim.

He talked to me about his family program. "Look! All these mommies have black belts," he said pointing to pictures. For someone who likes a good challenge, acquiring a black belt was particularly enticing. Although I had planned to enroll only my son, I began to see that Tang Soo Do would be good for all of us.

With Nam's family program, I could continue to grow as a person and provide my children with valuable lessons and physical exercise. And the best part is that we would be doing all of this together.

I have been looking for something fun and constructive to do with my children. Some people might think that a stay-at-home mom would have no trouble with this, but it has not been easy for me. Sure, we've enjoyed reading and playing games together, but I can only read aloud and play Candy Land® for so long, then I need a challenge.

Excited about learning Tang Soo Do, I enrolled my family the very next day. Nate and I enjoyed our first class. Abbi cried when she learned that she couldn't suck her thumb. I was concerned that she would resist going back, but she did not. In fact, I haven't had to drag or bribe either of my

children to get to class. Abbi is okay about not sucking her thumb now that Tang Soo Do is no longer a new and strange activity for her.

After several weeks, we all enjoy kicking and yelling together. Actually, Nate and I love everything about practicing Tang Soo Do. Nate likes Kwan Jang Nim because, "he shows us exactly what to do." When I asked Abbi if she liked Tang Soo Do, she said, "I just want to be with you, Mommy." If being with me is her reason for going to class, that's fine. She is only four, and I can tell she has fun kicking and yelling. She is especially good at reminding me to yell, "Go ha...ha...ha, Mommy."

Watching my children learn and interact with people is something I wouldn't be able to do if I just dropped them off.

One day after our lesson, Kwan Jang Nim gave us yellow stripes and a star for our hard work. He asked Abbi what color star she wanted.

"Red," she replied.

In his beautiful Korean accent, Kwan Jang Nim corrected her saying, "Red-eh, Sir."

"Red-eh, Sir," Abbi repeated, perfectly.

Nate also received a star. He noticed the next time we went to class that it had fallen off his belt. I told him it was probably at home, and we would look for it when we returned. He said, "Mommy, we have to find it. It is special." We didn't find it, but we replaced it with one from our sticker collection.

We've had a great time practicing Tang Soo Do together. Both of my children have a way to go to develop the discipline and self-control they need—this is a journey after all. Thankfully, they are already learning to show more respect in the Dojang. As we approach the end of our introductory class, they enter more quietly and are ready to listen and learn when class starts. I look forward to being along side them as we all change and grow and progress through the belts.