



NKKS FOOTNOTES

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

Happy Birthday Kwan Jang Nim

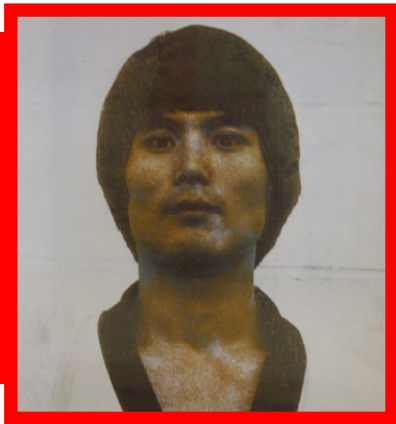
by Master B. Calderone

September 24th, Kwan Jang Nim celebrated his birthday.

The students helped him celebrate by presenting him with a birthday cake and present on testing day. Many of you may not know who exactly Kwan Jang Nim is, so let me take this time to introduce to you, Grandmaster Taek Ho Nam.

He was responsible for organizing a karate program for the Korean Air Force wherein the Air Force Troops benefited from his exclusive training and instruction. In 1972, Grandmaster Nam completed his duties in the Korean Air Force and assumed sole responsibility as Karate Instructor for the Korean K-55 Division of the Air Force Police.

In 1973, he served as Karate Instructor



Kwan Jang Nim tested under Grandmaster Hwang Kee the founder of Tang Soo Do. At the age of five, he began Tang Soo Do training six days a week. At the age of nine, he received his black belt. He began teaching as an assistant instructor, at the age of thirteen. After graduating from The University of Seoul, in 1969, Grandmaster Nam served his country in the Korean Air Force. He captured the Korean Karate Air Force Championship title in 1969 and maintained this title until he finished his Air Force duties in 1972.

for the U. S. 314 Air Force at Osan Air Base and completed this program in 1977. Grandmaster Hwang Kee officiated over Grandmaster Nam's wedding in 1977. He and his wife then came to the U.S. He taught Tang Soo Do in New Jersey until 1979. He then moved to Pittsburgh and established two schools located in Mt. Lebanon (originally in Dormont) and Robinson Township. In 1996, he opened a third school in Cecil Township.

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A Message from GRANDMASTER TAEK HO NAM



**Grandmaster
Taek Ho Nam**

The traditional tea ceremony is a special day in the history of our school, memorializing its promotion of candidates to various black belt levels.

It is just one more expression of our dedication and sincerity in prospering the art of Tang Soo Do.

The ceremony is witnessed by a huge audience of parents and

friends. An authentic oriental atmosphere is set with special oriental appointments of furniture, carpets, flags, etc. The ceremony is conducted by candlelight and traditional ceremonial music is played in the background. During the ceremonial process, the candidate's name is called, beginning with First Dan participants and working up to Second, Third and Fourth Dan candidates.

The candidate begins a slow walk to the ceremonial table, being escorted by the two young females dressed in traditional ham boks (Korean dresses). Each candidate's biography is given as he/she approaches the ceremonial table. At the ceremonial table, the candidate is served Korean ginseng tea which is symbolic of loyalty and the student's binding relationship with his/her karate Master and karate school. As the tea flows through the candidate's whole body, it represents the everlasting bond between the student and the elements that the tea symbolizes. Following that, the candidate walks backwards, with the two escorts, for the length of the carpet. Walking backwards symbolizes the respect for the karate masters and the balance that one must perceive in one's mission in life. The candidate, then proceeds to the masters' table, wherein the degree is confirmed. First, the candidate is asked to stamp his/her fist in red ink. The fist represents his/her physical loyalty and dedication to the protection of the ones he/she loves, Tang Soo Do, and his/her master. The red ink represents the blood. Which is the unseen bond and relationship between the recipient and his/her ongoing dedication and loyalty to Tang Soo Do and grandmaster. The candidate then signs the register, receives his/her certificate and belt, and shakes hands with each karate master.

This special ceremony is held twice a year to honor candidates as they gain the proficiency of black belt in its various degrees. We should all feel privileged to be a part of the school's Black Belt promotional exercise and find it to be a very beautiful, extraordinary, and most memorable occasion.



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UPCOMING EVENTS

*ASK YOUR CAMPUS MANAGER FOR TIMES | *DATES ARE SUBJECT TO CHANGE
 RC= Robinson Campus CC= Cecil Campus MC= Mt. Lebanon Campus

OCTOBER

- 8 Breaking Clinic @ MC with Kwan Jang Nim
- 9 Breaking Clinic @ MC with SahBumNim Nam
All Belts Breaking Clinic @ RC
- 10 All Belts Breaking Clinic @ CC
- 20-24 BUDDY WEEK
- 25 MOVIE NIGHT @ CC (ALL CAMPUSES WELCOME)



NOVEMBER

- BLUE BELT to BLACK BELT CLINIC THIS MONTH
- 5 Breaking Clinic @ MC with Kwan Jang Nim
- 6 Breaking Clinic @ MC with SahBumNim Nam
All Belts Breaking Clinic @ RC
- 7 All Belts Breaking Clinic @ CC
- Pan-Am Tang Soo Do Federation Promotional Pre-Testing:*
- 12 CC
- 13 RC
- 14 MC
NO CLASS @ CECIL CAMPUS
- Pan-Am Tang Soo Do Federation Promotional Testing & Black Belt Tea Ceremony and Students' Appreciation*
- 15 RC
9 am – Children
10 am – Black Belt Tea Ceremony & Students' Appreciation
10 am – Adults
- Pan-Am Tang Soo Do Federation Promotional "Make Up" Testing*
Please speak to your instructor to arrange your "Make Up" Testing
- 27-28 NO CLASS ALL CAMPUSES (HAPPY THANKSGIVING!)



DECEMBER

- NO BREAKING CLINIC THIS MONTH
- 6 N.M.A.C. HOLIDAY PARTY
Location: RC
Time: TBA
- 24-Jan 1 NO CLASS ALL CAMPUSES (HAPPY HOLIDAYS!)



ADVERTISE NOW!!

Our website has attracted many new visitors each day. Our newsletter and informative brochure will be e-mailed to perspective students. All ads will be designed by our webmaster Heather Arbuckle. There are four months per issue.

CONTACT MASTER H. NAM at TSD1982@GMAIL.COM for more information

A+CADEMIC A+CHIEVER

Please do NOT forget to bring your report cards in to become a member of our A+TEAM!

NEW BLACK BELT RECIPIENTS

Cort Blatz (1st Dan)
GyoSa Alicia Stoyanoff (2nd Dan)

Master David Klink (4th Dan)

BIRTHDAYS

HAVE A KARATE CELEBRATION PARTY, "THE BEST PARTY IN THE BURGH!"
STUDENTS & NON-STUDENTS OF ALL AGES ARE WELCOME TO CELEBRATE!

OCTOBER

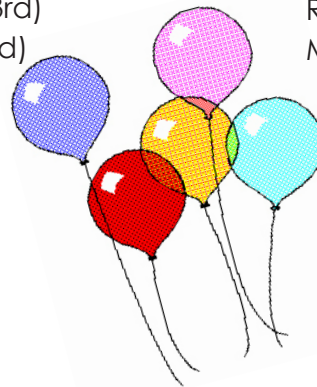
Master T.Tresky (3rd)
Tara A (6th)
Donald N (8th)
Nicholas D (9th)
Ronnie G (13th)
Alex S (13th)
Heather Z (15th)
Jack M (19th)
Jacob D (21st)
Anna R (22nd)
Ashley A (23rd)
Aydin B (24th)
Will P (25th)
Ron S (26th)
GyoSa K.Petrov (31st)

NOVEMBER

MacKenzie L (2nd)
T.J. D (3rd)
Jake G (13th)
Bernie P (21st)
Michael S (23rd)
Joshua L (23rd)

DECEMBER

Ronald W (7th)
Michael M (14th)
Harvey S (17th)
Tim S (18th)
Rustam R (24th)
Mateus P (27th)

**Happy Birthday Kwan Jang Nim (continued)**

Grandmaster Nam has dedicated his life to the Martial Arts.

He is not only the Founder and President of Nam's Korean Karate School but also the Chairman of Pan-Am Tang Soo Do Federation, the Pan-Am Hap Ki Do Federation and the Pan-Am Kum Do Federation. He is the Treasurer and President of the Pennsylvania Region of the U.S. Moo Duk Kwon Federation, a Former Testing Committee Chairman of the World Tang Soo Do Association and correspondent for the Tae Kwon Do Times. He is a Certified International Instructor for the International Moo Duk Kwon Association and the U.S. Martial Arts Black Belt Association. He holds

an 8th degree black belt in Tang Soo Do, Tae Kwon Do, Hap Ki Do, and Kum Do.

Grandmaster Nam has a very sincere interest in his students and wants them to develop and mature in the philosophy and art of Tang Soo Do. He receives a great sense of satisfaction in seeing the progress of his students' enthusiasm.

His goal is to continue to improve his schools and his program of study and to promote a greater understanding of Tang Soo Do. He hopes to have the best Martial Arts schools in the world and wants to be known as a Master Instructor. Grandmaster Nam would eventually like to be known as a philosopher of Tang Soo Do.

A Thought for That

"A Martial Artist's Family Life (Part 2): The Teenage (and Adult) Years!"

by Master H.Nam



Master H. Nam

As we continue past our childhood and adolescence, our Martial Artist's Life leads up to becoming Teenagers (Black Belt) and then an Adult (Master Level).

With "peer pressure," "rebellious," and the desire for more information, Teenagers as with Black Belts are tested the same. Wasn't this our desire as Teenagers? For some it was to rebel against authority and, although now as adults we see that it was true, our parents WERE RIGHT! As a Black Belt, who knows your skill level better than your instructor? We will become impatient as with many others that have been down this road before you have. But isn't the philosophy "have patience my

grasshopper" run true? Isn't it the Master who instructs the students to be patient, and ready for it to all come together once balance is met?

We often forget that without our Instructor's patience and guidance, our skill and self would not be what it is today without their guidance.

The Master, as with parents, is responsible for teaching the best of their abilities with excellence for their student as the only objective. But it is greed, selfishness, and corruption that will begin to see light.

There are MANY students who decide that Black Belt is the final stage they see is necessary, the rest they can learn as they grow. They believe they cannot learn any more from their instructor, as do teenagers believe they "know more than their parents." These Black Belts may

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N.M.A.C. FIT CLUB

by Becca G (FIT CLUB Instructor)

Over the past year, the Mt. Lebanon Campus has offered an evening and Saturday morning cardio sculpt class five days a week. Exercise on a regular basis is a great way to protect your health from many diseases, including obesity, heart disease, and diabetes. Additionally, exercise is important for your mental health and is a great stress reliever. For the best overall health benefits, experts recommend that you do 20 to 30 minutes of aerobic activity three or more times a week and muscle strengthening and stretching at least twice a week.

The N.M.A.C. Fit Club cardio sculpt class is

a great opportunity to incorporate regular exercise into your daily routine. The cardio sculpt class is a cardiovascular workout that includes aerobics, step aerobics, and interval training to burn fat and increase endurance. Each class also includes strengthening exercises for toning.

Classes are Monday through Thursday evenings from 8 p.m. to 9 p.m. and Saturday morning from 9:00 a.m. to 10 a.m. Please contact us for more information about costs and class availability. Also, print out the coupon on page 9 for 1 week of FREE FIT CLUB classes, come in to work out and meet new friends.

Tang Soo Do - Korean Karate (4th Dan -Master Level Essay)

by Master D. Klink



Master D. Klink

For over eleven years, my life has revolved around the Martial Art, Tang Soo Do. I have dedicated blood and sweat to the Martial Arts and have been rewarded with

self-confidence and a healthy lifestyle. While Tang Soo Do is a Korean art of self defense, it brings much more to the table. The discipline and respect that I have grown up with in Karate carries over into everyday life. I would be a completely different person if I had not ever trained in Tang Soo Do. With hundreds of years of history, I feel pride in carrying on the tradition. The roots of Tang Soo Do can be traced all the way back to the Silla Dynasty of Korea in the year 313 A.D. This period of Korean history was a tremulous time in which three powers on the Korean peninsula vied for power. Koguryo of the North and Paekche of the West constantly threatened the tiny region of Silla. After years of invasion and harassment, King Chin Heung, the 24th and greatest King of the Silla Dynasty, dedicated to take action. The Hwarang Warriors were created, turning the

tide in the Silla Dynasty's favor.

Hwarang Warriors were not common soldiers, but rather young aristocratic men. Together, they studied the art of war, blending techniques and styles from both China and Japan. Kicks, locks, throws, chokes, wrestling and weapons training were all integrated into their fighting style. Rigid workouts, both mental and physical, in the mountains prepared the Hwarang for the riggers of combat. They incorporated a code of conduct with five major principles.

1) Loyalty to Country, 2) Obedience to Parents, 3) Honor in Friendships, 4) No Retreat in Battle, and 5) In Fighting, Choose with Sense and Honor. Do these principles sound familiar?

Unfortunately, all good things never last. With the overthrow of Silla in 935, the Koryo Dynasty took charge in Korea. Buddhism was the dominant religion, and Hapkido was the monks' art of choice. Hapkido is a Korean grappling art developed by the Hwarang that was now becoming a mainstream art. Many Kings would bring in Hapkido experts to perform demonstrations, and soon the art picked up interest among royal families. The Koryo were toppled by the Yi Dynasty in 1392, spelling trouble for the future of Hapkido.

The spread of Confucianism came with the Yi, resulting in the collapse of Buddhism. Confucian teaching looks down upon physical force. Korean leadership in most

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regions banned Martial Arts. Japan's invasion in 1910 brought even harsher restrictions on all sports. Royal families and Buddhist monks secretly practiced Hapkido, passing the art form generation to generation. Finally at the end of WWII, the Korean people could legally practice Martial Arts. Hapkido locks and strikes are a key component to my training.

Tae Kwon Do (sometimes spelled Taekwondo) and Tang Soo Do are very similar Martial Arts. Both stem from the Hwarang fighting styles, and these techniques were secretly passed down through many generations until the surrender of Japan in 1945. The explosion of Martial Arts in the next few years led to many different organizations teaching slightly different variations of techniques. Before long, there was a movement in Korea pushing to unify all of these branches under one organization, Korean Kong Soo Do. This was not meant to be, as too many factions had their own ideas of what should be included in the art. Grandmaster Hwang Kee gave Tang Soo Do its name. His style focused on the traditional Martial Arts used fifteen hundred years in the past. Tae Kwon Do became the National Sport of Korea.

Kwan Jang Nim (Grandmaster Taek Ho Nam) has successfully blended all of the Korean Martial Arts into one. He is an 8th Degree Black Belt in Tang Soo Do & Tae Kwon Do and a 7th Degree Black Belt in Hapkido. In Korea, he was one of only a few selected by his Master to learn secret techniques. These were taken from none other than the book of King Chin Heung, the 24th King of the Silla Dynasty. I am proud to train under such an experience Martial Artist.

Training, from basics, to forms, to weapons, has been fun in every class. There is way too much to learn and remember to ever get bored.

Even if you know every single technique, it can always be executed better. I could train

for days and years on end and never reach perfection, as no one can reach this goal. You can always perform better. That is the one thing I will always remember throughout my life.

Self-discipline along with dedication will overcome the most difficult of times. The twelve year journey had many highs and lows, but I have persevered to attain the proudest accomplishment of my life. Tang Soo Do teaches me how to lead, control my mind and body, show respect, and always give one hundred percent effort. Instructing has allowed me to show others how to achieve the success I have experienced. These skills carry over into my everyday life. I am willing to make sacrifices for the long term goal of personal wellness. I wake up each day with a positive attitude and ready to take on the day. I complete schoolwork with the same diligence I have learned in the Martial Arts. As an employee, I work at the highest level possible. Tang Soo Do has taught me that it is vital to respect God, one's parents, and one's country.

Every day of my life I carry myself with honor and dignity.

I can not truly put into words the impact of Tang Soo Do on my life.

Over the years, I have come to respect the rich history of my Martial Art. Tang Soo Do is ingrained in me. Every single day I think of training. There is nothing better than putting all of your energy into one activity. Thanks to Tang Soo Do, I am a happy and self-motivated individual. Hopefully, I will learn the intricacies of Tang Soo Do in the coming years, allowing me to become a warrior, just as the Hwarang centuries ago.

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July PTF Testing and Summer Picnic

by Dana L

Our day began hot, even at 10:00 in the morning! But that didn't hinder us at all, and we all crowded snugly under the pavilion for testing. It was exciting, as always, to watch our fellow students concentrating on their techniques, confident to perform their absolute best and advance in belt rank. But this time, it was a special, exciting treat to be able to observe Sah Bum Nim David Klink in his transition to Master Rank. He maneuvered with such impressive focus and dedication, that it was a great inspiration for each student to work hard to be the best martial artist they can be.

With all of the excitement surrounding testing, all of the students and guests had worked up quite an appetite! Fortunately, there was a huge selection of delicious food for us to fill our plates. There was a fantastic grill team, so burgers and hot dogs were flying off the grill in a seemingly endless supply! We sure were hungry! But most importantly, it was wonderful to observe families eating together, and also sitting with other families, mingling, and getting to know new people.

After we had eaten, some people took advantage of the beautiful day to just relax, some headed for the pool, and some of us decided to get in gear for GAMES!

From the littlest of kids to the biggest of kids, it was great to see everyone get involved. Though we (Team-C) tried our best to win, congratulations goes to the little and littlest kids for "beating" the big kids at every game! We were velcro'd together, strung together, and oranged together, for some unique and hilarious teamwork. And no one cared who won or lost because we were too busy making new friends and having FUN! The games ended with a very competitive water balloon toss. One by one, we were all eliminated. It was down to Sah Bum Nim Tresky and son Anthony, as well as Elwood B and Tony R for the final two teams. It was a close one, but in the end, Elwood B and Tony R held onto their balloon the longest. Way to go guys!



Thanks to everyone who cooked, organized, participated, and came out to support. Thank you especially to Kwan Jang Nim and the rest of our Masters for making this eventful day possible for us. Judging by the conversation, laughter, and smiles on everyone's faces, it is clear that good times were had by all. And I think I speak for everyone in our Tang Soo Do Family when I say that our annual summer picnic and testing was a great success!

A Thought for That (continued)

become impatient or lose confidence as to why and when their Master Instructor will give them permission to do as they wish. But, isn't part of learning Martial Arts those things, patience and confidence being two of the most critical aspects to learn? Who knows your skills and Martial Arts growth better than your Instructor? To cut yourself off for greed, selfishness, or any excuse to prevent you from becoming the best you can be would be ridiculous.

I can say firsthand that without patience and confidence I would not be where I am today.

Being Grandmaster Taek Ho Nam's son, I am automatically looked at differently. Questions like, "Did this guy actually work hard to get to where he is or did his dad just give him his belt?" But the truth of the matter is, I was held over for years preventing me from being promoted to the next degree just because of my age. Or for my 4th Degree

Black Belt (Master Level), I had to travel to Harrisburg to test in front of my Master's Master.

As many of my students know, I am still under constant observation from my Master Instructor, listening to the technical critique (however hard it is to hear) and often being reminded by my Master Instructor, to live a humbled life. But with all of the obstacles I've overcome, in the end, there is nothing more gratifying than to say, I have only one Master, the best Master Instructor there is.

I want you to know how privileged you are to train with such a GREAT Tang Soo Do Family, and with our Kwan Jang Nim leading the way.

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