



NKKSFOTNOTES

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

November Promotional Testing and Tea Ceremony

by Stacy L

On November 17, 2007, the three branches of Nam's Korean Karate School congregated for the last Promotional Testing and Tea Ceremony of 2007.

There was a large number of family and friends in attendance to watch and encourage the students during testing.

All color belts were represented at the November testing, with one student, Ryan Drozynski, from the Cecil campus testing for 2nd Dan.

All of the students did a wonderful job!

While the children's promotional testing was under way, the KPA were busy upstairs organizing and distributing the fall Corbi's fundraiser.

The fundraiser was a great success! The money that was earned will help with many activities for 2008!

After the children's testing was complete, the semi annual

Tea Ceremony was conducted. There were approximately seven students from all three schools who received their official Black Belts. The Tea Ceremony is a beautiful tradition at Nam's Korean Karate. While traditional music is played a small introduction of each student is

walks backwards away from Kwan Jang Nim to approach the panel of Masters. The first person to shake the student's hand and offer congratulations is Kwan Jang Nim. The student then imprints his or her fist into the school ledger. The student also receives an official Black Belt and Certificate to commemorate this great achievement.

Following the Tea Ceremony was the promotion of new instructors, assistant instructors,

and student leadership members. Students and family members of students that have given extra effort and time to Nam's Korean Karate were also recognized.

On a last note, there were donuts and coffee sold throughout the



morning. This is something that was done in the past and has been brought

back.

The money earned from this sale is 100% profit for the students. It is a great and easy way to earn some extra money for school events! I hope that this continues to be successful in the future!



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given while approaching Kwan Jang Nim. After drinking tea, the student

A Message from GRANDMASTER TAEK HO NAM



**Grandmaster
Taek Ho Nam**

I want to first say to everyone, WELCOME TO 2008! I want to thank all of my students for your loyalty and dedication to the school and your hard work over the past year. All of my students' support is what makes our school so great!

Our annual Holiday Party was, once again, a great success. Thank you to all who worked and contributed to this fun event and for the very generous Christmas gift, Ecco Golf Shoes.

Our children are our most precious and valuable possessions. We all want to be good parents. But, good parenting isn't just disciplining, providing for and setting good examples.



I want to take this time to express the importance of taking an interest in your child's interests and activities. Get involved with your child and share his or her interests and activities.

Using karate as one example; don't be a "drop-off parent." Come into the campus and watch your child's class. Know what is going on in your campus, watch your child's progress and accomplishments, and get to know the instructors.

When parents take an interest and get involved in their child's activities, the child automatically becomes more motivated and proud of his or her accomplishments. Parents who get involved have a child who retains an interest in karate and is less likely to drop out. These students will achieve their goal to Black Belt and beyond.

TANG SOO!

NKKS Footnotes

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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
Lisa Over

Design / Printing
Heather Arbuckle

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UPCOMING EVENTS

*ASK YOUR CAMPUS MANAGER FOR TIMES

RC= Robinson Campus

CC= Cecil Campus

MC= Mt. Lebanon Campus

JANUARY

- 1 NO CLASS (HAPPY NEW YEAR!)
- 9 Children Breaking Clinic @ MC
- 10 Adult Breaking Clinic @ MC
All Belts Breaking Clinic @ RC
- 12 All Belts Breaking Clinic @ CC

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

Testing & Black Belt Tea Ceremony:

- 19 RC
9am – Children
10am – Adults
- 26 Blue Belt to Black Belt Clinic
NO CLASS ALL CAMPUSES (CLINIC)

FEBRUARY

- 6 Children Breaking Clinic @ MC
- 7 Adult Breaking Clinic @ MC
All Belts Breaking Clinic @ RC
- 8 All Belts Breaking Clinic @ CC
- 16 Inter-School Championship
- 19-23 Buddy Week
- 23 Movie Night @ MC (All campuses welcome)

MARCH

- 12 Children Breaking Clinic @ MC
- 13 Adult Breaking Clinic @ MC
All Belts Breaking Clinic @ RC
- 14 All Belts Breaking Clinic @ CC
- 15 N.M.A.C. Paintball Tournament
sponsored by KPA & Kick to Excellence
- 21 & 22 NO CLASS (GOOD FRIDAY & EASTER)
Pan-Am Tang Soo Do Federation Promotional
Pre-Testing:
 - 26 CC
 - 27 RC
 - 28 MC
- NO CLASS @ CC
Pan-Am Tang Soo Do Federation Promotional
Testing:
 - 30 RC
9am – Children
10am – Adults

APRIL

- 5 Blue Belt to Black Belt Clinic
NO CLASS ALL CAMPUSES (CLINIC)

N.M.A.C. Holiday Party 2007

by GyoSa J.Sklar, investigative reporter

T'was the month of December and all through Robinson, music could be heard. It was Nam's annual holiday party, and it was a blast. Upon walking into the holiday party, you could smell a mix of good food and the scent of the hard work of all of the students and parents who made the holiday party possible. We had music, food, door prizes, and the first ever Korean Auction. The auction worked very well, other than the fact that I didn't win. The turnout was great for the party, although Mr. Allen, upon hearing that we didn't need anyone to grill, decided not to come to the party.

Everyone was dancing to classic songs, such as Soulja Boy, and the classics, such as the Hokie Pokie. Dancing was briefly interrupted by a surprise visitor—Santa Clause. He had bags full of goodies for all children and even some adults who were brave enough to sit on Santa's lap again. Sah Bum Nim Nam is quoted as saying "All I've ever wanted for Christmas is a pony." Overall the Holiday Party was a great opportunity to build school spirit, and hopefully, we can continue to have a holiday party for years to come.

Highlights from a GREAT 2007: Encouragement, Hard Work, Fun, Camaraderie, and Success

Compiled by Lisa Over

“When you’re happy at what you’re doing, you accomplish more with better results than when you are unhappy and resistant to doing something.”

—GyoSa A. Daniels (*from GyoSa A. Daniels’ 3rd Degree Black Belt Essay, Footnotes, Winter 2007*)

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“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 assure 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.”

—Kwan Jang Nim (*A Message from Grandmaster Taek Ho Nam, Footnotes, Spring 2007*)

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“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 characteristics 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.”

—Joe D (*from Joe D’s 2nd Degree Black Belt Essay, Footnotes, Summer 2007*)

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“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.”

—Tyler G. (*from Tyler’s 2nd Degree Black Belt Essay, Footnotes, Spring 2007*)

“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.”



all that he was giving 110%. No one could ever call into question his effort in trying to bring home the gold for his team.

“Nonetheless, this day belonged to Team Great. It was Team Great’s surveillance of SahBumNim Nam and his team that paved the way for our illustrious victory, never to be forgotten. Like a true champion however, SahBumNim Nam and his team humbly accepted defeat, congratulated the members of Team Great, and promised to be back. Again, showing us all how we are to respond to adversity.”

—Ty S (from *Nam’s Laser Tag Storm*, Footnotes, Winter 2007)

“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.”

—Tyler G. (from *Tyler’s 2nd Degree Black Belt Essay*, Footnotes, Fall 2007)

“BuSahBum Allen’s cooking was impeccable. When asked why he enjoys grilling, he said ‘I like to live my life according to the way of the warrior. I live to serve.’ The Summer Picnic was a good time for everyone as it offered the opportunity to catch up with old friends, enjoy a nice meal, and build on the togetherness of the Nam’s Karate family.”

—GyoSa J.Sklar (from *July PTF Testing & Summer Picnic*, Footnotes, Winter 2007)

“On July 14, 2007, SahBumNim Nam showed us how to be winners at losing. And lose his team did – big time. His team, “Team Terrific Tigers,” lost to my team, “Team Great,” in the championship. We have a trophy and a plaque to prove it, and they sit in the Mt. Lebanon Campus as a constant reminder to all those who participated in this memorial event.

“The pressure of the promise of victory must have been overwhelming since video demonstrated SahBumNim Nam’s tenacious desire to prevail with every tuck, roll, and spin. His huffing and puffing and sweat provided objective evidence to show

“I asked SahBumNim E. Calderone what was most rewarding for her. ‘The importance of the Tang Soo Do family really shined through,’ she said. ‘Working in teams together developed our team spirit.’ Just about everything we did required working in a team. We worked together to complete word searches and cross word puzzles centered around a Tang Soo Do theme and to create an original skit to perform for all the Kampers on Saturday night.

—Lisa Over (from *2007 Nam’s Karate Kamp*, Footnotes, Winter 2007)

자신과 외욕 존경
SELF-CONFIDENCE • DESIRE • RESPECT

건강함을
HEALTHY BODY

기쁜하 마음
BEAUTIFUL MIND

2007 Black Belt Recipients

“The Black Belt represents many things including health, strength, confidence, and dignity. It cannot be attained too easily or quickly. Receiving one’s Black Belt is not the end of the cycle but the beginning of a journey that lasts a lifetime.”

—Kwan Jang Nim (*A Message from Grandmaster Taek Ho Nam, Footnotes, Winter 2007*)

First Degree Black Belts
 Ty S. and Alex S.

Second Degree Black Belts
 Ben H. and Gyo Sa L. Nagoda

Fourth Degree Black Belt (Master)
 Master Steven Russell

A+CADEMIC A+CHIEVER

★ = New team member

David H	Carl N ★	Alyssa H	Dakota A	Nathan M
Maura F	T.J. D	Nate O	Alyssa G ★	Noah B ★
Emily F	Cort B	Nathan M	Bethany D ★	
Josh P	Caela G	Jeffrey H ★	Alex D ★	
MacKenzie L	Josh M ★	Austin C	Billy L ★	
Jarrett U	Adam R	Trent C	Kenny L ★	

NEW BLACK BELT RECIPIENTS

Ryan Drozynski (2nd Dan)

BIRTHDAYS

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

JANUARY	FEBRUARY	MARCH
Diane A – 4th	Eli C – 2nd	Susan L – 2nd
Corey Clark – 6th	GyoSa A. Stoyanoff – 6th	Ryleigh B – 3rd
Joseph G – 7th	Alex D – 6th	Shea C – 3rd
Dominic G – 7th	Sydney K – 8th	Charles T – 20th
Joshua B – 8th	Cort B – 11th	Lisa O – 20th
Joanna S – 12th	Jeffrey H – 12th	Matthew G – 20th
Dana L – 17th	Anthony T – 16th	Ryan D – 21st
Mary F – 20th	Joshua P – 17th	GyoSa J. Sklar – 30th
William L II – 21st	Antonio L – 17th	
Nathan S – 25th	Mana A – 18th	
Greg R – 26th	Danny K – 21st	
Noah B – 28th	Matt L – 17th	
Cody G – 29th		