



# NKKS FOOTNOTES

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

## May PTF Testing & Black Belt Tea Ceremony

by BuSahBum L.Nagoda

May's testing was full of excitement for both students and parents.

The dojang was full of eager students ready to perform the techniques they practiced in anticipation of today's events. Kwan Jang Nim started children's testing by asking students and parents to reflect on why rules

first degree black belt.

We then proceeded into the Spring Black Belt Tea ceremony where students who have worked valiantly for their degree get recognition for achieving their goal. George and Jarrett U., from the Cecil Campus, were the First Dan recipients. Our Second Dan

recipient was Ryan D. also from the Cecil campus. Lastly, the Third Dan recipient was Connor R., from the Mt. Lebanon campus. It was very moving to listen to the wishes and desires of the recipients of these achievements.

Not only did we celebrate our new Black Belts, but a few students were testing for advanced degree. In the adult testing we watched as Alex



and regulations are needed. One parent mentioned that rules teach us discipline and that is a skill that can be used inside the dojang as well as outside in our everyday lives. I would like to challenge each student to think about how they can incorporate every aspect of training to their everyday lives.

Children's testing went off without any problems. It was exciting to watch



Danny K. and Sydney K. test for their

S. and Ty S., performed without hesitation the techniques that they have mastered to obtain a second Dan ranking.

I know that you may think that we have completed all the Dan testing members, however, this would be incorrect. It was very moving and awe inspiring to watch Sah Bum Nim Hans Nam test for his sixth degree. He

[continued on page 6]

### INSIDE THIS ISSUE...

Message from Grandmaster	2
Upcoming Events	3
Academic Achievers, Black Belts & Birthdays	4
A Thought for That	5

# A Message from GRANDMASTER TAEK HO NAM



**Grandmaster  
Taek Ho Nam**

While training in Tang Soo Do, not only are you improving your self-defense techniques; but you are also developing good Tang Soo Do characteristics. That is because Tang Soo Do is mental and spiritual training as well as physical training.

Tang Soo Do training serves three purposes. First, training teaches you self-defense. You protect your life and possessions from injustice and danger. Second, you train for health. You promote your physical and spiritual

health and enjoy a strong body and sound mind through rigorous training. Third, you train to become a better person. You strive for better character with a more positive attitude through endurance of hard work.

A person of integrity has an uprightness of character. You possess the quality of honesty and truth that everyone can trust.

Training helps you to focus all of your attention to a particular task and block out all distractions. Having the ability of a disciplined concentration helps you academically and in all aspects of life.

Perseverance, or the ability to strive in spite of all obstacles, teaches you patience. All good things come in time. Constant practice improves techniques and eventually leads to mastery. Don't be a quitter and give up; this shows a weak character.

If you have a demeanor of regard for and appreciation of worth, honor, and esteem, you display respect. You must show respect to your higher belts as well as lower ranking students. Obedience works hand-in-hand with respect. A good martial artist is dutiful to all rules of the dojang and Tang Soo Do and higher ranking belts without argument.

Self-Control is having the disciplined ability to control or power your own will. An example of this would be if you don't want to practice a particular kick or self-defense technique because it's too hard. But you make yourself practice it anyway until it becomes easy. Another example is if you have a bad temper, discipline yourself to control your temper by will.

[continued on page 6]

This may be very difficult but each time it will become easier.

It is important for all students especially those higher in rank to have the

- To become a better person you must follow the tenets of Tang Soo Do, which are:
- 1.) Integrity
- 2.) Concentration
- 3.) Perseverance
- 4.) Respect and Obedience
- 5.) Self-Control
- 6.) Humility
- 7.) Indomitable Spirit

**NKKS Footnotes**  
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## UPCOMING EVENTS

\*ASK YOUR CAMPUS MANAGER FOR TIMES

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

### JULY

- 4 NO CLASS (HAPPY INDEPENDENCE DAY!)
- 9 Children Breaking Clinic @ MC
- 10 Adult Breaking Clinic @ MC  
All Belts Breaking Clinic @ RC
- 11 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 & Summer Picnic:

- 19 Dormont Park  
10am – All Students (you may wear your  
"Summer Time Uniform")  
\*If it is Physically Raining PTF Testing will  
be held at the MC @ 10am N.M.A.C. Pic-  
nic to Start Immediately after PTF Testing

Pan-Am Tang Soo Do Federation Promotional

"Make Up" Testing:

Please speak to your instructor to  
arrange your "Make Up" Testing

**NO BLUE BELT to BLACK BELT CLINIC**

### AUGUST

- 16 N.M.A.C. Academic Achievement Party  
Time: TBA  
Location: TBA
- 22-24 N.M.A.C. 10th Annual Karate Kamp
- 22 NO CLASS @ CC (Karate Kamp)
- 23 NO CLASS @ RC (Karate Kamp)

### SEPTEMBER

- 1 NO CLASS (Labor Day)
- 3 Children Breaking Clinic @ MC
- 4 Adult Breaking Clinic @ MC  
All Belts Breaking Clinic @ RC
- 5 All Belts Breaking Clinic @ CC
- 13 2nd Annual KPA Laser Tag Tournament  
Time: 10:30am – 12pm

Pan-Am Tang Soo Do Federation Promotional

Pre-Testing:

- 17 CC
- 18 RC
- 19 MC
- NO CLASS @ CC

Pan-Am Tang Soo Do Federation Promotional

Testing & Kwan Jang Nim's Birthday Celebra-

- 20 RC  
9am – Children  
10am – Adult

Pan-Am Tang Soo Do Federation Promotional

"Make Up" Testing:

Please speak to your instructor to  
arrange your "Make Up" Testing

- 27 BLUE BELT to BLACK BELT CLINIC  
9am – 11am @ RC



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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.

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**A+CADEMIC A+CHIEVER**

l= 3rd 9 weeks ' = new team member

Josh Phillips l  
John Paul G l '  
Cort B l  
Tyler Z l  
T.J. D l  
Joshua B l '  
Ty L l '

Maura F l  
Emily F l  
Jojo G l  
Dakota A l  
Adam R l  
Billy H l  
Noah B l

Tyler Y l '  
Alyssa H l  
Nate O l  
Anthony R l '  
Joshua L l '

**NEW BLACK BELT RECIPIENTS**

Danny K (1st Dan)  
Sydney K (1st Dan)

Tyler S (2nd Dan)  
Alex S (2nd Dan)

**BIRTHDAYS**

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

**JULY**

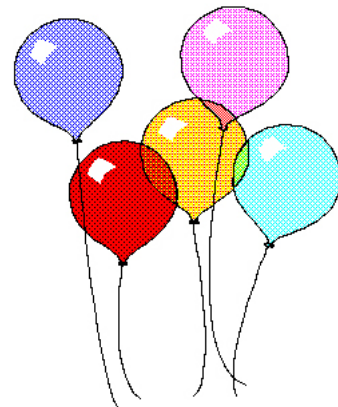
Anthony G (1st)  
Sam (2nd)  
Orlando P (3rd)  
Billy L (4th)  
Fiona R (5th)  
Ron A (7th)  
Greg V (7th)  
Debbie S (7th)  
Melissa P (11th)  
BuSahBum M.O'Hanlon (12th)  
George U (13th)  
Carl G (14th)  
Austin C (17th)  
Ryan S (18th)  
Stacy L (24th)  
Nate O (24th)  
Tyler G (24th)  
Scott D (24th)  
Daniel C (29th)

**AUGUST**

Tom D (1st)  
Maura F (2nd)  
Evan H (4th)  
Tyler Z (7th)  
Luke V (9th)  
Zachary L (11th)  
Christine K (13th)  
BuSahBum L.Nagoda (14th)  
Michael S (16th)  
David H (16th)  
Mason T (17th)  
GyoSa S.DeCarlucci (20th)  
GyoSa L.Nagoda (22nd)  
Dakota A (23rd)  
Jared M (25th)  
Joshua M (29th)

**SEPTEMBER**

Jarrett U (3rd)  
BuSahBum C.Russell (3rd)  
Megan L (10th)  
Yurishan K (14th)  
Gary F (14th)  
Tina G (16th)  
Maria G (18th)  
Owen C (19th)  
Rocci G (19th)  
Kwan Chang Nim (24th)  
Andre B (24th)  
Ty L (25th)  
Adam H (27th)  
BuSahBum D.Klink (28th)  
Tyler Y (29th)





## A Thought for That "A Martial Artist's Family Life (Part 1): The Adolescent

by Master H.Nam



The Webster Dictionary defines a family as "a group of people united by certain convictions or a common affiliation." Your Martial Arts "life" MUST be a family to you! We all share

the common conviction that if we work hard and persevere, each of us will become the best martial artist we can.

The parallel between a "Parent/Child Family" and a "Martial Artist Family" is clear. The guidance of a Master Instructor is as important to a martial artist as the guidance of a parent is to a child. As parents, you nurture your children and teach them the values and principles that you hold dear. You strive to provide them with enough love, care, guidance, and education that, when they become adults, they may live their lives filled with great expectations and few regrets.

As an instructor for 17 years, I've seen many students grow into amazing Black Belts. It's wonderful to see many students grow from White Belts (infants) to Black Belts (teenagers) and even to Master level (adults).

The Color Belt (child) stages are extremely important for mental, spiritual, and physical growth. "Spiritual" growth is NOT to be confused with learning about any god or deity. Instead we are learning how to develop a positive attitude or pride in anything and everything we do. Having a GREAT school spirit is having pride in your school, taking part in any activity, even something as simple as cleaning up around the school for your classmates. This is similar to teaching children their family name and educating them on their heritage or a family tradition.

This beginning knowledge is extremely important to develop correctly. As an Instructor, I want to be sure to provide you with enough training and support that you develop your martial arts skills properly. Your success is my success and likewise with your failures. As Color Belts, you learn the very basic principles and value of each technique. You learn the connection between hard work and the final "pay off" with each Promotional testing or with each obstacle you overcome. Our 5 Codes and School philosophy are just as important to you as the Golden Rule is for children.

In the beginning, you may stumble as many children do when first learning how to walk. But with hard work and determination, you persevere through all your inner and outer obstacles and work

hard to develop your skills. Your flexibility, strength, and even coordination may not be "the best" but you strive to improve all these "weak" areas. You continue to improve your breaking techniques as well as your Hyungs. And after 6 months you begin to see that the person you are becoming was and will continue to be better than what you were previously.

This is the life of a Color Belt, the purity and innocence, determination and perseverance, and most of all, the attitude of a beginning student yearning for more knowledge and better techniques. This is what training is and should always remain to be.



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## A Message from GRANDMASTER TAEK HO NAM [continued]

quality of humility. Never be too proud or arrogant or boastful or vain. Always be humble. Modesty is a very strong virtue.

A true martial artist has an indomitable spirit. In other words, you always show a spirit of loyalty and devotion that is not easily defeated or subdued.

It is important to practice and grow and develop all of these qualities to become the best martial artist you can and to become the best person you can.

Because of the great camaraderie, discipline, and

loyally expressed by my students, I believe we are the best school and the best martial artists.

TANG SOO!



**가신관 외욕 존경**  
SELF-CONFIDENCE • DESIRE • RESPECT

**건강합름 기쁜하 마음**  
HEALTHY BODY • BEAUTIFUL MIND

## May PTF Testing & Black Belt Tea Ceremony [continued]

performed 5 Hyung and his favorite weapons in front of a spell-bound audience. The audiences stared in awe and complete silence as we watched a fellow student, teacher, and friend show Kwan Jan Nim and his students his mastery of the techniques. We may tend to forget that Sah Bum Nim is a great student as well as a great instructor.

Each session of the Promotional testing ended with the children being given a carnation to present to their parents to show their appreciation for everything they do for them. Every May is a special time at Nam's Korean Karate School because

the students are given gentle reminders to show appreciation to their parents for all they do such as fundraising and driving their children to class and school functions.

Finally, the students were dismissed to pick up their Corbi's fundraiser items after Sah Bum Nim announced the top sellers and presented their awards for putting forth a strong effort to help raise funds for the many school activities.

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