

NKKS FOOTNOTES

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

My Training

by Dana Longstreth

A few words commenting on something that I have noticed since I began my training: I think we as students should all remember to frequently take a step back and appreciate our Instructors, Masters, and Kwan Jang Nim.

For me personally, training started out as focus, discipline, and routine.

I was concentrating so hard on simply being the best that I could be. But there is much more to Martial Arts training than that. I have recently begun to pay even closer attention to the progress that each and every student makes. Every week I see white belts beginning to understand their first form, orange belts excited to take their skill to the next level and so on. And when they finally grasp something, you can see the confidence in their face, and in their body movements, and you begin to realize that there is much more to Martial Arts than focus, discipline, and routine. This is about growing to be the best possible person that you can be, both inside and outside the dojang. It's about taking what you know, and living it. I do my best to help the young students not only perfect their techniques, but also to learn how to interpret and use them beyond a simple kick, punch, or block.

Each week, I try to pass on my knowledge, eager to help others attain personal success,

but I also take time to remember that training, and learning Martial Arts is like a circle, a cycle. When I see an orange belt reminding



their peers of the next step in their form, I see this cycle. And I know that I would not be able to share what I do know without the help and patience from a great team of Instructors and Masters. More importantly, I would not have the confidence and skill to do so without their undying dedication to teaching the understanding of Tang Soo Do.

So, I just want to remind all students of Tang Soo Do, no matter what your skill level may

be;

remember each time you practice to be thankful for the Nam's Korean Karate Instructor Team, who dedicate themselves every day to make you a better you for the rest of your life.

I know I do!

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A Message from GRANDMASTER TAEK HO NAM



**Grandmaster
Taek Ho Nam**

If you are like most parents, your child is the single most precious thing in your life. In order to ensure our children's success in life we must empower them with a high self esteem. "What is self esteem?" you may ask. Self esteem is how we feel about ourselves; the respect and control we have as a person. Your child must learn that they have a great deal of control in determining

the outcome of almost every situation, both positive and negative. As parents it is our duty to educate and help our children to develop their self esteem.

Through martial arts training, a child begins to learn about the meaning of respect and humility by bowing to their instructor and senior students. The relationship between the child and their instructor, a positive role model, also helps to reinforce this concept. A martial arts teacher also communicates praise and acceptance to a student when he or she does well and provides encouragement when additional work is necessary. The student's peers in the class also supply much needed group support and communication to the child, helping them overcome mental and physical obstacles and achieve their common goals.

Discipline is yet another vital factor in the development of a positive self image. One's mind and body must have discipline to progress and to learn the required physical and mental lessons as demanded by martial arts.

Praise and recognition are critical in the reinforcement of any behavior and the building of self love. With increased pressure on parents to spend more time with their children to develop these skills, martial arts can also play an increasingly important role.

A martial arts professional specializes in reaffirming a child's positive behavior and giving the student a positive outlook on themselves. Children who study martial arts tend to be more physically and mentally fit. This translates to greater health, flexibility, strength, coordination and discipline, which in turn leads to greater achievement in school and other sports. This entire cycle of positive affirmation supports the concept that one success leads to another.

It is my goal to breed success and confidence in your child whether it is in the martial arts school, at school or at home. Martial arts training is one of the greatest investments you can make for your child to ensure and encourage high self esteem.

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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

April

NO BREAKING CLINIC THIS MONTH

- 4 BLUE BELT to BLACK BELT CLINIC
NO CLASS ALL CAMPUSES (CLINIC)
- 25 KPA Paintball Tournament
Location: Urban Assaults (Directions available)
Time: 10am SHARP!
- 10 & 11 NO CLASS ALL CAMPUSES (Good Friday & Easter)

May

- 6 Breaking Clinic @ MC with Kwan Jang Nim
- 7 Breaking Clinic @ MC with SahBumNim Nam
All Belts Breaking Clinic @ RC
- 8 All Belts Breaking Clinic @ CC
- Pan-Am Tang Soo Do Federation Promotional Pre-Testing:*
- 27 CC
- 28 RC
- 29 MC
NO CLASS @ CECIL CAMPUS
- 18-22 Parents' Appreciation Week
- Pan-Am Tang Soo Do Federation Promotional Testing, Black*
- 30 RC
9 am – Children
10 am – Black Belt Tea Ceremony & Parents' Appreciation (MAY)
10 am – Adults
- Pan-Am Tang Soo Do Federation Promotional "Make Up" Testing*
Please speak to your Campus Manager to arrange your "Make Up" Testing
- June BLUE BELT to BLACK BELT CLINIC
- 6 NO CLASS ALL CAMPUSES (CLINIC)

June

- 4 **NO BREAKING CLINIC THIS MONTH**
- 1-5 BUDDY WEEK
- 6 MOVIE NIGHT @ RC (ALL CAMPUSES WELCOME)
- 15-26 NMAC SUMMER KAMP
Location: RC
Time: 9am – 3pm

A+CADEMIC A+CHIEVER

Ⓜ= 2nd 9 weeks ✓= new team member

Cort B Ⓜ
 MacKenzie B Ⓜ
 Hollis B Ⓜ
 Kyle B Ⓜ ✓
 T.J. D Ⓜ
 Emily F Ⓜ
 Joseph G Ⓜ
 Eddie G Ⓜ

John Paul G Ⓜ
 Trent K Ⓜ
 Amber K Ⓜ
 Kevin K Ⓜ
 Ty L Ⓜ
 Joshua L Ⓜ
 Erin L Ⓜ
 Dylan L Ⓜ

Nathan M Ⓜ
 Nate O Ⓜ
 Corey P Ⓜ
 Joshua P Ⓜ
 Anthony R Ⓜ
 Isabella R Ⓜ
 Tyler Y Ⓜ
 Tanner Z Ⓜ

BIRTHDAYS

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

APRIL

Lea M – 2nd
 MacKenzie B – 6th
 Ginny G – 15th
 BuSahBum P.Allen – 15th
 Master H.Nam – 17th
 Trent K – 17th
 GyoSa Arielle Smith – 18th
 Tyler S – 24th
 Sarah W – 24th
 Pamela H – 24th
 Master B.Calderone – 28th
 Gerald M – 28th
 Shawn H – 29th

MAY

Adam R – 4th
 Kyle B – 4th
 Brendan S – 9th
 Mason S – 9th
 Edgar G Jr. – 12th
 Jacob S 12th
 Nathan S – 17th
 April S – 18th
 Emily F – 19th
 Ronald G – 19th
 Rich M – 19th
 Collin H – 19th
 Keegan H – 19th
 Monica M – 27th
 George M – 28th

JUNE

Tony R – 1st
 Daniel K – 3rd
 BuSahBum A.Daniels – 8th
 Stephanie M – 8th
 Matthew M – 8th
 Max S – 12th
 Anthony R – 12th
 Dylan L – 12th
 Drew H – 12th
 William A – 13th
 Ben H – 14th
 Lauren B – 15th
 Shane J – 15th
 Scott B – 16th
 Michael S – 17th
 Hallie L – 18th
 Alyssa H – 18th
 Paul T – 18th
 Nikita S – 21st
 Jarrett B – 25th
 Amber K – 27th
 Nathan M – 30th



The Seven Qualities of a Black Belt

By Michael A. Murphy (3rd Dan Essay)

Every stage of Tang Soo Do training is marked with a belt, and each color has its own meaning. They begin simply enough, with the purity of the white belt, continue through the blood of the red belt, and on to the Black Belt. This belt level embodies a list of characteristics and attributes that the student is to have attained, or is at least striving to perfect. These qualities are health and strength, confidence, winning habits, mastery, calmness, dignity and sincerity.

The first of these is health and strength.

These are the most obvious goals that any martial arts student works towards. It is probably also the main reason that most people begin to train in a martial art. Of all the elements of a Black Belt, it is definitely the most visible. One can see muscle that wasn't there as a white belt. Weight loss is visible on the scale. Not only that, but anyone who has endured particularly strenuous testing can attest to the fact that the better shape you are in, the easier it is to breathe afterwards.

The next quality, confidence, is a culmination of all of the work that goes into learning martial arts.

It seems to creep into a student without them realizing it. With every broken board, every elusive form that is finally understood, and every time an opponent is successfully swept to the floor, a little more confidence finds its way in. Eventually, the student enters the dojang with head held a little higher and a little more certain of their abilities. They become more willing to attempt difficult maneuvers, to help a lower ranking belt, or even to spar with a higher ranking belt. This confidence spills over into life outside the gym too. After all, once you've broken

a few boards with your head and thrown someone twice your size to the mat, life is definitely a little less intimidating.

The Black Belt also represents winning habits. A student develops persistence and determination by repeating a form over and over until it is learned. Patience may stem from holding a stance while waiting for others to finish. It also comes from waiting for the day that the next rank is reached. In addition, a student must be willing to learn in order to reach the rank of Black Belt, since there are so many things that one must know; and know well at that. And these are just a few of the habits that a Black Belt develops!



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January PTF Testing

By GyoSa S.DeCarlucci

Nothing increases your anxiety level or makes you more nervous than promotional testing.

January's testing was no different as we all lined up, from white belts up to black belts, to demonstrate our knowledge of our new techniques to Kwan Jang Nim. This testing has come and gone and we all made it. Now we must prepare to do it all again for March testing. After five years of training and teaching children's classes, I too get a little nervous performing my techniques for Kwan Jang Nim and the other masters. Despite testing with



a group you feel as if you are the lone tester. My advice to junior belts before testing would be: First, come to class and practice your requirements. This will help to build your confidence. Remember our school philosophy: practice makes perfect, perfection brings confidence, confidence

brings good spirits, good spirits brings better production, better production brings happiness. Being confident and of strong mind goes a long way, even if you make a mistake. Second, ask questions. And finally, be sure to have fun during testing. Remember, we are all one big Tang Soo Do family.

The success of one member is success for all.

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The Seven Qualities of a Black Belt (con't)

Next is mastery. Mastery of what? Everything!

Mastery of everything from the forms that are learned to the methods used in Ill Soo Sik. A Black Belt must have mastered the requirements for each belt level in order to have moved on to their current rank, and the Black Belt itself is a representation of having all of that knowledge under their, well, belt. The mastery of the body itself is also important, since a martial artist must be able to make his or her body do many things that were never expected of it before. Moreover, attaining the rank of Black Belt is just the beginning of the mastery of these skills. There are plenty more skills to be learned with the ascent to the next Dan, and still more after that. Even after a form is learned, there is always more that can be done to improve upon its execution. Mastery doesn't necessarily mean perfection, after all, and a student must always continue to work towards perfection.

The fifth quality that a Black Belt represents is calmness.

A Black Belt should have internal calmness as well as external calmness. The internal calmness is cultivated most specifically during mediation at the beginning of class, but also with overall training, it allows a Martial Artist to focus during class as well as in everyday life. If a person can maintain an internal calmness, they are better able to pay attention and learn more at school, and be more productive at work. They are also more likely to lead a longer, lower-stress life. The external calmness is a physical reflection of the internal calmness. It is the relaxed body that is able to successfully execute a difficult break, as well as the cool one keeps in a stressful, or even an emergency situation.



Dignity, the sixth virtue of a Black Belt, is a characteristic that has many facets.

While the rank of Black Belt has come with a sense of dignity unto itself, there is also a sense of honor in holding such a title as "Black Belt". Dignity is related to confidence, one of the other aspects of a Black Belt, in the sense of respect that a student has for himself, his rank and his abilities. This respect is evident not only when wearing the Tang Soo Do uniform, but also while out in the world. Most importantly however, this dignity is shown in the student's ability to exude confidence without pompousness.

The seventh and final quality that is represented by a Black Belt is sincerity.

Earning a Black Belt is an honorable achievement, and as such, a student who has reached this rank is expected to be an honorable person. What better way to be an honorable person than to be sincere and honest?

People who have achieved the rank of Black Belt are often respected in and out of the confines of the dojang, not only for holding such a rank, but also for the work that was put into reach this goal. I believe that people who wear a Black Belt are more often than not respected for the people they are – the people they become – through years of discipline, sweat, and hard work. It is a form of respect that is earned even without having to brag about their rank in Tang Soo Do. Because through all of those years, the student has grown healthier and stronger, built confidence within themselves, created winning habits, mastered themselves as well as their art, developed calmness inside and out, cultivated dignity, and has become more honest and sincere.