

NKKSFOTNOTES

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

NMAC / KPA Holiday Party 2008

by GyoSa A. Smith

The NMAC/KPA Holiday Party was so much fun! At the holiday party, we played limbo, danced, and ate delicious food! The holiday party was so amazing – thanks to all of the parents that helped, and provided for the awesome fundraisers! We did so many activities; the limbo was definitely one of my favorites, mostly because I won despite the Master Lambie worthy competition! I have been to about 4 of the Nam's holiday parties, and if I had to choose which one I liked best, I wouldn't be able to, because they were all outstanding! The Korean (because this is not a Chinese karate) auction was so exciting, and the prizes were so cool (thanks to donations from families). One of the best parts of the holiday party was... EATING! The food at the holiday party is usually delicious, and the desert is even better! When we danced it was so much fun! We did the Electric Slide; the Cotton Eyed Joe, the Macarena, and just danced to regular songs.

This holiday party was so amazing. It had great music, and it was just fun to hang out with new people. Nam's Karate has so many activities going on; it is so much fun to be going here! Just like the holiday party, there are so many other things I get to do here. For example, we have laser tag, paintball, in-school tournaments, and so much more! I just wanted to thank all of the people who helped with the fundraisers, who donated the Korean Auction gifts; the parents who helped organize all of the parties, SahBumNim and

Kwan Jang Nim for taking their time to teach us.

Thank you again everyone for helping out with this years holiday party, it was great! Happy Holidays!



by Alex Smith

The NMAC/KPA Holiday Party was really fun for me because I got to see my little sister Emily (age 4) do the limbo and have a great time. And although I did not win the limbo contest, I had fun. The food was really good and I left the party with a full stomach. My favorite thing was the Korean auction. I didn't win anything but Emily did. My sister Arielle won the limbo contest, but I will beat her next year.

I appreciate Nam's Karate for many reasons. The parties are great, but more importantly, Nam's has made me stronger and more focused. I am certainly a better person for participating. Thank you, Kwan Jang Nim.

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A Message from GRANDMASTER TAEK HO NAM



**Grandmaster
Taek Ho Nam**

“A big tree has big roots.” Can a big tree survive without big roots? A small tree might, if it faces no storms and doesn't need to grow very much; but a big tree, just because of its stature, needs big roots. When the tree was a little sprout, the roots provided the nourishment needed for its growth. As a full grown (and still growing) tree, the roots continue to provide nourishment and

support.

Basics are the roots of your Tang Soo Do technique.

As a young student, you must practice basics to support your growth. Even as a black belt, basics provide support for your forms and sparring techniques. If you intend to continue growing in your technique, you must look to your roots for the support. If you want to be a shallow martial artist with weak or sloppy technique, you do not need good basics; however, if you want to be a deep martial artist, you must constantly look to improve your basics as a means of improving your techniques and increasing the physical, mental and philosophical benefits you receive. Whenever you are faced with a technical challenge, look to your basics for the solution. Your roots will supply the nourishment and support.

You can utilize this same principle in your daily life. Your roots are your parents. I have never seen a successful person who has turned against his/her parents; if they are not happy, I don't consider them successful. Consider the story of a recent boxing champion who has had some problems. Early in his career he said that his coach/manager was like his own father. He continued to improve as a fighter and win matches, until he became world champion. Once he became rich and famous, he turned his back on his coach/manager and fired him. He has since lost his title, and has gone to prison for rape. I don't believe he is very happy, now.

There was a similar story in Orlando, where there was a rich and politically powerful family. The one son, out of pride and greed, brought his own father and brother to court. They would not have been convicted of any crime, except for the testimony of the one son. Because of his testimony, the father and brother went to jail. Several years later, the accusing son

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**WELCOME
DANA LONGSTRETH,
OUR NEW COPY EDITOR!!**

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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

January

- 8 Breaking Clinic @ MC with SahBumNim Nam
- 9 All Belts Breaking Clinic @ CC (Please note times: 5pm – Children, 7pm – Adults)
Breaking Clinic @ MC with Kwan Jang Nim
- 14 All Belts Breaking Clinic @ RC
- 15 CC (Please note times are different: 5pm – Children, 7pm – Adults)
Pan-Am Tang Soo Do Federation Promotional Pre-Testing:
- 21 RC
- 22 MC
- 23 NO CLASS @ CC
Pan-Am Tang Soo Do Federation Promotional Testing
- 24 RC
9 am – Children *Additional Parking is available at Juliano's Pizza
10 am – Adults and Burkett Elementary School*
- Pan-Am Tang Soo Do Federation Promotional "Make Up" Testing*
Please speak to your instructor to arrange your "Make Up" Testing
- 31 BLUE BELT to BLACK BELT CLINIC
NO CLASS ALL CAMPUSES (CLINIC)

February

- 4 Breaking Clinic @ MC with Kwan Chang Nim
- 5 Breaking Clinic @ MC with SahBumNim Nam
All Belts Breaking Clinic @ RC
- 6 All Belts Breaking Clinic @ CC (Please note times: 5pm – Children, 7pm – Adults)
- 9-13 BUDDY WEEK
- 14 MOVIE NIGHT @ MC (ALL CAMPUSES WELCOME)
- 21 N.M.A.C. CHAMPIONSHIPS! Location: Robinson Campus Time: 10am

March

- 4 Breaking Clinic @ MC with Kwan Chang Nim
- 5 Breaking Clinic @ MC with SahBumNim Nam
All Belts Breaking Clinic @ RC
- 6 All Belts Breaking Clinic @ CC
Pan-Am Tang Soo Do Federation Promotional Pre-Testing:
- 18 CC (Please note times are different: 5pm – Children, 7pm – Adults)
- 19 RC
- 20 MC
NO CLASS @ CC
Pan-Am Tang Soo Do Federation Promotional Testing
- 21 RC
9 am – Children *Additional Parking is available at Juliano's Pizza
10 am – Adults and Burkett Elementary School*
- Pan-Am Tang Soo Do Federation Promotional "Make Up" Testing*
Please speak to your instructor to arrange your "Make Up" Testing
- 28 BLUE BELT to BLACK BELT CLINIC
NO CLASS ALL CAMPUSES (CLINIC)

A+CADEMIC A+CHIEVER

①= 1st 9 weeks ✓= new team member

Dakota A ✓①	Joseph G ✓①	Kevin K ✓①	Anthony R ✓①
Aydin B ✓①	Eddie G ✓①	Ty L ✓①	Isabella R ✓①
Cort B ✓①	John Paul G ✓①	Joshua L ✓①	Adam R ✓①
MacKenzie B ✓①	David H ✓①	Erin L ✓①	Nathan S ✓①
Jarrett B ✓①	Angelina H ✓①	Nathan M ✓①	Max S ✓①
Hollis B ✓①	William J ✓①	Nicholas M ✓①	Tyler Y ✓①
T.J. D ✓①	Britany J ✓①	Monica M ✓①	Tanner Z ✓①
Maura F ✓①	Trent K ✓①	Corey P ✓①	Tyler Z ✓①
Emily F ✓①	Amber K ✓①	Joshua P ✓①	

NEW BLACK BELT RECIPENTS FALL (November) 2008 DAN CLASS

1st Dan	2nd Dan	4th Dan	New Nam's Leadership Team Members
Danny Kochman	Ty Smith	Master David Klink	CIT: Children Instructor Team
Sydney Kochman	Alex Smith		GyoSa Cort Blatz
Cort Blatz	Alicia Stoyanoff		
Jack Murray			

BIRTHDAYS

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

JANUARY

Morgan H – 2nd
Carter H – 2nd
David L – 5th
Dominic G – 7th
Joseph G – 7th
Erin L – 15th
Dana L – 17th
Mary F – 20th
Jennifer H – 20th
Kevin K – 21st
Nathan S – 25th
Greg R – 26th
Adam A – 27th
Noah B – 28th

FEBRUARY

Sheila H – 1st
Jamie P – 1st
GyoSa A.Stoyanoff – 6th
Sydney K – 8th
David S – 9th
Cort B – 11th
John Paul G – 15th
Anthony T – 16th
Joshua P – 17th
Antonio L – 17th
Danny K – 21st
Corey P – 24th
Britany Marie J – 27th

MARCH

Rasul R – 3rd
Zeynul Z – 5th
William J – 17th
Lisa O – 20th
Autumn F – 20th
GyoSa R.Drozynski – 21st
GyoSa J.Sklar – 30th
Trevor T – 30th



September PTF Testing & Kwan Jang Nim's Birthday Celebration

By GyoSa S. DeCarlucci

It was another beautiful, calm, Saturday morning. However, there was nothing calm about the Dojang, as Septembers Promotional testing was underway.

From seasoned testers to new white belts, there was excitement and nervousness.

The children were up first, showing Kwan Jang Nim that all of their hard work and practice had paid off. Jack M. (MC) tested for his first degree black belt (Cho Dan). He certainly was impressive with his loud ki yaps.

When the children had completed their testing we celebrated Kwan Jang Nim's birthday with a delicious cake, and



presented him with framed photos of his black belts to adorn the inside of the Robinson Dojang.

After we filled up on cake, the adults began their testing. As three new white belts tested with the black belts, it was humbling to see where we all started and the hard work and dedication it took to become a black belt. And as always, Kwan Jang Nim lightened the tension with his humor.

As this testing comes to a close, I challenge all students to strive to be their best, come to class, and practice always. I look forward to the November Promotional Testing and Tea Ceremony.

November PTF Testing & Black Belt Tea Ceremony

by Isabella Rolin

This past November 2008, I received my yellow belt. It was my latest achievement towards becoming a black belt. I could not wait for this testing. I wanted to show my family how well I have learned my new techniques. It really felt great to perform my techniques with confidence and pride.

After 8 years of dancing, I decided that karate was the better choice. I am eager to learn new, difficult techniques, and to perfect the ones I have already learned at class. Another reason why I enjoy Tang Soo Do is that I get to learn along side my dad Tony R. and little brother Anthony R. It has been a wonderful family experience.

I am very thankful that I have chosen to take karate this year. I am going to work as hard as possible to achieve my black belt, but until then I am very excited to be a yellow belt in Tang Soo Do.

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A Message from GRANDMASTER TAEK HO NAM (continued)

committed suicide. He didn't realize that when he cut his roots, he cut himself, because although the tree and the roots may look and act differently, they are parts of the same whole.

Do not cut your own roots. Practically speaking, this means (1) don't ever turn against your own parents; (2) don't turn against your teachers; (3) don't turn against your master; (4) don't turn against people who care about you.

If we wish to be personally big, we need big roots. If we want to have excellent technique, we need strong basics. If we want Tang Soo Do to grow and flourish as an art, we also need strong roots. Where is Tang Soo Do from? What is its history and traditions? We cannot just separate ourselves from our roots as the boxer did. If we do, we are cutting our own roots, and cannot continue to grow. Please understand that I am not advocating blind obedience to anyone or anything. If you discover poison in the roots, you must cut them off before it

spreads throughout the entire tree—just don't cut the healthy roots along with the poisoned ones. It takes wisdom to distinguish the good from the bad, and we need a strong foundation in troubled times.

We are all part of the same whole, and should respect each other's roles. We must cooperate with each other to survive.

Whether the analogy applies to your martial arts technique, your personal life, your dojang or Tang Soo Do as an art, the tree cannot survive without the root, and a big tree needs big roots—especially during a storm.



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KPA Laser Tag Tournament

by Joshua Phillips

Laser tag 2008 was a complete success. We would like to thank the KPA, Nam's Karate School, and Laser Storm for making all of this possible. We had a total of approximately 60 participants and 8 teams. All the teams worked hard but all in all, the victorious team was the Team Terrific Tigers, who consisted of Erin B, SahBumNim, Cort B,

Rob R, Zachary P, Gregory C, and me. After playing in the tournament, everyone went back in for another jumbled up game. Then all of the students went and played the many arcade games available at the facility. Once again thanks to everyone for making this possible.

A Thought for That - "30 Years of Excellence"

by Master H.Nam



IT IS OUR 30TH ANNIVERSARY!!! And actually, even more for Kwan Jang Nim and the history of Nam's Karate! Grandmaster Taek Ho Nam immigrated to New Jersey, USA in November 1977 at the request of

his brother-in-law Grandmaster Ki Yun Yi. In 1979, Kwan Jang Nim established his first school in Dormont (Pittsburgh), PA. The original Dormont School was no more than 900 square feet, lined with nothing more than indoor/outdoor carpeting as the Dojang floor, 2 dressing rooms, a waiting room and small office. Even as a child, I remember entering the school each time, smelling sweat and seeing students exhausted and yet rejuvenated from a hard class of training to be the best! In 1982 Kwan Jang Nim opened the 2nd Nam's Karate School in Robinson, PA. The Robinson Campus was a little over half the size of the Dormont School and was the FIRST certified karate school in the Robinson Twp Area. In 1986, the Robinson Campus was moved to its present location, continuing to be the ONLY certified school in the Robinson area. Then, in 1992 the Dormont School was moved to Mt. Lebanon, PA. And finally in 1997 the Cecil Campus was open. With such a simple story, history was made.

Since then Kwan Jang Nim has taught THOUSANDS of students and has personally trained over 1,000 students to the rank of Black Belt and higher! Kwan Jang Nim continues to work hard each and every day for his students, continuing his own training so he can provide us with the VERY BEST in Martial Arts Techniques. His philosophy and insight are deeply appreciated and understood by students of all ages, and are the reason that Nam's Karate is such a special place to train. There are amazing pictures everywhere of his past demonstrations, many of which look like impossible feats! It is now 2009 and Nam's Karate has grown from a modest second floor karate school into 3 beautiful campuses, yet Kwan Jang Nim's work is still not done. Although Kwan Jang Nim has numerous Masters and Black Belts, he continues on with a desire to personally know and train with each one of his students to ensure that we all become the best martial artists that we can be. Additionally, Kwan Jang Nim has always been outstanding in giving back to our community, working with many charities and organizations to help champion their cause. And this is not including the countless number of students he has had a positive influence on throughout the years! As Kwan Jang Nim continues to spread the knowledge of Tang Soo Do for everyone to enjoy and to benefit from, it is done with humility, humbleness, and above all EXCELLENCE.