

NMAC FOOTNOTES



A Publication of Nam's Korean Karate School

NMAC/KPA Events 2012 Year in Review

By: Erica Loop

The year started off with the NMAC Championships in February. The children competed in five events including form, free-fighting, breaking, chicken fighting and Korean wrestling, while the adults competed in form, free-fighting (for the men), ill soo sik (for the women) and breaking. After a delicious lunch of hot dogs, soft pretzels and mini egg rolls (sold by and benefitting the KPA), the families watched as the students from all three campuses were awarded first, second, third and fourth place trophies.

There was no shortage of fun-filled KPA sponsored events during 2012. In a competition of another sort, the annual NMAC/KPA laser tag tournament was held in March at Xtreme Laser Storm in Robinson. BuSaBumNim Smith led his team the Black Ops to a

victory after two very exciting hours of game play.



Although it was technically the first day of fall, the Summer Picnic was packed with food, games for the children and, of course, testing. This year the annual NMAC/KPA picnic not only had a change of date from July testing to

September, but also had a change of venue. Instead of holding the picnic at Dormont Park, this year's festivities were held in Robinson at Clever Park. Along with the picnic the students also celebrated Kwan Jang Nim's birthday, giving him a special present and a dobok shaped cake.

The final event of the year was the NMAC/KPA Holiday Party. The children enjoyed an action-packed gift wrapping relay race and a game of limbo while parents and friends looked on. Students, family members and instructors got on the dance floor Gangnam Style, enjoying the music provided by our party DJ SaBumNim Nam. Let's not forget the highlight of the party, a special visit from Santa himself. After the children waited patiently for a chance to meet Mr. Claus and get their holiday goody bags, both students and parents alike were poised to win one of the generously donated gift baskets at the Korean Auction or a door prize.

While 2012 -- and all of the awesome school events -- has come to a close, we can all look forward to these annual festivities in 2013. These events would not be possible without the help and donations of the students, parents and NMAC families. The KPA would like to thank all of the families who have donated their time and efforts helping out with the parties as well as those who have participated in the fundraisers. Without your help, and fundraising efforts, the KPA would not be able to provide the students with the opportunity to take part in these special events that bring together our Tang Soo Do Family.

A Message From Grandmaster Taek Ho Nam



Greetings and welcome to the 2013 season! I wanted to take this opportunity to make several important points. Foremost, I extend my thanks to all of our students, instructors and parents that made 2012 a memorable year. We have many things to celebrate and all of this was possible with the support of the parents and students.

I want to encourage all my students to continue their hard work, desire and loyalty to make 2013 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 assured 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. For this, Thank You.

Tang Soo!

Kwan Jang Nim

Cheers to the New Black Belts

By: Maya Bradley

As the May 19, 2012 Tang Soo Do Testing came around, I eagerly awaited earning a blue stripe to go along with my red belt, completing yet another step on the way to becoming an official Black Belt. Around the room, I saw fellow classmates and peers with the same dream, crouched on the blue mat as the Black Belt Tea Ceremony began.

Grandmaster Nam was wearing his usual intimidating suit, to which I have become accustomed, though, as a change, visiting Grandmasters K.D. Lee and Y.U. Min were seated beside him, wearing their similarly intimidating garb. We welcomed these visiting Grandmasters who had travelled a long way to observe and judge our testing, as we took steps toward the next level of our Tang Soo Do training.



In recognition of one of the more important, if not most important, step of Tang Soo Do training, the Black Belt Tea Ceremony celebrated the journeys of the Black Belt recipients. Receiving their 1st Dan were Gregory Lawson, 14, followed by Mathew Lučovick, 12, Patrick Malley, Maura O'Donnell, 17, Heather Zenger, 36, and her son Tyler, 8. Being recognized for achieving her 4th Dan was Master Linda Nagoda, who started her training in the July of 2000. While not at the ceremony, Jimmy Hurley and Justin Lučovick also achieved Black Belt status.

All of the Black Belt recipients performed magnificently, breaking their boards efficiently, with echoing *ki-haps* and flying pieces of broken boards. Similarly, those of us that are still on our way to becoming Black Belts, portrayed the very best of the Tang

Soo Do art and put forth our very best effort on Testing Day, earning our way to the next level of accomplishment.

Tang Soo Do Testing is truly a memorable part of learning this martial art. It is what we all work for every time we come to class, even if we end up sore the next day from a particularly strong front stance or a bruise from a *ssang jul bong*. On May 19, 2012, every student proved and earned what they had been working for during their hours of training. I am certain that our visitors were impressed.

Nam's Tiger Demo Team

By: BSN Susan DeCarlucci

The Nam's Tiger Demo Team consists of a select group of students from the three schools. Why join the demo team? As part of the demo team, you learn challenging techniques that will ultimately make you a better martial artist. It will build your confidence as well as being able to train with students outside of your own school. We are a smaller family within the larger family of Nams Martial Arts Center. We demonstrate at various local functions including numerous Relay for Life (American Cancer Society), Greentree Octoberfest and the Korean Central Church of Pittsburgh Annual Food Bazaar, to name a few. We practice hard, but have fun. Please see a current demo team member or SBN Nam if you are interested in joining.



Karate Kamp

By: Maura O'Donnell and Natalie Fetty

Hey kids guess what's at Camp Spencer every summer? Karate Kamp!!! Students, parents and instructors traveled to Camp Spencer last August for a weekend filled with fun and exciting activities including morning hikes, a ride down the zip line, the climbing tower, skits and swimming at the camp pool. The most entertaining part of camp for the kids was flashlight tag. Who knew

that running around in the dark with flashlights could be so amusing? While the children certainly enjoyed all that camp had to offer, Karate Kamp isn't just for kids. The adults also had fun at the nightly bonfires and their competitive games of spoons.

While we all enjoyed certain things, there was always some complaining

during the water games. This year the water games consisted of soaking a t-shirt in water, putting one arm and your head through a hole and running a relay to fill a 2-liter bottle by wringing the wet shirt out. But that wasn't the only challenge. The children had to wear adults' shirts and adults had to wear childrens' shirts.

After playing intense games people sure do work up an appetite. Some of the fabulous meals prepared by Master Nagoda were chicken fingers, burgers and hot dogs, fries, pizza and of course cookies. Everyone thought the food was excellent, but made sure to leave room on Saturday night for the ice cream social.

No matter how awesome this Kamp may seem there was always something that some campers wanted to change. When asked what they would change, some campers responded that they wanted more free time and no drill of death. Overall everyone had a great experience can't wait to come back next year. Based on everyone's opinions would you want to come to Karate Kamp?

Giving Back

By: Soleil O'Neil

On Thursday, June 14th, 2012, a few dedicated students of Nam's Korean Karate School – Mt. Lebanon Campus, volunteered to plant a variety of flowers and bamboo to create a new façade for the school. Having the pleasure of being one of the volunteers, I had an awesome time and felt that it was especially gratifying to do such work!

I feel that it is important to take pride in your community, and as a member of the Nam's Korean Karate Family, I was more than pleased to help with the effort to "spruce up" our studio! If one would have driven by the Mt. Lebanon campus just at the



beginning of the summer they would have seen weeds and trees crowding an area with unknown potential. However, in only two hours, and with the help of Erica, Ian, my mother, me (Soleil), Jehnie, Matthew, Andrew, and Sah Bum Nim Nam; we planted Bamboo, Asian Lilies, and other beautiful varieties of annuals, and mulched the area. Now, when you walk into the Mt. Lebanon campus, you will be greeted by the aesthetically pleasing work of eight members

of our Tang Soo Do Family. We hope that this effort will inspire other students to volunteer their time and talent to our Tang Soo Do Family as well. On a side note, we would like you to notice the freshly painted figures on the windows -- Another example of taking pride in our school.

UPCOMING 2013 NMAC EVENTS

February 23	NMAC Championships
March 23	PTF Promotional Testing
March 29-31	No Class- Good Friday and Easter
April 20	NMAC/KPA Laser Tag Tournament
May 6-11	Parents' Appreciation Week
May 18	PTF Promotional Testing and Black Belt Tea Ceremony
May 25-27	No Class- Memorial Day
June 3-8	Buddy Week
June 10-14	NMAC Summer Day Kamp