

Saturday, September 20, 2008

Dan Testing - Thursday, September 25th 2008 - Main School

To all students: Dan Testing for 1st, 2nd and 3rd Dan, will be held at the main school, in Pine Hill, NJ on September 25th, 2008 at 6 PM. All students are encouraged to attend and watch testing, even if not Dan testing themselves.

The address of the Tang Soo Karate Academy is as follows: Tang Soo Karate Academy 1110 Blackwood-Clementon Road Pine Hill, New Jersey. Students wanting directions should consult the program calendar and follow the links for Google Maps, ...Tang Soo!!!

Posted by SahBumNim in Martial Arts at 16:23

Tuesday, June 3, 2008

Testing Jun 14th, 2008 - YMCA Auditorium - 12 Noon

The test date and time are confirmed as Saturday, June 14th at 12 Noon in our usual location in the YMCA Auditorium. Test handouts will be coming this week, and next, leading up to the test. All make-ups should be scheduled before the test. Black Belts should wear their dress uniforms, Midnight Blue Belts and Trim...

You may download and print the test application [here](#).
Test applications must be printed on white legal sized paper only.

Posted by SahBumNim in Martial Arts at 18:06

Blog Export: JTPowlette, <http://www.jtpowlette.com/jtpowlette/>

Wednesday, February 20, 2008

Testing; March 1, 2008. 1 PM

Testing is scheduled for Saturday, March 1st at 1:00 PM in the Nazareth YMCA Auditorium. All students who have trained at least one session should test.

Black Belts should wear Blue Belts and Trim. Test handouts and applications will be handed out beginning Thursday, February 21st. Students should arrive a minimum of 20 minutes before the test, and use the time to stretch and warm up. Further announcements will be forthcoming. Tang Soo!!!- Master J. Powlette, Sah Bum Nim

Posted by SahBumNim in Martial Arts at 19:00

Saturday, September 29, 2007

Dan (Black Belt) Testing - Main School - October 10th, 6:00 PM

Dan Testing for Black Belt and degrees of Black Belt are scheduled for October 10th at 6:00 PM. Location is the main Tang Soo Karate Academy in Pine Hill, NJ. All are invited... Information on the mainschool can be found at www.tangsookarate.com.

Posted by SahBumNim in Martial Arts at 21:59

Saturday, September 8, 2007

Evening on Main Street Demo

The demonstration for Evening on Main Street is scheduled for 4:00 PM, in front of the Nazareth YMCA. The Break-A-Thon will raise funds for the PA Freemasons' Child Identification Program. Students should assemble beginning at 3:30 PM. Black Belts should wear Black Belts and Black Trim (NOT Midnight Blue Belts and Trim).

Posted by SahBumNim in Martial Arts at 13:21

Saturday, August 11, 2007

Test Date & Time Confirmed - Saturday, August 25th - 10 AM

The test date and time are confirmed as Saturday, August 25th at 10 AM in our usual location in the YMCA Auditorium. Test handouts will be coming in the weeks leading up to the test. All make-ups should be scheduled before the test. Black Belts should wear their dress uniforms, Midnight Blue Belts and Trim...
You may download and print the test application [here](#). Test applications must be printed on white legal sized paper only.

Posted by SahBumNim in Martial Arts at 08:17

Wednesday, August 8, 2007

Testing Date

The date for testing has been set to Saturday, August, 25th, subject to confirmation of date, time and availability of Auditorium at the Nazareth YMCA. More information will be forthcoming as we get confirmation. Practice hard and make classes!!! Tang Soo!!!

Posted by SahBumNim in Martial Arts at 05:52

Wednesday, July 18, 2007

Nazareth Day Demo

The Nazareth Day Demo will begin at 12 Noon,... sharp,... on Saturday, July 21st. Students should show up at least 20-30 minutes early. Black Belts should wear Black Trim & Belts. Those students who will be participating in the PA Freemason's Child Identification Program should arrive even earlier to allow for the time it takes to complete the various stations in the program. We are asking for sponsorship donations of \$3 per board and \$5 per brick. All proceeds from the break-a-thon will be donated towards Whitfield Lodge #622's continuing support of this valuable and FREE service. Parents keep all materials from the process. These ChIP kits can provide the items necessary to help authorities locate a missing child. Our next Demo is slated for Sat. Sept. 9th at 4 PM during "Evening on Main St."

Posted by SahBumNim in Martial Arts at 22:54

Tuesday, July 17, 2007

Nazareth Day Demo!!

Hey everyone! Don't forget that the annual Nazareth Day Demonstration will be this Saturday, July 21st at the Moravian Church on the Nazareth circle. We will be raising money with our break-a-thon for the Masonic CHIP program, so tell all your friends and family to come out and support us! Make sure you come to class this week so we can organize the demo format and get enough practice in!

Posted by CaptMichelle in Martial Arts at 15:06

Wednesday, May 9, 2007

Testing - Sat., May 12th

Testing will be held on Saturday, May 12, 2007, in the YMCA Auditorium.

Please reference your test handout for test fees, ITO registration and testing special instructions. Please have your test papers turned in by Thurs., May 10th. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 22:29

Tuesday, April 17, 2007

New Session Begins April 17, 2007

A New 7 week session begins for youth and adult Tang Soo Do. Existing students, please get yourselves signed up. New students,... welcome.

Posted by SahBumNim in Martial Arts at 17:50

Thursday, March 15, 2007

Black Belt Testing - Main School, Pine Hill, NJ

The Black Belt Testing will be held at the Main School in Pine Hill, NJ on Wednesday, March 28th. Testing should begin approximately at 6PM that evening. Students from the Nazareth Y Program should plan on arriving early, especially if they are testing. Stay tuned for directions on the Calendar, on the right side of the website. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 18:21

Friday, February 16, 2007

Make-Up Test Arrangements

A great thanks to all the students and their families who supported the test. Belts should be awarded in several weeks. Those students who were originally to test in make-up tests held the week of testing, please contact Sah Bum Nim via e-mail to make alternate arrangements due to the class cancellation as a result of the snow days. All make-up tests should be completed before the week of March 4th. Also, if there are any students who did not submit their complete test paperwork and/or fees, as a result of the confusion due to the weather, kindly contact Sah Bum Nim about that as well. Remember, next week is a break week. I will see everyone fresh and ready to train in the new program cycle. Do not forget that this time between testing and belt awards is some of the most fun and enjoyable in your training. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 23:51

Testing is being held Tonight.

Testing will be held tonight at the Nazareth YMCA Auditorium, despite the bout of bad weather we have had recently. Please refer to the prior announcement by clicking [here](#). There will be a break week after testing. Please refer to the schedule located on the right hand side of this page.

Posted by SahBumNim in Martial Arts at 17:46

Thursday, February 15, 2007

Class Cancellation -- 2-15-2007 -- Testing Still On

Classes are cancelled again for Thursday evening 2-15-2007. Testing will still be held on Friday evening. Please make sure to come early and hand in your paperwork. Kwan Jang Nim will be alerted to our lack of class this week so to understand everyone may be rusty.

Posted by SahBumNim in Martial Arts at 14:19

Tuesday, February 13, 2007

Class Cancellation -- 02-13-2007

YMCA Classes are cancelled due to the snow storm for Feb. 13, 2007. Tang Soo Do class is cancelled as well.

Posted by SahBumNim in Martial Arts at 17:11

Sunday, February 4, 2007

Testing - February 16, 2007 - 6:30 PM - YMCA Auditorium

Testing will be held on Friday, February 16, 2007 at 6:30 PM in the YMCA Auditorium. All eligible students should attend and test. Those with schedule or other conflicts should contact Sah Bum Nim Powlette as soon as possible to make alternative arrangements. Click on the link to read more.

Testing will be held at the YMCA auditorium (the same room used as the DoJang). Testing papers will be handed out several classes prior testing. Paperwork should be turned in no later than Thursday evening before testing.

All students who have trained at least one session are expected to test. All students with a conflict in scheduling should contact Sah Bum Nim Powlette at once. Sah Bum Nim can be reached at the following e-mail address (inside the brackets, highlight, copy and paste into your e-mail program's TO line): [jase@enter.net]. Testing fees are in the usual amount and format and should be turned in no later than Thursday evening before testing, or the evening of the test with permission. Black Belts should be attired in Blue Belts and Blue Trimmed uniforms. For those students who misplace or do not receive a copy of their test application, click on the link [HERE](#) for a downloadable PDF file format copy. Only white, legal sized print-outs with black ink will be accepted, no letter-sized reductions, alternative sizes or colors. Please forward your e-mail addresses to Sah Bum Nim Powlette so that an announcement e-mail may be sent to all students. Train hard, and practice. I will see everyone in class.- Sah Bum Nim PowletteTang Soo!!!

Posted by SahBumNim in Martial Arts at 14:37

Friday, December 15, 2006

Black Belt Challenge

The Black Belt Challenge will be held tonight, December 15th, 6PM, at the Main School in Pine Hill, NJ. Read on for directions.

For directions, [click here](#).

Posted by SahBumNim in Martial Arts at 12:16

Monday, November 20, 2006

Program Changes

After meeting with Frank Frey, the director of the Nazareth YMCA, some program changes will be made. Changes involve the waiting area for those attending the adult class prior to class start, the minimum age for students in the youth class, and the Saturday Drop-in class schedule. To continue learning of these changes, please continue on to the full article.

For students who are waiting for the Adult Class to begin, the Fireplace Room will no longer be considered an appropriate area for waiting for the adult class to start. Parents who are waiting for minor children may continue to use any appropriate and free area of the facility, but students waiting for Adult Class to begin should either wait in the Carpeted lobby area of the Auditorium or quietly and discreetly bow onto the floor and wait (again quietly) in the small alcove area opposite the carpeted lobby area of the Auditorium. The explanation is that there have been reports of individuals, mostly those under the age of 18, using the Fireplace Room in a disruptive and possibly dangerous manner. Rather than assign blame, the new procedure will ensure that no disruption to the babysitting area occurs. Youth Class participants should continue to wait in the main Lobby of the YMCA until escorted up to the Auditorium by the Assistant Instructors. Regarding the minimum age for participation in Youth Tang Soo Do, the minimum age will be raised to age 7 years old (or appropriate permission granted by Sah Bum Nim). All students who are currently under the age of 7 years will continue to be permitted to enroll and participate in class. However, it has been determined that, in general, children who have not attained at least the age of 7 are, again, in general, not experiencing the full benefit the class may offer them. Exceptions for new students may be made on a case by case basis after parents consult with Sah Bum Nim. Again,... this rule does not pertain to existing students. Those currently enrolled and under the age of 7, may (and should) continue to train. And finally, after due consideration, the Saturday Drop-in Class will be temporarily suspended until after the Holidays, to resume, hopefully, in the new 2007 year. Changes to youth programs such as the new Saturday morning classes have required that we assess the usage of the facility and determine the best time and location, as well as format, of the Drop-in class. Students should "stay tuned" for more details. We are also assessing the possibility of a YMCA sponsored Tournament for raising funds and awareness for the YMCA Youth Programs. The current suggestion is to have a small invitational tournament to raise funds for the Youth Programs at the YMCA as well as the Freemasons' Child Identification Program. Possible locations may include local schools and/or local Church related athletic facilities. Possible time frame may be as early as mid-Summer of 2007. Please indicate your support to Sah Bum Nim if you feel the event will be a plus for both the YMCA and the Program. The likelihood of holding the Tournament will be subject to availability of facilities, the support and coordination with Kwan Jang Nim Giacobbe and the main Tang Soo Karate Academy, and local support. Continue to Train Hard!!!- Tang Soo!!!

Posted by SahBumNim in Martial Arts at 19:55

Tang Soo Karate Tournament Highland High School 11-18-06

The Tournament held annually at Highland High School in Blackwood, NJ, was once again a good event. The Nazareth YMCA Tang Soo Do Program made a good showing at the event. More information follows.

Of the three students who entered from our Nazareth YMCA Tang Soo Do Program, all placed at least third in at least one event. Kent took 1st in adult Red Belt Men's forms for his division. His daughter, Samantha, took 3rd in Black Belt forms for her division. And in his first ever tournament competition, Zach took 2nd in Orange Belt Forms and 3rd in Orange Belt breaking for his divisions (as of this writing, I do not know the outcome of his entry in Free Fighting). Congrats to these students!!! Next year we hope to have even more participation and, hopefully, more success stories!!! Keep up the good work!!! Tang Soo!!!

Posted by SahBumNim in Martial Arts at 19:27

Friday, November 10, 2006

Testing - Saturday November 11th - 9:00 AM

The test date and time are confirmed as Saturday, November 11, 2006 at 9:00 AM in the Auditorium of the YMCA. Students and spectators should be mindfull that we may have to use the Main Street entrance to enter and leave the Auditorium. Thank you for your support.

Posted by SahBumNim in Martial Arts at 00:00

Tuesday, October 24, 2006

Testing - Saturday November 11th - 9:00 AM

The Testing date has been confirmed as Saturday, November 11th at 9:00 AM, in the Auditorium, as usual. The time and room assignment may change due to YMCA availability. Continue reading for more information. All students who have trained at least one session are expected to test. All students with a conflict in scheduling should contact Sah Bum Nim Powlette at once. Please Note: Those students who have skipped more than one testing cycle, should the reason for you skipping testing be un-excused, the program policy on advancement may mean you may be demoted in rank for a probationary period, or longer. It is important for all students to make forward progress in their martial arts study. Standing still in life is like moving backwards. If there is an barrier to testing, please discuss it with Sah Bum Nim. Most problems can be resolved easily. Sah Bum Nim can be reached at the following e-mail address (inside the brackets, highlight, copy and paste into your e-mail program's TO line): [jase@enter.net]. Testing paperwork should be turned in no later than Thursday evening before testing. Black Belts should be attired in your formal Blue Belts and Blue Trimmed uniforms. Black Belts and Black Belt candidates who tested for Dan ranking in the Dan Test held at the main school on October 5th, will not be testing, but are required to attend in full uniform. Kwan Jang Nim Giacobbe will be leaving directly after testing to attend a tournament in North New Jersey. Please be prompt so that he will be able to conduct the test and arrive at his obligation quickly. Testing should take no longer than 1 hour and 30 minutes, start to finish. For those students who misplace their test applications, but have access to the internet, legal sized paper and a printer, the Test Application can be found, in PDF format here (plain, white, legal sized paper only, No letter sized reductions). Original Test Applications, other announcements and new students' International Tang Soo Do Organization applications may be obtained in class. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 18:06

Thursday, October 12, 2006

Testing - Saturday November 11th - 9:45 AM

The next general test will be held on Saturday, November 11, 2006 in the Auditorium at the Nazareth YMCA, barring any change of schedule. Any change will be announced.

All students who have trained at least one session are expected to test. All students with a conflict in scheduling should contact SahBumNim Powlette at once. Sah Bum Nim can be reached at the following e-mail address (inside the brackets, highlight, copy and paste into your e-mail program's TO line): [jase@enter.net]. Paperwork should be turned in no later than Thursday evening before testing, or the morning of the test with permission. Black Belts should be attired in Blue Belts and Blue Trimmed uniforms. The link to the Test application online can be found here. Only white legal sized paper will be accepted.

Posted by SahBumNim in Martial Arts at 18:16

Friday, September 29, 2006

Black Belt Testing, October 5th, 2006, Main School

Dan Testing will be held on Thursday, October 5th at the Main School in Pine Hill, NJ.

Directions to the Main School can be found [here](#).

Posted by SahBumNim in Martial Arts at 23:40

Thursday, September 28, 2006

2006 Pan-Am Tang Soo Do National Championship - Oct. 7th beginning 10AM

The Pan-Am Tang Soo Do Federation, headed by Grandmaster Chong Su Kim, is sponsoring a National Championship on Saturday, October 7, 2006. Grandmaster Chong Su Kim is a long time friend of Kwan Jang Nim Giacobbe, supports our tournaments (including the Fight Cancer National Karate Championships in Atlantic City every Summer), and the students' support of this event highly encouraged. Details of the tournament can be found below.

The Link to the Tournament can be found here. Directions from Nazareth can be obtained here. I hope to see much support and participation. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 18:21

Evening on Main Street Demo - Successful Charity Event

The Evening on Main Street Demo has proven to be a successful event for raising funds and awareness for the Masonic Child Identification Program.

The Break-A-Thon during the demonstration raised \$73.00 for the Masonic Child Identification Program. The average cost of a child going through the identification kit process is approximately \$2.00. The parents and/or guardians of the child keep all identification materials, The only thing that is kept by the Pennsylvania Freemasons are the parental release forms. To date, the Break-A-Thons have raised a total of \$159.00, or enough for almost 80 children to go through the program. Many thanks to all who participated in the demo, or gave funds to this worthy cause. More information on the Masonic Child Identification Program can be found here. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 18:02

Monday, August 28, 2006

Demo - Evening on Main Street

The Demo for the Evening on Main Street will be held on Saturday, September 9th at 7 PM.

The Break-A-Thon will once again be raising funds for the Pennsylvania Freemasons' Masonic Child Identification Program (PA ChIP). Students should meet no later than 6:30 PM in front of the YMCA. Practices will be held the week after break. We will attempt to have on more Saturday practice on September 2nd. There are still flyers to be passed out. Youth students should try to spread the word about the demo to school classmates after returning back to school. Adult students should try to spread the word to friends, family and co-workers. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 07:14

Saturday, August 12, 2006

Students... Forward you E-mail Addresses to Sah Bum Nim

If you have not already done so, students should forward their e-mail addresses to Sah Bum Nim for future announcements and updates. So far, only a small handful of students have forwarded their e-mail address. Click the link below to read more on updates and changes to the program website.

Plans for changes in the program include the use of e-mails to announce schedule changes, upcoming events, and additions to the website. E-mails addresses are desired in order to permit students to receive test announcement materials, and other items by e-mail, in addition to hard copies. This will be of particular interest to those who participate in the Demo Team, as well as those who are involved in activities that keep them out of training for extended periods. Also planned are updates to the general website to bring the photos, and program information more current. Many of the photos on the website are between 6 and 8 years old. Some of the persons pictured either no longer train... or have gone from white belts (as pictured) to Black Belt, or both. Current Black Belts may find it funny to see students as low ranking color belts who tested for Black Belt long before them. Students with digital cameras are encouraged to consider e-mailing particularly good pictures to Sah Bum Nim for possible inclusion on the updated website. Of particular interest are action shots, and those showing outstanding stances, and kicks. Pictures from demos are especially appreciated. Website navigation, graphics and layout are also possible changes being considered. If anyone is an amateur photographer, well blocked pictures will be a welcome addition. We should also obtain a Group Photo of the Program, showing all students from white belts (in uniform) to the high ranking Black Belts. A more current Black Belt photo is also desired. All students should try to attend classes shortly after the belt ceremony, so that we can get these accomplished.

Posted by SahBumNim in Martial Arts at 18:00

Testing -- Held Saturday, August 12, 2006 -- 10AM

Testing students should expect to receive their belts and/or certificates in approximately 2 to 3 weeks. Keep training during the waiting period. Several make-up tests still need to be completed. Those who have make-ups, please continue to practice hard leading up to your tests, and make sure you have them scheduled and completed within the waiting period. Students who pre-tested for Black Belt and Black Belt degrees should begin working on the required self-defense techniques soon.

The time in between testing and the belt ceremony is our time to work on material we do not usually get to work on, such as kicking shield and target work, floor mat work (throws, falls and take-downs), more in-depth self-defense, and drills to improve our skills. This is not time to take a break from training. While many of the things we cover during this period are not formal testing requirements, they are a part of our art and training. To be a more complete martial artist, you should seek out not just the bare minimum testing requirements, but should seek to perfect all the skills appropriate to your level. Mastery doesn't come by just getting by.

Many thanks to Sah Bum Nim Barbara Giacobbe for filling in for Kwan

Jang Nim Giacobbe and supporting us with her help and guidance. The testing students did a very good job. Sah Bum Nim Giacobbe was very pleased with the test.

Posted by SahBumNim in Martial Arts at 17:34

Thursday, August 10, 2006

Test application in electronic format

The test applications can now be downloaded and printed online. See the link below for more information.

The Test Application can be found, in PDF format here. Please print on legal sized, white paper only. No other format will be accepted.

Posted by SahBumNim in Martial Arts at 00:17

Thursday, August 3, 2006

Testing - Saturday, August 12th at 10AM

Testing will be held at the YMCA auditorium (the same room used as the DoJang) on Saturday, August 12th at 10:00AM. Testing papers will be handed out on the Tuesday evening before testing. Paperwork should be turned in no later than Thursday before testing.

All students who have trained at least one session are expected to test. All students with a conflict in scheduling should contact SahBumNim Powlette at once. SahBumNim can be reached at the following e-mail address (inside the brackets, highlight, copy and paste into your e-mail program's TO line): [jase@enter.net]. Testing fees are in the usual amount and should be turned in no later than Thursday evening before testing, or the morning of the test with permission. Black Belts should be attired in Blue Belts and Blue Trimmed uniforms. Rather than KwanJangNim Giacobbe being present at our test, he is sending his sister, SahBumNim Barbara Giacobbe in his stead. KwanJangNim regrets not being able to be there, but cannot attend due to unavoidable conflicts in his schedule. All students are expected to welcome SahBumNim Barbara Giacobbe, and make her feel welcome. Her experience, guidance and assistance in helping administer our test are appreciated. Please keep watching for further announcements, including the ability to print test applications from a PDF file (legal sized paper only, No letter sized reductions). Tang Soo!!!

Posted by SahBumNim in Martial Arts at 22:18

Friday, July 21. 2006

Nazareth Day Demo

The Nazareth Day Demo was held on July 15th, right before noon. A big thanks to all who participated in and watched the demo.

Despite the weather, we were able to raise \$86.00 for the Freemason Child Identification Program (ChIP). This worthwhile cause helps provide families with the much needed identification information that authorities would need should their child go missing. The program is free for all who participate in it. You may find more information by looking at the following link: [PA Freemason ChIP](#) Also, a great thanks should go out to the Nazareth Moravian Church. The Church's website is found here: [Nazareth Moravian Church](#) A new session is beginning the week of July 25th. Students, please make arrangements to sign up. Testing is right around the corner. The YMCA's Website is found here: [Nazareth YMCA](#) Tang Soo!!!

Posted by SahBumNim in Martial Arts at 17:56

Thursday, July 6, 2006

Nazareth Day Demo

The demo will be held on July 15th at the Moravian Church on the Nazareth Circle. Demo team practice will be held this Saturday, July 8th, at noon in YMCA. If you plan participating in the demo, your attendance at the practice is mandatory. If you have a conflict and you cannot attend the practice, please let me know ASAP. More info on the demo will be provided during class

Posted by CaptMichelle in Martial Arts at 17:37

Tuesday, June 27, 2006

July 15th Demo

The next demo will be held July 15th at the Moravian Church in Nazareth. If you plan on attending, please see me to sign up. More information on practices will be announced during class in the upcoming weeks. Tang Soo!

Posted by CaptMichelle in Martial Arts at 21:19

Thursday, June 15, 2006

No Saturday Class

There will be no Saturday class held on the 17th due to the competition in Rocky Mountain, NC. The next demo will be on July 15th at the Moravian Church on the circle. Check back for more information on demo team practices.

Posted by CaptMichelle in Martial Arts at 23:34

Thursday, May 4, 2006

Testing - Saturday, May 13th at 12:00 Noon

Testing will be held on Saturday 12:00 Noon on May 13th. Students who have trained at least one session will be eligible to test. Students who have not trained at least one session may be eligible on a case by case basis. Black Belts should wear Blue Belts and Blue Trimmed Uniforms. All Black Belts who have not tested in the Dan Testing held at the Main Tang Soo Karate Academy DoJang should be testing. Parents and Spectators will be welcome to attend. Please see Sah Bum Nim Powlette for any scheduling conflicts and/or make-up tests.

Posted by SahBumNim in Martial Arts at 18:19

Thursday, April 20, 2006

UPCOMING TOURNAMENT!!

Master Kim is holding a competition on Saturday, April 29th, at the Salisbury High School in Allentown, PA. For more information, please see Mr. Koenen or myself during class. We will be holding Saturday class this week at Noon, and we will be focusing on tournament-style events. This will also give Miss Elizabeth and me a chance to evaluate demo team members for placement. Please try to attend if you are on the demo team, even if you do not plan to compete. Testing is going to be held on Saturday, May 13 - so make sure you're attending class to polish up your forms and one steps! **IMPORTANT:** There will NOT be Saturday class on the 29th due to the competition in Allentown. We hope that this will encourage more of you to attend the competition and support your classmates as they compete. Tang Soo!!-Miss Michelle

Posted by CaptMichelle in Martial Arts at 21:45

Thursday, March 23, 2006

Demo Team Practice

There is another demo team practice this coming Saturday, March 25th. Please Note: you DO NOT need to be on the demo team to attend Saturday classes. Saturday classes are open to EVERYONE. All students are encouraged to attend whenever possible. Non-demo team members are welcome to attend any and all Saturday classes, including demo team practices. That will also give you good practice in case you decide to join the team at a later date. Hopefully I'll see most of you on Saturday! Tang Soo!!!! - Miss Michelle

Posted by CaptMichelle in Martial Arts at 21:48

Tuesday, February 28, 2006

Don't Forget!!

There is a competition on Sunday, March 5 in Tamaqua, PA There is also a demo team practice on March 11th.

The Spring Coal Kickin' Karate Tournament will be held on March 5th, at the Marian High School in Tamaqua, PA. For more information, please visit <http://coalkickin.expage.com> Please remember that this week is the beginning of a new session, so make sure you get yourself signed up if you haven't already. Also, belts will be coming out in a few weeks. Please make sure that you are attending class between testing and the time belts come out- it's important to keep up with your training!! The demo team practice will be held on Saturday, March 11th in the YMCA Auditorium at 12 Noon! you need to be signed up to participate in any upcoming demos! Please see Mr. Koenen, myself, or Elizabeth to get yourself signed up, if you have any questions, or if you have any scheduling conflicts- practices will only be held once a month, so please try to free your schedule for that date ahead of time Tang Soo!-Michelle

Posted by CaptMichelle in Martial Arts at 21:36

Friday, February 24, 2006

Saturday Workout

Saturday student led class will not be held on the 25th.

Posted by BruceKoenen in Martial Arts at 05:59

Wednesday, February 22, 2006

Make-up Scheduled for Thursday 2/23/06 - Normal Times

There will be make-up class during break week for the night we missed due to the weather cancellation. Class will be held at the normal time and place. A new session begins the following week. Hope to see everyone there. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 18:54

Tuesday, February 14, 2006

Testing Announcement - Friday Feb. 17th - 6 PM

Testing will be Friday, February 17th at 6 PM in the Auditorium.

Testing will be Friday, February 17th, at 6:00 PM (the Fee is \$75.00) Testing Applications and ITO membership (additional one time \$20.00 fee) applications will be due Thursday, February 16, 2006 Black Belts should wear Blue Belts and Blue Trimmed Uniforms. All Black Belts and Cho Dan Bos are expected to evaluate or Test. Parents and other spectators will be welcome to attend. All checks should be made payable to "Jason T. Powlette." Continue to practice hard for testing. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 18:04

Tuesday, February 7, 2006

Upcoming events

Hey everyone- it's been awhile since I've posted an update, but I've got a lot of upcoming events that you guys should mark on your calendars!!!

It's testing time again!

The tentative date for testing is Friday, February 17th, 6PM at the Y.

[please try to arrive earlier than 6 so we can begin ASAP]

Sah Bum Nim will be checking with the YMCA staff to finalize the date and I'll have another update up when it's official.

Mr. Koenen will be holding help sessions on the Mondays and Wednesdays leading up to testing. All students are more than welcome to attend, and black belt help is appreciated. For more details, please see Mr. Koenen in class.

Saturday classes are also back in full swing with a NEW time! They will now be held on Saturdays at noon, so we can all have a little more time to sleep. =)

If you're struggling with your forms or one steps, this is also a great opportunity to brush up on those, along with any other techniques you may need help with.

Again, please see Mr. Koenen for more details.

The Spring Coal Kickin' Karate Tournament will be held Sunday, March 6th, 2006 at Marian High School in Tamaqua, PA.

The most SUPPORTIVE school gets \$200, along with many other prizes for grand champion winners, so I'd like to see as many of you competing as possible!! If you're interested in competing, PLEASE see me in class. I am going to see able arranging practices to get everyone practiced and ready to compete. Make sure you keep training and practicing so you all look impressive on your test!! If you have any questions, you can ask Sah Bum Nim or myself in class. Tang Soo!-Michelle

Posted by CaptMichelle in Martial Arts at 21:35

Thursday, December 15, 2005

Cancelled Class

There will be no class tonight (December 15th) due to incimate weather. The YMCA will be closing at 6:30 this evening. Hope to see you all on Tuesday.-Michelle

Posted by CaptMichelle in Martial Arts at 16:54

Thursday, December 8, 2005

Holiday Break Week

We will be having a break week over the holiday vacation. There will be no classes held on Tuesday or Thursday during the week of December 25th.

Saturday classes, however, will still be held on the 24th and the 31st. Class will resume on January 2nd. Have a safe and happy holiday =)
-Michelle

Posted by CaptMichelle in Martial Arts at 15:37

Monday, October 24, 2005

Testing - Saturday October 29th - 10 AM

Testing will be held on Saturday, October 29, 2005 at 10 AM in the YMCA Auditorium. The usual testing fee of \$75.00 applies to all students save those who are Dan Testing. New Students must join the ITO and pay the \$20.00 ITO initiation fee prior to testing. Applications will be handed out this week and are expected back on Thurs. Oct. 27 after class. Black Belts should wear their Midnight Blue Belts and Trimmed uniforms. Anyone with schedule difficulties should see Sah Bum Nim before the test to work out alternate arrangements.

Posted by SahBumNim in Martial Arts at 19:09

Wednesday, September 21, 2005

Evening On Main Street Demo

This year's Evening on Main Street demonstration was held on September 10th and was a great success. I'd like to thank everyone who came and participated, as well as those with family and friends who donated money for the Break-A-Thon.

The demo was definitely a success. Through our Break-A-Thon, we raised \$135.00 to be donated to the American Red Cross for Hurricane Katrina victims. I will be sending out the donation from our program to the Red Cross as soon as possible. Everyone who attended looked great, so make sure you all keep training and hopefully I'll see you guys soon! Tang Soo! Michelle

Posted by CaptMichelle in Martial Arts at 17:57

Saturday, September 10, 2005

Evening on Main Street Demo

The Demonstration will be at 7 PM in front of the YMCA. Students should assemble between 6:15 and 6:30 at the Y.

Posted by SahBumNim in Martial Arts at 13:04

Thursday, June 30, 2005

Black Belt Photo

Here is a Photo of the Black Belts together. Missing are 2 of the three new Black Belts... Neil and Norris.

Posted by SahBumNim in Martial Arts at 01:30

Friday, May 20, 2005

Demo - American Cancer Society Relay 5/21/05 10:45 AM

We have our demonstration on May 21, 2005 at Bangor Memorial Park off of Route 512 in Bangor (before you get to 8th Street). Demo begins at 11:30 AM. I would like everyone there by 10:45 AM.

Take Route 512 into Bangor. After arriving in Bangor, you'll find the Memorial Park before you go down the hill towards the center of town. Parking may be a problem. See what you can do about finding a parking spot before we meet at 10:45 AM. We will be reporting to the Survivors Tent for details on where we are to set-up for our demo. Black Belts, please wear your Black Trim and Belts. Everyone please have some kind of shoes (martial arts sneakers or similar are best). We will use the 45 min. before the demo to coordinate who will be partnered with who and shake out any other details.

Posted by SahBumNim in Martial Arts at 17:24

Thursday, May 12, 2005

Demos, Demos, and more Demos...

There are a substantial number of Demonstrations scheduled... which will enhance everyone's training, and provide opportunities to show what you have learned...

We have a demonstration scheduled for May 21st of this year in Bangor which will benefit cancer organizations in the State. We have another demo, scheduled for July which will benefit the South East Asian Tsunami victims from this past Christmas season. We have another demo, during the Tatamy Car Show, at the Whitfield Masonic Lodge #622 in Tatamy on July 31, 2005. We have another demo for September 2005 for the Evening on Main Street for the Borough of Nazareth scheduled for September... And we have another demonstration which may take place in June to promote the YMCA... So, ... We have a lot of demonstrations scheduled over the next several months, in addition to the tournament in Atlantic City scheduled for July 24th, and Master Ricks' tournament scheduled for May 21st (same day as our Bangor demo). So, there is a lot on our plate as a school. We are up to the challenge!!! I encourage all our members to be up to their own responsibilities to their training, and give 100% as a result. Tang Soo!!!

Posted by SahBumNim in Martial Arts at 23:14

Black Belt Meeting Thursday May 19, 2005

There will be a short Black Belt Meeting either before or after class on Thursday, May 19, 2005. All Black Belts should attend.

The Black Belt meeting will cover two major subjects. (1) The formation of a Demo Team and discussion regarding Team Captain election/appointment, and (2) The formalization of Instructor designations (to be; Instructor's Aide, Assistant Instructor, Instructor, ... and obviously Head Instructor [which is reserved for Sah Bum Nim), and how that will work. There will be some discussion following the meeting, including a question and answer opportunity. If someone suggests turning this into a Pie Pom, or adjourning to one, ... I will be open to that suggestion, provided everyone who wishes to, or should attend, can attend. I truly believe that these are two areas where we can enhance school spirit with a minimal of effort and expenditure, on everyone's part. The infrastructure for these things is already there, and it is my goal to utilize it to take our program, and each of your training, to the next level.

Posted by SahBumNim in Martial Arts at 22:22

Friday, May 6, 2005

Saturday Class May 7th

There will be Student Led Workout on Saturday the 7.

Posted by BruceKoenen in Martial Arts at 15:35

Saturday, April 30, 2005

TaeKwonDo Grandmaster Kim of Kim's Black Belt Academy Tournament

TaeKwonDo Grandmaster Kim of Kim's Black Belt Academy held his tournament on Saturday, April 30, 2005. Our Kwan Jang Nim, Master D.A. Giacobbe was awarded a "Man of the Year" award for his outstanding contributions to Korean Martial Arts. Click on the link for more information and for Photos from the event.

Kwan Jang Nim was awarded a "Man of the Year" Award from TaeKwonDo Grandmaster Kim of Kim's Black Belt Academy of Bethlehem and Allentown. Grandmaster Kim expressed his kind and deep appreciation for the support the Tang Soo Karate Academy has given the event. Here, Kwan Jang Nim's Pine Hill students are seen "Chillin' out" before the event...As were our Black Belt girls,...And,...As you know, the winners of the different divisions compete for Grand Champion. In a tremendous show of magnanimous sportsmanship, the winner of the Black Belt Grand Champion Breaking, from the US Naval Academy Karate Team, turned over his trophy to Joey from the Pine Hill School, so impressed by Joey's big show of breaking prowess from such a little guy...Joey may have come in second in points in the Grand Championship competition, but both of them showed themselves to be true Grand Champions!!! A great show of Martial Arts Spirit!!! Both of You!!! Thanks guys!!! Ko Mop Sum Ni Da!!!

Posted by SahBumNim in Martial Arts at 23:18

Testing Held Friday, April 29, 2005.

Testing was held on Friday, April 29, 2005 at 6 PM at the Nazareth YMCA.

Testing went well. Many who tested attended our "anti-traditional" Pie Pom (Pie Night) at the Nazareth Diner afterwards. Several Make-up tests, which were previously arranged will be held over the course of the next two to three weeks. Belt awards should be held at the end of class in approximately three weeks. Next test cycle should see several 1st Dans pre-testing for their 2nd Dan ranking.

Posted by SahBumNim in Martial Arts at 22:39

Wednesday, April 27, 2005

April 30 Satuday Workout

There will be no student led workout on Saturday April 30th since both Mr. Milhiem and Mr Koenen will be at Grand Master Kim's Karate Tournament.

Posted by BruceKoenen in Martial Arts at 06:32

Thursday, April 7, 2005

No Student Lead Workout Sat. April 9.

Mr. Koenen informs me that he will not be available on Saturday, April 9th for student lead workout. Mr. Millheim is apparently similarly unavailable. As such, there will be no Student Lead workout on Sat., the 9th.

Posted by SahBumNim in Martial Arts at 23:49

Monday, April 4, 2005

Demo -- Nazareth YMCA Kids Health Day 2

The Demo was held Saturday, April 2, 2005.

Things went pretty well. There were 12 students in attendance, four black belts and 8 color belts. Not counting relatives of program participants, perhaps 20-25 people were able to see the demo. In all, if nothing else, it was a good lead-in demo for trying out format and routines for future use.

Posted by SahBumNim in Martial Arts at 05:37

Tuesday, March 29, 2005

Demo -- Nazareth YMCA Kids Health Day

There will be a demonstration on Saturday, April 2, 2005 at 10AM at the YMCA. Students who wish to participate should arrive at approximately 8:30 AM for a brief practice session to coordinate the demonstration.

Due to the short notice turnaround for this demo, there will likely be no breaking. We will attempt to fill the breaking segment with more free fighting and self-defense oriented segments. If it proves possible to put the breaking segment together, we will likely run it as a standard breaking demonstration rather than a break-a-thon for the YMCA's capital drive. The emphasis will be on getting kids who have practiced breaking to attempt the breaks that they have worked on. ReCap: Demo SATURDAY, APRIL 2, 2005, YMCA, 10AM. Be there at 8:30 AM for Practice. Our next demonstration will be either during a YMCA open house for the capital drive (date unknown) or for the Whitfield Masonic Lodge (Whitfield Lodge #622, Free and Accepted Masons) Open House. The date for that event will be July 31, 2005 (the same date as the Tournament in Atlantic City). I anticipate running a break-a-thon for Whitfield Lodge, to be used for a Masonic charity or scholarship of the Lodge's choice.

Posted by SahBumNim in Martial Arts at 22:05

Testing - Friday, April 29, 2005

The next general test will be held on Friday, April 29, 2005 at 6:00 PM.

Test announcements and applications will be handed out in class over the next few weeks. If you have a schedule conflict,... See Sah Bum Nim to resolve it.

Posted by SahBumNim in Martial Arts at 12:39

Thursday, March 24, 2005

Dan Testing in Main School

The Dan testing at the main Tang Soo Karate Academy was held on Wed. March 23, 2005 at 7:30 PM. Abbey B., Neil K. and Norris K. tested for their 1st Dans. Mrs. Powlette tested for her Master's belt (4th Dan). Results of the test will be mailed to the students. Congratulations to those who tested... you've taken a big step.

Posted by SahBumNim in Martial Arts at 02:21

Friday, March 18, 2005

Saturday Class

I am back from Europe and will be at class this Saturday(3/19/2005).
-Mr. Millheim

Posted by MattMillheim in Martial Arts at 13:53

Wednesday, March 16, 2005

Directions to Main School for Dan Testing

Follow the link below for written directions to the Main School in Blackwood.

Directions to the main Tang Soo Karate Academy
From Nazareth, PA:

- 1) Take US Route 22 West to Route 476 (Northeast Extension of PA Turnpike)
- 2) Take Route 476 South (through toll \$2.25 at Plymouth Meeting) to Route 76 East towards Phila.
- 3) Take Route 76 East to Route 676 East towards New Jersey
- 4) Take Route 676 East to the Walt Whitman Bridge to NJ (toll \$3.00 when returning to PA)
- 5) Take Route 676 East to Route 42 South (towards Atlantic City Expressway)
- 6) Take the second Blackwood Exit (before the Atlantic City Expressway), Blackwood/Clementon Road
- 7) Bear right off of exit towards Clementon on Blackwood/Clementon Road
- 8) Continue on Blackwood/Clemton Road for approx. 2 Miles past intersection with a Shoprite
- 9) Continue past the KFC on Blackwood/Clementon Road and a small strip-mall
- 10) Turn right into Giacobbe Family Fitness Center/Tang Soo Karate Academy (Orange and Green Brick Building)

Total Trip Distance; Approx 90 Miles

Total Trip Time; Approx 1 hour and 45 minutes - 2 hours (without traffic)

Posted by SahBumNim in Martial Arts at 17:02

Thursday, March 3, 2005

Program News - Old Site Link

As previously reported, this will be the new space for Nazareth YMCA Program News. A link to the old news section can be found here. The old news section will remain up for the near future. Eventually, it will be replaced totally by this section. Possible future upgrades may include a photo gallery, or at least in-story photos.

Posted by SahBumNim in Martial Arts at 02:10

Testing - Main School - Blackwood

Please remember,... The Black Belt Testing will be on March 23, 2005. Testing usually begins at 6PM. Mrs. Powlette will be testing for her 4th Dan Master's Belt. The three Cho Dan Bos will be testing for 1st Dan Black Belt. Black Belt candidates should see me regarding testing fees and other requirements. I would like to see as many students there as possible showing good Tang Soo spirit and support for their fellow students.

Posted by SahBumNim in Martial Arts at 01:51

Program News to Appear Here

Nazareth YMCA Program News will now appear here in this space. As improvements are made, the news may grow to include pictures, links, and current events. Please Stay Tuned for future updates.

Posted by JaseP in Martial Arts at 01:12