

# South Hills Karate Academy NEWSLETTER

SHKA News  
Vol. II August,  
2009

## Random Thoughts

Master Gene Garbowsky



Summer is winding down, the children are back to school and South Hills Karate Academy will host Kwan Jang Nim Ah Po for the third straight year. You know fall is right around the corner. What an exciting year 2009 has been for sure. Nobody has had a more exciting and challenging year than myself. It has been an interesting ride. The close of the year is even more exciting for me, as this year will mark the first time in our school's history that we will have students testing for Cho-Dan (1st Degree Black Belt) who have solely practiced Tang Soo Do under my instruction and guidance. I also have established a number of other personal goals for myself that will take me through the end of the year.

How about all of you? Are you reaching your goals? How about the goals you have set for yourself in Tang Soo Do? In today's complex and frenetic world it's easy to forget that time has to be made to take care of ourselves. To make matters worse, today's society is one that fosters an unhealthy lifestyle. Basically, most of us sit in office or a cubical all day with little effort put forth other than to type on a keyboard and send emails all day. We may have good intentions to get fit and healthy – but more often than not all the excuses appear. "I am too busy at work, I have so much to do at home, I have no time because of my family commitments etc." The demands of the modern world leave us exhausted as we get further away from connecting with our real selves - we give in and become slaves to our environment.

I often hear the statement 'I just can't get motivated to train or practice' – my reply is: 'you train to get motivated'. The simple pleasures of life are the sweetest – sweating with committed training partners and good conversation after a tough training session can be a very rewarding and healing experience if you have had a bad day at the office or when life is putting unwanted pressure on you. Training in Tang Soo Do can be our way out of life's daily pressures. Training in the martial arts can provide physical, mental and spiritual benefits. There are many benefits derived

from regular hyung training and striking practice. Hyung training provides us with the discipline we need and correct impact training on a bag, pads or a training partner can have a positive impact on a person's health, fitness, and self confidence. Punching and kicking drills are an excellent form of exercise; they are vigorous enough to get you into terrific shape and are a great supplement to other sports or fitness activities.

Tang Soo Do training is designed to gradually strengthen students in an environment that is safe, friendly and interesting. There are essentially no limits to what you can experience and garner from training in Tang Soo Do. In addition, many people feel that they are too old to train in martial arts. Ha! What an excuse. I'm too old too! I'm almost 40 and I still train! For beginners in Tang Soo Do, no matter what the age, you will improve upon where you currently are! No matter the age, train at a pace the suits you individually. Bottom line, Tang Soo Do will keep you healthy. Age, race, gender or size do not even factor into the equation. Regular exercise provides the stimulus your body needs to remain in a health state. Think of it like maintaining your vehicle. Without proper maintenance of your vehicle what happens?



Golf? Maybe I Should Try Tang Soo Do!



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### Location

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Web: [www.southhillskarate.com](http://www.southhillskarate.com)

### Event Hosted By

**South Hills Karate Academy**

Form Downloadable at [www.southhillskarate.com](http://www.southhillskarate.com)

For More Information  
Please call or email Master Gene Darowsky  
Reserve Your Space By 10/05/2009

### Hotel Information

Spring Hill Marriott Suites  
1000 Regis Avenue  
Pittsburgh, PA 15236  
412-653-9800

TANG SOO DO  
MARTIAL WAY  
ASSOCIATION



唐子道式道館

## 2009 Tang Soo Do Training Clinics With Grandmaster Andy Ah Po

OCT.  
16 - 17

◆ Gup Training Clinic  
Friday, October 16th (6:00 - 8:00PM)  
Tang Soo Do Martial Way Association Sam Soo Shik Dae Ryun Training  
Kwan Jang Nim Ah Po will be instructing the required Tang Soo Do Martial Way Association Sam Soo Shik Dae Ryun (three step self-defense) techniques.



Grandmaster Andy Ah Po

◆ South Hills Karate Academy's 2<sup>nd</sup> Dan Classing Examination  
Saturday, October 17th (9:00AM - 12:00PM)

Conducted by Tang Soo Do Martial Way Association President and Founder Kwan Jang Nim Andy Ah Po, South Hills Karate Academy will hold it's 2<sup>nd</sup> Dan Classing Examination for eligible Cho Dan and Ee Dan Candidates.

◆ Ko Dan Ja and Yu Dan Ja Training Clinic - (Black Belts Only)  
Saturday, October 17th (5:00 - 8:00PM)

Traditional Tang Soo Do Hyung Training with Grandmaster Andy Ah Po  
Enjoy a personal training session with Tang Soo Do and martial art legend Grandmaster Andy Ah Po on the traditional Hyung of Tang Soo Do. Grandmaster Ah Po will draw from his 30 plus year association with the late Grandmaster as both a direct student and close confidant, and allow participants to have a tremendous opportunity to experience the Traditional Tang Soo Do Hyung training as the late Great Grandmaster Hwang Kee intended. This is an opportunity that can't be missed!

◆ South Hills Karate Academy Banquet and Celebration  
Saturday, October 17th (8:30 - 10:00PM)

Enjoy Oriental Cuisine and join South Hills Karate Academy for a celebration at Pan Asia on Rt. 51 in the South Hills of Pittsburgh!

### Training Clinic & Banquet Registration Form

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Phone: \_\_\_\_\_

### Please Check The Following

- Gup Training Clinic » Sam Soo Shik Dae Ryun, October 16th, 6:00 - 8:00PM (Fee: \$80.00)
- Ko Dan Ja and Yu Dan Ja » Tang Soo Do Hyung Training, October 17th, 5:00 - 8:00PM (Fee: \$80.00)
- South Hills Karate Academy Banquet: October 17th, 8:30PM - 10:00PM (Fee: \$20.00)

» Total Registration Fee: \$ \_\_\_\_\_

Register by 10/05/2009  
Please make checks payable to  
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**Absolutely No Refunds**  
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I hereby release and hold harmless Tang Soo Do Martial Way Association, South Hills Karate Academy, sponsors, promoters, organizers, hosts, instructors, assistants, referees, officials, students, employees, and other participants involved with and make one alone liability or otherwise for any and all liability resulting from my participation in any and all activities. I understand that I am releasing and holding harmless Tang Soo Do Martial Way Association, South Hills Karate Academy, sponsors, promoters, organizers, hosts, instructors, assistants, referees, officials, students, employees, and other participants involved with and make one alone liability or otherwise for any and all liability resulting from my participation in any and all activities. I understand that I am releasing and holding harmless Tang Soo Do Martial Way Association, South Hills Karate Academy, sponsors, promoters, organizers, hosts, instructors, assistants, referees, officials, students, employees, and other participants involved with and make one alone liability or otherwise for any and all liability resulting from my participation in any and all activities.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Legal Guardian must sign if participant is under the age of 18 years old.

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# South Hills Karate Academy NEWSLETTER

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## *This Is Your News Letter!*

Master Garbowsky is looking for students to write and submit articles! Is there something that you are thinking about writing?

## *Grandmaster Andy Ah Po The History of a Martial Artist*

### **Grandmaster Ah Po's Early Years of Martial Arts**

Grand Master Andy Ah Po began his martial arts training early in his youth in Hawaii. At age 6 he began studying Sil Lum Gung Fu. During his early school years in the islands he achieved Black Belts in Jiu Jitsu, Aikido, and Japanese Karate. He left the islands in 1959 to join the U.S. Air Force.



The year 2009 marks Grand Master Ah Po's 62<sup>nd</sup> year in the martial arts. He began studying Tang Soo Do in 1959. 2009 marks Grand Master Ah Po's 50<sup>th</sup> year as a Tang Soo Do practitioner. He opened his own martial arts studio in Carmichael, California in 1966 and continues to teach at his current studio in Sacramento.

### **Championship Titles Held**

During the 1960's and 70's, Grand Master Ah Po held several national and international championship titles in both forms and free-fighting competition in the "open" tournament circuit including the California and Northwestern United States Heavyweight Championship titles and a Grand Champion title in the prestigious Long Beach International Championships that was sponsored by the legendary Ed Parker. He retired from competition in 1972 and has gone on to train and coach other National and International Tang Soo Do Champions including his son, Master Anthony Ah Po, his daughter, Master Annette Ah Po, Master Sandra Russell, and Master Curtis Mata. In addition, he has coached several California Tang Soo Do teams over the years that have successfully brought home the "gold" on several occasions in team fighting and team forms at National and International Tang Soo Do competitions.

### **Tang Soo Do Organizations Served**

Grand Master Ah Po was a Charter Member of the U.S. Soo Bahk Do Moo Duk Kwan Federation, formerly the U.S. Tang Soo Do Moo Duk Kwan Federation. For over 27 years, Grand Master Ah Po served the Federation as a member of the Board of Directors and in the capacity of Chairman, Vice Chairman, Secretary, and Treasurer. He also served as Regional Examiner as well as a member of the Technical Advisory Committee of the federation, as an appointee of Grandmaster Hwang Kee, founder of the Tang Soo Do Moo Duk Kwan. He also served as personal escort to the late Grand Master Hwang Kee and his wife who is also deceased.

Grand Master Ah Po is credited with founding the original name of the Federation and also wrote its original Charter and By Laws. In addition, he wrote the Federation's competition rules manual and developed many of the procedures and testing forms that are still in use by that organization today.

In the year 2002, Grand Master Ah Po resigned from the U.S. Soo Bahk Do Moo Do Kwan Federation, Inc. and founded the Tang Soo Do Martial Way Association, Inc. (formerly known as the Tang Soo Do Moo Do Kwan, Assoc. Inc.) because he felt that the federation was no longer serving its members as defined by the original founding purposes and Charter of that organization. The primary purpose of his association is to continue the original Tang Soo Do teachings and philosophy of the late Grand Master Hwang Kee.

In addition to heading his own Tang Soo Do association, Grand Master Ah Po serves as the personal instructor and senior advisor to Grand Master Charles Ferraro, founder of the Tang Soo Do Mi Guk Kwan Association, Inc. Grand Master Ah Po is also an active member of The Educational Martial Arts System (TEMAS) and serves as the personal instructor and advisor to Grand Master Brian Manna, founder of TEMAS. He is also currently affiliated with The Universal Tang Soo Do Alliance and its founder, Grand Master Darryl Khalid.

### **An Active Martial Artist and Role Model**

Over the years, Grand Master ah Po has traveled to and conducted hundreds of seminars in all designated regions of the United States as well as in Hawaii, Germany, and



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Australia. He is a world-renowned martial artist and was inducted into the World Karate Union's Black Belt Hall of Fame in 1999. Since that time, he has also been twice inducted into the U.S.A. Black Belt Hall of Fame and into the Tang Soo Do Mi Guk Kwan Association's Hall of Fame.



Grand Master Ah Po is also well known for his demonstrations involving the utilization of "Ki" or internal power. The types of Ki demonstrations he has become well known for are unique to him and him only. Practitioners from a variety of styles often seek him out for his martial arts expertise. He has also received many awards over the years from several martial arts organizations which not only continue to recognize him for his martial arts skills and expertise but which also acknowledge his integrity and contributions to the martial arts community at large.

## Grandmaster Ah Po's Current Dan Rankings and Certifications

In 2002, members of the Tang Soo Do Mi Guk Kwan Association, Inc. awarded Grand Master Ah Po with a 9th Dan Tang Soo Do certification in that system.

In the year 2000, Grand Master Ah Po was promoted to the 8th Degree Black Belt ranking by Grand Master Hwang Kee of the Korean Soo Bahk Do Moo Duk Kwan Association, thus making him only one of 5 individuals who were actually promoted to that Dan rank by the late

Grand Master Hwang Kee. However, since he resigned from the U.S. Soo Bahk Do (MDK) Federation, Inc. shortly thereafter, he was never presented with his certificate by the successor of that organization.

In recognition of this terrible injustice, Grand Master Chung

Il Kim of the International Korean Martial Arts Association awarded Grand Master Ah Po with an 8th Dan Tang Soo Do Certificate as a symbol of recognition of the 8th Dan promotion that he received from the late Grand Master Hwang Kee and to replace the certificate that he never received from the late Grand Master's successor. The award ceremony was held at the 2005 All Tang Soo Do International Championships that were held in New Orleans, Louisiana and which was sponsored by the Tang Soo Do Mi Guk Kwan Association.

## Grandmaster Ah Po's Philosophy as a Senior

Grand Master Ah Po is often referred to as "The

Godfather" of Tang Soo Do by Tang Soo Do practitioners and is highly respected. He has always been known to take his role as a Tang Soo Do Senior very seriously and continues to stress this philosophy. He believes that as a Tang Soo Do Senior his primary role is to serve his juniors and his students. At a recent Ko Dan Ja Shim Sa (testing) ceremony, Grand Master Ah Po stated, *"The greatest of all gifts that we have to offer as human beings is to serve others."* This is a statement and philosophy that he truly lives by and continues to demonstrate through his actions...

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The Official Newsletter of South Hills Karate Academy

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Tue-Thur: 9:00AM-9:00PM  
Sat: 9:00-1:30PM

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Master Gene Garbowsky

Editor & Designer  
Steve Harroun

This is your Newsletter!  
Your ideas and suggestions are welcome!  
Please send articles, photos and ideas to  
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Or  
Steve Harroun  
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Apparel and gifts please visit

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## Grandmaster Ah Po's Responsibilities of Students

1. Look with the intent to learn
2. Listen with the intent to learn
3. Record to enable visualization
4. Imitate
5. Practice, practice, practice
6. Develop a higher level of conscious awareness
7. Study, explore, and then create Ryu Pa



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## Tang Soo Do's Four Basic Kicks

Steve Harroun, 3rd Gup

Master Garbowsky always speaks about the four basic kicking techniques in Tang Soo Do. The four basic kicks of any martial art system include the following kicking techniques:

1. *Ahp Chagi* or Front Kick
2. *Tollyo Chagi* or Roundhouse Kick
3. *Yup Chagi* or Side Kick
4. *Dwi Chagi* or Back Kick

We'll look at the second two basic kicks in this article.

*Yup Chagi* or Side Kick is decidedly the most difficult of all the basic kicks due to its subtle complexities. It is also one of the most powerful when executed correctly. This kick is generally performed with a thrusting motion; however, a snapping motion may also be used in some applications. The striking area is the outside edge of the heel and 2/3 of the outside edge of the foot. When performing this technique, the supporting foot should be turned in the direction opposite the kick, extending the hip into the technique. This kick emphasizes penetration of the target, and time on contact. This technique may be applied against a variety of target areas. The kicking knee should be brought straight up to the front of the body, with the bottom of the foot facing inward towards the knee. The leg should then be extended straight out to the side with a thrusting motion. The kick should be recovered back to the chambered position after the kick. The action of the kick is like that of a piston with the knee joint acting as the center of the piston arm. A line should be maintained between the hip, foot and target and the foot should always travel along the line path between the hip and the target.

### Key Points in Performing the Yup Cha Gi

- Knee chambered high at the beginning and end of the technique (Pic #1)
- Proper foot position, striking with the side of the foot

with the foot angle slightly, about 15 degrees, with toes pointed down

- Leg extended out in a thrusting motion
- The hip, foot and target remain in line
- Supporting foot kept flat, and turned in opposite direction from kick
- Hip extended into technique
- Proper recovery of kick at end of technique
- Body may lean in direction opposite of kick and the kicking side

*Continued on next page*



Pic #1



Pic #2



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*Dwi Chagi* or Back Kick is performed to the rear of the body, and is usually performed by turning the back towards the target prior to the kick. This kick uses a thrusting motion to penetrate through the target. The striking area is the bottom of the heel. The knee should be brought up into a chambered position in front of the body, while turning towards the kicking leg, so that the back is facing the target. Look over the kicking side shoulder, and extend the leg straight out to the rear in a thrusting motion. Bring the leg back into a chambered position while continuing to turn in the same direction, ending up in the starting position.

## Key Points in Performing the Dwi Cha Gi

- Hips and shoulders facing directly away from target, back toward target
- Knee brought up into a chambered position before and after executing kick (Pic #3)
- Proper foot position, striking with bottom of heel with foot pointed toes down
- Kick performed with thrusting motion (Pic #4)
- Look over kicking side shoulder
- Supporting foot kept flat on the ground
- Turn towards kicking leg, and continue turning until reaching starting position
- Body may lean slightly forward in direction opposite kick



Pic #3



Pic #4

**South Hills Karate Academy  
Tang Soo Do Training**



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And  
Grand Master Ah Po's Combination and  
Ill Soo Chik Training DVDs

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Item # SHKA-11a Tang Soo Do Hyung Vols 1, Includes Hyung 1st Dan, 2nd Dan and 3rd Dan (Su, Myung) Cho Dan, 2nd Dan, 3rd Dan, 4th Dan and 5th Dan. \$24.99 each

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Item # SHKA-11c Tang Soo Do Ho Shin Sul, Includes Ho Shin Sul 1st Dan, 2nd Dan and 3rd Dan (Su, Myung) Cho Dan, 2nd Dan, 3rd Dan, 4th Dan and 5th Dan. \$24.99 each



Item # SHKA-10  
Grandmaster Ah Po's Training Videos  
Includes Required Combinations 1-10  
And Il Soo Chik  
**Complete Set  
\$79.00 each**

This set contains all of the required Combination Techniques and Il Soo Chik required up to 1st Dan. Only Black Belt.

**See Master Garbowski For Details**

**Make A Positive Change In Your Life!**  
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## Children's Corner

Master Garbowsky is looking for students to write and submit articles! Eric Garbowsky took it upon himself to write an article about something other than Tang Soo Do. Thank you Eric for submitting an article on the P51 Mustang!

## The P51 Mustang

Eric Garbowsky 1st Gup

The North American P-51 Mustang is considered one of the best fighters of WW11. This fighter plane has one of the best known names in aviation history. Its name came



from two countries it was named the mustang by British pilots after 500 P-51s were shipped to Britain they named the great fighter the Mustang due to its great speed and maneuverability. After the 500 mustangs were shipped to Britain the U.S. kept 2 mustangs for evaluation. The order name was placed under the title of P-51!

The mustang was an aerodynamic evolution. Its wing was cape able producing lots of lift. Its four propeller blades also played a key role in its speed.

## Class Schedule Update

Rt 51 and Elizabeth Locations

- No Class: Saturday, September 5th
- No Class: Monday, September 7th (Labor Day)  
*Enjoy The Labor Day Holiday*

## The Tang Soo Do Martial Way Association Combination Techniques

1. **Full Technique:** Step left leg first and low block from front stance, reverse punch, bag leg front snap kick, back fist, reverse punch
2. **Full Technique:** Step left leg front stance and high Block from front stance, reverse elbow strike, knee strike, turning side kick, high block, reverse elbow strike
3. **Full Technique:** Step left leg and side block from fighting stance, front leg front, round kick bag leg with the ball of the foot, side block, yuk jin (reverse punch from cat stance)
4. **Full Technique:** Step left leg and outside / inside block, front arm elbow strike, step behind side hook kick, front arm back fist
5. **Full Technique:** From a "natural" fighting stance, back leg front snap kick, back leg round kick with the ball of the foot, back leg round kick with the ball of the foot, turning back kick, set down natural fighting stance
6. **Full Technique:** Step forward left leg (start), back fist with forward hand in horse stance, step in front and side kick with back fist, follow with a front hand back fist from horse stance, turning back kick, back fist from



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- horse stance, pivot front stance and reverse punch
- Full Technique:** Step forward left leg and middle knife hand block from fighting stance, front leg round kick with the instep (keep hands open), back hook kick, back leg outside / inside kick, middle knife hand block from fighting stance, ridge hand with the back arm
  - Full Technique:** Step forward left leg and middle knife hand block, front leg side kick (middle), back hand ridge hand, back leg round kick with the ball of the foot, middle knife hand block, ridge hand with the back arm, return to middle knife hand block
  - Full Technique:** Step back right leg and "natural" fighting stance. Step forward and "soo do" with the front hand, back leg outside to inside kick, spin 360 degrees in the opposite direction (same leg as outside / inside kick) and spin back crescent kick setting the kick leg down in the back, step forward and perform a "soo do" strike, follow with a reverse punch

**Congratulations to all students who tested and past their testing during South Hills Karate Academy's 15th Shim Sa .**

**Promotions will be given out starting Monday, August 31 at the 7:00PM Class! In addition, students will have an opportunity to learn their next form requirement.**

## 15th Shim Sa Promotion List August 15th, 2009

Student Name	New Rank	Student Name	New Rank
Brian Maxwell	2nd Pre-Test	Perry Sisley	5th Gup
Cody Durney	2nd Pre-Test	Teri Roesch	6th Gup
Dan Wilson	2nd Pre-Test	Vishrut Naik	6th Gup
Denny Pruni	2nd Pre-Test	Ari Lopes	7th Gup
Dylan Pruni	2nd Pre-Test	Joao Lopes	7th Gup
Eric Irson	2nd Pre-Test	Sonja Lopes	7th Gup
Jeff Weir	2nd Pre-Test	Xochitl Lopes	7th Gup
Karen Garbowsky	2nd Pre-Test	Caden Harsh	7th Gup
Gail Freynik	2nd Gup	Dave Potts	7th Gup
Mary Reiland	2nd Gup	Jarrod Chermerly	7th Gup
Ritwik Gupta	2nd Gup	Devin Potts	8th Gup
Sumanyu Gupta	2nd Gup	Cory McDonough	8th Gup
Stephen Harroun	2nd Gup	Mike Lieberum	8th Gup
Samantha Fogel	3rd Gup	Seth Lieberum	8th Gup
Zac Goldsmith	3rd Gup	Ty Tamborino	8th Gup
Howard Murphy	3rd Gup	Victoria Tamborino	8th Gup
Jacob Hinish	3rd Gup	Cecilia Mancuso	9th Gup
Christian Hinish	3rd Gup	Dominic Mancuso	9th Gup
Justin Hinish	3rd Gup	Bruno Maietta	9th Gup
Arthur Malenky	4th Gup	Dylan Pulakowski	9th Gup
MacKenzie Mihalik	4th Gup	Josh Rupinsky	9th Gup
Cody Potts	5th Gup	Jamie Lewis	9th Gup
Adrianna Marina	5th Gup	Summer Lewis	9th Gup
Dario Marina	5th Gup	Bill Williams	9th Gup
Marin Marina	5th Gup	Michelle Lenkner	9th Gup
Kevin Fedorchak	5th Gup	Maura Lenkner	9th Gup
Erin Bacon	5th Gup		



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# South Hills Karate Academy NEWSLETTER

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## THE STORE FRONT

### Training Equipment and Uniforms



Item# SHKA-01  
SHKA Student Uni-  
form, Sizes 000-8  
\$35.00 each



Item# SHKA-02  
WKF Strike Glove  
\$22.00 each



Item# SHKA-03  
Vinyl Kick Boot  
\$19.00 each



Item# SHKA-04  
Sparring Set  
Incl. Shin and Hand  
\$40.00 each



Item# SHKA-05  
Vinyl Focus Mit  
\$15.00 each



Item# SHKA-06  
Vinyl Kick Target  
\$12.00 each



Item# SHKA-07  
SHKA Heavy Weight  
Uniform, Sizes 000-8  
\$75.00 each



Item# SHKA-08  
SHKA Gup Uniform,  
Red or Green  
\$70.00 each



Item# SHKA-09  
SHKA Flag Set  
Incl all Three  
\$15.00 each

### Clothing and Apparel



Item# SHKA-12  
SHKA Performance  
Jacket, Sizes sm-2XL  
Colors Black or Navy  
\$60.00 each



Item# SHKA-13  
SHKA Ringer  
Sizes sm-2XL  
\$22.50 each



Item# SHKA-14  
SHKA Golf Shirt  
Sizes sm-2XL  
\$22.50 each



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SHKA Confidence T  
Sizes sm-2XL  
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SHKA Womens Tank  
Sizes sm-2XL  
\$23.00 each



Item# SHKA-15  
SHKA Hoddie  
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Item# SHKA-16  
SHKA TSD  
Confidence Hoodie  
Sizes sm-2XL  
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### Media



Item# SHKA-10  
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Includes Required Combinations 1-10  
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Item# SHKA-11  
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DVD VIDEO QUALITY!

Item # SHKA-11a: Tang Soo Do Hyung  
Vol#1, includes Hyung Ill Bu, Ee Bu and  
Sam Bu, Pyong Cho Dan, Ee Dan, Sam  
Dan, Sa Dan and Oh Dan: \$24.95 each

Item # SHKA-11b: Tang Soo Do Hyung  
Vol#2, includes Chil Sung Ill Lo, Ee Ro and  
Sam No, Bassai So, Bassai Dai, Naihanchi  
Cho Dan, with Black Belt forms Naihanchi  
Ee Dan, Chinto and Sip Soo: \$24.95 each

Item # SHKA-11c: Tang Soo Do Ho Shin  
Sul, includes required self-defense tech-  
niques from white belt up to 1st degree  
black belt: \$24.95 each

