Namaste

Vol. 11 No 20 Fall '06



President's Message

On this auspicious occasion of Vijapa Dashami, I wish you good health, peace, and prosperity.

The 20th issue of Namaste commemorates its humble beginning in 1995. It has attempted to keep community members informed about the activities of our community, before the wide use of the Internet and the email system. In that regards, I salute the commendable efforts and commitment of the founding editor, Daya Shakya. Since the formation of NAO, Namaste and the Nepaloregon email group, which was personally initiated by Kanhaiya Vaidya, have been included under the umbrella of NAO. Both these initiatives have become the primary means of communication of NAO.

In the last 11 years, "Namaste" has covered a wide range of materials, other than the useful news about the local Nepali community. Some of the prominent materials include interviews with visiting literary figures from Nepal such as late Vijaya Malla (1998) and local entrepreneurs from the community, Sunita Strestha, Sachita Strestha and late Sangita Raghubansh of Gifts from Afar, and finally, information about the Eugene-Kathmandu Sistercity relationships.

'Namaste' has grown along with the Nepali community in the past 11 years. Nepali community in Oregon was relatively very small in 1995, with a few Nepali families settled in Portland—the Shresthas (Rudra B. Shrestha), the Rimals (Durga Nath Rimal) and the Malis (Chandra Mali) in mid-1980s. Since then, our community has consistently expanded in the later part of the 1990s, and continued to prosper in the 2000s. I am delighted to note our community is about 300 Nepalis across Oregon.

As our Nepali community in Oregon grows, I sincerely hope that Namaste and NAO will play an important role in turning ethnic and linguistic diversities into productive community resources rather than dividing forces. To that end, we must work to celebrate our cherished ethnic and cultural heritages and take special pride in being Nepalis.

I believe that "Namaste" will continue to develop into a forum to communicate not only with our own community members but also with other communities in Oregon and our friends outside. I trust, in coming years, that "Namaste" will go online reaching a much larger worldwide audience of Nepalis and friends of Nepal.

My best wishes for its continued success.

Kush Shrestha

President, NAO



NAO Executive Committee: Kush Shrestha (President), Dillu R. Thapa (Vice-President), Pravin Chalise (Treasurer)



NAO Executive Committee Contd...

Sagar Onta (Secretary), Sanjeev Pradhan (Member), Helen Ward (Member), Binaya Shrestha (Member), Suddhodan Ranjit (Member), Bikram Vaidya (Member)

> Namaste 3all 2006 Folume 11, Number 20

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Newcomers to Oregon

We welcome the newcomers to our community and look forward to your company in our events.

Amit & Sristi Arval Amod, Shova Chhettri & family Basanta Giri Divankar Tamang Shrestha Ek Raj Gurung Ekmanda, Anjali Bajracharya & family

Eresh Suwal

Jagat, Rajanee Shakya & family

Kiran Adhikari

Netra, Chanda Thapa & family

Prade ep , Kushmavati Bajracharya & family

Ramesh Bhandary

Ramod, Kamala Chhettri & family

Rashmi Shrestha

Rekha Darlame e

Dr. Sabina Malla

Sıraj Aryal

Suraj , Goma Parajuli & family

Sırjendra Bajracharya

Sushma Bajracharya

9wati Shrestha





Congratulations to our Graduates!

We congratulate our recent college and high school graduates. We wish them the very best in their future endeavors.

College Graduates:

Binaya Shrestha , MBA at Concordia University , Portland Biraj Upadhyay, MBA, Willamette University, Salem Pratistha Ranjitkar, Bachelors, University of Oregon, Eugene Sudip Shakya, Bachelors, University of Oregon, Eugene



High School Grad pates:

Arbind Bhattarai, son of Ganga Bhattarai Karishma Shrestha, daughter of Raja and Sunita Shrestha Neha Bhattarai, daughter of Krishna and Shiba Bhattarai

Farewell

Some of our good friends and active members of our community moved out of Oregon:

Binaya Shrestha moved to Springfield, New York Krishna, Lalita Sob and their family moved to Washington D.C. Krishna and Naru Dangol of Salem relocated to San Francisco, CA Sagar Onta of Portland moved to Fort Lauderdale, Florida. Sameer Bhattarairelocated to San Jose, CA Dr. Sunita Regmi moved to Michigan.

Suraj Shrestha of Portland moved to London England

We wish them the best and will miss their presence in our community.

Happy Marriage!

We congratulate our newly married couples:

Bikas Raghubansh & Sabina Strestha Dr. Birat Upadhyay and Nisha Pelurel Dinesh and Sabari Pradhan



New Baby!

We congratulate the following proud parents for a new addition to their families:

Ampama & Dibesh Shrestha –Daughter Devina Shrestha Chanda & Netra Thapa – Son Abhik Thapa Nitu & Prasanna Pradhan - Son Prayan Pradhan Rajanee & Jagat Shakya - Son Abiral Shakya Sugan & Dhurba Mimakarmi - Son Mehul Mimakarmi



Condolences

Some of our friends lost their family and loved ones this year.

Mr. Amrit Man Shrestha, grandfather of Neeraj Shrestha, Mr. Titha Man Maskey, father of Jason Maskey, Mrs. Mohan Murti Satyal, grandmother of Saroj Upadhay, and Suresh Shrestha, brother of Sabina Raghubansh, passed away.

Our thoughts and prayers are with the grieving families.

Apology

"Namaste" apologizes to its readers for inadvertent omissions of any personal accomplishments or change in the personal status in the current. issue. If you find any amission, please inform the editor.

Community News

Nepali Community participate Race for the Cure Walk

A group of Nepalis in the community participated in the 15th anniversary of Komen Portland Race for the Cure on September 17,2006. About 30 Nepalis took part in the 5K walk in support of finding a cure for breast cancer in memory of Sangita Raghubansh. The group has been participating in this event since 2001. Sangita was a very active member of our community who succumbed to breast cancer in 2001 at the age of 38.

NAO Applies for Federal Tax-Exemption Status

NAO has applied for the federal tax-exemption status under the IRS code for non-profit organization. The approval will allow NAO to collect charitable donations that will be tax-exempted under this status.

Resources for New Comers

NAO has established a resource pool to provide furniture and other essential household items to the newly arrived Nepalis in Oregon so that they will have an easier time transitioning to Oregon. Please provide information about items that you can donate to this program.

Niha is a Recipient of 2007 Gates Millennium Scholarship Program

Niharika Bhattarai, daughter of Shiba & Krishna Bhattarai, Keizer, Oregon, was honored as a 2006-2007 Gates Millennium Scholar for her exceptional academic and leadership achievements during her high school years. Niharika's scholarship is renewable for the next ten years provided she maintains the GPA established by scholarship program. Niharika is currently enrolled at University of Oregon's selective Clark Honor College where she will pursue a double

degree in Biology and International Relations. Congratulations Niha!



Mharika Bhattarai

The Gates Millennium Scholars (GMS) program is funded by a grant from the Bill & Melinda Gates Foundation. It was established in 1999 to provide outstanding minority students to complete both an undergraduate and graduate college education.

The goal of GMS is to promote academic excellence and to provide an opportunity for thousands of outstanding students with significant financial need to reach their fullest potential. For more details, visit GMS website http://www.gmsp.org

NAO Membership

Currently, 80% of adult couples and 54% of single individuals have obtained NAO membership. NAO plans to continue expand its membership and encourages all of its community members to become members. Membership dues are as follows:

\$25 for a family \$10 for an Individual \$5 for student

Membership application details can be found at Nepaloregon.org.

Membership	Membership Status			Total
Туре	Current	Renewal due	Non member	
Couples	42 (57%)	16 (21%)	15 (20%)	146 (100%)
Individuals	21 (33%)	13 (21%)	29 (16%)	63 (100%)
Total (Individuals)	63	29	44	209

Nepaloregon Email Group Guidelines in Place

NAO Executive Committee in its meeting on June 25th 2006 adopted guidelines for email distribution on the Nepaloregon group email site that NAO runs. The guidelines were recommended to the executive committee by the NAO advisory committee. The advisory committee was assigned the task to put together the guidelines independently of the executive committee. For detail guidelines, please visit Nepaloregon.org

Our gratifulde to the NAO advisory committee members: Bimal Pathak, Kanhaiya Vaidya, Raja Shrestha and Satish Upadhyay for their contribution to this task.

Update your Contacts

Please help us connect the Portland community better by updating your contact information (Email, Home Address, and Phone number).

Community Events

Oregon Nepalis Celebrate New Year Bikram Sambat 2063

The Nepali community in Oregon celebrated New Year 2063 on April 15th. About 133 Nepalis attended the dinner program in Sherwood. The highlight of the New Year function was the

fun-filled assortment of Nepali, Hindi and English music and dances. Manisha Shrestha of Salem presented a solo Newar dance. The Tamrakar sisters Neli & Selba presented a duet dance.

The NAO general meeting also passed two amendments to the constitution adding the clause regarding the non-profit status and dissolution.



Manisha Shrestha, Salem, performs a solo Newar dance

NAO Fund Raising Program: "2005 Magical Night of Giving"

Each year, Lloyd Center hosts Magical Night of Giving, an official kick-off to the holiday season and an opportunity for guests to enjoy an evening of exclusive savings throughout the mall, prize give aways, and holiday entertainment. Lloyd Centre collaborates with many non-profit organizations that support this community event by selling tickets, for which they keep 100% of the profits.

NAO raised \$815 from the sales of \$5 tickets/coupon for the Magical Night of Giving. We sold a total of 163 tickets and coupon books.

NAO thanks all patrons those who bought the tickets for the magical Night of Giving. It was a good cause. We hope many of you enjoyed shopping at the Lloyd Center on Nov 20th. NAO also acknowledges the support of Raja Shrestha in getting the NAO involved with the Magical Night of Giving Project at the Lloyd Center. Without his active persuasion, this project would not have come about and generated over \$800 to the NAO fund. We appreciate his help very much.

Finally, the project enjoyed large success because of the active ticket sale. Some of our community members really help us sell those tickets and deserve our appreciation for their help.

Gift Certificates for Essay Competition Participants

The first NAO School essay competition awarded consolation prizes to Palistha Shakya and Ranjan Shakya for their essays on their personal experiences of living with Nepali and American social values. The consolation prizes were gift certificates of \$25 value.

Despite inadequate number of entries, the NAO executive committee has decided to award the consolation prizes to honor the efforts put forth by the young writers. NAO received only two essays one each for the High School and Middle School levels competitions. We encourage our community to participate more actively in such literary work in the future.

Nepali Summer Picnic at Cook Park

The annual summer picnic was held at Cooks Park in Tigard on July 8, 2006. Over 130 community members including many newcomers attended and enjoyed the picnic on a very hot and happy July afternoon after the third-place World cup soccer game.

The potluck picnic would not have been successful without the help of all community members. Thank you for your continued support and participation. Special gratitude to following members for preparing food dishes and supplying the drinks:

Surita Shrestha, Sachita Shrestha, Rojita and Sabina Raghubarsh -Cauliflower vegetable

Surita Tapa, Laxmi Thapa Rita Ranjit and Tara Karki – Chana vegetable

Deepa Chalise and Uma Shrestha — Aloo Aachhar Birita Baniya - Drinks Oregon Culinary Institute - Chicken for barbecue Bikram Vaidya, Basanta Karki & Pradeep Baniya - Gas Grills Bikram Vaidya, Mingma Sherpa and Basanta Karki - BBQ Mingma Sherpa - Mediterranean Pasta Salad

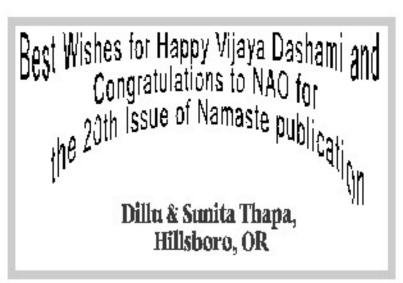
Community Events Continued

2nd NAO Table Tennis Tournament

The second NAO Table Tennis Tournament concluded successfully on July 29, 2006 at the US West Taekwondo in Beaverton. 16 individuals and 8 double teams participated in the event. The participants comprised of local Nepali, Sherpa and Tibetan communities of Oregon, including a visitor from Boise, Idaho.

The one day event, which included some great individual plays, concluded with the singles final match between the defending champion Pemba Lama and visiting champion from Idaho, Dirgha Khatri. After a riveting and vigorous match, Pemba defended his title in the fifth set. Congratulations to all participants.





Winners are as follows:

Men's Single:

First Place: Pemba Sherpa

Second Place: Dirgha Khatri, (Boise, ID) Third Place: Pasang Sherpa; Samdup Khangkar

Men's Double:

First Place: Pemba Sherpa and Pasang Sherpa

Second Place: Sunil Tamrakar and Dilip Sthapit (New York,

NY)

Third Place: Jangbu Sherpa and Samdup Khangkar; Moneer Afzal and Dillu R Thapa

NAO President, Kush Shrestha, presented the trophies and certificates of participation to all the winners and participants. Thanks to Sushil Aryal and Bijesh Prajapati for

volunteering to referee the games.



NAO expresses its gratitude to all the volunteers who gave their precious time to make the event successful. Special accolade to the committee members: Dillu Thapa, Binaya Shrestha, Sanjeev Pradhan, Shuddhodan Ranjit and Samdup Khangkar.

We are truly indebted to NAO executive member, Shudoddhan Ranjit, for allowing us to use his Taekwondo school facility for the event.

Community Events Continued

First "Paleti" Program

"Paleti," true to its meaning in Nepali, is a platform for our

community Oregon to get together and share our thoughts that in other ambiences may not feel comfortable with. many gatherings, we do not end up sharing our insights to the level we might delight in because of the many usual factors lack of group interest or time. "Paleti" aims at giving the community a vent for those thoughts.



Padam Shakya

Our first "Paleti" program was held in Beaverton on August 26, 2006. The gathering was focused on sharing the poetic interests

of the Nepali community. Kanhaiya Vaidya, Jagat Shakya, Padam Shakya, Dilhi Thapa, and Pukar Malla shared different Nepali and English poems. Twelve people regaled in the literary air that day.



Dillu Thapa

Best Wishes of Vijaya Dashami to Nepali Community in Oregon

Gautam Buddhacharya Namaste Trading

National and Regional Events

ANA Convention

On July 4th 2006, NAO general secretary Sagar Onta, and member Pukar Malla participated in ANA conference in Summit, New Jersey. Pukar organized the ANA Youth Forum.



Sagar Onta, Surendra Lawoti and Pukar Malla

5th Northwest Nepali Picnic organized by Nepal Seattle Society

The 5th Northwest Nepalis picnic, hosted by Nepal-Seattle Society (NSS) was successfully organized. Many representatives from Nepali communities in both Oregon and Vancouver, British Columbia attended the NSS potluck picnic. A 26-member team of Nepali Association of Oregon participated in various friendly competitions of sports, including the first time organized running shield tournament of Volleyball team competition. Since gratitude towards the organizers for their generous hospitality. Next year, the Oregon Nepali community will be hosting this event. We look forward to putting together a fun event.

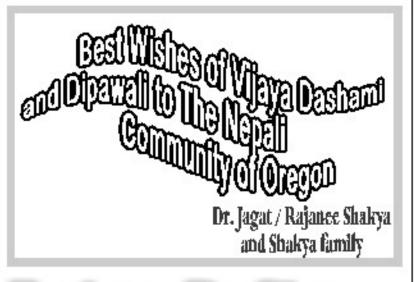
ANA Youth Forum 2006

The ANA Youth Forum was held July 1-3, 2006 at the ANA Convention, New Jersey. "Youth have the vigor to shape their careers and their communities; let's utilize this energy towards a prospering Nepali community" - The vision marked this two-day forum. "Opportunities in Nepal" and "Opportunities in the North Americas" were the the central topics for the two consecutive sessions. About 80-100 people participated in the sessions each day.

National and Regional Events Continued....

Two luminaries began each day's session with their keynote addresses. At "Chhalfal Ek, Dr. Upendra Mahato from Russia and Mr. Narayan Shrestha from Denver, USA and at "Chhalfal Dui," Mr. Aditya Iha from Toronto, Canada and Dr. Kunjar Shanna from Toronto, Canada delivered these speeches. The audience, in seven smaller circles then discussed – "Government and Policies", "Education," "Business Ventures," "Engineering/IT," "Healthcare," "Banking," and "Art/Tourism." One or more moderators at each circle led the discussions. At the end of the discussion, the seven circles synopsized their findings by answering three questions: "What are two prominent issues?" "What are two potential solutions?" and "What can I do to help?"

The need for utilizing the existing resources and enhancing access to knowledgebase regarding different career opportunities came up as the key conclusion. At "Niskarsa", the final session where the moderators met to discuss their future action items, all agreed to further the vision statement of the ANA Youth Forum through future events using the NRN Youth Forum platform. For more information, please contact the organizer of the Forum, Pukar Malla at pukar malla@cornelledu.



Business Profiles

Nepali Taekwondo Specialists running Taekwondo Schools

Unique to Portland, a group of Nepali Taekwondo players and coaches have played very critical roles in popularizing the sports in Portland, Oregon. Over the last ten years, the motivated group of Nepali Taekwondo experts has operated a total of 10 schools in various parts of Portland metro area, teaching different self-defense and personal growth's kills to over 2000 local students, from ages 5

and up. NAO recognizes the contributions by these Nepali Taekwondo instructors. The following Nepalis have Taekwondo schools in Portland metro:

Masters: Bidhan Lama, Master Diwaker Maharjan, Master Narayan Gurung, Master Shuddhodan Ranjit, Master Shuny Bee, and Master Yam B. Pun. Few other Nepali Taekwondo instructors are working in local Taekwondo schook.

Many of the Taekwondo Masters and instructors have represented Nepal in International Taekwondo competitions and have even received awards in the Olympics.

Shib a's Spices & Cooking Class

Shiba Bhattarai, proudly says that, "Columbus discovered American land while searching for spices and now USA must discover the spices that is flourishing in its own soil." With this in mind, Shiba is making her efforts to provide these "flavors" in exotic forms through the introduction of 22 products in the market, such as "Mula ko Aachar, Fermented Banda, Masala ko Aachar, Korsani ko Aachar, Lahsun ko Aachar" along with Chutneys made from Fig and Prune, Cranberry, Peach, Apple, Mango, Apricot. In addition, she has Curry Spices and Clarified Butter. She says they are the best that are available in the market; they indeed are.

Shiba also provides curry-cooking class to the general public in Salem/ Keizer area. She has been featured in Salem's Statesman Journal, Portland's Oregonian, Salem Monthly and television. Shiba expresses her satisfaction when the participants' proudly claim that their house now smells curry like her house. She smiles and says, "One more convert for healthy life style and one more house that smells curry"

Kathmandu Store

Located in the downtown district of Salem, Oregon, the store's merchandise has grown to be one of the most sought after products in the area. Opened in 2002, the store's owner, Shiba Bhattarai had modest intentions to introduce Nepali gifts, jewelry, pursues and clothing items to the general public. For this, Shiba travels to Nepal to handpick the products for her store; she procures products from Single Women Project, and other non profit organization when possible. Four years have passed and the store, according to Shiba, "is growing in more areas than one." From the food, to the merchandise, and to the culture, the store provides Salem community with a diverse and unique place to shop and learn about Nepal, Nepali culture and cooking.

Census of Nepalis in Oregon

Following exhibits show that Nepalis in Oregon is a growing community and it has seen a speedy growth since 2000. The count includes some American friends of Nepali community. Overall, 209 Nepali adults including 73 couples participate at least one event in the last two years. There are about 60 children under the age of 18. Another 30 individuals of Nepali origins are in the community who do not regularly participate the NAO event.

Adult Couples	73	146
Singles		63
Children under 18	8 0	60
Non-participating families		30
and individuals		
Total (Individuals)		299

Literary Pieces

यात्रामा

अधिरोमा अरुलाई भन्दा पित, आफ्लाई नियालेर हेने गर्नु। जादा जादै पुगिएन कते भने, ऐना अलि संहालेर हेने गर्नु। साविजीलाई चिन्तु परे, दौपदीलाई अगाडी बसालेर हेने गर्नु। राम राम भन्नु परे, यो जगतलाई भीरबाट खसालेर हेने गर्नु।

-जगत

Daya Shakya, the founding editor of "Namaste", and some community members

The Tzen Moment

If I jot down this line

May be the moment will last a bit longer

Against the hands of time

May be the sun will set a bit later

My world was a cacophony
With bumps and bruises
The road of life and destiny
Bestowed the scars that shaped me

And as I approached the next turn in my vocation
I stumbled upon a lotus perched around the corner
Like a slow ball in my fast-pitch game
It joited my soul and rolled me out on a bed of wild flower

I don't want to close my eyes And let the moment slip away The desert that is my fateful life Has found an oasis with heavenly f kir

Yet, like a beast that is cursed
To answer the call of the wild
I trudge along the path before me
With a trail of tears to remember by

-Sagar Onta



Vote Counting at the 2005 NAO General Election



NAMASTE

We wish you a



Happy Vijaya Dashami 2063













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Page 10

Best Wishes for Happy Vijaya Dashami

We are proud to congratulate Namaste, for its 20th Publication.



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बरबाद म

हीं सो माग्दा आंशु दियौ, भन ति आंशु कहां सुकाउ खुसी माग्दा ब्यथा दियौ, भन ति ब्यथा कता लुकाउं॥

आबाद गर्ने कसम खाई, मलाई बरबाद गरि दियौ। बिहानी आफूलाई रोजी, मलाई रात सुम्पी गयौ। -के बैद्य (circa 1978) रहर

तारा गन्ने आँखालाई के भन्ने तारा कति थिए भनेर लड़की तलारने लहरोलाई के सोधने रहर के भनेर

ऑसुको मोत आँखाते नै नवुझे विचितित मेन के गरीस प्रकाश को मौल् सुर्यते नै नबुड़ी रहर तर रहतै रहोस

-पुकार मल्ल



Community members help clean up after an enjoyable Dashain gathering

Best wishes on the auspicious occasion of Vijaya Dashami

May Goddess Durga Eless us all

Congratulations to NAO for the 20 th Issue of Namaste publication



messenger of your sentiments

Wish you all
Happy Vijaya Dashami
& Dipawali 2063

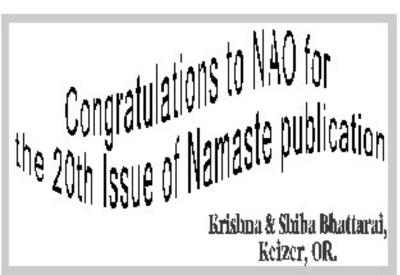
Taekwondo World LLC.

7642 SW Nyberg St Tualatin OR 97062 503-885-7575 निहुने माया होरे संसार भित्र हुन्छ।

कम्ती गरेर लाउ, सन्दोभरीलाई पुग्छ।
सोभेने नहेर मलाई, हृदयमा चोट लाग्छ,
माया लगाउन तिम्रो छड़के नजरले पुग्छ।

जाउन नसके तिम्रो तस्वीर पठाए पुग्छ।
होरेबोलन लाज लाग्छभने एकबातलेने पुग्छ।

-पदम शास्य, जोखलढुंगा



Silence

If you are longing for silence
It is everywhere if you feel it
Yet, it is nowhere to be found
When you really need it

You can find it in the crow ded Mall Yet it eludes you in an empty hall

Is it silence if you don't hear? Sometimes those eyes talk What you call it then, dear

-K. V aidya (1982)



Head Master Shuddhodan Man Ranjit & Family

WISH YOU ALL FOR HAPPY VIJAYA DASHAMI 2063

AND



CONGRATULATIONS TO MAO FOR THE 20TH ISSUE OF NAMASTE PUBLICATION



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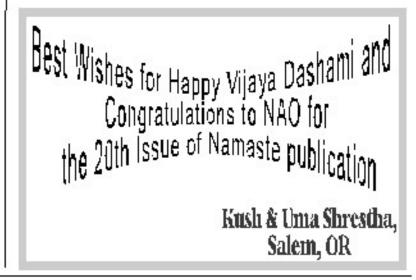
स्मिने हंदाको कुराहो कहिलेकाहि म पनि कविता लेख्ये सपनिमें भएपनि जापलुलाई दुले कवि भएको देख्ये अलि अलि आफे कोषे. अलि अलि अरुको चोषे कवि बन्नलाई शब्दहरुको पहाडै फोपे जेन तेन पु-याई छाड़े कविता लेखने रहर कविवनने द्योको बोकि पर्से म पनि शहर लेखात लेखेनी कविता, सन्ते श्रोताने पाइन भन्तुस न हजुर त्यसको लागि म कांहा कांहा द्याइन अधिरमा हार खाए, छाडे कविते लेख्न देखें छाड़े कविभएको सपनि पनि देखन तर आज मिलाइंटियो NAO ले मौका मैलेपनि हानिहाले टाउ तिया माथि चौका उखानने छ नि एउटा जहां पुर्देन रवि, त्यांहा पुग्टछ कवि मेले पनि बनाइहाले आजे आफनो कविको छवि।

-डिल्लु राज थापा, हिल्सबोरो

अन्तिम ईक्षा

मि मटां रोइं दिने कोहि नभए पनि हुन्छ,
मेरो लाश लाइं एउटा नाङ्गो बगर भए पुम्छ्यं
तर म बाचिन्जेल,
म रुंटा विषे दिने एकजोडी नजर भए पुग्छ,
म होस्टा मुस्काइं दिने तिम्रा ति अद्यर भए पुग्छ।

-के वैद्य (circa 1978)



World Taekwondo and Fitness Centre Master Bidhan Lama



Best Wishes for Happy Vijaya Dashami 2063

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WTF STANDARD TAEKWONDO POOMSAE DVD

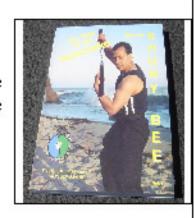
Master Shuny Bee is an International Referee and Master Instructor under the World Taekwondo Federation and has made for the first time ever a DVD version explaining the eight elements, which represent each of the official standard form. This DVD is a high quality official Poomsae available in three camera angle which can be used as a guideline for championships, consulted as a text book in seminar for students, Instructors and Referees.



Cost \$39.99

THE WAY OF THE NUNCHAKU BOOK

The Way of the Nunchaku is a guide to an individualistic approach in learning an ancient form of the martial arts weapon, the Nunchaku. The book is complied for the first time into a systematic approach for the novice to practice the basic methods of the Nuncahku gripping techniques, exercise and stances that are photographically depicted in a precise manner for the ease of understanding. The book has been printed in Nepal, Katmandu Cost \$24.95





DYNAMIC NUNCHAKU DVD

Finally you can find Master Bee author of the book "The Way of the Nunchaku" demonstrating his cool moves you have never seen before. The DVD includes the basic exercise along with the most advanced techniques of blocking, striking, swinging and spinning in his recent DVD called "Dynamic Nunchaku", which is a complete course of a single Nunchaku technique. Cost \$ 39.99

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