



Caroline Goodspeed:

Mrs. Goodspeed teaches classes at several locations in the Dallas area. She began her training in 1979 under Keith Yates at the Richardson YMCA to spend time with her daughter who was taking lessons. A certified instructor with the American Council of Martial Artists, she now teaches the Saturday classes at the Richardson YMCA. She is the highest ranking woman in Nam Seo Kwan, holding a 7th degree Black Belt in Nam Seo Kwan Tae Kwon Do. She also holds a 1st degree Black Belt in Kobudo (Okinawan weapons). She is highly sought after as an instructor in women's self-defense.

John Patterson:

Mr. Patterson teaches the Little Dragons at the Richardson YMCA. He began training with his children. He currently holds a 3rd degree black belt in Nam Seo Kwan Tae Kwon Do and a 1st Degree Black Belt in Kobudo (Okinawan weapons).

Susan Terrill:

Mrs. Terrill teaches the Small Fry class at the Richardson YMCA. She began training with her husband and two daughters. She currently holds a 1st degree black belt in Nam Seo Kwan Tae Kwon Do.