



EAST TN TANG SOO DO NEWSLETTER

VOLUME 1, NUMBER 4 – AUGUST 2016

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Expanded Schedule

Starting Sep 13, we will be adding classes to our schedule as follows:

Tue is a totally new night.

5:00 – 6:00: Intermediate /

Advanced Children

6:00 – 6:45: Advanced Weapons

6:45 – 7:30: Sparring Class

Mon/Thu we have also added:

7:30 – 8:00: Advanced/Black Belt

Full schedule on the next page.

Black Belt CT Training

ETTSD's black belts need to travel to CT to train with our instructor. We will arrange our schedule to try to inconvenience our students at little as possible. We will be leaving **Aug 26 and return Sep 6**. That's only a little over a week for classes.

During that time, regular classes will not be held but the school will be open during our regular hours for **open mat**.

Open mat means you may come and practice, use the space, help each other and get help from senior students, at least two of which should be on hand to help.

Martial Arts in the Park

Last time we tried this it rained. It doesn't stop us from trying again on Tue, Aug 23, at Hardin Park, **5 p.m. - All ages, 6 p.m. - Weapons** (Bring your own. We will bring extra bo staffs and fans.) In the field behind the pool by the baseball field. We will have red / white / blue balloons tacked up. In case of rain, class will be at the studio

Tournament Updates

Aug 6, TN State Karate Championships in Baxter, TN. (Prereg deadline Jul 28.) We will be going the night before. If you wish to join us, we are staying at the Cookeville-Days Inn 1296 S. Walnut, Cookeville, TN, 38501, 855-238-1590

Sep 24, Isshinryu Fall Classic in Knoxville, TN. (Prereg deadline Sep 15.)

Oct 8, Sherry Meadows Fundraiser Karate Tournament in Fayetteville, NC. (Prereg deadline Jul 21.)

No Family Class on those days, Aug 6, Sep 24 or Oct 8.

Website Additions

Parent Portal

Martial arts is not just about physical training. Each month we will spend two weeks on a Tenet or Code of Tang Soo Do and two weeks on Terminology. We will be sending "at home training" home with your child.

To be sure you can access what we send home, we have added a Parent Portal to the Web Page.

We are slowly building the curriculum but will initially be using one created by Litchfield Tang Soo Do, one of our sister schools in Connecticut.

Click on **Parents** on the Menu.

Newsletters

You can now find our newsletters on the website also, including this one!

If your browser supports HTML5, you can read them right on the page. If not, you can download them from the page.

Click on **Newsletter** on the Menu.

Full Schedule

To see how our new classes fit into the schedule here is the entire schedule for your convenience:

Mon/Thu

5:00 – 4:45: Little Dragons

5:00 – 6:00: Children

6:00 – 6:30: Beginner Weapons

6:30 – 7:30: Adults all ranks

7:30 – 8:00: Advanced/Black Belt

Tue

5:00 – 6:00: Intermediate

Children

6:00 – 6:45: Advanced Weapons

6:45 – 7:30: Sparring Class

Sat

1:00 – 2:00: Advanced/Black Belt

2:00 – 3:00: Family Class *

3:00 – 4:00: Competition Class

* This is a FREE CLASS. If you only attend this class, you will never need to pay. This class is meant for students who cannot afford to take martial arts classes but would like to learn. It covers the basics of the martial art of Tang Soo Do including techniques, forms and self-defense. The class is family oriented, open to all ages and all ranks, so the lessons will run at a leisurely, comfortable pace for those who are unfamiliar with martial arts routines. It will not include sparring, weapons or board breaking. If students wish to participate in those activities, regular weekday classes are offered.

Belt Exam

Saturday, September 17, noon



If you or your child is eligible to test this exam, you will receive an **Intent to Promote** by Sep 1. Students still in school are required to get a signature from an academic school teacher to ensure good progress there also.

The cost of the exam is \$30. This helps us pay for belts and certificates, which in turn help support our parent organization, Tang Soo Do Masters Alliance.

EAST TN TANG SOO DO

216 Bohannon Ave.

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