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# EAST TN TANG SOO DO NEWSLETTER

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216 BOHANNON AVENUE, GREENEVILLE, TN 37745 – 203-609-1408 – ETTSD.COM – INFO@ETTSD.COM

## Students of the Year



### Child: Caleb Crawford



One of the most rewarding parts of teaching is watching children grow, not only in age & martial arts skills, but in maturity. Caleb Crawford joined us as a Little Dragon (left) two years ago & is the only one

from that class who stuck with it. He tested for his first Intermediate Belt on March 20. I hope he will continue with us until he makes black belt & beyond.

### Adult: Duane Ward



When Duane came to us in June, we welcomed him with open arms. A black belt in Soo Bahk Do, a slightly different style of Tang Soo Do and good at nunchaku and sai (two weapons we need.) He quickly learned our forms and is currently training to cross test as a Tang Soo Do Masters Alliance black belt. Duane keeps us on our toes. If we teach him anything that doesn't match our instructor's videos, he will never fail to point it out. It gives us lots of things to work on with Master Charland!

## Belt Exam Results



We have two brand new intermediate students!! **Caleb Crawford** and **Graysun Ingle** tested for 6<sup>th</sup> *gup* Green Belt / White Stripe on Mon, Mar 20.

## Front Page!



I hope everyone got a chance to see us on the FRONT PAGE of the GREENEVILLE SUN on Mon, Mar 20.



The pic above of our group performing at the PARENTING FAIR appeared on the front page, and the pic left of Jayon Gillespie appeared in the captions!

## Dates to Remember!

### MAY

**Sat, 5/6**, Mid-South

Championships Dalton, GA

**Fri, 5/12, 6 PM.** Belt Exam

**Mon, 5/15, 9:30 AM – 2 PM,**

Booth at the Heritage Home

Scholars Homeschool Convention.

**Sun, 5/21, 12:45 PM.** Demo at the Iris Festival.

### JUNE

**Sat, 6/3, 10 AM – 10 PM,** Booth at

Mosheim Fun Days. Demo at

**11:30 AM.**

## Tennessee Ko Dan Ja

**Fri, Jun 9 – Sun, Jun 11**

We are honored to host a regional black belt and masters training and testing. Our black belts will be participating in this event as well, working toward their next rank.

### Work with the Masters

**Sat, Jun 10, 10AM,** our regular **Family Class** will be a **Work With the Masters** class. **DO NOT MISS THIS OPPORTUNITY!!**

### Housing for Participants

If you have a spare bed, couch or futon, and would be willing to **host an attendee**, please let Ms. Victoria know.

# Being a Good Karate Parent

An ongoing series on how to support your children in martial arts. Each month we present a different aspect of “being a good karate parent.” NOTE: Since we have had a influx of new families over the past few months, I decide to rerun my first column.

## Why Stay With Martial Arts?

Those of you who currently have children in our program have likely asked yourselves “Why Martial Arts?”

But with so many priorities in children’s lives these days, why should you stay with martial arts?

There are many reasons. I’m going to try to focus on a few that make martial arts a bit different from most other sports.

## Respect and confidence

Students learn to show respect for themselves and others. Since our accomplishments are cumulative students gain confidence in themselves and learn that respect for others comes from the same place. I have seen many kids’ confidence grow as they accomplish things like breaking a board, mastering a form, or finally getting a particular technique.

## How to take a hit!

Yes, sometimes physical, like in sparring, sometimes emotional, like when they do not bring home the hoped for trophy from a tournament.

The first time I sparred and got hit, I literally ducked under my arms and cowered. But I practiced and I learned. If you are ever actually attacked, you need to know you can continue even after being hit.

I have seen children dissolve into tears at the slightest hit when they first spar, but learn to take it like a champ by the time they have been sparring for a year or more.

## Resolving conflicts.

We do teach that the best way to win a fight is not NOT HAVE ONE, and that there are no such things as “fighting words.” Students know they are not supposed to use their martial arts skills on others, meaning they must find a different way to resolve problems, to respond, not react.

## Breathing

If you watch the beginning and end of our childrens’ classes you will see them take a couple of deep breaths, in through the nose, out through the mouth. This will carry through in learning to keep their breath during a physical workout and to calm them under pressure.

## Focus and stillness

We try to have class with as few distractions as possible. Although we occasionally have music for forms, we usually work in a quiet environment except for the noise made by the students themselves.

We will also play games like *Statue*, and have contests to see who can stay still in ready stance the longest. Although martial arts is about physical activity and movement, learning to stay still, to focus on what is directly in front of you, is important too.

# Mat Chat

You can find our full **Mat Chat** pages on our website. Select from the menu on the site:

**Parents / Mat Chat**

**This month:**

## Tenet/Code: Loyalty to one’s country (Code)

Standing by or standing up for someone or something you believe in.

## Terminology

### Tang Soo Do

Way of the China Hand

You may ask why a Korean style of karate has “Chinese” in its title? Think of Chinese Food, German potato salad, Southern Fried Chicken, New York Pizza, Buffalo Wings, Tennessee Volunteers.

Grandmaster Hwang Kee, who started modern Tang Soo Do, spent years in China during World War II because Korea was taken over by Japan. Koreans were not allowed to practice their traditional martial arts. Many Koreans escaped and worked and trained in China until the end of World War II. Grandmaster Hwang Kee was one of them.

## Counting in Korean

|              |               |
|--------------|---------------|
| One – Hana   | Six – Yasot   |
| Two – Tul    | Seven – Ilgop |
| Three – Set  | Eight – Yodel |
| Four – Net   | Nine – Ahop   |
| Five – Tasot | Ten – Yol     |