



EAST TN TANG SOO DO NEWSLETTER

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Belt Exam Results



We tested twenty martial artists to new rank during our November belt exams:

Little Dragon White: Nevaeh Boston, Nevina Boston

Little Dragon Orange: Vera Eastep, Jayon Gillespie

9th Gup: Cameron Langevin, Rylee Flanagan, Ryan Foster (promoted from Little Dragons!!)

8th Gup: Colton Petree

7th Gup: Noah Janha

6th Gup: RJ Hammett, Daniel Flath, Miles Flath, Robert Hammett, George Sieber

5th Gup: Alex Foster, Keith Foster

4th Gup: Caleb Crawford, Emme Foster, Graysun Ingle

Cho Dan Bo, Level 1: Rob Petree

Cho Dan Bo, Level 4: Jennifer Grillo-Foster, Duane Ward.



Gift Certificates



Give the gift of confidence, skill and physical fitness this Christmas.

Give that special person a gift certificate for one

month of martial arts and a uniform! \$60, or two gift certificates for \$100. New students only.

Christmas Party

Saturday, Dec 16, 2PM

Potluck & Yankee Swap Gift Exchange

Please let Miss Jennifer know what you plan to bring to the potluck so we will not end up with all desserts like we did last time! LOL

Gift limit for the Exchange is \$10. Homemade gifts are welcome.

Basic rules of the exchange. Each person brings one wrapped gift. We take turns selecting them. The first person opens a wrapped gift, and the turn ends. Then, each person can choose to unwrap a new present or to "steal" another's. When a gift is stolen, that person can either choose another wrapped gift to open or steal from another player. More rules will apply!

December Events

Mon, Dec 11 – Thu, Dec 14. Tip Test Week. Students on target to test in Feb will earn their 1st stripe.

Tue, Dec 19, 6:30-7:30 PM Self-Defense Seminar. Open to the public and **FREE**.

Mon, Dec 25, Christmas. CLOSED!!

Mon, Jan 1, New Years Day. CLOSED!!

December Schedule

We will be closed on Mon, Dec 25 and Mon, Jan 1. On Tue, Dec 26, 10AM class is cancelled. Thu, Dec 28, morning class is by **SIGN UP ONLY**.

Otherwise we will run our regular schedule for Christmas week.

If you want to make up missed classes please attend our Thu. morning day class, or an open mat, Wed: 5:30-6PM, Fri: 5:30-6:30PM and Sat: 9-10AM. **ALL OPEN MATS ARE SIGN UP** for Christmas week!

The open mats are held every week, not just for scheduled make up classes. They are a good way to make up missed hours when you miss classes due to illness or personal schedules.

Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas, on how to support your children in martial arts.

Promotions and That 10-year-old Black Belt

Children start martial arts at different ages. Some children start at age 8, some at 15, some start at age 4 as a Little Dragon. The best of them, the most dedicated, will arrive at the same place, black belt, but at different speeds and at different ages.

As we move forward to having our first children move to Advanced belts, it's time to think about how to move forward so that we do not end up with 10-year-old black belts.

I believe martial arts are good for people of all ages. I believe anyone who performs their best should be able to earn a black belt. However, I also believe that there is a level of maturity needed to wear a black belt that most children under the age of 16 do not have.

There are exceptions to every rule, and I am not opposed to 14-year-old, and the rare 13-year-old, but you are not going to see any 10-year-old or even 12-year-old black belts in this school.

So, if your child starts young and progresses at the regular rate of testing every three months through the lower belts, please understand that they will slow down when they hit advanced. They will slow down and progress at their own rate, a rate that will be determined by goals set and met.

Each child who progresses to Advanced will be given a GOALS FOR ADVANCED paper for each belt. It has three goals:

- Goal set by ETTSD instructors
- Goal set by student
- Vocabulary/Martial Value/Protocol

Until the goals are met completely, the student will not be eligible to test.

The goal set by the instructor will be a weakness we believe should not be present in an advanced student.

But more important is the other goal. Asking students to set goals for themselves not only gives them a goal to strive for, it helps determine whether they are ready to progress. Can they see where they need work?

For one student to whom I gave the form this week, I was undecided as to which of two issues I wanted her to work on. I chose one. She, without prompting, chose the other. I can guarantee you, she will progress.

Once they reach Cho Dan Bo (Black Belt Apprentice,) the process is slowed by the *Cho Dan Bo Tracking Chart*. There is a much larger set of tasks for each student to complete before progressing through the four levels of Cho Dan Bo.

The last level of Cho Dan Bo is a belt that is half black, half blue. In a sense you could think of it as a *Junior Black Belt*, as a child or really, even as an adult. It is the last level before black belt and if they make it that far there is no doubt they will make it the last step in time.

Through these last phases, please be patient with your child, and with us, if they do not progress as quickly as you would like. We want them to truly attain the skills and mental readiness for black belt before we test them.

Tang Soo!

Mat Chat

You can find our full **Mat Chat** pages on our website. Select: [Parents / Mat Chat](#)

Parents are invited to participate in our Mat Chat!

If you would like to join us, you may sit with us on the floor or bring over a chair and sit it on the track portion of the mat.

This month: Tenet/Code: Respect and Obedience (Tenet 4)

What does it mean?

- Respect is thinking & acting in a positive way about yourself or others.
- Respect is thinking & acting in a way that shows others you care about their feelings & well-being.
- You follow your parents' rules to show them you care (respect how they feel about the situation. (That's where Obedience comes in!))

Terminology

- **First:** Il
- **Second:** Ee
- **Third:** Sam
- **Fourth:** Sa
- **Fifth:** Oeh
- **Sixth:** Yuk
- **Seventh:** Chil
- **Eighth:** Pal
- **Ninth:** Ku
- **Tenth:** Sip

Lockers

As our student population grows, lockers are at a premium. We are trying to arrange more space to store things, but in the meantime:

- One locker per person.
- Share with family members if possible.
- Put your name(s) on the sticker.

Any unidentified lockers will be emptied over the holidays.

Year-End Tournament Results



Ian Turnage
Mid-South Championships
 Weapons: 3rd.
Battle of Birmingham
 Weapons: 2nd,
 Forms: 2^{ns}.

TN State Karate Championship
 Weapons: 3rd, Forms: 2nd.

Christmas for Thousands
 Weapons: 3rd, Forms: 2nd, Sparring: 2nd.



William Etter
Mid-South Championships
 Weapons: 2nd, Forms: 4th.
Battle of Birmingham
 Weapons: 1st.

Sarah Etter
Battle of Birmingham
 Weapons : 2nd,
 Forms: 3rd,
 Sparring: 2nd.
 Women's Grand Champion

Fall Classic
 Weapons: 3rd,
 Forms: 3rd.



Jennifer Grillo-Foster
Mid-South Championships
 Weapons: 2nd, Forms: 2nd.
Battle of Birmingham
 Weapons: 3rd, Forms: 3rd.

TN State Karate Championship
 Weapons: 1st, Forms: 1st.

Fall Classic
 Weapons: 2nd, Forms: 2nd.

Christmas for Thousands
 Weapons: 1st, Forms: 1st.



Emme Foster
Mid-South Championships
 Weapons: 1st.
Battle of Birmingham
 Weapons : 1st, Forms: 1st
Fall Classic
 Participant



Keith Foster
Battle of Birmingham
 Weapons: 1st.



Graysun Ingle
Mid-South Championships
 Weapons: 2nd,
 Forms: 2nd.
Battle of Birmingham
 Weapons: 3rd,
 Forms: 3rd

Fall Classic
 Participant

Kieran Albright
Battle of Birmingham
 Weapons : 2nd,
 Forms: 3rd.
TN State Karate Championship
 Participant.



Caleb Crawford
Mid-South Championships
 Participant.
TN State Karate Championship
 Participant.



Colton Petree
Fall Classic
 Forms : 2nd,
 Sparring:
 3rd,
 Continuous Sparring: 2nd.

Rob Petree
Fall Classic
 Forms : 2nd, Sparring: 3rd.



Ryan Crawford
TN State Karate Championship
 Weapons: 3rd,
 Forms: 2nd,
 Sparring: 1st.

George Sieber
TN State Karate Championship
 Weapons: 4th, Forms: 3rd, Sparring:
 2nd.

Robert Hammett
Christmas for Thousands
 Weapons:
 1st, Forms:
 2nd,
 Sparring:
 2nd.



Miles Flath
Christmas for Thousands
 Weapons: 2nd, Forms: 3rd, Sparring:
 3rd.



Daniel Flath
Christmas for Thousands
 Weapons: 2nd,
 Forms: 2nd,
 Sparring: 1st.

R.J. Hammett
Christmas for Thousands
 Weapons: 1st, Forms: 3rd, Sparring: 2nd.

Building Sign Fundraiser Update



We are almost 25% of the way to our goal to buy and hang our banner!

All proceeds from snacks and drinks go to pay for the sign until we reach our goal. Extra donations are appreciated.

We have a few "misprint" ETTSD t-shirts left that you can wear to class in hot weather. You can have one for a donation of \$5 or more while the supply lasts.

Christmas Ordering

The last order to go in to AWMA to be delivered before Christmas will be on Thursday Dec 14. If you would like to order from the catalog for Christmas, please place it with Ms. Victoria or Ms. Jennifer. Suggestions are:

- sparring gear
- bo staffs or other weapons
- green trimmed uniforms for intermediates

Shoes on the Mats Parade Day Event

Normally, we do not allow shoes on the mat. However, we understand that we keep the the studio a bit cooler in winter than a standardf home. (And even with that, we sometimes get warm enough after working out to turn it down more.) We also know that although our mats are warm, our floors are cold, very cold. Smaller children sometimes get cold feet, literally.

So, for December, January, and February, your children will be permitted to wear sneakers on the mats, IF THEY NEED TO. We still prefer barefoot, but will leave the determination up to you and your child.

The shoes must follow the following rules:

- they should be sneakers of some kind, i.e. soft soled but have some traction, so your child will not slip.
- they should shoes that are worn inside only. Weather gets messy in the winter and as much as we want your children to be warm and comfortable, we do not want to spend too many days mopping the mats each month.

Sunday, Dec 3, 1-3 p.m.

We are not marching in this year's Christmas Parade but we do intend to have an event while the parade is going on and hope you will come help, students in uniform.

Marcher Services

The parade lines up on Bohannon Avenue and we would like to offer the following services to the marchers:

- Use of our Restroom Facilities
- Hand out waters to the marchers (Donations of water for the event would be welcomed.)

Mini-Craft Fair

Since we hope to have traffic through our facility, we talked about the possibility of setting up some craft booths for our crafting parents who may want to try to sell something. We will do this if there is enough interest, so please let Ms. Victoria or Ms. Jennifer if you are interested.



Happy Holidays

from the staff of

East TN Tang Soo Do

Ms. Victoria Mr. William
Mr. Ian Ms. Sarah
Ms. Jennifer Mr. Duane
Mr. Rob Mr. George