



# EAST TN TANG SOO DO NEWSLETTER

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## Martial Arts & Crafts Summer Camp



7/9-7/13. 9AM– 4 PM. *Non-members:* \$25/day, \$100/ wk. *ETTSD member:* \$20/day, \$80/wk. Discounts for multiple family members and active military families.

***New and beginner students who attend both weeks will test for rank at the end of the two weeks!***

Int/Adv students get 3 hrs/day credited to their martial arts hours.

We have a lot of exciting crafts planned this year including many favorites from former years like **finger painting** and **paper mache masks**.

Please pass on the info to anyone who may be interested!

## New Sign!



We FINALLY have our new sign. Here, Ian Turnage and Keith Foster are hanging it. Thank you to both of them! And thanks to **Silver Star Design** for such a great job on creating the sign!

## Jesse Sgro Memorial Tournament Results



On Jun 23, 9 members of East TN Tang Soo Do travelled to Fayetteville, NC to compete in the Jesse Sgro Memorial Tournament.

ETTSD competitors brought home 8 Gold medals, 6 Silver Medals and 7 Bronze medals. The winners were:

### Back Row

- **Caden Hensley:** 1<sup>st</sup> Weapons, 3<sup>rd</sup> Forms, 2<sup>nd</sup> Sparring
- **Jennifer Grillo-Foster:** 1<sup>st</sup> Team Forms
- **Ian Turnage:** 1<sup>st</sup> Team Forms, 3<sup>rd</sup> Weapons, 2<sup>nd</sup> Forms, 1<sup>st</sup> Sparring
- **Keith Foster:** 1<sup>st</sup> Team Forms, 2<sup>nd</sup> Weapons, 3<sup>rd</sup> Forms
- **Kieran Albright:** 2<sup>nd</sup> Weapons, 2<sup>nd</sup> Forms.

### Front Row

- **Ryan Foster:** 3<sup>rd</sup> Weapons, 3<sup>rd</sup> Forms
- **Emme Foster:** 1<sup>st</sup> Weapons, 3<sup>rd</sup> Forms
- **L.J. O'Neal:** 1<sup>st</sup> Weapons, 1<sup>st</sup> Forms
- **Blayne Smith:** 2<sup>nd</sup> Weapons, 3<sup>rd</sup> Sparring

## Int/Adv Shim Sa



**Fri, July 20, 6:00 p.m.**

**Testing students: 5:30 p.m.**

**\$30 testing fee**

**Guests welcome.**

**Open to the public.**

As I said last month, we have split our exams into Beginner Shim Sa and Intermediate/Advanced Shim Sa.

This month is a Int/Adv Shim Sa. These students are invited to test:

- **6<sup>th</sup> gup:** Caden Hensley
- **5<sup>th</sup> gup:** Kieran Albright, Noah Janha
- **4<sup>th</sup> gup:** Daniel Flath, Miles Flath, Robert Hammett, R. J. Hammett
- **3<sup>rd</sup> gup:** Alex Foster, George Sieber
- **2<sup>nd</sup> gup:** Caleb Crawford, Emme Foster, Keith Foster, Graysun Ingle.

## Calendar

**Wed, Jul 4 – CLOSED. Independence Day.** Beginner Children may attend class Tue or Thu, 5PM to make up missed class.

**Jul 9 – Fri, Jul 13.** Martial Arts and Crafts camp.

**Mon, Jul 9 – Thu, Jul 13,** Tip Test.

**Fri, Jul 20 – Int/Adv Shim Sa**

**Tue, Jul 24, 6:30-7:30PM Self-Defense Seminar.** Open to the public and **FREE**.

**Thu, Jul 26, 6:30PM. Sparring @JTKD in Jonesborough.** (Classes will still be held at the studio also.)

# Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas and Ms. Jennifer Grillo-Foster, on how to support your children in martial arts.

## Respect and Obedience

Taking a little bit of a different tack this month. This article pertains to both adults and child students, but since many of our adults also have children training, I figured it still fits the series.

Anyone who takes martial arts belongs to a small family that is usually part of a larger family, and all of us are part of the larger martial arts community around the world.

Every style has its own rules, it's own protocol, but there is at least one thing all martial arts have in common. They are hierarchial. For example, in TSDMA, orange belts outrank white belts, green belts outrank orange belts, red belts outrank green belts, cho dan bos outrank red belts and black belts outrank cho dan bos. There is subranking within each color also.

That's a lot of hierarchy! And it's a hierarchy that is known before someone signs up to take classes. It is hung on our walls, it is shown in the way we bow into class. And it needs to be shown by students to higher ranked students if they ever expect to attain that rank, or to attain black belt.

When someone decides to take martial arts, they are agreeing to this hierarchy. They are agreeing that they will respect and obey those who outrank them.

This includes when students are members of the same family. We have children who outrank parents and the reverse, and siblings at different ranks. This may include someone you consider to be of lesser ability than you but who outranks you.

This does not mean you have to agree with every command, and it does not give higher ranks permission to abuse their rank and punish someone just because they outrank them. If you have a problem with a higher ranked student, come to me and we can discuss it. But first, do what the higher ranked student asks of you.

For example, an instructor may tell a green belt to work with lower ranks. The green belt may want to work on higher level things, but if a black belt says s/he needs to work with white belts, the green belt should take it as an opportunity to work on basics. Everyone needs basics.

If you are told to wear plain or school t-shirts to class and you repeatedly show up in stripes, you are disrespecting the rules of our school. Everyone forgets occasionally. I am talking about repetitive behavior.

More slack is given to beginners and younger students in this area, but the adults and higher ranked children are expected to be the examples in our school.

Martial arts students say *yes sir, no sir, yes ma'am, no ma'am*. They do as they are told with courtesy and respect. You have time to learn, but you must desire to learn this.

If this is not what you signed on for, then perhaps martial arts is not for you. Losing a student is one of the worst feelings I have as a studio owner, but I would rather lose a student than have one who does not desire to respect our ranking system.

# Mat Chat

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

**This month:**

## Tenet/Code: Concentration (Tenet 2)

### What does Concentration mean?

Concentration means Complete Attention. It is important because it lets you learn, understand and finish a task or job to the absolute best of your ability.

## Terminology

- **First basic form** ~ *Ki cho hyung il bu*
- **Second basic form** ~ *Ki cho hyung ee bu*
- **Third Basic form** ~ *Ki cho hyung sam bu*
- **1st Peace and Confidence form** ~ *Pyoung ahn cho dan*
- **2nd of Seven Stars** ~ *Chilsung ee lo*

## Optional Classes

**Family Day Class.** *Tue/Thu, 10AM.* With the kids out of school, to get extra hours or get classes in early.

**Demo/Competition Class** is available 9am all Saturdays in July. If you, or your child, are competing in tournaments this year, attend this class.

**Free Family Class** is available 10am all Saturdays in July. Learn basic martial arts skills. Open to the public. If you only attend this class, you never have to pay.

**Unconventional Fitness with Myles Tiffany,** Wednesdays 6:30-7:30PM. **\$5/class.** Available July 11, 18 and 25.