



EAST TN TANG SOO DO NEWSLETTER

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Tournament Updates



Winter Interclub

The tournament season came early this year. Master Sgro, our students' martial arts great-grandfather, has started a series of tournaments aimed at first time and inexperienced competitors.

His first, Winter Interclub, was held on Jan 19. It had a few glitches but they will be worked out in future tournaments.

One of the best parts was that they had three seminars before the tournament, given by Masters in different styles. The kids are still talking about them, the padded weapons and self-defense in particular.

We had TEN competitors and they all did awesomely. Only two did not bring home medals, but they performed valiantly. Tournament Results:

- **Liam Crawford**, 6 & under Beginner: 2nd Sparring.
- **Sawyer Goodwin**, 6 & under Beginner: 2nd Forms.
- **Eli Franklin**, 7-12 Beginner: 3rd Forms.
- **Tristan Broyles**, 7-12 Beginner: Participant.
- **Riley Kiker**, 7-12 Beginner: 3rd Sparring.
- **Damian Burns**, 13-18 Beginner: 2nd Weapons, 2nd Sparring, 2nd Breaking.

- **Blayke Smith**, 7-12 Intermediate: 3rd Forms, 1st Sparring.
- **Ryan Crawford**, Adult Advanced: 2nd Forms, 1st Weapons.
- **Caleb Crawford**, 7-12 Advanced: Participant.
- **Graysun Ingle**, 7-12 Advanced: 2nd Forms, 1st Weapons, 3rd Sparring, 1st Breaking

Battle of Birmingham

Next tournament up is Battle of Birmingham on Mar 9, the largest TSD run tournament we attend. It has more divisions than the one in Fayetteville. It also will have family rates once their early promotional discount is over.

If you enter now, use coupon code **newyear2019**. If you have three or more in your family competing, wait until the family rate kicks in. Any family competitor over 2 competes free.

We will be giving out our 2018 Student of the Year awards during the opening ceremony!

Birmingham is far, but this is one of the best tournaments of the year. Perhaps carpooling & room sharing would help. Go to our ETTSD Info Group and post to check with other studio members.

Also, if you can make it early, Fri, 7PM is a 2 hr Session with NASKA Champion Reid Presley. Reid is one of the Top Competitors on the NASKA Circuit. It's not cheap, \$49, but if you are serious about competing, NASKA is the largest worldwide circuit, so this kid is good. You can find out more about him here: <https://wearehyper.com/athlete/reid-presley/>

Calendar

- **Thu, Feb 7**, Mat Chat.
- **Mon, Feb 11 – Thu, Feb 14**, Tip Testing.
- **Thu, Feb 21, 6:30 PM. Sparring with JTKD @ETTSD.**
- **Tue, Feb 26, 6:30-7:30PM Self-Defense Seminar.** Open to the public and **FREE**.
- **Mon, Feb 25 – Thu, Feb 28**, V.I.P. Theme Week.

Demo/Competition Class will be available at 9AM Sat Feb 2, 9, 16 & Mar 23. If you, or your child, plan to compete in tournaments this year, I encourage attending this class.

Free Family Class will be available at 10AM Sat Feb 2, 9, 16 and 23. Regular members may attend, but this is a basic class aimed at beginners. It is open to the public.

Theme Weeks

We have decided on themes for the year. Get your t-shirts ready!

- **Jan** - Holidays
- **Feb** - V.I.P.s
- **Mar** - Books and Authors
- **Apr** - Sports
- **May** - Star Trek/Star Wars
- **Jun** - Cartoons
- **Jul** - Patriotic
- **Aug** - Proverbs
- **Sep** - Super Powers
- **Oct** - Video Games
- **Nov** - Harry Potter **MONTH**
- **Dec** - NONE. We are closed last week of the month.

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. This month's column is a reprint from Mar 2018, by Ms. Jennifer Grillo-Foster.

Tournament Survival Guide

If you, or your child, intend to compete, here are some ideas to help you survive tournament season.

Preparing for the tournament

- Attend our Demo/Tournament class on Saturday mornings (9am).
- Practice at home.
- If you get to the tournament the night before, practice then. We like practicing in the hotel parking lot.
- Get to tournament early, practice.
- You get the idea. Practice, practice.

What to bring:

- Uniform (top, pants, belt), clean and, if possible, pressed.
- Weapon(s)
- If sparring: head, foot, & hand gear, mouthpiece, cup
- Food & drinks, or cash for the concession stand (most tournaments allow coolers.)
- If you have one, a stadium seat or cushion, at best you get high school gym bleachers to sit on.
- For open tournaments: cash or card for a name plate for trophies if you want one (so far they have been \$5 a plate).

Uniform and Ring Protocol

- T-shirts under dobok: white, blue, red, your belt color or no t-shirt. ETTSD or TSDMA t-shirt preferred.
- No shirt sleeves, shirt bottoms (tuck them in) or pants legs are to be seen when wearing the do bok.
- If pant legs are too long, roll them up and SECURE THEM with pins.
- Make sure your uniform top is tied correctly and hangs neatly.
- Sit erect and criss-cross on the side of the ring. If you truly need to move, shift back and stretch.

Parental Behavior

- If you have questions, concerns, complaints, bring issues to our black belts. They will take them to the officials.
- Remember: you represent ETTSD. Be respectful of others and others' belongings.

When in front of the judges:

- Show CONFIDENCE. Strong strides, chin up, firm steps.
- Use POWER. Pretend you are fighting an invisible opponent. Power wins more often than not.
- Speak politely. Be respectful. Speak clearly. Speak up.
- Keep your hands in fists in Choong Be while speaking. No fiddling.
- No adjusting uniforms on the mat.
- Go slowly. You will go faster than you think, so think SLOW.
- if you forget the next move: For opens, fake it. Just keep going. End when you are facing the judges. For TSD tournaments (they will know your form), stop and ask if you may start again.
- Treat weapons as if they are live.

Step-by-step Performance Protocol

- Bow to mat and person exiting.
- Walk along the back of the mat until in front of the center judge.
- Turn and bow to the judges.
- Walk toward the judges until just a couple feet away.
- Bow. Choon be. (Speech*.) Bow.
- Walk backwards to starting point.
- Choon be. (take a few breaths.)
- Do your form.
- At the end of the form, hold last move for a slow count of three.
- Choon be. Wait for scores or not as instructed before performing.
- Bow to the judges when dismissed.

Mat Chat

You can find our full **Mat Chat** pages on our website. Select: **Parents / Mat Chat**

This month:

Tenet/Code: Obedience to Parents & Elders (Code)

Obedience means being respectful to your parents and elders.

Obedience to Elders does NOT mean you should obey anyone who is grown up. It only means those you know and trust. It does not include strangers!!!

Terminology

Choong Be Jasse – Ready Stance

Cha Ryut – Attention

Kyung Yet – Bow

Kihap – Yell

Ahn Jo – Sit

Tora – Turn

Ba Ro – Return

Shio – Rest

(continued from previous column.)

- Turn and bow to the next competitor if there is one.
- Walk off the mat.

*Speech

For TSD tournaments: "Judges, my name is _____. I represent East TN Tang Soo Do. My form is _____. Permission to step back and begin.

For open tournaments:

(You will be given a number before division starts. Replace **x** with it.)
Judges, I am competitor number **x**.
Permission to step back and begin.