

Summer Camp



Martial Arts and Crafts Summer Camp: 6/17-6/21 & 7/15-7/19. 9AM– 4 PM. *Non-members:* \$25/day, \$100/ wk. *ETTSD member:* \$20/ day, \$80/wk, Discounts for multiple family members and active military families.

Students study martial arts 3 hrs/day, plus an hour of demo practice. The rest of the time is for games, arts & crafts and structured play time. Crafts are classics including paper mache and finger painting!

Students Demo will be Friday, 3 p.m. It is open to friends, family and visitors! Invite everyone to see!

Int & Adv students will have 3 hrs/day will be credited to their martial arts hours. ***For new students and our beginner students, if you attend for both weeks, you will test for rank at the end of the two weeks!***

We have a lot of exciting crafts planned this year like **rock painting** and **origami throwing stars**, along with many favorites from former years like **finger painting** and **paper mache masks**.

Find out more at:

ettsd.com/martial-arts-crafts-camp/

Shim Sa Results



We tested twenty-five martial artists to new rank during our May testing cycle—Beginner/Intermediate and a longer exam for our Cho Dan Bos. (Some did not make the main exams and therefore are not in the pictures):

- **9th Gup:** Amber Burgner, Blake Clendenin, Christian Collins, Allison Cox, Liam Crawford, Vera Eastep, Sawyer Goodwin, Brayden Salend
- **8th Gup:** Jay Brown, Kasandra Burns, Christy Harris, Hutch Harris
- **7th Gup:** Tristan Broyles, Damian Burns, Eli Franklin, Riley Kiker, Hannah Cox
- **6th Gup:** Ryan Foster
- **5th Gup:** Faith Rader, Taylor Etter
- **Cho Dan Bo:** Caleb Crawford, Emme Foster, Keith Foster, Graysun Ingle, George Sieber



Calendar

- **Sat, Jun 01, Mosheim Fun Days,** booth. Booth and mini-demos. Please come work out with us.
- **Thu, Jun 6, Mat Chat.**
- **Sat, Jun 08, Battle of Champions, Ringgold, GA. 3hrs, ASKL.** Studio CLOSED Fri-Sat, Jun 7/8.
- **Mon-Thu, Jun 10 – 14, Tip Test.**
- **Mon-Fri, Jun 17-21, SUMMER CAMP, See Left Column.**
- **Mon-Thu, Jun 24-28, Theme Week – Cartoons.**
- **Tue, Jun 25, 6:30-7:30 PM Self-Defense Seminar.** Open to the public and **FREE**.

Saturday Jun 1, 15, 22, 29.

Demo/Competition Class, 10AM. If you, or your child compete in tournaments, attend this class.

Free Family Class, 11AM. Regular members may attend, but this is a basic class aimed at beginners. It is free and open to the public.

Student Notebooks

Please note the bookshelves with notebooks that are located next to Mr. Ian's & Ms. Jennifer's desks. They contain students' Tip Test Charts.

Students are required to be signed off on every item on each tip before being recommended to test.

We will still reserve 1 wk/mo. for tip testing, but all items not completed then must be approved and signed off on your own time.

PLEASE CHECK YOUR NOTEBOOK each time you attend class.

Being a Good Karate Parent

An ongoing series on how to support your children in martial arts. This month's article is printed with permission from <http://www.canadatkd.com/blog-5-benefits-of-training-in-martial-arts-over-the-summer/>

5 Benefits of training in martial arts over the summer

Today, we are faced with challenges in getting our kids to be active and away from TV, mobile devices and video games.

Not only that, but sometimes it's hard to find the energy to get to the gym to work out for ourselves. If we have a hard time getting ourselves to the gym, imagine what it's like to get our kids to stay active. We know that if we like what we are doing we will do it for longer periods of time and are more likely to stay engaged with it.

Enter the solution: martial arts. Martial arts is a great way to stay active, learn to protect yourself and also learn things like discipline, good work ethic, and respect. Martial arts not only challenges us with physical work, but also encourages us to improve all areas of our lives.

1. It helps development students in all areas of their life by challenging them mentally & physically. Martial arts is great at challenging us both physically and mentally. It challenges physically by allowing us to try new things, kick higher, punch harder. It challenges us mentally by realizing that with hard work and practice we can accomplish so much more than we thought.

2. By training twice per week it helps students learn structure. Structure is such an important lesson today. Structure exists everywhere we go. With structure we have consistency. Structure and consistency are two attributes that helps us function as adults. With structure, we know what we are to do, what to expect and how it's going to happen. With consistency, we see the progress we make. We can

look back and see the value in what we are doing based on what we have accomplished by keeping at the task.

3. For kids, they don't have school work through the summer to take a toll on them mentally and can focus on their physical skills and take their bodies to whole new level.

Through active training, kids can get stronger. They can help their bodies to develop into strong kids which leads to stronger, healthier adults. Setting kids up with the idea of physical work ethic and a sense of physical exercise early on will help them keep the same habits into adulthood.

4. Teaching them self-defense moves in a martial arts class will help them to be safer while out playing. Not every confrontation needs to end with punches and kicks being thrown, however, if a kid is out and gets into trouble, they will have the ability to defend themselves. Through martial arts classes they will learn to avoid the confrontation, get out of tricky confrontations and also protect themselves if they need to. Training in martial arts through the summer helps boost their confidence.

5. When kids go back to school at the end of summer, why not have them go back with boosted confidence. Then they will be more ready to take on new challenges at school, because they more firmly believe in who they are and in their abilities.

Written by The Way Martial Arts

Mat Chat

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

This month:

Tenet/Code: Integrity (Tenet 1)

What does Integrity mean?

Integrity means doing the right thing, even when nobody is watching, because it's the right thing to do!

What is the right thing to do?

- You notice your grandmother dropped a \$20 bill the same day you want to buy a popular new video game or toy.
- You saw the last piece of your sister's birthday cake in the refrigerator but know your sister was hoping to have it for dessert.
- You are at the grocery store with your mother and know you could put that package of candy in your pocket with no one seeing.
- Your instructor does warm up along with you. When you are stretching she can't see you so could just sit there and do nothing while she isn't looking.

Terminology

- **Low Punch** ~ Ha dan kyuck
- **Center Punch** ~ Choong dan kyuck
- **High Punch** ~ Sang dan kyuck
- **Low Block** ~ Ha dan mahk ki
- **High Block** ~ Sang dan mahk ki
- **In/out Block** ~ Ahneso phaku ro mahk ki