

Summer Camp

Martial Arts and Crafts Summer Camp:



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 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/

July Shim Sa



Thu, Jul 25, 10:00 a.m.

Testing students: 9:30 a.m.

\$30 testing fee

Guests welcome. Open to the public.

T-shirts Permitted—ETTSD, white, or belt color only.

The first of our monthly belt exams. From here on, they will be held on or near the last Friday of each month.

If you have the hours and tips, you will be invited to test. If you do not, we will look again the next month.

It happened that all who are eligible to test this month attend day classes, so we are having this exam at 10AM.

- **8th gup:** Brayden Salend
- **2nd gup:** Noah Janha
- **1st gup:** Ryan Crawford, Daniel Flath, Miles Flath, Robert Hammett, R. J. Hammett

Summer Tournaments

We have two upcoming tournaments, only a week apart. I can't ask people to go to both, it's quite an expense, but I hope most of you can make at least one or the other

7/25-7/26, Master Sgro's Summer Tournament

This is a 2-day tournament for \$40, or just Sat for \$25. You can enter up to 6 events, as well as attend three seminars. This tournament is a great deal for the cost. *cont. next column*

Calendar

- **Thu, Jul 4. CLOSED**
- **Mon-Thu, Jul 8 – 11, Tip Test.**
- **Thu, Jul 11, Mat Chat.**
- **Fri, Jul 12. Open Mat Tip Testing.**
- **Mon-Fri, Jul 15-19, SUMMER CAMP, See Left Column.**
- **Tue, Jul 23, 6:30-7:30 PM Self-Defense Seminar.** Open to the public and **FREE.**
- **Fri-Sat, Jul 26-27, Master Sgro's Summer Tournament, Fayetteville, NC Studio CLOSED**
- **Mon-Thu, Jul 29-Aug 1, Theme Week – PATRIOTIC.**
- **Sat, Aug 3. TN State Karate Championships, Baxter, TN. Studio CLOSED Fri 8/2 and Sat 8/3.**

Saturday Jul 6, 13, 20.

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.

cont. from previous column

Fri night is Team Forms, Weapons and Breaking. Sat is Open-hand Forms, Point Sparring and Padded Weapons Sparring. I would like to see if we can get some teams for forms!

8/3 TN State Championship

This is in Baxter, TN and one of the closest opens to us. It is actually in TN! It is well run and our students have done well in this tournament. It is a good one to try out an open with.

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, by KSN Victoria, is aimed as much as adults as children.

Learning to Teach, Learning to Learn

As students achieve higher rank, we start giving them experience teaching. It never strikes me until I see them teach, that perhaps actually training them to teach other than trial by fire would be a good idea. Learning to teach is an ongoing process. Learning to teach teachers is new to me also. Here are a few things I have seen from our student teachers that I probably should have discussed beforehand.

Make sure each student in your charge gets a fair share of time.

I have placed an upper rank at a bag to give direction to beginner students on basic kicks. It makes me happy that they want to work with students, but many times they help one student to the exclusion of other students.

It is difficult to send a kid to the back of the line before mastering what you are teaching, but remember, the next person in line, and the ones behind those, all deserve a chance at the bag.

If the student has not mastered front kick, and the line is changing to round kick, continue your front kick lesson when the student rotates to the bag again. And again, until mastery.

And if you want to work with that student more, there is time before and after class, and on break.

Praise frequently, but not ultimately.

Praise even for small achievements. The first time they get a kick above the belt. Making a proper fist. Tying their own belt. Tell them how well they did.

They are "awesome". They did a "good job". Say you see they "are working hard" or "improving their technique".

But never tell them things are "perfect" because then what could there be left to strive for? No one is perfect. Practice makes better, not perfect. Tell them that.

Learning styles.

People learn differently. Some see, some hear, some need to touch. Teaching uses all three. Show them. Tell them. If necessary, move them.

Touch the leg that is supposed to move. Point the direction it is supposed to move while at the same time telling them what objects their leg will pass.

There is a lot more to this issue. I suggest reading more about learning styles & multiple intelligences online.

Watch the clock

I know. It is hard to make things fun if you have to keep your eye on the clock. But classes are an hour, Little Dragon classes a half hour. And there is a lot to teach.

Don't let the warm up, including stretch kicks, last more than 10-15 minutes. It's okay to cut the warm up short, but not okay to cut the martial arts lesson part of the class short.

Be sure you start wrapping things up five minutes before the end of class. Leave at least two minutes to line up and bow out.

When sparring, get someone else to keep track of time and break the fights after 30-60 seconds.

So much more...

I may have to continue this during other months. This barely scratches the surface.

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.

Learning to Concentrate

Lots of things take focus and concentration. School, karate, even picking up toys or putting away your things. Sometimes it's hard to concentrate and focus. Minds wander. This happens to all of us. Parents and teachers say "Focus" or "Focus and Finish". But how?

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 Peace and Confidence form** ~ *Pyoung ahn ee dan*
- **3rd Peace and Confidence form** ~ *Pyoung ahn sam dan*
- **4th Peace and Confidence form** ~ *Pyoung ahn sa dan*
- **5th Peace and Confidence form** ~ *Pyoung ahn oe dan*
- **1st of Seven Stars** ~ *Chilsung il lo*
- **2nd of Seven Stars** ~ *Chilsung ee lo*
- **3rd of Seven Stars** ~ *Chilsung sam lo*