

## Shim Sa Results



We tested ten martial artists to new rank during our December Shim Sa. (Some did not make the main exam and therefore are not in the pix.)

- **Little Dragon Orange:** Jase Sumner
- **Little Dragon Purple:** Noah Clendenin
- **Little Dragon Blue:** Mia Willis
- **9<sup>th</sup> Gup:** Sierra Campbell
- **8<sup>th</sup> Gup:** Stephen Hensley, Sherri Jaynes
- **Cho Dan Bo, Level 3:** Emilie Foster, Keith Foster, Graysun Ingle, George Sieber



**NOTE:** There will be no January Shim Sa. Only two students qualify to test and they could both use some work on their humility and perseverance. 😊

## Overmountain Open Results

We had a great day at the Overmountain Open. It had some mishaps, but over all we managed to run a successful tournament with 71 competitors from 11 studios, including 20 from ETTSD and three from our sister studio, Newport Karate Center (NKC).

Here are the individual results:

- (W=Weapons, F=Forms, S=Sparring)
- Mia Willis** (Little Dragons) F:2<sup>nd</sup>, S:1<sup>st</sup>  
**Jayon Gillespie** (Little Dragons) S:2<sup>nd</sup>  
**Bailey Salend** (Champions) F:2<sup>nd</sup>  
**Ryan Foster** (Champions) W:1<sup>st</sup>, F:1<sup>st</sup>  
**Allison Cox** (7-8 Beg) W:2<sup>nd</sup>, F:2<sup>nd</sup>, S:2<sup>nd</sup>  
**Sawyer Goodwin** (7-8 Beg) F:3<sup>rd</sup>  
**Vera Sieber** (7-8 Beg) W:3<sup>rd</sup>  
**Liam Crawford** (7-8 Beg) S:3<sup>rd</sup>  
**Mason Carter** (9-10 Beg) W:3<sup>rd</sup>  
**Brayden Salend** (9-10 Beg) W:1<sup>st</sup>, F:1<sup>st</sup>  
**Riley Schaub** (NKC) (9-10 Beg) F:2<sup>nd</sup>  
**Hannah Cox** (7-10 Int) W:2<sup>nd</sup>, F:2<sup>nd</sup>  
**Noah Janha** (7-10 Adv) W:2<sup>nd</sup>, F:1<sup>st</sup>, S:1<sup>st</sup>  
**RJ Hammett** (11-13 Adv) W:3<sup>rd</sup>, F:3<sup>rd</sup>, S:2<sup>nd</sup>  
**Graysun Ingle** (11-13 Adv) W:2<sup>nd</sup>, F:2<sup>nd</sup>, S:3<sup>rd</sup>  
**Dalton Regar** (NKC) (12-14 Beg) Participant  
**Heather Schaub** (NKC) (12-14 Beg) Participant  
**Emilie Foster** (14-17 Adv) W:1<sup>st</sup>  
**Faith Rader** (18-34 Int) W:2<sup>nd</sup>, F:1<sup>st</sup>, S:1<sup>st</sup>  
**Miles Flath** (18-34 Adv) W:1<sup>st</sup>, F:2<sup>nd</sup>, S:3<sup>rd</sup>  
**George Sieber** (35+ Adv) W:2<sup>nd</sup>, S:1<sup>st</sup>  
**Robert Hammett** (35+ Adv) W:3<sup>rd</sup>, F:1<sup>st</sup>, S:2<sup>nd</sup>  
**William Etter** (17-34 Black Belt) W:2<sup>nd</sup>, F:3<sup>rd</sup>, S:2<sup>nd</sup>

## Bring Us Students!

Current students who recruit a new student to ETTSD get a 50% discount on their fees for the first month of the new student's enrollment! The more students you recruit, the more you save!

## Reminders

- Self-defense seminars are now the 4<sup>th</sup> MONDAY of each month.
- Athletic cups (for boys), mouth-pieces are REQUIRED for sparring.
- Late fee of \$10/student if tuition is not paid by the 10<sup>th</sup> of the month.

## Calendar

- **Sat, Jan 4 (NKC)** Mat Chat.
- **Thu, Jan 9 (ETTSD)** Mat Chat.
- **Mon-Fri, Jan 13—17,** Tip Test.
- **Thu, Jan 16,** Interschool Sparring @JTKD, 7:15PM
- **Fri, Jan 17.** Open Mat Tip Test.
- **Mon-Thu, Jan 27—30,** Theme Week – Holidays.
- **Mon, Jan 27, 6:30—7:30 PM Self-Defense Seminar.** Open to the public and **FREE**.

**Sat Jan 4, 11, 18, 25, Feb 1 Demo/Competition Class, 10AM.** If you, or your child, compete in tournaments, or want to be part of our demos, please 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.

# Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas and Ms. Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is by KSN Victoria.

## What to expect at a Shim Sa

Let's start with some honesty. We do not enforce protocol rules enough during classes. When Grandmaster Charland come to TN to evaluate us, that is where we have our most "need for improvement".

So, some of the problems we have during a Shim Sa can only be blamed on us. However, although we would like to keep a slightly less formal protocol during regular classes, students need to be able to understand and follow protocol during Shim Sa.

Think of it like the difference between working on homework during math class and taking your final exam. The teacher may overlook some eyes on others' papers and even getting help during homework, but not during the final. It is the same for Shim Sa.

Shim Sa is loosely translated to mean "examination" but it is also translated as "judgement". In martial arts, it is truly judgement day. And as I stated above, students need to perform more regimented than a regular class. The rules need to be followed more closely than in a regular class and consequences need to be enforced for breaking the rules.

1. **Silence.** Do not speak during a Shim Sa unless you are asked to. If there is a question that must be asked, raise your hand and wait to be called on. When you are, bow, ask the question and bow again.
2. **Sit properly.** We know some adults have limitations & we make exceptions for those but otherwise, while higher ranks complete their requirements, sit quietly in criss-cross position or on your knees.

3. **Stay on the mat.** No leaving the mat without permission. If you are 5th gup through Cho Dan Bo, consider hard whether you truly need to leave the mat at all. You will not be asked to test for black belt unless we see you have the stamina to withstand the exam.
4. **No Distractions.** We understand that family and friends who come to watch want to encourage you during the exam. Pretend they are not there. If you are sitting while higher ranks are performing their requirements & someone tries to show you something on their phone, maybe an awesome picture of you, please tell them that you can look after the exam is over.
5. **Stay in Choong Be.** When you stand to bow in, bow out and receive belts, stand as still as possible in choong be. No holding your belt, no swaying, no loose fists. We understand this is difficult, especially during the belt ceremony. If you need to scratch your nose, we're not going to complain but repeated and large movements will be dealt with.
6. **Do as the examiners tell you.** If you are told to do something, your response should be silence, "Yes, sir" or "Yes, ma'am", even if you are not sure why you are being told to do something.

That means, if an examiner tells you to "Drop and give me 10 pushups", you do it. If you are not sure what you did to deserve it, spend some time thinking about it. It will likely come to you.

# Mat Chat

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

**This month:**

## Tenet/Code: Loyalty to one's country (Code 1)

### What is Loyalty?

Standing by or standing up for someone or something you believe in, such as your country.

### Examples of Loyalty

- When you recite the Pledge of Allegiance you feel proud to be an American.
- Your sister joined the Air Force to serve her country. You don't want her to go but instead of crying you tell her how great she is.

## Terminology

### Tang Soo Do-Way of the China Hand

Why does a Korean style of karate have "Chinese" in its title? Think of Chinese Food, German potato salad, Southern Fried Chicken, New York Pizza, Buffalo Wings.

Grandmaster Hwang Kee, who started modern Tang Soo Do, spent years in China during World War II because Korea was taken over by Japan. Koreans were not allowed to practice their traditional martial arts. Many Koreans escaped and worked and trained in China until the end of World War II. Grandmaster Hwang Kee was one of them.

## Counting in Korean

One – Hana	Six – Yasot
Two – Tul	Seven – Ilgop
Three – Set	Eight – Yodel
Four – Net	Nine – Ahop
Five – Tasot	Ten – Yol