



EAST TN TANG SOO DO NEWSLETTER



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Sgro Winter Tournament

Saturday, Feb 22
Army National Guard
3555 Owen Dr,
Fayetteville, NC 28306

We're there again, getting ready for the first tournament of 2020! We love to support Master Sgro's tournaments for a number of reasons – the price, the seminars, and the community – so we would like you to consider going

The \$30 cost of the tournament includes three seminars. They alone are worth the cost. To keep costs low, it has medals (not always matching) rather than trophies as some of the opens do, but the competition level is just as high, and the community is so much better.

As noted above, each tournament starts with three half hour seminars, led by Masters, some Tang Soo Do, some not. They are always interesting, challenging and a great opportunity for students.

The community is one of the best parts. The tournament is friendly, and like a big family reunion. This is a great tournament for first time competitors! Reg forms are on the bulletin board at the studio. Please consider attending!

Feb Shim Sa



Fri, Feb 28, 6:00 p.m.

Testing students: 5:30 p.m.

\$30 testing fee

Guests welcome.

Open to the public.

FULL UNIFORMS REQUIRED!

The names of those eligible for testing will be listed on the white board in the window above Mr. Ian and Ms. Jennifer's desks after Tip Test week.

Tournament Season

With our first tournament coming up this month, we are about to head into tournament season.

Students are not expected to attend tournaments, but it is a good idea to try to make at least 1 – 2 per year to see what the martial arts community is doing.

The 2020 Tournament Schedule should be available soon. All tournaments on the list are **possible tournaments** we **may** attend, given time and interest.

A warning! DO NOT try to attend them all! You will burn out!!

Calendar

- Mon, Feb 10 (ETTSD) Mat Chat.
- Mon-Fri, Feb 10–14, Tip Test.
- Thu, Feb 13, Interschool Sparring @ETTSD, 6:30PM
- Fri, Feb 14. Open Mat Tip Test.
- Sat, Feb 15 (NKC) Mat Chat.
- Sat, Feb 22 – Sgro Winter Tournament, Fayetteville, NC. **STUDIO CLOSED Fri/Sat Feb 21/22.**
- Mon, Feb 24 – Thu, Feb 27, V.I.P. Theme Week.
- Mon, Feb 24, 6:30–7:30 PM Self-Defense Seminar. Open to the public and **FREE.**
- Fri, Feb 28 – Shim Sa. 6PM. See details to the left.

Sat Feb 8, 15, 29

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.

Demos & Booths

We are also scheduling demos and booths for 2020. We have already been asked to perform at this year's Iris Festival in May, Baileyton Days at the beginning of Sep and Fall Festival of Nations at the end of Sep. Our demo team is open to all. Anyone who wants to demo with us is welcome to, but they must attend demo practices before the demos, Saturdays, 10AM.

2019 Students of the Year



Little Dragon - Mia Willis

Not many Little Dragons who start at age 4 stay in karate long enough to move to the big kids class. And it seems that every time we feel a Little Dragon is exceptional enough to receive a student of the year award for their performance, they move out of the class.



The same goes for this year's recipient. This student can count to 29 in Korean, knows more blocks and stances in Korean than some of our advanced students and is, on 2/3, moving to the kids class as a 9th gup.

And she is ready. Good kicks, good punches, can do Ki Cho Hyung Il Bu, currently overlapping classes, doing both Little Dragons and Kids class.

Although Duck and Jump is her favorite activity and she will miss doing it as often, we know she will go far with progressing up the ranks learning a more serious version of Tang Soo Do. We are pleased to award our Little Dragon Student of the year to Mia Willis.



Youth - Brayden Salend

We rarely give our youth student of the year award to a beginner. Watching as children progress is always fascinating. All students do it at different rates. This one did it so fast, we feel like we need to put reins on the kid to keep his head from growing too large.

This student practices during break times and before class. He learns every new form within one class, and doesn't forget it.

Although this student is not perfect, the effort and progress we see is still mind blowing. His tip book is always current or ahead and usually includes many more initials than required.

When correction is needed, this student listens, corrects, and moves on, never taking it as criticism and always creating opportunities to improve.



We are happy to give our Youth Student of the Year award to Brayden Salend.



Adult - Robert Hammett

Our adult student of the year is a unique individual. We usually wait till the end of the speech to announce the name, but one of our favorite stories of this person is describing the extended family he brings to our studio and everyone here would recognize him right away anyway.



Robert Hammett has brought approximately 1/10th of our student base, all from his extended family orbit. Robert brought his stepsons Miles and Daniel Flath, children of his wife Rebel and her ex-husband. He also brought R.J.

Hammett, his son with his ex-wife Becca. And lastly, he brought in Noah Janha, Becca's son with her husband. I love his ability to gather family, close and extended.

The other unique thing about Robert is his meticulous adherence to our Tip Books. We're pretty strict about setting up promotion requirements ... and then breaking them. We say to Robert, "You're a half a tip short" or "You've got the tips but three hours short" and that we're okay with him, or one of his sons, testing anyway. His response is that they will get to extra classes, come for open mat, stay extra time, or if none of that is feasible, wait to test. He always tells me he's in no hurry.

We truly appreciate that sort of dedication and are looking forward to him earning his black belt, along with two of his sons, within the next year, unless of course he decides he's in no hurry.

TSDMA Codes and Tenets Award



Congratulations to KSN Victoria for receiving the coveted Tang Soo Do Masters Alliance Codes and Tenets Award for 2019. The following

speech was given by last year's recipient, KSN Jill Fitzpatrick:

Good evening everyone, my name is Jill, and as the recipient of the 2018 Codes and Tenets award, it is my honor and privilege to get to tell you about this year's recipient. Every year this award is presented to an individual that exemplifies the 5 Codes and 7 Tenets of Tang Soo Do.

Our winner this year has been part of the TSDMA since the early years, and has been a dedicated student, mentor, and instructor.

This person has been an integral part of our organization working mostly behind the scenes in multiple capacities and facets helping us to stay up to date in this digital age.

Our winner this year is not only an exceptional human being and dedicated Martial Artist, but also an Air Force Veteran, Cancer Survivor, Author, Dedicated Grandparent, Instructor and School Owner, and we are very excited to be able to share this moment with them and their students tonight via Skype...

Please help me congratulate the 2019 Codes and Tenets winner Ms. Victoria Rivas!!!



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 Ms. Jennifer.

What to expect at a Shim Sa for Spectators

Last month, KSN Victoria wrote about what we as the black belt examiners expect from the students at a Shim Sa. This month, I am writing to let y'all know what we black belts expect from you, the audience.

1. **Silence.** By now most of you have been to our studio a few times. You know how much it echoes and amplifies any noise. We don't expect complete silence, but we do expect the volume to be low enough that we can hear ourselves and the students can hear us.
2. **No distractions.** This goes both for the students and for the examiners. During a test, do not ask to speak to anyone involved unless it is life or death (or their car is in your way) and then speak with a black belt first. At times the students will be asked to sit on the track. Leave them be. Believe it or not, that is part of the test. When they are putting on gear do not slow them down. Keep the young ones from running around or getting loud.
3. **Encourage.** We are a family. We support one another. Applaud the new belts. Cheer the broken boards. Encourage the hesitant. It is tough and nerve-wracking to be out there in front of everyone.
4. **Photograph.** Take all the pictures and videos you want but we

would love to see them as well. Please message Ms Victoria (or Ms Jennifer) for a SmugMug link to upload them to the studio's online photo album. Or save them to a flash drive and give it to one of us (we'll give it back).

5. **Temperature.** Our heaters and fans are for the students and examiners. We apologize for the inconvenience but y'all can always move around to a warmer (or cooler) spot or change the number of layers you are wearing. If the students are too hot or too cold they cannot do their best.
6. **Clean Up.** Unlike many studios, we don't require students to help clean. However, we greatly appreciate it when they do. After a shim sa, everyone is tired, including the test administrators. If you have the time, please encourage your child to ask if we need help. Believe me, we will remember and appreciate them.
7. **Parking.** We don't mind double-parking during shim sa. Everyone should leave at about the same time. However, if you need more parking, there are areas at the bottom of the hill behind the building. The business next door has also given us permission to park by their gate if they are not open.

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!!!

What would you do?

- Your mom tells you to clean your room before you go out and play. Do you go out without cleaning your room?
- Your teacher asks you to stop talking in class and pay attention. Do you keep talking despite their request?
- Your Dad tells you it's time to go to bed because you need rest. Do you refuse and walk away because you really want to stay up?

Terminology

Choong Be Jasse – Ready
Stance

Cha Ryut – Attention

Kyung Yet – Bow

Kihap – Yell

Ahn Jo – Sit

Tora – Turn

Ba Ro – Return

Shio – Rest