

Big Dragon - Little Dragon

We will be restarting our classes for our youngest students, ages 4-6, this month, with one big change.

In order to be sure we are able to keep physical distance and keep a “no hands on” policy for the time being, we now require one adult to work alongside, and with, each Little Dragon.

We have restructured the class to include activities that a parent can do with their child, or help direct their child. Activities will include:

- Star Block Day. Learn our Little Dragon form.
- Game Day, including: Black Belt Says, Statues.
- Readiness Day. Techniques needed for the Youth class to see if any Dragons are ready to advance.
- Noodle Day, including: Block, Duck, Jump. Walk the Noodle.
- Fitness Day, including partner stretching, partner sit ups, horse stance contest.
- Punching & Kicking Day. Virtual sparring with instructors, Pad kicking and punching.
- Weapons Day. Nunchukas and/or Bos.
- Dragons Choice Day.



Shim Sa Results

NOTE: The image was photoshopped. Exams done with physical distancing.

We tested ten martial artists to new rank during our Spring Testing.

- **8th Gup:** Abby Cox, Silas Hale
- **7th Gup:** Mason Carter, Shannon Salend
- **6th Gup:** Allison Cox
- **5th Gup:** Ryan Foster
- **Cho Dan Bo, Level 2:** Miles Flath, R.J. Hammett, Robert Hammett
- **Cho Dan Bo, Level 4:** George Sieber

June Shim Sa



Sat, Jun 27, 3:00 p.m.

Testing students: 2:45 p.m.

\$30 testing fee

NOT open to the public.

**STUDIO T-SHIRTS and
 UNIFORM PANTS!**

Names of eligible students will be listed on the white board in the window above Mr. Ian and Ms. Jennifer’s desks after Tip Tests.

Calendar

- **Mon, Jun 8/Tue, Jun 9 (ETTSD)** Mat Chat.
- **Mon-Fri, Jun 8–12,** Tip Testing.
- **Sat, Jun 20 (NKC)** Mat Chat.
- **Wed, Jun 24, 10AM-12:30PM** Phase 3 Black Belt Testing.
- **Sat, Jun 27 – Shim Sa.** 3PM. See details to the left.
- **Sun, Jun 28 – TENTATIVE** Black Belt Exam via Skype from CT.
- **Sat, Jul 4 – NO CLASSES AT NEWPORT KARATE CENTER**

T-Shirt Orders

We are readying to order t-shirts for this year on June 15. To be sure we get one in your size, please let us know what you wish to order.

Baileyton Demo

Friday, Sep 11, 5-5:30PM

We are scheduled to have a booth and do a demo at the Baileyton Celebration. We plan a “social distance” demo featuring family groups and solos. We will be rehearsing separately during classes and hope we can pull this off.

Bottled Water

For the time being, please bring your own bottled water to class and do not use our refrigerator. We want to keep our “non-touch areas” as broad as possible until social distancing is discontinued.

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. Victoria.

Social Distancing Toward 2021



I hate social distancing. I don't want to do it anymore. I want to hug my students. I want to correct stances by nudging the back of the knee. I want to correct punches by moving arms, make sure hands are aligned with wrists, positioning students so they look like a "karate movie."

I want the kids to put on gear and put their karate to the test sparring with classmates. And OMG, I really, really want to go to a tournament, and of course, hold another Overmountain Open.

But that's not reality. Given that the August Greene County Fair has already been cancelled, and a vaccine before the end of the year possible but unlikely, social distancing is likely here for the rest of the year, at least.

So, I can't do any of those things. We are changing the entire studio to comply with recommendations because it's important to keep our students safe.

So, we make the best of it and do what we can. We just hope it is enough.

I am having to devise new ways to teach. "Which hand is out? Shake it. The hand that's shaking moves to the opposite shoulder. Keep shaking it. It's the same hand that will do your low block after the turn-around turn." It works. Slower, but eventually we get to the right place.

Classes are smaller which isn't as much fun but once again, it works. There are no more big games. No more 20 kids out there aiming origami throwing stars at each other, or whacking each other with noodles for our game *Three Lives*.

But there are still many things we can do. Games like Black Belt Says, Karate Statues, and even the obstacle course may be possible, just not with as many kids.

We are still running Zoom during our classes for those who are not quite ready to return yet. Doing live and Zoom at the same time is a whole different ball game and we are still working out the kinks.

I am so grateful to our students and their families for helping to keep us alive as we learn how to run in our modified state. They are helpful, hopeful and still learning. Without them we would not exist, and they are working their hardest. I hope we can provide a worthwhile program as we move forward toward 2021.

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