

## Black Belts!

We are so proud of our new, and ranking, black belts who persisted not only through climbing the ranks, but delays and schedule changes for their exam due to COVID-19.

The exam started in March, where they were evaluated by the Masters in CT via Skype in Phase I. The other phases were repeatedly postponed.

For Phase II, they had to run a mile, perform sit ups, pushups, squats and much more.

Phase III, a 3-hour review of skills, finally happened on Wed, June 24.

The exam culminated with Phases IV & V on June 28—a 2-hour grueling workout with the Masters in CT via Skype, along with six candidates there, followed by their public presentation. CONGRATS TO ALL!



Cho Dan – 1<sup>st</sup>  
Degree Black Belt.

Emilie Foster  
TSDMA #396



Cho Dan – 1<sup>st</sup>  
Degree Black Belt.

Graysun Ingle  
TSDMA #397

## Calendar

- **Sat, Jul 11 (NKC) Mat Chat.**
- **Mon, Jul 13/Tue, Jun 14 (ETTSD) Mat Chat.**
- **Mon-Fri, Jul 13–17, Tip Testing.**
- **Sat, Jul 25 – Shim Sa. 3PM.**  
See details to the left.

## 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.

## July Shim Sa



**Sat, Jul 25, 3:00 p.m.**

**Testing students: 2:45 p.m.**

**\$30 testing fee**

**Limited seating outside bay doors**

**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.

## Shim Sa Results



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

We tested six underbelt martial artists to new rank on June 27.

- **9<sup>th</sup> Gup:** Jase Sumner
- **7<sup>th</sup> Gup:** Sherri Jaynes, Chelsey Rhea
- **5<sup>th</sup> Gup:** Brayden Salend
- **4<sup>th</sup> Gup:** Hannah Cox
- **3<sup>rd</sup> Gup:** Faith Rader



Ee Dan – 2<sup>nd</sup>  
Degree Black Belt.

Jennifer Grillo-Foster  
TSDMA #369



Cho Dan – 1<sup>st</sup>  
Degree Black Belt.

Keith Foster  
TSDMA #395

# 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 consists of small excerpts from the excellent black belt essays written by our newly promoted Cho Dan and Ee Dans. I hope they inspire the kids.

## Black Belt Essays Excerpts

### Emilie Foster

When things get tough like they have now, I want to prove to myself and others that I can push through.

I want new challenges to keep me going and new things to learn and practice. I want to do this with my dad, we've bonded over our shared love of Tang Soo Do.

I want to practice my discipline, self-control, and other tenets and codes that help me grow. I want to defend myself. I want to know I can trust my abilities if I ever find myself in danger.

I want to become stronger, faster, and smarter. I don't want to panic in a moment like that, I want to know what to do with what I have. And most of all I want to be the best version of myself.

### Graysun Ingle

Getting my black belt will further my respect. Not really to earn respect from those around me, more of a respect for myself for sticking with my Tang Soo Do studies and accomplishing this goal.

I will further my respect for others, for their opinions and feelings as well as their person. I will further my respect for my community through volunteer work and helping family and neighbors.

This has been my goal for three and a half years. I hope that gaining my black belt will be the first in many great accomplishments in my life.

Tang Soo Do has been a very important part of my life and will continue to be. I appreciate my teachers for their time, effort, and encouragement. My black belt reflects their effort as well as mine.

### Keith Foster

This journey really started when I was 12 and I saw the movie "The Karate Kid". From that moment on I always wanted to learn a martial art. Now 37 years later I am on the verge of completing that desire.

My children gave me the chance to realize that dream and to spend extra time with them. ...

As important as the mental growth factors are, what is more important is the time spent with my children. Emilie, my daughter, has been the greatest influence in my journey.

The time we have spent together has changed our relationship. Watching her grow both physically and mentally has been a joy...

### Jennifer Grillo-Foster

When I do something, I go all in. I cannot conserve my energy to be able to last longer. I am all in or all out.

I am learning however to be the tortoise and go slow and steady when need be. Being the hare needs endurance and I am working on that.

The quarantine has made training in general and for my testing more difficult, both mentally and physically.

This time has tried to break me and it has come very close but I refuse to give up completely.

I may throw in the towel daily but I pick it back up and go again. One more time again, to quote my friend and instructor Ms Victoria. Still I persevere.

# 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*