

## Limited Parent Seating Resumes

Tennessee does not limit the number of people allowed in a building as long as there is social distancing. Given the size of our building, we decided to attempt to reopen our parent area with LIMITED SEATING. This month will be a trial period and we will see how it works.

We will have SIX seats set up in a social distancing arrangement.

NOTE: No parents are required to come in and watch.

Our Children's Intermediate / Advanced Class (Mon/Thu 5:15-6) currently has eight students. One parent is a black belt and will be present as an instructor. One family has two students in class. That makes for six adults if there is one adult per family.

Our Children's Beginner Class (Tue/Fri, 5:15-6) currently has six students. That makes it easy for the moment, and we will allow ONE adult per student.

If we gain students in the Beginner class, we will reevaluate. If you choose to not observe, please let us know and we will open the spots to extra adults for other students.

## Shim Sa Results



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

We tested and promoted four martial artists to new rank in August.

8<sup>th</sup> Gup: Jayon Gillespie

6<sup>th</sup> Gup: Chelsey Rhea, Shannon Salend

4<sup>th</sup> Gup: Brayden Salend

## Oct Shim Sa



**Sat, Oct 31, 3:00 p.m.**

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

**\$30 testing fee**

**Limited seating outside.**

**FULL UNIFORMS!**

Names of eligible students will be listed on the white board in the window above Mr. Ian & Ms. Jennifer's desks on Mon, Oct 12, after Tip Tests.

NOTE: If we have fewer than five students eligible for testing, tests will take place during class.

## Calendar

- **Mon, Oct 5/Tue, Oct 6 (ETTSD)** Mat Chat.
- **Mon-Fri, Oct 5—9,** Tip Testing.
- **Sat, Oct 10.** Classes resume at Newport Karate Center. Mat Chats go home then.
- **Sat, Oct 10.** Sat Classes resume. See below.
- **Sat, Oct 24 – Fall Invitational Tournament,** Fayetteville, NC. See [sgrokarate.com](http://sgrokarate.com).
- **Mon-Fri, Oct 26-30.** Weapons Week. Bring your weapons.
- **Sat, Oct 31 – Shim Sa.** 3PM. See details to the left.

## Some Saturday Classes Resume

Starting Oct 10, we will be begin running two Saturday classes. Both classes will have sign up sheets since class size is limited.

9AM – Zoom Class with the Charland Institute of Karate in Watertown, CT.

10AM – Tournament Practice and Weapons. We want to bring weapons class back and this seemed like the best time. We will also focus on perfecting forms for tournaments.

NO FREE FAMILY CLASS until social distancing is no longer required.

# Being a Good Karate Parent

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

## Social Distancing into 2021

We do not know how much longer social distancing will be necessary, but it looks like it will carry into at least the first quarter of 2021.

NOTE: I usually stay away from politics at the studio like the plague (so to speak), but I feel this must be stated because of differing information on the future of COVID-19. When something goes wrong with my car, I listen to mechanics. When something goes wrong with my toilet, I listen to plumbers. So, I choose to listen to infectious disease experts rather than politicians when it comes to COVID-19 in order to do what is best for your children.

That said, I know we are all tired of social distancing, but the infectious disease experts say it will likely get bad again soon, and a vaccine will not be available to the general public until mid-2021 at the earliest. Therefore, we must plan into the future with continued social distancing while at the same time try to return to some semblance of normality.

I seriously thought this would only be a couple of months, and we would be able to get back to normal. I would truly like to get back to a normal schedule and normal activities, like sparring, weapons and tournaments. However, it does not look like that will happen anytime soon. Keeping within the current limitations, we do intend to try to start adding other activities back.

We have started practicing with weapons one week per month. We sanitize the weapons before and after use. We recommend students acquire their own weapons to limit the amount of touching shared equipment. Check our calendar on page 1 every month to see when to bring your weapons.

We cannot do contact sparring with gear, especially shared gear, but are considering reinstituting padded weapons sparring, which is done at a greater distance than regular sparring and does not involve direct contact. Please let us know if you are okay with this for your child.

We are allowing limited numbers of adults to observe their children in class. See the details of this on page 1 of this newsletter.

We would like to begin attending tournaments again, but only ones that make provisions for social distancing and do not include sparring. So far there have not been any we have considered promoting but hope there will be some soon. We have not yet decided if we will run our own tournament next year.

I hope we can return to our normal procedures next year and hope you will stay supportive until that happens. We truly appreciate our students and their families.

# Mat Chat

You can find our full **Mat Chat** pages on our website. Select: **Parents / Mat Chat**

**This month:**

## Self-Control (Tenet 5)

### What does it mean?

- Self-Control is doing what is right when you feel like doing what is wrong. It helps you make good decisions.

### What is a Better Choice?

- You play a game that is difficult, and you keep making mistakes. You get mad at the game or the person you are playing with.
- It's time to leave for karate but your favorite tv show just came on. You tell your parental unit that you don't feel well.
- You want something at the store but your parental unit says no. You throw a tantrum.
- You love ice cream so much that you keep eating and eating and eating and get sick.
- Your karate instructor wants you to concentrate on basics but you know you can do more advanced techniques so you do them to prove it. You don't understand why your instructor makes you do pushups for not following instructions.

### Terminology

- Reverse round kick ~ *Peet cha gi*
- Stomp Kick ~ *Chit pal gi*
- Inside to Outside Crescent Kick ~ *Ahneso phaku ro cha gi*
- Outside to Inside Crescent Kick ~ *Phakesu ahnuro cha gi*
- Side Stance ~ *Sa ko rip ja she*
- Fighting Stance ~ *Deh ryun ja seh.*