

Nov / Dec Promotions

November



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



5th Gup: Mason Carter
Cho Dan Bo Level 4:
Miles Flath, R.J. Hammett, Robert Hammett

December

We invited three martial artists to test for new rank in Dec. One test will happen in January.



7th Gup: Ava Leasure (testing in January)
6th Gup: Silas Hale
3rd Gup: Brayden Salend



2021 Tournaments Calendar

We hope to have a better year in 2021, but it does look like social distancing will be in effect for several months. If that is the case, we plan to compete remotely in the March TSDMA Interclub. Once social distancing is over, it's time to look at travelling for tournaments once again. If you are interested in competing, we suggest coming to our Sat 10AM classes.

Used Gear Sale

In preparation for the return of sparring we are selling our used gear, since students will need to have their own set if they want to spar.

Gear in the best shape is on the front couches and sells for \$10/set (hands, feet, shins, or head).

Our "bad shape" gear is on sale for \$5/set (or make us an offer). If you don't mind duct tape, stretched out elastic and other imperfections, you are welcome to request to "wander the wall" and see what's hanging.

Weather Closings

If the weather is inclement, please check to find out if we are open. Closure information will be posted, as soon as we know, on Facebook (facebook.com/ettsd) and Twitter (twitter.com/EastTNTangSooDo). Our Twitter feed is also available in the right column of our Web Page. If you prefer, you can also always call, email or message us.

- **Mon/Tue, Jan 4-5** Mat Chat.
- **Mon-Fri, Jan 11-15**, Tip Testing.
- **Thu/Fri, Jan 24-25**, Weapons
- **Sat, Jan 30**. Shim Sa. See below.
- **Sat Classes Available:** Jan 9, 16 and 23. 9AM – CIKF Zoom Class, 10AM – Competition Prep, Extra help, Weapons. SIGN UP REQUIRED.

January Shim Sa



JAN 30, 2021
3:00 PM

\$30 testing fee

Limited seating inside. Masks required for spectators.

Names of eligible students will be listed on the white board in the window above Mr. Ian & Ms. Jennifer's desks on Mon, Jan 18, after Tip Tests.

Letters will be sent home once tip testing is complete.

Facebook Groups

If you have not already, please join the following groups:

- **TSDMA Members Only.** Lots of videos, recorded Zoom lessons and other info.
- **ETTSD Info.** We post information you may need that we don't want to post publicly.

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.

Keeping Up with Mat Chats

Mat Chats are starting at the beginning again. This means it is white belt vocabulary and the first Code. An abbreviated version of the monthly Mat Chat can be seen in the right column.

Students need to learn vocabulary, codes and tenets covered in the Mat Chats. With the COVID schedule, we have been forgoing our "sit down" Mat Chat sessions, both because we shortened class time and because of social distancing. We now send them home with very little explanation, but they are still an important part of our curriculum.

Each month, we send home a two-sided sheet. On the front is a code or tenet, with a definition, examples and "At Home Training." It is not required, but useful and I have found the results of students who do it to be interesting enough I have posted them on our FB page.

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 |



Vocabulary 1

- Tang Soo Do – Way of the China Hand
- Hana – One
- Tul – Two
- Set – Three
- Net – Four
- Tasot – Five
- Yasot – Six
- Ilgop – Seven
- Yodel – Eight
- Ahop – Nine
- Yol – Ten

At Home Training – Turn in to Kyo Sah Nims Victoria when completed. Solve the following puzzles.

Word Search
Find the Korean versions of all of our vocabulary words.

G G F P Y G N A O
G G X O D I V A X
S X D N T E N H S
I E C A Y A S O T
L J T W H Y S P U
G D Q K F U Y O L
O D O S G N A T
P M S G C L K I R

SCRAMBLE
Unscramble the words. Then take the letters that are in circles and unscramble them to solve the last line.

AANH
SATTO
GLPOI
YOLEO
OSATY

It's never out of style.

Crossword Puzzle

Across:
1. Nine 6. Ten 11. Eight
3. Six 7. Five 12. Four

Down:
2. One
4. Seven
5. Way of the China Hand (3)
7. Two
8. Way of the China Hand (2)
9. Way of the China Hand (1)
10. Three

On the back side is our monthly vocabulary. It starts, as you can see to the right, with the most basic words and gets a bit more difficult each month. It includes puzzles to help children work with the words and learn them.

We do not require these either, but students gain an extra star on their Star Card for doing them. We do recommend students do them each month so they can slowly learn the vocabulary.

Younger children will need help with both sides of the Mat Chat. Since we no longer allow class time for this, we request parents sit down with their martial artist and help. After Zoom schooling due to the pandemic, I hope children will be more used to working independently and start returning the completed Vocabulary puzzles and At Home Training. With your help, we can make it happen. Thank you.



Tenets and Codes

Tenet 7 - Indomitable Spirit

Indomitable Spirit means having an **I Can Do It Attitude!**

It means not giving up when things don't go like you want them to. Instead, you can find ways to make your goals/dreams happen!

Make it happen!! NEVER QUIT!!

What should you do?

- You want to break a board with a certain break. You try and you fail. You don't break it. You try again. It still doesn't break. Does that mean you can't? NO!!! It means you need to try again. Find out what you need to do different.
- You are struggling with a subject in school, for example Science. No matter how hard you try it seems you just can't get it. Do you give up? NO!!! You ask for help, you spend extra time. You do what it takes to make it work!

At Home Training – Bring to the next Mat Chat.
Give one example of how you, or someone you know, demonstrated **indomitable spirit**.

- You can write – it can be just telling about it, or it can be a story or poem.
- You can draw a picture of someone showing **indomitable spirit**.
- You can tell. Be prepared next week at Mat Chat to tell about how you, or someone you know, demonstrated **indomitable spirit**.

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