

Shim Sa Results



We tested, or will test, 10 Gups to new rank during our Jun Shim Sa, including one student from Newport Martial Arts Academy (NMAA).

- **9th Gup:** Lillian Mullins
- **8th Gup:** Harrison Ayers
- **6th Gup:** Ava Leasure, Zak Moore
- **5th Gup:** Caden Lovell
- **4th Gup:** Chelsey Rhea, Bailey Salend
- **3rd Gup:** Mason Carter, Hannah Cox
- **2nd Gup:** Faith Rader

New Shim Sa Requirements

Beginning with the August Shim Sa we are adding the following two requirements if a student cannot come to the scheduled end of month Shim Sa:

1. The first time a student misses the Shim Sa, a \$10 fee will be added to the exam fee, and they will be tested in class.
2. The 2nd time in a row a student misses the scheduled Shim Sa, they will be rescheduled for the next Shim Sa in two months.

Martial Arts and Crafts Day

**Hardin Park
Lions Club Pavilion
Wed, July 14, 9AM-4PM
Price \$25 pre-reg, \$30 after Jul 12**



Please consider allowing your child to join us for a full day of fun at the Lions Club Pavilion at Hardin Park. We will focus on games and activities as well as martial arts, but be assured, there will be plenty of those also.

Our schedule includes two full martial arts classes, various games and activities, including some we have not done since COVID began, like flag sparring, throwing stars and padded weapon sparring. We plan to end the day with a water balloon battle!

We will also take advantage of the Hardin Park playgrounds. All children will be supervised

Complete info, including schedule, is on our website. Select **Programs / Summer Camp**.

You can get a registration form at the studio or on the web page, or register online. The link to online registration can be found on the Summer Camp web page.

Calendar

- **Sat, Jul 3 / Mon, Jul 5. CLOSED FOR INDEPENDENCE DAY.**
- **Tue, Jul 5.** ETTSD Mat Chat.
- **Sat, Jul 10.** CLOSED. No staff avail.
- **Mon-Thu, Jul 12-15,** Tip Testing
- **Wed, Jul 14,** Martial Arts and Crafts Day. See middle column.
- **Tue, Jul 27 / Thu, Jul 28,** Weapons
- **Fri classes.** Jul 2, 9, 16, 23, 30.
- **Sat classes.** Jul 17, 24, 31

Sparring, Social Distancing, etc.

Since every parent has given permission for their child to contact spar, we have decided to end social distancing. Note also, that all of our afternoon and evening instructors have been fully vaccinated.

This means:

- Parents can now send or bring their children into the studio without waiting for us to escort them.
- Spectators are welcome without masks or social distancing.
- We will resume other games that involve contact like Throwing Stars and Zombies.
- Sparring resumes. Usually this will be every other Thu, beginning July 8, but may be done other times as well. NOTE: All students need mouthpieces, boys need athletic cups. If you don't want to have to haul gear back and forth, lockers are available. See Ms. Jennifer.

Tournament Update!

TSDMA Interclub Results Saturday, June 5



Congrats to all who competed June 5! Everyone did awesome! Results:

- Gabriel Hale: Spirit Award!
- Silas Hale: Forms-1st, Weapons-2nd.
- Brantley McAmis: Forms-2nd, Breaking-1st
- Harrison Ayers: Forms-2nd, Weapons-3rd
- Ava Leasure: Forms-3rd
- Caden Lovell: Forms-1st, Weapons - 3rd, Breaking-2nd
- Brayden Salend: Forms-1st, Weapons-1st

Return to Live Open Tournaments

Tennessee State Karate Championships

SATURDAY, AUGUST 14, 2021

9 AM EDT – 5 PM EDT

6950 Nashville Hwy, Baxter, TN 38544

We have decided to return to open tournaments with one of our favorite (and closer) tournaments.

Registration is \$45 for three events – Weapon Forms, Open Hand Forms, and Point Sparring. There is a convenience fee to register online. We will try to get some paper reg forms also. You can register online at:

<https://www.eventbrite.com/e/46th-annual-tennessee-state-karate-championships-tickets-160104395557>

We will post the link on our website several times between now and then.

Other Upcoming Tournaments

We are also looking at two other tournaments, and possibly running our own:

- 09/TBA Fall Classic, Knoxville, TN
- 11/06 The Tri-State Championships, Dalton, GA
- 12/04 (tentative), Overmountain Open, Greeneville, TN

Newport Update

The Newport Martial Arts Academy Studio is closed for the summer. They plan to reopen in August. Once the date is decided, we will let you know.

In the meantime, Newport students are welcome to attend classes at ETTSD at our regular rate of \$60/mo. They may attend any class for which they are eligible, both morning and afternoon.

Uniform Logos



While we are wearing Summer Uniforms, we thought it would be a good time for newer students to have their tops printed if they desire.

If you want our logo and your name on your dobok top, be sure it's clean and give it to Ms. Jennifer. Once we have a good number, preferably ten or more, we will schedule a date for printing. Cost will be approximately \$10.

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*

