



# ETTSD AND NMAA NEWSLETTER

VOLUME 6, NUMBER 10 – OCTOBER 2021



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## Newport News

### Spring Break

Newport Martial Arts Academy (NMAA) will be closed Mon, Oct 4 – Fri, Oct 8 for fall break.

### Sparring

Sparring at NMAA will begin when / as students in Youth classes get gear. Mouthpiece and cup (for boys) required. See front office staff to order.

No gear needed for Little Dragons. They will flag spar.

### Demo

NMAA will have its first demo on Oct 2nd at 10:55 at the Harvest Festival in Newport. All those participating need to be in full uniform, wearing tennis shoes, and at the Newport courthouse by 10:30am. Look for Ms. Jennifer and Mr. Ian.

## ETTSD @ Heritage Homeschool News

ETTSD @Heritage Homeschool CoOp has begun its 2nd year at the First Baptist Church, 211 N. Main Street, Greeneville.

Mr. Ian and Mr. Keith, with assistance from Ms. Shannon, run the class on Mondays from 11 to noon. The schedule will follow the elementary school schedule.

Class is only open to members of Heritage Homeschool Scholars. See their website for info on joining: <https://www.homeschool-life.com/tn/heritage/>

## Upcoming Tournaments

We will be attending two more tournaments in 2021. The second one we will only attend if there is any interest. It is three hours away where the one in KY is only an hour and a half away.

### Battle of Cumberland Gap XII

Saturday, October 2, 2021

**Middleboro High School**  
4404 W Cumberland Ave  
Middlesboro, KY 40965

Competitors: \$50, Spectators: \$5

### Ben Kiker's 47th Annual Tri-State Karate Championship

Saturday, November 6, 2021

**Northwest Whitfield High School**  
1651 Tunnel Hill Varnell Rd  
Tunnel Hill, GA 30755

Doors open at 8AM.

Preregistration, \$45 (for three events) by October 23

<https://www.daltonuks.com/tournament>

## Full Uniforms in October

Full uniforms will be required starting Monday, October 4.

We will make exceptions (of course) for extreme heat days.

## Calendar

- **Fri, Oct 1/Mon, Oct 11.** Mat Chat, NMAA
- **Sat, Oct 2,** Battle of Cumberland Gap XII, Middlesboro, KY
- **Mon, Oct 4.** Mat Chat, ETTSD
- **Mon, Oct 4-Fri, Oct 8** Newport Martial Arts Academy (NMAA) closed for Fall Break.
- **Thu, Oct 7 & 21,** Sparring, ETTSD
- **Mon, Oct 11 and Fri, Oct 15.** Tip Testing, NMAA.
- **Mon-Thu, Oct 11-14,** Tip Testing, ETTSD
- **Tue/Thu, Oct 26/28,** Weapons, ETTSD
- **Sat, Oct 30, 3-5PM.** Shim Sa. See below.
- **Sat classes.** Oct 9, 16, 23

## October Shim Sa



**Sat, Oct 30, 3:00 p.m.**

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

**\$30 testing fee**

**Open to the public.**

**FULL UNIFORMS REQUIRED!**

Invitations to test will be given to eligible students. For ETTSD, eligible students will also be listed on the white board above Mr. Ian and Ms. Jennifer's desks.

**REMINDER! SPARRING!** Students will spar at this Shim Sa. It would be best if all students have their own gear. However, we will have limited gear to borrow. It will be cleaned beforehand and after use.

# 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.

## When Will My Child Test?

Recently, I had a parent question me about when their child would test, and was she keeping up with her peers, and why or why not?

It made me realize we have not been clear enough on relaying our methods and procedures for testing.

I did discuss our tip testing methodologies in the Aug 2021 newsletter, but not how it fits in to the overall testing schedule. (NOTE: You can find all our newsletters, current and back, on our studio website at <http://ettsd.com/newsletter/>)

### Hours

As well as completing tip requirements, students are required to attend class for a set number of hours to be eligible to test. The requirement for White belt (10<sup>th</sup> gup) to Orange/White belt (9<sup>th</sup> gup) is 16 hours. For ranks from 9<sup>th</sup> gup through Cho Dan Bo, level four it is 24 hours. The number is listed on Tip Sheets.

An average student attends class twice a week. With approximately four weeks per month, that is 45 minutes times 8 per month, or six hours per month. That makes four months between exams.

Some of our most dedicated students attend all available classes and can get the hours in a shorter amount of time. If a student attends all three available classes every week (9 hours), and at least three Saturday classes (3 hours), that is 12 hours per month.

Even with that, it is rare we allow students to test every two months, making them wait four months between every other exam or so.

### Three Tips, Four Months

We run exams every two months. When our student population grows enough, we will start monthly exams. But until then, we have the idiosyncrasy of having three tips that students have four months to complete.

In general, this has worked out pretty well. Most students actually take four months to complete the three tips. Higher ranks have more difficult tips, and lower ranks sometimes have difficulty with their initial tasks.

It also allows students to take time off when needed and still keep up with the testing cycle.

If a student does complete all three tips in three months, we work on improving their techniques and/or work on filling more columns on the tip sheet. There is room for five signatures, but only three are required.

### Talk To Us

This column was inspired by the parent who asked about his child testing. I would never have known there was an issue if he hadn't asked.

I encourage all parents to talk to us if there is an issue or something you are not sure about.

We love parents to take an active interest in their child's training.

# 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.*