

Shim Sa Results



We promoted four youth gups from ETTSD to new rank during our November In-class Shim Sas.

- 9th: Lily Blake-Ottinger, Dawson Poole, Ryalin Poole
- 6th: Harrison Ayers

Tournament Results

Ben Kiker's 47th Annual Tri-state Championship Nov 6, 2021



We had three competitors at our first ASKL tournament since before the pandemic began. It was huge. Results:

- Gabriel – Weapons: Participant; Forms: 4th; Sparring: 2nd
- Silas – Forms: 2nd; Sparring: 2nd
- Emilie – Weapons: Participant; Forms: Participant

Winter Info



ETTSD Weather Closings

If we need to close due to weather, we will post it on:

- Facebook – facebook.com/ettsd
- Twitter – @EastTNTangSooDo
- There is a Twitter feed on the website also – ettsd.com

We will also try to post if the weather is iffy and we decide to stay open.

Feel free to message, email, or call, if you need more information.

Mat Shoes

We know our studio is chilly and sometime feet get cold. During winter we allow students to wear shoes during class.

However, please ensure the shoes are ones that are only worn indoors. We do like to keep outside detritus off the mats.

Also, we do not want students to wear socks only unless they are socks with tread on the bottom. Most socks are slippery and slipping on the mat could cause injury.

Bow with the door closed

We still want to maintain protocol during winter months, while keeping the studio warm.

We ask that students turn and bow to the studio before opening the door to keep as much heat as possible inside.

Calendar

- Free Sat classes at ETTSD, 11AM. Dec 4, 11, 18. Students from NMAA and HMA are welcome.

East Tennessee Tang Soo Do

- Thu, Dec 2 & 9, Sparring
- Mon, Dec 6. Mat Chat
- Mon-Thu, Dec 13-16, Tip Testing
- Tue/Thu, Dec 21/23, Weapons
- Dec 24-31. CLOSED. We return for class Jan 3.

Newport Martial Arts Academy

- Fri, Dec 3 / Mon, Dec 6. Mat Chat
- Sat, Dec 11, Christmas Parade. See below
- Mon, Dec 13 / Fri, Dec 17.
 - Tip Testing.
 - Observation week.
- Dec 20-31. CLOSED. We return for class Jan 3.

Newport Studio to March in Newport Christmas Parade

Saturday, December 11
3PM – 5PM

Meet at Cocke County High School no later than 2:30PM for the parade. Wear the Newport studio t-shirt, and comfortable walking shoes.

Parade begins at the high school and ends at Lincoln Avenue Baptist Church. (DUE TO SAFETY & TRAFFIC CONTROL they ask that everyone follow the route to completion.)

Contact Ms. Jennifer with any questions.

Being a Good Karate Parent

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

At-home training, part 1

Practice makes better. There are numerous things students can practice at home to improve their martial arts skills. Let's start with some basic things.

Balance.

Take something—a piece of fruit, closed water bottle, or a toy for example. Stand on one leg. Pass that item around the upraised leg as many times as possible without wiggling or placing your foot down. Work both legs.

To make it easier, focus. Find a spot on the wall that won't move and stare at it. Do not move your eyes.

Attempt to increase your number every time you practice. Practice several times a week.

Student Creed, Tenets, Codes, & Concepts.

These can be found on the Philosophy sheet and on the website under **About Us / Tang Soo Do Info / Videos, Terms, Martial Virtue** (ettsd.com/about-tang-soo-do).

If you need the sheet, see your instructor.

If the student can recite the entire Student Creed to Master Vic, Mr Ian, or Ms Jennifer, they will receive a set of American and Korean flag patches for their dobahk for free.

Vocabulary.

Each month, the vocabulary can be found in the newsletter and on the Mat Chat. For ETTSD students, it is also on the large white board by the water cooler.

Individual Mat Chats can be found under **Parents / Mat Chat**. (ettsd.com/mat-chat/).

Vocabulary study guides and quizzes can be found under **About Us / Tang Soo Do Info / Videos, Terms, Martial Virtue** (ettsd.com/about-tang-soo-do).

The instructors vary individually, but they do try to use the Korean terms in class.

During the shim sa both Korean and English terms are used. At the black belt exam, it is mostly Korean terms.

Learn your vocabulary words!

Mat Chat

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

This month:

Tenet/Code:
Indomitable Spirit (Tenet 7)

What does it mean?

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!!**

Terminology 12

This is our final and most advanced vocabulary lesson. In Jan we will start again with basic terms. All students will be required to complete the basic vocab lessons.

- Low/mid/high open hand blocks ~ *Han/choong/sang dan soo do mahk kee*
- Low/high two fist X block ~ *Sang soo ha/sang dan mahk kee*
- Elbow strike ~ *Pahl koop kong kyuck*
- Palm heel attack ~ *Jang kwon kong kyuck*
- Crossed leg stance ~ *Kyo cha rip jaseh*
- Two fist (reinforced) middle block ~ *Sang soo choong dan mahk kee*



Happy Holidays

from the staff of
East Tennessee
Tang Soo Do