

Upcoming Tournaments

TSDMA South Interclub Tournament 2022 Saturday March 19, 2022

@East TN Tang Soo Do

216 Bohannon Ave, Greeneville, TN
Doors open 9AM.

Tournament starts 10AM

Registration fee \$10. Spectators –
Donation (\$2-\$5 recommended.)

Reg forms available at ETTSD, NMAA
and Heritage.

This tournament is partly being held
to give first timers a chance to see
how a tournament works before
competing in larger ones.

Bryan Open Karate Tournament

Saturday, April 9, 2022

@Bryan College Summers Gym

721 Bryan Drive, Dayton, TN 37321

Doors open 8:00 am.

Tournament begins 10:00 am.

Pre-Registered: \$40.

At the door: \$45

[http://www.bryan.edu/news/2022/
02/bryan-open-karate-tournament/](http://www.bryan.edu/news/2022/02/bryan-open-karate-tournament/)

10 Year Party!!

We will have cake and snacks after
our March Shim Sa. Even if you are
not testing, please come by 5-ish and
join us in celebrating our 10-year
anniversary.

We have had three names and four
locations, but we are still going!

UNITE Winter Tournament Results



Congrats to our competitors in the
UNITE Winter Tournament on Feb 5.
Our Demo Team took 2nd place! Other
results:

- Brayden – Forms: 1st.
- Silas – Forms: 1st, Sparring: 1st,
Padded Weapons Sparring: 3rd.
- Lillian – Forms: 1st, Sparring: 1st,
Padded Weapons Sparring: 1st.
- Gabriel – Forms: 3rd, Padded
Weapons Sparring: 3rd.

10th Anniversary Sign Up Special

New students who sign up during
March will get their first month of
classes FREE!

And don't forget, ALWAYS, current
Students who recruit a new student to
ETTSD get a 50% discount on their fees
for the first month of the new student's
paid enrollment!

The more students you recruit, the
more you save!

Calendar

- Free Sat classes at ETTSD, 11AM.
Mar 12, Apr 2. Students from
NMAA and Heritage are welcome.
- Sat, Mar 19. Interclub South. See
Column 1.
- Sat, Mar 26. 3PM, Shim Sa. See
below.

East Tennessee Tang Soo Do

- Thu, Mar 3 & 17, Sparring
- Sat, Mar 5. Phase I Black Belt
Testing via Zoom. CLOSED EVENT
- Mon-Thu, Mar 7-10, Tip Testing
- Mon/Tue, Mar 14/15. Mat Chat
- Tue/Thu, Mar 22/24, Weapons

Newport Martial Arts Academy

- Fri, Mar 4 & 18, Sparring
- Fri, Mar 11. Mat Chat/Tip Testing
- Fri, Mar 25, Weapons
- Fri, Apr 1, Mat Chat

March Shim Sa



Sat, Mar 26, 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. Bring gear if you
have it. Limited loaner gear available.

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 an updated reprint from May 2017 by SBN Rivas.

Why Tournaments?

Tournament season is here! You will be hearing about them, being encouraged to attend them and have your children compete in them. We will be running competition practice in class to hone skills and teach protocol. Why?

I believe a lot of good things come from tournament participation, both big open tournaments as well as smaller and Tang Soo Do tournaments.

Students will get to showcase their skills and find out where they need to improve to win. I have never seen kids more determined to perfect their forms and sparring techniques than after a tournament. If going to competitions is what makes a child enthusiastic about learning martial arts, then going to tournaments is what s/he should be doing!

Students will make friends and, in many cases, retain those friendships over years, because many of the same children attend many of tournaments we attend.

Students learn to lose. Some schools discourage competition, but I think that since we live in a competitive society, teaching children about competition, including losing, is an important part of martial arts.

For smaller and TSD tournaments, it is a family experience. Students

are welcomed and nurtured, even in the ring.

If there were more of TSD tournaments around, we would go to more. The closest ones to here are about 5 hours away. We have gone to ones in Fayetteville, NC, and plan to go to one in Birmingham, AL, this year.

Many of the rest of the tournaments we go to come from the All-Star Karate League (ASKL) schedule. This is a highly competitive open league based out of Atlanta that includes tournaments over a large swath of the U.S., from FL to WI!! The ones we go to are in TN and GA.

With open tournaments students get to see other styles, uniforms that do not look like theirs and to compete with their technique as much as their pattern. Since the judges do not know our forms, students with good form score well even if there are mistakes in the pattern.

These are more challenging tournaments since the divisions tend to be larger and the judges are not Tang Soo Do. However, these are the types of tournaments I came up the ranks with and they served me and my children (including Mr. Ian) well.

I hope you will consider allowing your child to compete in at least one tournament this year!

Mat Chat

You can find our full **Mat Chat** pages on our website. Select: [Parents / Mat Chat](#)

This month:

Tenet/Code: Honor Friendship (Code)

What it means.

It means you value the people in your life. You treat your friends with respect and kindness. You do not take them for granted.

What it DOESN'T mean.

It does not mean that you do anything a friend tells/asks you to do. If your friend asks to you lie, steal, to sneak out at night, you honor friendship by NOT doing what they ask and telling them they should not either!

What would you do?

- Your best friend is always there for you. Today she needs help with a project and asks you to help. You are busy. Do you help her?
- Your friend is going through a hard time. He needs you to listen to him. Your favorite tv show is about to come on. Do you take the time to listen even though it may not be convenient?
- A couple friends want to go to a party but their parents say no. They want you to say they are at your house and they will say you are at their house, so you can all go to the party. What do you do?

Terminology

- **Dojang** – Martial Arts Studio
- **Do Bok** – Martial Arts Uniform
- **Dee** – Belt
- **Ko Ma Sum Ni Da** – Thank You
- **Chomanayo** – You Are Welcome