

## 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.

## Newport Demo Calendar



Congratulations to Newport Martial Arts Academy for performing their second demo ever on Oct 1 at the Newport Harvest Festival.

Through rain, sound problems and a too small stage under the tent, they still managed to perform a very successful and well-attended demo.

We are all very proud of everyone.

## Nov/Dec Shim Sa



**Sat, Dec 3, 3:00 p.m.**

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

**\$30 testing fee.**

**Full Uniform required.**

**Spectators welcome.**

Invitations to test will be given to eligible students after Tip Test Week.

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

**Note: Please be sure uniforms are clean and neat. Pride in looking professional is as important as proper techniques.**

Open to ETTSD, NMAA and Heritage Martial Arts Students

- **Sat, Nov 05**, Tri-State Championships, Dalton, GA.
- **Jiu Jitsu @ETTSD, 11AM.** Nov 5, 12, 19. (Free for ETTSD students, \$5/class for others)
- **Skills Class @ETTSD, noon,** Nov 5, 12, 19.
- **Tue, Nov 29, 7PM.** Self-Defense at ETTSD.
- **Sat, Dec 3, Shim Sa.** See col. 2.

### East Tennessee Tang Soo Do

- **Tue, Nov 1.** Mat Chat
- **Thu, Nov 3, 17,** Sparring
- **Mon-Thu, Nov 7-10,** Tip Testing
- **Mon/Tue, Nov 21/22,** Weapons
- **Thu-Sat, Nov 24-26, CLOSED FOR THANKSGIVING.**

### Newport Martial Arts Academy

- **Fri, Nov 4.** Mat Chat, Sparring,
- **Fri, Nov 11.** Tip Testing
- **Sun, Nov 13, 3pm.** NMAA parent meeting at the studio. Among other topics, the Christmas Parade.
- **Fri, Nov 18,** Weapons
- **Fri, Nov 25, CLOSED FOR THANKSGIVING.**
- **Fri, Dec 2,** Newport Christmas parade



# Tournament Updates

## Results

### Battle of Lenoir City October 28, 2022



We had 11 competitors at the "Battle of Lenoir City". They all did amazing! And Mr. Jude helped judge. The tournament was small, slow to start, and a bit disorganized, but problems were noted and we hope for better next time, being as close as it is.



Ms. Shannon COMPETED for the first time and did awesome:



We also had several other first-time competitors. It was also the first time for green/white belt Jacob, and orange belts Eddie, Brian, and Elias. All of them did outstanding.

### Results (by rank):

- **Brayden Salend:** 1st weapons, 1st forms
- **Shannon Salend:** 2nd weapons, 2nd forms
- **Harrison Ayers:** 1st weapons, 2nd forms, 2nd sparring
- **Tyler Barnett:** 2nd weapons, 1st forms, 1st sparring
- **Ryalen Poore:** 3rd weapons, 3rd forms, 4th sparring
- **Dawson Poore:** 2nd weapons, 2nd forms, 1st sparring
- **Jacob Kimble:** 4th weapons, 4th forms
- **Brian Gall:** 2nd weapons, 2nd forms 1st sparring
- **Elias Lopez:** 1st weapons, 1st forms, 2nd sparring
- **Eddie Ocasio:** 1st weapons, 2nd forms, 2nd sparring
- **Karter Poore:** 1st forms, 1st sparring

## Upcoming

### 48<sup>th</sup> Annual Tri-State Championships

**November 05, 2022**

Northwest Whitfield County HS  
1651 Tunnel Hill Varnell Rd NW  
Dalton, GA

Approximately 3 hours

One of the two best tournaments we attend on the ASKL circuit. Formerly run by Ben Kiker, who still runs our other favorite.

It is now run by Tim Marks, but we attended last year, and it still was as well run as before. I hope we can get a group to go this year too. Nice trophies too.

More info: [facebook.com/events/498873838716688/](https://facebook.com/events/498873838716688/)

**THIS IS THE LAST TOURNAMENT WE WILL ATTEND THIS YEAR.**

# Mat Chat

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

**This month:**

**Tenet/Code: Humility, Tenet 6**

## What does it mean?

Having humility means we do not think we are better than others. It is ok to be confident, but humility means we do not brag or boast about being better. In fact, we help people rise by lifting them up.

## What is a better choice?

- You win a tournament. Do you tell everyone you are better than they are, or are the best?
- Your friend tells you that you look really good today. Do you answer "I know, right?"
- You visit a friend & see you have a lot more and more expensive toys than your friend. Do you brag about the things you own?
- You win every single sparring match at class. Or maybe every video game you play. Do you tell your opponents before you start, "Just so you know. I always win."

## Terminology

- Knife Hand attack  
*Soo do kong kyuck*
- Ridge Hand attack  
*Yuk soo do kong kyuck*
- Spear Hand attack  
*Kwon soo kong kyuck*
- Elbow strike  
*Pahl koop kong kyuck*
- Backfist attack  
*Kap kwon kong kyuck*
- Outside to inside block  
*Phakeso ahnuro mahk kee*