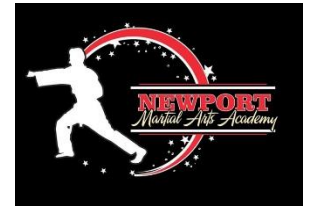




ETTSD AND NMAA NEWSLETTER

VOLUME 7, NUMBER 12 – DECEMBER 2022



216 BOHANNON AVENUE, GREENEVILLE, TN 37745 – 423-609-1408 – ETTSD.COM – INFO@ETTSD.COM

New Schedule

Starting January 2, 2023

In an effort to expand our offerings to our youth schedule, we are reorganizing our schedule as follows:

Mondays

- 4:15-4:45: Little Dragons
- 5:00-5:45: Youth All-Rank Weapons
- 6:00-6:45: Youth All-Rank Sparring
- 7:00-8:00: Teen/Adults Advanced up.

Tuesdays and Thursdays

There are NO CHANGES to day or evening classes.

Fridays

- 5:00-5:45: Weapons with Mr. Dakota and/or Mr. Jude.
- 6:00-7:00: Jiu Jitsu with Mr. Dakota.

Saturdays

We are eliminating our current Saturday classes. First Saturdays are now reserved for Black Belt class. Otherwise, Saturdays will be for special events – Belt exams, tournaments, and such.

Navigating the New Schedule

The new schedule adds a 45 min class each week available to Youth class students since the new Monday classes are open to all ranks and students may attend either or both classes. Teens are welcome also.

This also means we will not be running sparring or weapons in the Tue/Thu Youth classes. They will now be mostly curriculum classes (with exceptions for occasional games and activities.)

MYTSD



Free MYTSD Patch

Any student with a full set of patches: American flag, Korean flag, and TSDMA, will receive a free Moo Yea Tang Soo Do (MYTSD) patch. It should be placed below the American flag.

What is MYTSD?

MYTSD is TSDMA's parent organization, headed by Master Sgro, and we hope to get our studio more involved this year, with tournaments and other activities. Find out more at mytsd.us.

MYTSD MYFamilies!

We also encourage you to join the MYTSD MYFamilies! Facebook page: <https://www.facebook.com/groups/2438835272998115>

Temporary Overflow Parking

While the rental business next door is closed until spring, we can use the parking area in front of their fence and gate. We are working on other alternatives.

Calendar

Open to ETTSD, NMAA and Heritage Martial Arts Students

- **Sat, Dec 03**, Shim Sa, see below.
- **Jiu Jitsu @ETTSD, 11AM**. Dec 10, 17. Free for ETTSD students, \$5 for others. Moving to Fri in Jan.
- **Skills Class @ETTSD, noon**, Dec 10, 17. Final classes. See col. 1
- **Tue, Dec 20, 7PM**. Self-Defense at ETTSD.

East Tennessee Tang Soo Do

- **Mon/Tue, Dec 5/6**. Mat Chat
- **Thu, Dec 1, 8**, Sparring
- **Mon-Thu, Dec 12-15**, Tip Testing
- **Tue/Thu, Dec 20/22**, Weapons
- **Thu-Sat (10 days), Nov 24-31, CLOSED FOR CHRISTMAS THRU NEW YEARS.**

Newport Martial Arts Academy

- **Fri, Dec 2**, Newport Christmas parade. NO CLASS.
- **Fri, Dec 9**. Mat Chat, Sparring, Weapons
- **Fri, Dec 16, 23, 30, CLOSED FOR CHRISTMAS THRU NEW YEARS.**

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.

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

Tournament Updates

Results

Ben Kiker's 48th Annual Tri-State Championships

November 05, 2022



Silas and Gabriel Hale competed in Ben Kiker's 48th annual Tri-state Karate Championships in Dalton, GA on November 5, and did awesome in the large divisions!

Gabriel: 2nd weapons, 1st forms, 2nd sparring.

Silas: 3rd weapons, 4th forms.



Upcoming

TSDMA South Interclub 2023 Tournament and Demo

Saturday February 18, 2023



@East TN Tang Soo Do

216 Bohannon Ave, Greeneville, TN
Doors open 9AM. Demo at 10AM
Tournament starts following the demo.

We plan to do an Interclub tournament each year to introduce the tournament season. And to make up for missing the Festival of Nations, we will put on our demo at the tournament.

Registration fee \$10 per event (Forms, Sparring, Weapons, Breaking.)

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

Reg forms will be available at ETTSD, NMAA, and Heritage.

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

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