



EAST TN TANG SOO DO NEWSLETTER

VOLUME 1, NUMBER 7 – NOVEMBER 2016

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Raffle

Promotion Opened to
Include the New Students
in the Raffle Also!



You or a New Student will win a \$200 Gift Certificate to order items from the AWMA Catalog!

Any new student who signs up during the month of November will be entered into a raffle to win a \$200 gift certificate to the AWMA catalog. This would pay for uniform, gear and even weapons!!

If you are student currently attending ETTSD and bring in a new student, you will BOTH be entered into the raffle!!

Belt Exam



**FRIDAY, Nov 18
6 p.m.
\$30 testing fee.**

If you or your child is eligible to test this exam, you will receive an **Intent to Promote** by Nov 5. Students still in school are required to get a signature from an academic school teacher to ensure good progress there also.

The cost of the exam is \$30. This helps us pay for belts and certificates, which in turn help support our parent organization, Tang Soo Do Masters Alliance.

Tournament Updates

Nov 5, Tri-State Championship
\$40, prereg, \$50, at the door.
Gilmer HS, 408 Bobcat Trail, Ellijay, GA. Last tournament of the season!! Come and watch even if you don't compete!

**No Family Class on Saturday,
November 5.**

At Home Training

You can find our full **At Home Training** sheets on our website. Select from the menu:
Parents / At Home Training.

This month:

Tenet/Code:

Perserverance (Tenet)

Perseverance is when we start and finish a job. Perseverance is when we do work that is hard and sometimes boring, but we finish it. When we persevere, our family, teachers & our friends trust us. When we persevere we improve our skills. Perseverance is commitment, hard work and patience. Perseverance is trying again and again.

Terminology

Choong Dan Kyuck

Middle Punch

Sang Dan Kyuck

High Punch

Ha Dan Mahk Ki

Low Block

Sang Dan Mahk Ki

High Block

Being a Good Karate Parent

This is part of an ongoing series on how to support your children in martial arts. Each month we will present a different aspect of "being a good karate parent."

SHARE IN YOUR CHILD'S INTEREST

As we talked about last month, many parents watch every class their child participates in and sometimes want to interact with them during class.

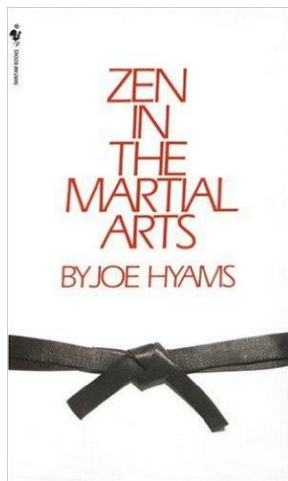
Although we discourage interaction with your child during class, we do encourage every parent to watch classes. If you cannot watch every class, try to visit once a month and watch a class or two.

This way you can become familiar with what your child is doing and can have conversations about it. You should also feel free to ask questions before or after classes or during breaks.

We want parents to take the time to learn about martial arts, in particular our style, Tang Soo Do.

If you want to go one step further, there are several excellent books on the philosophies and styles of martial arts.

We are ordering student manuals from TSDMA and plan to give them out at the next belt exam. You can read this together with your child!



Parker (founder of Ed Parker Kenpo Karate.)

I read these as bedtime stories to my children when they were coming up the ranks in martial arts. You can find this book at half.com for about 50 cents plus shipping.

I also have this book, as well as many other martial arts books on my bookshelf at the studio and would be happy to loan them out to anyone who wants.

Of course, the best way to help your child grow in the martial arts is to become a student yourself. That is one of the reasons we offer our free Family class at 2 p.m. on (non-tournament) Saturdays.

You can try it out, learn the basics and be able to practice with your child at home. Who knows, you may even enjoy it and join our regular adult classes as a testing student!

Even if you don't stick with it, and climb the ranks to black belt, and your child does, you will be able to share a common language and be able to understand better what they are going through in their practice.

Another of my favorite martial arts books is a small tome called *Zen on the Martial Arts* by Joe Hyams, a student of both Bruce Lee and Ed

Don't Forget!

We do all of these things too!

OPEN MAT

Wednesdays, 5:00 – 6:30 p.m.

Having problems with a form or one-step? Want some pointers before a tournament? Just need to beat on a bag and let off frustration? Come to open mat where at least one of our advanced students or black belts will be available to help with your individual needs.

SELF-DEFENSE

3rd Sundays, 3-5 p.m. FREE

Male & Female, ages 8 and up.

This hands on (literally) class covers a variety of useful and powerful techniques. It will help to raise your awareness of your surroundings as you learn new skills. We believe everyone should have a basic understanding of self-defense & hope we can, in some small way, contribute to that understanding.

FAMILY CLASS

Saturdays, 2:00 – 3:00 p.m. FREE (non-tournament days)

This class covers the basics of the martial art of Tang Soo Do including techniques, forms and self-defense. The class is family oriented, open to all ages and all ranks, so lessons run at a leisurely, comfortable pace for those who are unfamiliar with martial arts routines. It does not include sparring, weapons or board breaking. If students wish to participate in those, regular weekday classes are offered.