



EAST TN TANG SOO DO NEWSLETTER

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Belt Exam Results



Congratulations to our newly ranked students who tested on Friday, Nov 18.

Nora Scott attained a rank of 5th gup green belt, halfway to Cho Dan Bo (Black Belt Apprentice)!

Caleb Crawford & Graysun Ingle are now 7th gup orange / green belts, just one belt away from intermediate rank!

Emme Foster is now an 8th gup orange belt, on her way quickly toward intermediate also!

Ryan Crawford (Caleb's father) and **Laurence Ducheny** are now 9th gup orange / white belts!

AWMA Christmas Catalog

Our final order for Christmas will be going in on Dec 10. And for a December deal, if you order at least \$50 from the catalog, you get \$10 off your January tuition.

Master Sgro Seminar

Hidden in Plain Sight Practical Application of Technique

Master David Sgro, 7th Dan, is Grandmaster of USGTSDA and a former US Special Forces Combative Instructor, 1999 – 2009.

Learn the joint locks, joint dislocations, sweeps, throws, and hidden strikes in forms! Emphasis on the combative aspects of Tang Soo Do!

Suggested donation: \$20. (Any amount is welcome. Come to show support for Master Sgro.)

5 pm - Beginners and Intermediates
6 pm - Demo Class (combine karate and breakdancing) All ages, All ranks. Run by Sam Sgro.

7 pm - Advanced and Black Belt.

He will also be selling items like the ones below made by people from his Guatemalan ministry.



And finally, he will be collecting items for **Christmas for Thousands** in Guatemala, Mexico and the Philippines: Toothbrushes, Travel shampoo/soap/toothpaste, Combs & hair brushes, Marbles, Plastic Animals, Jump Ropes, Stickers, Playing Cards, Nail Polish, Pens & pencils, Erasers, Pencil Sharpeners, Matchbox Cars, Rulers. Crayons & coloring books, Hair Things.

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: Respect and Obedience (Tenet)

Respect is thinking and acting in a positive way about yourself or others. Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

Terminology Counting 1-10

1 – Hana, 2 – Tul, 3 – Set, 4 – Net, 5 – Tasot, 6 – Yasot 7 – Ilgop, 8 – Yodol, 9 – Ahop, 10 – Yol

Gift Certificates



Give the gift of confidence, skill and physical fitness this Christmas.

Give that special person a gift

certificate for one month of martial arts and a uniform! \$60, or two gift certificates for \$100.

Being a Good Karate Parent

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

BE SURE YOUR CHILD HAS THE PROPER EQUIPMENT

Christmas seemed to be the appropriate time to emphasize that if one is to be successful at martial arts, having proper equipment is helps immensely.

Especially if your child attends karate tournaments, it is a necessity. We do have loaner equipment, but having gear that fits properly makes for a better competitor.

Most sports require equipment to be purchased by the parent. For example, football, baseball, soccer and hockey require uniforms and equipment. The same is true for karate.

So give your child a good dobak (karate uniform), a mouth-guard, a groin protector (for males) and sparring gear - hands, feet and head. Some students also like shin pads to buffer those shin to shin clashes that occur when sparring.

And then there are weapons. Once again, we have loaner weapons, but to learn outside the dojang, their own bo staff, nunchukas, kamas or sword is helpful.

Yes, it does cost money, but being properly equipped with items that a student owns inspires pride in themselves and helps them take their training more seriously.

2016 Year End Tournament Results



Sarah Etter
Mid-South Championships
Weapons: 1st,
Forms: 1st,
Sparring: 2nd.

Battle of Champions

Weapons : 3rd, Forms: 2nd, Fighting: 2nd.

TN State Karate Championship

Weapons: 1st, Forms:2nd, Sparring: 2nd.

Fall Classic

Weapons - 2nd, Forms - 3rd.

Tri-State Championships

Weapons: 2nd, Sparring: 1st.



Ian Turnage
Mid-South Championships
Weapons: 2nd,
Forms: 4th.

TN State Karate Championship
Weapons: 3rd,

Forms: 2nd.

Fall Classic

Forms: 3rd.

Tri-State Championships

Weapons: 4th, Forms: 4th.



William Etter
Mid-South Championships
Weapons: 2nd.

Battle of Champions
Weapons: 4th.

Fall Classic
Weapons: 1st.

Tri-State Championships

Weapons: 2nd.



Jennifer Grillo-Foster
Mid-South Championships
Forms: 3rd.

Battle of Champions
Forms: 4th,

Weapons: 4th.

TN State Karate Championship

Weapons: 3rd, Forms: 3rd.

Fall Classic

Forms: 1st, Weapons: 2nd.

Tri-State Championships

Weapons: 3rd, Forms: 2nd.



Connall Elkins
Mid-South Championships
Participant.

Battle of Champions
Participant.

Fall Classic

Forms: 1st.



Nora Scott
Mid-South Championships
Forms: 2nd.

Fall Classic
Nora: Participant.



Kieran Albright
TN State Karate Championship
Forms: 3rd,
Sparring: 4th.



Taylor Holmes
Tri-State Championships
Sparring: 4th.