



EAST TN TANG SOO DO NEWSLETTER

VOLUME 2, NUMBER 1 – JANUARY 2017

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Belt Exam



FRIDAY, Jan 20
6 p.m. (Testing students should arrive by 5:30 p.m.)
\$30 testing fee.

If you or your child is eligible to test this exam, you will receive an **Intent to Promote** by Jan 9. 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 including yearly Student of the Year awards. Those who have won them know how beautiful they are.

New Student Promotion

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 enrollment! The more students you recruit, the more you save!

Schedule Changes

These changes will take effect Feb 1, and will only affect our adult students.

I hate changing the schedule more than once a year, but we want to coordinate our Black Belt class to happen at the same time as our instructor, Master Charland's, Black Belt class. Then we can Skype into his class and get some training!

Our regular class schedule will change as follows:

Monday, 6:45-8:00, Black Belt Class.

The Monday 6:30 Adult Beginner class will move to:

Tuesday, 6:30-7:30, Adult Beginner

The Tuesday 6:45 Sparring class will move to:

Saturday, 1:00-2:00, Sparring Class

All other class times will remain the same. See our web page or facebook page for a complete schedule.

Also, for Jan and Feb, **Wednesday Open Mat will now require you to sign up.** If no one signs up, we will not open in order to save money on heat.

If you want to come to work out though, please sign up! We will be happy to be there for you!

Upcoming Events

Items beyond January that you should know about now!

Yoga

Would you be interested in a weekly DAYTIME yoga class? If so, please let Ms. Victoria know. She will be meeting with *A Simple Studio* to discuss possible options.

Fayetteville Kodanja

The studio will be CLOSED on THU, FEB 9 and SAT, FEB 11. All black belts and advanced students will be training in Fayetteville, NC from Feb 8-11. We will schedule a make up class for Thu when we return.

Tournament Meeting for Parents and Participants

As soon as the new ASKL (All-Star Karate League) schedule is available we will schedule a parent meeting to discuss tournament participation options for students and to choose which tournaments we will attend this year.

Weather Closings

If the weather is inclement, please check our Facebook page, or check the Twitter Feed on the web page to see if we will be having classes. We always try to make up missed classes.

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."

MAKING A COMMITMENT

The new year brings about resolutions and this is a good time to talk about commitment. Along with martial arts, we try to teach values that will be of use to our children in adult life. Some come from our tenets like integrity and perseverance. Some come simply from coming to class. One of those is commitment.



The best way for a child to learn commitment is to have them live up to one. The best way for a child to climb the ranks in martial arts is to attend more classes. So, for 2017, perhaps your child should make a commitment to come to class at least twice a week. And you could help them keep it.

Parents want their children to develop the skills taught by our tenets and codes such as self-discipline, respect and obedience, and of course actual martial arts. But some will allow their children to make bad decisions such as not going to class when the children "don't feel like it."

Some parents say they can't force their children to do things they don't want to do, but why not? That's called parenting, that's called teaching them to make good decisions. Would you allow your children to eat only sweets and not eat healthy foods? Would you allow your children to stay home from school anytime they want? How about watch "R" rated movies at age 8? I could go on, but I'm sure you get the idea.

It's hard to say "no" to children or in the case of going to class, to turn their "no" into a "yes." It's hard to allow children to be angry at you for being a parent and not a friend. Learning to keep a commitment is difficult, and in this case, it means that you, too, must make the commitment to get them to class, even when they don't "feel like it."

You could even go so far as to put it in writing. A written commitment reinforces the desire to keep the commitment. "Commitment is staying loyal to what you said you were going to do, long after the mood you were in when you said it has gone. " Having that piece of paper is a good reminder of the commitment.

Having raised four children I could usually detect when an illness was real or fake. Having raised four children in the martial arts, when I figured they were faking, I would always tell them that they needed to go because they made a commitment, but that if they were really not feeling well, they could sit out and watch. You can learn by watching too.

And I can tell you with confidence, from these experiences, that 19 times out of 20, the kids will enjoy themselves once they are there. And once in a while they will even thank you for making them go.

Mat Chat

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

This month:

Tenet/Code: Self-Control (Tenet)

Self-Control doing what is right when you feel like doing what is wrong. It helps you make good decisions.

Terminology Meaning of the Forms

Ki Cho Hyungs

First Energy (Basic or Beginner Forms)

Pyung Ahn

Peace and Confidence

Chil Sung

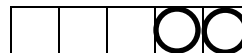
Seven Stars

KARATE JUMBLE

SATTO



GLPOI



AUPIHCGY



AATEKR



What do you call a pig that takes karate?

