



EAST TN TANG SOO DO NEWSLETTER

VOLUME 2, NUMBER 2 – FEBRUARY 2017

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Belt Exam Results

Congratulations to our newly ranked students who tested on Friday, January 20.



Duane Ward - Cho Dan Bo (Black Belt Apprentice) Level 2!

Jennifer Grillo-Foster and her son **Brandon Stafford** (not in picture) - Cho Dan Bo (Black Belt Apprentice) Level 1!

Emme Foster - 7th gup Orange belt.

Taylor Holmes and **Alex Foster** - 8th gup Orange belt.

Colt Strange - 9th gup Orange belt.

Weather Closings

If the weather is inclement, please check our FB page, or the Twitter Feed on the web page to see if we will be having classes.

We always try to make up missed classes.

Kodanja

and make up classes

Although we always hate to close, our black belts are readying themselves for a Spring black belt rank exam and will be training in Fayetteville, NC for four days, Wed, Feb 8 – Sat, Feb 11. As a result **we will be closed on Thu, Feb 9 and Sat, Feb 11.**

Make up class for Thursday will be held the following week. **Adult make up class is Mon, Feb 13, 6:30 p.m., Children's will be Tue, Feb 14, 5 p.m.**

Schedule Change

Saturday Schedule

After much discussion, we have decided to change our Saturday schedule.

We are moving all of our classes to the morning in hopes that more people can attend before getting involved in other weekend activities. The new Saturday schedule, **starting Feb 18**, is as follows:

8 a.m. – 9 a.m.: Black Belt / Advanced
9 a.m. – 10 a.m.: Competition / Demo
10 a.m. – 11 a.m.: Family Class
11 a.m. – noon: Sparring Class

Adult Schedule

Don't forget that starting this month, Monday Adult classes have moved to Tuesdays, 6:30 – 7:30.

Parenting Fair

Hal Henard Elementary
March 18, 10 a.m. – 2 p.m.
Demo: 1:15 – 1:30

Once again this year we will have a booth and be doing a demo at the Parenting Fair. If you notice us doing forms to music during class, we are trying to prepare.

We will also have formal demo practice during Competition Demo Class, Saturdays 9 a.m., starting Feb 18, and one last run through on Friday, March 17 at 5 p.m.

Although attendance is not required to perform with us, it would be a really good idea to attend at least one, and preferably more, of these.

Tournament Meeting

Tournaments / Demos
Saturday, Feb 18, 9 a.m.

If you or your child want to compete at TSD and/or Open tournaments this year, please attend this meeting.

We will discuss tournament participation options for students and choose which tournaments we will attend this year.

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."

AT HOME TRAINING – Helping your child learn at home

Like every academic subject and every sport, you get better at martial arts if you practice outside of class.

Twice a month we send home our own "academic" At Home Training as talked about in Mat Chat to the right, but there are also many small exercises your child can do to become better martial artists also. Most can even be done watching a movie or tv show.

One minute chart

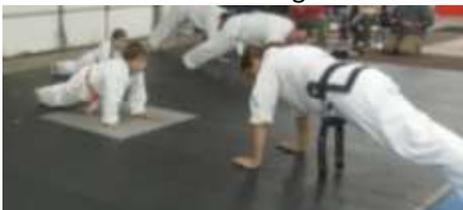
When Grandmaster Sgro was here he encouraged students to make a chart and track how many days they do push ups and plank for one minute each. I think a chart is a great idea so students can see their accomplishments.

Each of the exercises I suggest could be done for as short of time as a minute. If it is done every day, it will get easier and easier and students are likely to add more time on their own.

For a start though, one minute is short enough that it won't discourage your child even if s/he has a hard time with the exercise.

Push ups, Sit ups, Plank

These are core strengthening exercises. We will work on technique during classes as most students cannot do them properly at first, but any effort makes them stronger.



Horse Stance

Feet at least two shoulder widths apart, feet pointing straight forward, knees pressing outward. For extra challenge hold a stick as shown.



Stretching

Sit on the floor and spread your legs as far apart as possible. Toes to the ceiling. Reach down to each leg and to the center, holding for at least a count of eight for each position.



Standing on one foot

(option: pass ball underneath)

Stand on one foot. If you choose to pass a ball underneath it will ensure the leg gets raised enough for a kick.



Back Stance

Stand with feet at 90° angle, heel off heel at least a foot apart. Both knees bent, front heel off floor. Weight distribution is 90% back foot, 10% front foot. Should be able to lift front foot off floor.

Jump Rope / Skip

Jumping rope and skipping is a great way for students to prepare for our higher level jump kicks.

Mat Chat

You can find our full **Mat Chat** pages on our website. Select from the menu:

Parents / Mat Chat

This month:

Tenet/Code: Humility (Tenet)

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.

Terminology

- **Tora** - Turn
- **Ki Hap** - Yell
- **Ahn Jo** - Sit
- **Ba Ro** - Return
- **Shio** - Rest

Respect Contest



During February, in our Children's classes, we will have a list of students names and each time they say *Yes ma'am*, *No ma'am*, *Yes sir*, or *No Sir* **AT APPROPRIATE TIMES**, they will get a mark.

We will also send home "tickets" that can be signed by parents and teachers when they use those terms of respect at home or school.

The winner will receive their choice of: set of TSDMA / American Flag / Korean Flag patches or a set of Foam Nunchaku.