



EAST TN TANG SOO DO NEWSLETTER

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New Schedule Starts This Month!!

Most changes are minor enough that if you forget a time or two it's not a big deal. The biggest change is that we will now have Wednesday classes, moving us to a "full time" school. There is also the addition of an advanced Weapons class, a 3rd day for Little Dragons, 2nd day for Intermediate children, and we moved the 2nd Beginner Children class from Thu to Wed, followed by an open mat for extra practice, with help from available higher ranks.

DAY	TIME	CLASS
MON	4:30 – 5:30	Little Dragons (6 and under)
	5:00 – 6:00	Children (7-12) All Ranks
	6:00 – 6:30	Weapons (7 and up)
	6:30 – 8:00	Black Belt / Cho Dan Bo
TUE	10:00 – 11:00	Family Class (7 and up)
	11:00 – 11:30	Family Class Weapons
	4:30 – 5:00	Little Dragons (6 and under)
	5:00 – 6:00	Int/Adv Children
	6:00 – 6:30	Weapons (7 and up)
	6:30 – 7:30	Adults (13 and up) All Ranks
	7:30 – 8:00	Advanced Weapons
WED	4:30 – 5:30	Children (7-12) All Ranks
	5:30 – 6:00	Open Mat
	6:00 – 6:30	Weapons (7 and up)
	6:30 – 7:30	Int/Adv Adults
THU	10:00 – 11:00	Family Class (7 and up)
	11:00 – 11:30	Family Class Weapons
	4:30 – 5:00	Little Dragons (6 and under)
	5:00 – 6:00	Int/Adv Children
	6:00 – 6:30	Weapons (7 and up)
	6:30 – 7:30	Adults (13 and up) All Ranks
FRI*	5:30 – 6:30	Open Mat (Sign Up Required)
	6:30 – 7:30	Judo Basics (non-rank class)
SAT**	8:00 – 9:00	Black Belt / Cho Dan Bo
	9:00 – 10:00	Competition / Demo Team
	10:00 – 11:00	Family Class (All ages/all ranks)

*Friday classes cancelled for Belt Tests and overnight tournaments.

** Saturday classes cancelled on tournament days.

\$50/MONTH ☺ FAMILY RATES AVAILABLE!

BACK TO SCHOOL SPECIAL

New students who sign up by September 1st get **two months of classes for \$50!**

And don't forget that if a current student brings in a new student they get 50% off their next month's tuition for each new student who signs up and pays!

Belt Exam

Fri, Aug 11

**6 p.m. (Testing students should arrive by 5:30 p.m.)
\$30 testing fee.**

All students currently attending, other than those starting in Jul or Aug, are eligible to test this time. Guests are welcome. Open to the public.

Calendar

AUGUST

Aug 5, TN State Karate

Championships, Baxter, TN. We will be doing a day trip for this.

Aug 25 – Mountain View Open

Karate Championships, Hickory, NC. We will observe and decide if we should add to our tournament schedule next year.

Aug 11, 6:00 PM. Belt Exam

Aug 29, 6:30-7:30 PM. Self-

Defense Seminar. Open to the public and FREE.

Mixed Arts: Poetry and Martial

My other love, other than martial arts, is poetry. Although they are both important to my life, it is rare that they overlap. I decided to post two poems where they did. The first is based on my experiences teaching Little Dragons. The second is based on the series of forms students learn beginning at orange belt and how a student grows through the forms.

Herding Dragons

They won't stand in line for long,
wander away, unconcerned,
unless they are breathing fire.
*Take a deep breath through your nose,
breathe dragon breath out your
mouth.*

They all run at different
speeds, never stay together.
*I'm not a Little Dragon,
Vera says. I am a big
Dragon. I have little wings.*

They do not understand things
I take for granted all do.
*If a big block is on top
of another big block, is
that a high block? Asks Jayon.*

One stands still, another moves.
One kicks, the rest poke and talk.
We do blocks to Star Wars theme.
Ryan says, *This is so great.
I say that every time.*

Aiden is ready for big
kid classes, but doesn't want
to leave dragon contentment,
free to wander to the landscape
as dragons rule the dojang.

Peace and Confidence

hyung

sho dan

acorn grows double
lofty branches reach
open
sky
roots dig for water

e dan

nested eggshell cracks
new wings push
out
until they free
legs to kick new life

sam dan

drumfire beats of thunder
shake
branches
invite
lightning

sah dan

gale winds bearing
southeast northwest northeast
spiral entwine branches snakelike
snap
quickly turn become
undercurrents

o dan

turtle shelters safe
tree
wrestles
plummets
ascends
withstands

pyung ahn

peace and confidence
attained
turtle
leaves the weald
to tear down the fortress

Mat Chat

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

Parents / Mat Chat

We have also decided to invite the parents to participate in our Mat Chat! If you would like to join us, you may sit with us on the floor or bring over a chair and sit it on the track portion of the mat.

This month:

Tenet/Code:

In Fighting, Choose with Sense and Honor (Code)

What does it mean?

This means to pick your battles wisely. Only fight when there is no other choice. Do not learn to fight to get your way by bullying those weaker than you. We learn how to fight so that we do not have to fight – this is the way of Pyong Hwa Kunin (Peaceful Warriors).

What DOESN'T it mean?

Just like Code 4, it does not mean that you fight every fight that comes your way.

Terminology

Ahp cha gi – Front Kick

Yup cha gi – Side Kick

Tallyo cha gi – Round Kick

Chun kul ja she – Front Stance

Hu kul ja she – Back Stance

Kee ma ja she – Horse Stance