



# EAST TN TANG SOO DO NEWSLETTER

VOLUME 2, NUMBER 9 – SEPTEMBER 2017

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## Belt Exam Results



We tested nineteen during our August belt exams. Amazing performance by all students:

**Little Dragon Yellow:** Vera Eastep

**Little Dragon Gold:** Ryan Foster, Jayon Gillespie

**9<sup>th</sup> Gup:** Nick Foster, Aiden Warren (promoted from Little Dragons!!)

**8<sup>th</sup> Gup:** Caden Hensley

**7<sup>th</sup> Gup:** Ryan Crawford, Miles Flath, Robert Hammett, George Sieber, Daniel Flath, RJ Hammett

**6<sup>th</sup> Gup:** Alex Foster, Keith Foster, Kieran Albright

**5<sup>th</sup> Gup:** Caleb Crawford, Emme Foster

**Cho Dan Bo, Level 3:** Jennifer Grillo-Foster, Duane Ward.

What impressed me even more than the individual students' skills were the families testing!

- The Foster family: Keith, Nick, Alex, Emme and Ryan.
- The Hammett Family: Robert and RJ Hammett, Miles and Daniel Flath
- The Crawford Family: Ryan and Caleb.
- George Sieber and his daughter Vera Eastep
- Jennifer Grillo-Foster and her son Kieran Albright.

## Tournament Updates

### Next Tournament

**The Fall Classic, 9/23, Crown College, Knoxville**

We encourage all of our students to attend this tournament. It is the closest and largest tournament we attend each year. You can get your reg form from Ms. Vic or Ms. Jennifer or you can register online at: <https://www.fallclassickarate.com/>



### TN State Karate Championships, 8/5/2017

Good day for our adults at the TN State Karate Championships!!

**Ian Turnage:** 2<sup>nd</sup> forms, 3<sup>rd</sup>: weapons.

**Jennifer Grillo-Foster:** 1<sup>st</sup> forms, 1<sup>st</sup> weapons (FIVE FOOT trophies)

**Ryan Crawford:** 1<sup>st</sup> sparring: 2<sup>nd</sup> forms, 3<sup>rd</sup> weapons.

**George Sieber:** 2<sup>nd</sup> sparring, 3<sup>rd</sup> forms, 4<sup>th</sup> weapons.

Two children, **Kieran Albright** and **Caleb Crawford**, competed but did not place. Their divisions were HUGE and they both competed well!

## Events

### SEPTEMBER

**Sat, 9/23, The Fall Classic, Crown College, Knoxville. NO CLASSES!**

**Tue, 9/26, 6:30 – 7:30 PM, Self-defense seminar**

**Sat, 9/30, 10 AM – 4 PM. Booth at Fall Festival of Nations. WE NEED PEOPLE TO HELP AT THE BOOTH!!!** Please sign up at the front desk! **NO CLASSES!**

**Sat, 9/30, 12:45 PM. Demo at Fall Festival of Nations.** *Please meet at our booth by 12:30 at the latest. Preferably 12:15. NOTE: ALL STUDENTS ARE WELCOME AND ENCOURAGED TO PERFORM WITH US. JUST COME AND PRACTICE, THEN SHOW UP FOR THE DEMO! THERE ARE PARTS OF THE DEMO EVERY STUDENT CAN DO!*

## Summer Uniforms



This is the last month for summer uniforms. As of October 1, full uniforms are required. The exception to this is if you buy a school t-shirt. ETTSD and TSDMA t-shirts are permitted through October 31.

# Being a Good Karate Parent

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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."

## Uniform Protocol

All students and their parents should be aware of the following.

## Belt Protocol

A student's belt should never lie on the ground. It should be on the student, hung up or be otherwise stored.

## Uniforms

We have not enforced the uniform trim because of the extra cost, but if you cannot afford a trimmed uniform, we plan to order colored trim that can be added to your current uniform at a lower cost. Ms. Jennifer can do the sewing, also at a small cost.

- Students may wear any uniform authorized by the Head Instructor of their dojang.
- Students will wear their traditional uniforms to formal events: Gradings, Tournaments and such.
- 6 Gups - 4 Gups will have their uniforms trimmed in green.
- 3 Gups – 1 Gups will have their uniforms trimmed in red.
- All Dan Member uniforms will be fully trimmed in midnight blue.

## T-Shirts

When wearing t-shirts, they need to be TUCKED IN to the uniform bottoms.

## Other Protocol

Protocol for social events, restaurants, visiting schools, patches and tying your belt can be found in our student manual.

# Saturday Classes Mat Chat

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Don't forget we run classes, important classes, on Saturdays!

## Competition/Demo Class 9 AM

We have three more tournaments this season and a demo coming up on September 30. Although we do cover tournament protocol and review portions of the demo during regular classes, this class is set up to specifically run as though you were in a tournament during the tournament portion and will run through the entire demo during the demo portion. All students who compete and/or are planning to do the demo are encouraged to attend.

## Family Class, 10 AM

This is a FREE CLASS. If you only attend this class, you will never need to pay. It 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 / ranks, so lessons run at a leisurely, comfortable pace for those unfamiliar with martial arts routines. It will not include sparring, weapons or board breaking. If students wish to participate in those activities, regular weekday classes are offered.

## October Self- Defense

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### October 24, 6:30 PM

Self-defense is usually on the last Tuesday of the month. Since the last Tuesday of October falls on Halloween, Self-defense will be held on the 4<sup>th</sup> Tuesday, October 24. The time is the same, 6:30 PM.

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

**Parents / Mat Chat**

**Parents are now invited 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: Integrity (Tenet)

### What does it mean?

Doing the right thing, even when nobody is watching, because it's the right thing to do!

## Terminology

- **Low Punch**  
*Ha dan kyuck*
- **Center Punch**  
*Choong dan kyuck*
- **High Punch**  
*Sang dan kyuck*
- **Low Block**  
*Ha dan mahk ki*
- **High Block**  
*Sang dan mahk ki*
- **In/out Block**  
*Ahneso phaku ro mahk ki*

## Lost and Found

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Our lost and found pile grows, including pieces of uniforms. PLEASE check for your belongings. We will have to pack up and donate usable clothing to Goodwill sometime soon.