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EAST TN TANG SOO DO NEWSLETTER

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Summer Uniforms



As of Oct 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 Oct 31.

Also, as a reminder, t-shirts must be tucked in, even under your uniform.

Christmas For Thousands Benefit Tournament

We encourage all of our students to enter this tournament. Proceeds will bring schools and health supplies, and "Christmas" to thousands of Children in Guatemala and the Philippines!

The tournament is at Winder Elementary School in Winder, GA. Some will drive down the night before. Let us know if you would like to join us.

You can register for the tournament online at: <https://battleofbirmingham.redpodium.com/2017-christmas-for-thousands-tournament>

Preregistration: \$40. Family Rate: You will only pay for 2 competitors in your immediate family. Anyone after that, will be FREE!!

Fall Classic Results



10th gup White Belt Colton Petree was our big winner with 1st place in Continuous Sparring, 1st in Point Sparring and 2nd in Forms.

7th Gup beginner George Sieber took 2nd in Point Sparring.

1st Gup Rob Petree took 2nd in Forms and 3rd in Point Sparring.

Cho Dan Bo Jennifer Grillo-Foster took 2nd in Weapons and 2nd in Forms.

Black belt Sarah Etter took 3rd in Weapons and 3rd in Forms.

Children Emme Foster and Graysun Ingle also participated. They did not take trophies or medals but they competed well in HUGE divisions.



October Events

Mon, Oct 9. Columbus Day. WE WILL BE OPEN FOR REGULAR CLASSES!!

Mon, Oct 9 – Fri, Oct 13. Tip Test Week. Students who are on target to test in Nov should receive their 2nd stripe.

Sat, Oct 21, Christmas for Thousands Benefit Tournament, Winder, GA. NO CLASSES FRI OR SAT.

Tue, Oct 24, 6:30-7:30 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 4th Tuesday, October 24. The time is the same, 6:30 PM.

Tue, 10/31, Halloween. Come to class dressed in your costume!

Lost and Found

LAST CHANCE!!

Our lost and found pile grows, including pieces of uniforms. PLEASE check for your belongings.

At the end of October, we will have to pack up and donate usable clothing to Goodwill, reclaim any uniforms into our loaner box, and trash anything else still left on the bench.

Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas, on how to support your children in martial arts.

Your Children May Not Be Perfect, But They Are Good Enough

Many parents watch their children in class. I encourage this, but sometimes I see frustration on faces when “their child” is not perfect, or does not perform as well as another child.

Listen to me. **Your child is good enough**, no matter their performance in class, especially in the first six months to a year of classes. And I ask that you give them that chance.

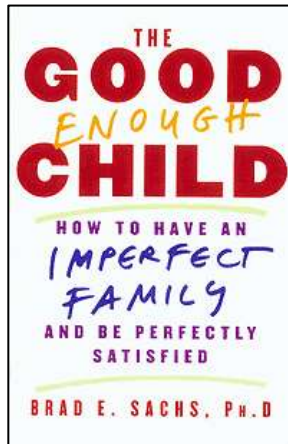
Children develop at their own rates. Some pick things up right away. Others have to be told hundreds of times how to do a basic stance. Sometimes these children are in the same family.

I have some experience here. I not only run a martial arts school and have seen it in my students, I raised four children in the martial arts. Two of them were “naturals.” Two of them were, well, not. Three of them earned black belts. And Ian, Will and Sarah are all still practicing and competing.

But the big issue here is how parents react to their children. Encourage them. Say how well they did. If you see improvement, tell them. If you don't, praise them for doing the class. Criticizing them will only make them feel as though they are not good enough. And it may make them want to quit. **And they are good enough!**

Even in Little Dragons I see huge differences in ability and yet consistent growth. For example, some 4 year olds are able to stand still for a full minute in the first class. Others take six months before they can do it. But eventually, they ALL get there.

Lastly, if you want to learn how to encourage your child be their best without pushing them into failure, I recommend the following book:



The Good Enough Child: How to Have an Imperfect Family and Be Perfectly Satisfied Paperback
– by Brad E., PhD Sachs

Dr. Brad Sachs knows what it's like for parents. Your son or daughter often turns out to be the child of your dreams. **The Good Enough Child**, from an experienced and respected psychologist, eases you down the unpredictable path of child-rearing, offering lively anecdotes, practical strategies, and hands-on exercises that will help you to develop realistic expectations of your family, and to understand, forgive, and accept them in spite of their imperfections. The result is that you will raise your children with greater clarity and compassion, and finally enjoy a loving, supportive relationship with them.

Mat Chat

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 on the track portion of the mat.

This month:

**Tenet/Code:
Concentration (Tenet 2)**

What does it mean?

Concentration means **Complete Attention**.

It is important because it lets you learn, understand and finish a task or job to the absolute best of your ability.

The At Home Training is a bit different this month. Rather than simply writing or telling about the tenet, this month we are giving students a list of concentration exercises. If parents would please help with this it would be greatly appreciated.

Terminology

- **First basic form**
Ki cho hyung il bu
- **Second basic form**
Ki cho hyung ee bu
- **Third Basic form:**
Ki cho hyung sam bu
- **1st Peace and Confidence form**
Pyoung ahn cho dan
- **2nd of Seven Stars**
Chilsung ee lo