



EAST TN TANG SOO DO NEWSLETTER

VOLUME 2, NUMBER 11 – NOVEMBER 2017

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Tang Soo Do Grading



Fri, Nov 10, 6:00 p.m.

Testing students should arrive
by 5:30 p.m.

\$30 testing fee

Students will be informed the week of Oct 30 if they will test this cycle. **Guests welcome. Open to the public.**

Basic Judo Seminar

Sat, Nov 18, Noon-2PM
with Erick Jordan. \$25

Ages 13 years and up. A deposit of \$15 is required to reserve your place and is due by Nov 11. The balance of \$10 can be paid before Nov 18 or at the door.

Erick has over 30 years of martial arts experience, studying various forms of martial arts and holding black belts in Brazilian Jiu Jitsu and Judo.

Erick is a 2012 national champion, a four-time TN state champion, and NC state champion in Judo. He was inducted into the Warrior Fighting Challenge Hall of Fame in 2007.

Open to the public! Invite your friends and family!

Christmas For Thousands Tournament Results



On October 21, members of East TN Tang Soo Do travelled to Winder, GA to compete in the **Christmas for Thousands Tournament**. Proceeds from this event will be used to bring school and health supplies, and “Christmas” to thousands of Children in Guatemala and the Philippines!

ETTSD made a strong showing, bringing home 4 Gold medals, 8 Silver Medals and 4 Bronze medals. The winners were (L-R in the photo):

- Robert Hammett (adult beginner): 1st weapons, 2nd forms, 2nd sparring.
- Miles Flath (adult beginner): 2nd weapons, 3rd forms, 3rd sparring.
- Daniel Flath (10-13 beginner): 1st sparring, 2nd form, 2nd weapons.
- Jennifer Grillo-Foster (adult advanced): 1st forms, 1st weapons.
- R.J. Hammett (10-13 beginner): 1st weapons, 2nd sparring, 3rd forms.
- Ian Turnage (35+ black belts): 2nd sparring, 2nd forms, 3rd weapons.

Building Sign Fundraiser



Our next big price project is the above banner for the outside.

All proceeds from snacks and drinks will go to pay for the sign until we make it happen. Extra donations are appreciated.

Also, we have some “misprint” ETTSD t-shirts that you will be allowed to wear to class in warm weather. You can have one for a donation of \$5 or more while the supply lasts.

November Events

Mon, Nov 6 – Thu, Nov 9. Tip Test Week. Students on target to test will earn their 3rd stripe.

Fri, Nov 10, 6PM, Tang Soo Do Grading. See details left column.

Sat, Nov 18, 12-2PM. Basic Judo Seminar. See details left column.

Thu, Nov 23, THANKSGIVING.

CLOSED!! We will be there Fri for Open Mat and Sat for classes if you would like to get in your Thanksgiving Workout!

Tue, Nov 28, 6:30-7:30 PM Self-Defense Seminar. Open to the public and **FREE**.

Being a Good Karate Parent

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

What do Students Learn From Sparring?

We spar at least once a week in our dojang. We encourage all students to participate even if they start out being reluctant.

Sparring helps improve techniques we teach in class such as punches, blocking and fighting strategy. It also builds skills unique to sparring: timing, distance awareness and footwork. And it is an essential part of Tang Soo Do.

We never let children spar unsupervised to be sure the lessons of sparring are learned and that no one gets hurt. However, not getting hurt is different from taking a hit. And we do want kids to learn that. Kids WILL get hit, and lessons can be learned from that also.

Kids learn that momentary pain from sparring isn't the same as getting hurt. Once they get used to this, they learn to not stop fighting when they get hit! This is important in the real world where their opponents will not stop fighting and give them a break if they actually do get injured.

Kids learn to not be bullies. Sometimes, instead of getting scared if they get hit, kids get mad. They have to learn to control their emotions if they want to continue sparring. And in real life, an angry fighter isn't usually a smart fighter. If children learn what it feels like to be hit, they will be able to keep their cool if they ever encounter a real-life opponent.

Kids learn that there are ways to minimize even that momentary pain from sparring. Tightening stomach muscles, kihapping, and other

techniques that help a punch to the stomach, the most common place to take a punch or kick, not hurt as much.

Lastly, it really does become easier over time. The more you take hits, the easier it is to take the next one, both psychologically and physically.

And then there's tournament sparring. Students are much more likely to test their skills in a tournament. They need to be able to take a hit, find openings and counter, even if they are hurting from being hit.

In the open tournaments we attend the meaning of "light sparring" is a bit different from the Tang Soo Do tournament definition. They spar hard, allow face contact and compete at a national level of competence and training. We want our students to learn to hold their own.

Many students who begin as reluctant sparrers end up being the best ones, once they learn the lessons sparring teaches. And usually, even most reluctant students come to eventually like sparring.



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 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:
Perseverance (Tenet 3)**

What does it mean?

NEVER GIVING UP!

- Perseverance is when we start and finish a job.
- It is when we do work that is hard and sometimes boring, but we finish it.
- When we persevere, our family, teachers & our friends trust us.
- When we persevere we improve our skills.
- Perseverance is commitment, hard work & patience.
- Perseverance is trying again and again.

Terminology

- **Back Kick**
Dwi cha gi
- **Axe Kick**
Ccik cha gi
- **Hook Kick**
Yup hu ro cha gi
- **Side Punch**
Weng jin kong kyuck
- **Back Fist**
Kap kwon kong kyuck
- **Hammer Fist**
Kwon do kong kyuck