



EAST TN TANG SOO DO NEWSLETTER

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216 BOHANNON AVENUE, GREENEVILLE, TN 37745 – 203-609-1408 – ETTSD.COM – INFO@ETTSD.COM

Happy New Year!



A new year, a new start. A new page of our lives and for East Tennessee Tang Soo Do. Our studio is growing and I hope it continues to grow over the next year.

Weather Closings

Please check our Facebook page and Twitter feed (right column of our Web Page as well as on Twitter) to find out if we are open. Any missed classes will have make up time during open mats.

New Years Special

Turn those New Years Resolutions to work out into reality, and learn a new skill! Sign up for classes in January, pay for one month, and get a 2nd month free! Open to **New Students**, including family members of current students!

New Student Promotion

Current Students who recruit a new student to ETTSD get a 50% discount on their fees for the first month of the new student's enrollment! The more students you recruit, the more you save!

Don't Forget!

We do all of these things too!

OPEN MAT

Wed, 4:30 – 5:00 p.m. Fri, 5:30 – 6:30 p.m., Sat, 9 – 10:00 a.m. (Jan only.)

Having problems with a form or one-step? Need to make up a missed class? Just need to beat on a bag and let off frustration? Come to open mat where one of staff will be available to help you.

SELF-DEFENSE

*Last Tuesdays, 6:30-7:30 p.m.
FREE, ages 8 and up.*

This hands on (literally) class covers a variety of useful and powerful techniques. Raise awareness of your surroundings as you learn new skills. We believe everyone should have a basic understanding of self-defense & hope we can contribute to that understanding.

FAMILY CLASS

*Saturdays, 10:00 – 11:00 a.m. FREE
(non-tournament days)*

Learn the basics of Tang Soo Do including techniques, forms and self-defense. Family oriented, open to all ages and all ranks. Lessons run at a comfortable pace for those unfamiliar with martial arts. It does not include sparring, weapons or board breaking. If students wish to participate in those, regular weekday classes are offered.

January Events

Mon, Jan 8 – Thu, Jan 11. Tip Test Week. Students on target to test in Feb will earn their 2nd stripe.
Tue, Jan 29, 6:30-7:30 PM Self-Defense Seminar. Open to the public and **FREE**.

Birthday Parties!

Birthday parties at ETTSD can be scheduled on Fri, Sat or Sun. They last for 90 minutes.

We provide: Tables and tablecloths. Chairs. Invitations. Plates, cups, plasticware. Balloons. Streamers. Other small decorations. 1-month Gift Certificates as prizes.

Activities include a short karate lesson where kids punch, kick, flag spar and even break boards! Party goers will also run through an obstacle course and play other games such as (paper) throwing stars.

You just bring any food you want to serve (pizzas and birthday cakes are good ideas)!

Cost: \$150.00: up to 8 party participants. \$175.00: unlimited guests (just let us know how many.)

DISCOUNT: \$25 off for new students who sign up for one month of lessons.

Book a party now! No martial arts experience necessary for the birthday party!

Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas, on how to support your children in martial arts. This month's column is a reprint of one from last Jan. It seemed appropriate for a time of New Years Resolutions.

New Years Resolutions – Making a Commitment

The new year brings about resolutions and this is a good time to talk about commitment. Along with martial arts, we try to teach values that will be of use to our children in adult life. Some come from our tenets like integrity and perseverance. Some come simply from coming to class. One of those is commitment.

The best way for a child to learn commitment is to have them live up to one. The best way for a child to climb the ranks in martial arts is to attend more classes. So, for 2017, perhaps your child should make a commitment to come to class at least twice a week. And you could help them keep it.

Parents want their children to develop the skills taught by our tenets and codes such as self-discipline, respect and obedience, and of course actual martial arts. But some will allow their children to make bad decisions such as not going to class when the children "don't feel like it."

Some parents say they can't force their children to do things they don't want to do, but why not? That's called parenting, that's called teaching them to make good decisions. Would you allow your children to eat only sweets and not eat healthy foods? Would you allow your children to stay home from school anytime they want? How about watch "R" rated movies at age 8? I could go on, but I'm sure you get the idea.

It's hard to say "no" to children or in the case of going to class, to turn their "no" into a "yes." It's hard to allow children to be angry at you for being a



parent and not a friend. Learning to keep a commitment is difficult, and in this case, it means that you, too, must make the commitment to get them to class, even when they don't "feel like it."

You could even go so far as to put it in writing. A written commitment reinforces the desire to keep the commitment. "Commitment is staying loyal to what you said you were going to do, long after the mood you were in when you said it has gone. " Having that piece of paper is a good reminder of the commitment.

Having raised four children I could usually detect when an illness was real or fake. Having raised four children in the martial arts, when I figured they were faking, I would always tell them that they needed to go because they made a commitment, but that if they were really not feeling well, they could sit out and watch. You can learn by watching too.

And I can tell you with confidence, from these experiences, that 19 times out of 20, the kids will enjoy themselves once they are there. And once in a while they will even thank you for making them go.

Mat Chat

You can find our full **Mat Chat** pages on our website. Select: **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 it on the track portion of the mat.

This month:

Tenet/Code:
Loyalty to one's country (Code)

Standing by or standing up for someone or something you believe in, such as your country.

Terminology
Tang Soo Do

Way of the China Hand

Why does a Korean style of karate has "Chinese" in its title? Think of Chinese Food, German potato salad, Southern Fried Chicken, New York Pizza, Buffalo Wings.

Grandmaster Hwang Kee, who started modern Tang Soo Do, spent years in China during World War II because Korea was taken over by Japan. Koreans were not allowed to practice their traditional martial arts. Many Koreans escaped and worked and trained in China until the end of World War II. Grandmaster Hwang Kee was one of them.

Counting in Korean

One – Hana	Six – Yasot
Two – Tul	Seven – Ilgop
Three – Set	Eight – Yodel
Four – Net	Nine – Ahop
Five – Tasot	Ten – Yol