



EAST TN TANG SOO DO NEWSLETTER

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Shim Sa Results



We held a Beginner/Intermediate Shim Sa on Friday, Sep 14. Ryan Crawford, who tested Tuesday, Sep 18, is missing from the photo.

Results:

- **8th gup:** Easton Huff, Faith Rader
- **7th gup:** Ryan Foster, Roger Haracz
- **6th gup:** Blayne Smith
- **5th gup:** Ryan Crawford

Schedule Change

Starting this month, we no longer have Wednesday evening classes. The new classes to replace Wednesdays are:

Children, All Ranks
Thu, 5-6PM

This will be co-taught by Ms. Jennifer (Beginners) and Ms. Victoria (Int/Adv.) The class will split off after warm up to their respective groups then spar together for the last half of class.

Open Mat
Fri, 6-7PM

Open Mat is returning to Fridays. It will now be held from 6-7PM. SIGN UP IS REQUIRED!

Operation Christmas Giveaway Tournament

Sat, Oct 27

Cumberland Baptist Church
4947 Cumberland Rd
Fayetteville, NC 28306

This is the next tournament we are pushing hard. Not only is it a Tang Soo Do tournament, the profits go to bring Christmas to needy children in the Philippines and Guatemala.

The registration fee is \$55. If you register 2 people from the same family, any other family members compete for free! (If you really want to go and can't afford it, please message me and I will see about getting a discount code.)

The events include team forms and team weapons forms. We hope to get a team together for each.

To register go to: <https://sgrokarate.redpodium.com/2018-operation-christmas-give-away-tournament>
You can find the link on our FB page.

Carolina Ren Faire

Some of us are planning to make this a two-day trip and attend the Carolina Renaissance Faire on Sunday. Everyone is welcome to join us! To find out more about the faire check out <https://www.carolina.renfestinfo.com/>.

Calendar

- **Thu, Oct 4**, Mat Chat.
- **Mon, Oct 8 – Thu, Oct 11**, Tip Testing.
- **Thu, Oct 18, 6:30 PM. Sparring with JTKD @ETTSD.** This will be during our regular Adult Class.
- **Fri/Sat, Oct 19-20, 8 AM-4 PM Rummage Sale.** At the studio. Fundraiser for Tournament Team.
- **Tue, Oct 23, 6:30-7:30PM Self-Defense Seminar.** Open to the public and **FREE**.
- **Sat, Oct 27, Operation Christmas Giveaway Tournament.** Fayetteville, NC **NOTE: We will be closed Fri/Sat 10/26 & 10/27 to attend.**
- **Mon, Oct 29 – Thu, Nov 1**, Super Powers Theme Week.

Optional Classes

Demo/Competition Class is available 9am on Saturdays: 10/6, 10/13, and 10/20. If you, or your child, are competing in tournaments this year, you should attend this class to learn tournament protocol as well as perfecting your tournament forms. It is also our demonstration practice time during the weeks before a demo.

Free Family Class is available 10am on Saturdays: 10/6, 10/13, and 10/20. Learn basic martial arts skills. Open to the public. If you only attend this class, you never have to pay.

Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas and Ms. Jennifer Grillo-Foster, on how to support your children in martial arts.

Uniforms & Theme Weeks & Fundraisers, Oh My!

Several small items on the agenda. Not quite a “Good Karate Parent” column but a good karate parent does need to read the announcements on the white boards and in the newsletter in order to support what their children do in class. So, a few items I want to be sure you all know about.

Uniforms

October means the return of full uniforms, with exceptions. Those exceptions being on days when the outside temperature breaks 80. We have seen some October heat waves down here and we don't want to suffocate our students to just to follow protocol.

A “full uniform” means bottoms, tops tied correctly and belts. If students choose to wear t-shirts under the top, please be sure they are tucked in and not visible below the uniform top or in the side slits.

Theme Weeks

We all love wearing t-shirts instead of uniform from time to time, so we are instituting theme week for the last week of each month. Our first month of this is described below.

Super Powers Week

Mon, Oct 29 - Thu, Nov 1

This month's theme is Super Power. Kids (and adults) may wear a t-shirt with a Superhero theme. We will have theme activities such as:

- Power Punches – students will be encouraged to punch their hardest shouting “Power” as their kihap.
- Superman Flying Side Kicks.
- Fight villains during forms (also known as bunkai.)

- Look with Laser Eyes during forms.
- Students will be encouraged to choreograph fight scenes during sparring.

Fundraisers Update

Krispy Kreme

Our Krispy Kreme fundraiser began on August 27, 2018 and ended on September 17, 2018, raising over \$300 to put toward our tournament equipment.

Ultimate Shine Car Wash

We have partnered with the **Ultimate Shine Car Wash** here in town. All this effort entails is putting in a fundraising code before you wash.

The studio will receive a percentage of all sales made using our code. **Our code is 220.** Please see flyer at the studio for all car wash locations.

Rummage Sale

Fri/Sat, Oct 19-20, 8AM-4PM.

We will have the sale at the studio. Anyone who wants to sign up to work would be appreciated.

We are also taking donations for the sale. You can drop them off at the studio any time between now and the sale. All proceeds will go toward our tournament team, supplying them with cameras, tripods, uniforms and more.

Once all of the fundraisers are complete we will have a final accounting and those who helped initiate this will help decide how to spend the money.

Mat Chat

You can find our full **Mat Chat** pages on our website. Select: **Parents / Mat Chat**

This month:

Tenet/Code: Self-Control (Tenet 5)

What does it mean?

- Self-Control is doing what is right when you feel like doing what is wrong. It helps you make good decisions.

What is a Better Choice?

- You play a game that is difficult and you keep making mistakes. You get mad at the game or the person you are playing with.
- It's time to leave for karate but your favorite tv show just came on. You tell your parental unit that you don't feel well.
- You want something at the store but your parental unit says no. You throw a tantrum.
- You love ice cream so much that you keep eating and eating and eating and get sick.
- Your karate instructor wants you to concentrate on basics but you know you can do more advanced techniques so you do them to prove it. You don't understand why your instructor makes you do pushups for not following instructions.

Terminology

- Reverse round kick ~ *Peet cha gi*
- Stomp Kick ~ *Chit pal gi*
- Inside to Outside Crescent Kick ~ *Ahneso phaku ro cha gi*
- Outside to Inside Crescent Kick ~ *Phakesu ahnuro cha gi*
- Side Stance ~ *Sa ko rip ja seh*
- Fighting Stance ~ *Deh ryun ja seh*