



EAST TN TANG SOO DO NEWSLETTER

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

Christmas Parade

There has been some interest in marching in the Christmas Parade on Sunday, Dec 2. We will be passing out a sign-up sheet. If we can get at least 15-20 people to march by Nov 15, we will do it.

Int/Adv Shim Sa



Fri, Nov 16, 6:00 p.m.

Testing students: 5:30 p.m.

\$30 testing fee

Guests welcome. Open to the public.
FULL UNIFORMS!

Int/Adv Shim Sa. These students are invited to test:

- **4th gup:** Noah Janha
- **3rd gup:** Ryan Crawford, Daniel Flath, Miles Flath, Robert Hammett, R. J. Hammett
- **2nd gup:** George Sieber
- **1st gup:** Caleb Crawford, Emme Foster, Keith Foster, Graysun Ingle.

Shoes

We know our studio floors get cold. Although the mats stay reasonably warm, little toes do get cold. So, during the winter months we allow children to wear shoes on the mats. HOWEVER, SHOES WORN ON THE MAT SHOULD BE "INDOOR SHOES." That is, shoes NOT WORN OUTSIDE.

Operation Christmas Tournament Results



Our underbelts were the stars of the tournament. Brothers Noah Janha and R.J. Hammett came away with three medals each. 5th gup Noah took 1st in Sparring, 2nd in Forms and 3rd in Weapons. 4th gup R.J. took 1st in Weapons, 2nd in Sparring and 3rd in Forms.

8th gup Faith Rader took 1st place in both Adult Underbelt Forms and Weapons. She fought against intermediate and advanced males for sparring and although she didn't take a medal, fought so valiantly that a black belt came up to her and told her she has "the heart of a warrior."

As an added treat, Noah got to lead the tournament participants in the Pledge of Allegiance.

Our black belts, Mr. Ian and Ms. Jennifer competed well but had the largest group and did not bring home any medals. Better luck next time!

Calendar

- **Thu, Nov 1, Mat Chat.**
- **Mon, Nov 5 – Thu, Nov 8, Tip Testing.**
- **Thu, Nov 15, 7:15 PM. Sparring with JTKD @JTKD.** Our regular Adult Class will still run at the studio.
- **Fri, Nov 16, 6 PM Intermediate/Advanced Shim Sa.** See first column.
- **Thu, Nov 22, THANKSGIVING. WE ARE CLOSED!**
- **Tue, Nov 27, 6:30-7:30PM Self-Defense Seminar.** Open to the public and **FREE.**
- **Mon, Nov 26 – Thu, Nov 29, Video Games Theme Week.**

Optional Classes

Demo/Competition Class is available 9am on Saturdays: Nov 4, 11, 18, 25, Dec 2. If you, or your child, are competing in tournaments next year, THIS IS THE TIME to attend this class to learn tournament protocol as well as perfecting your tournament forms BEFORE the season starts again next February. It is also our demonstration practice time during the weeks before a demo.

Free Family Class is available 10am on Saturdays: Nov 4, 11, 18, 25, Dec 2. 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. This month's article is by Ms. Jennifer.

Supporting Your Child in the Martial Arts

Parents have many roles in their child's life: caretaker, chauffeur, disciplinarian. I am a mother, a martial artist, an instructor, and a mother of a martial artist. Each role has its own set of duties and responsibilities.

Recently, my youngest son joined a dojang in Ohio, where he lives with his dad. My roles have shifted from martial arts instructor to martial arts parent.

Even though I live in Tennessee I still do my best to support him. His father asks questions and sends videos of our son from every class. I talk to my son as well and love hearing him discuss classes with me, his mother, and not with me, his instructor.

This role shift was, for me, sudden. I did some research on how I could encourage and support my son in martial arts, even from afar, and compiled a list of suggestions.

Take an interest. Watch a class. Put down the phone or tablet and observe. Kids tend to like showing off. Ask open-ended questions about discussions from class or their dojang friends.

Get involved. Most students have classes 2-3 days a week. On those off days, practice at home. Have them show you their forms out in the yard. I do dishes in back stance. A friend of mine with a wonderful horse stance used to practice while watching tv.

Support your dojang. Attend seminars and other events. Offer to help with cleaning. Promote! Bring in your child's friends as potential students.

Support your child. By this, I mean regular attendance. Spotty attendance leads to spotty performance. Your child also needs a uniform and gear that are clean and well-fitted.

Trust the instructor. It is the in-

structor's turn to try to get some information into your child's thick skull. Sit back and enjoy the show. How often do you get to do that?

Don't be THAT parent. Y'all know the one. Obnoxious. Negative. Harasses judges, undermines instructors. It's embarrassing for the child.

Communicate. Are there mental or physical limitation concerns? Sure, everyday concerns should have been addressed with instructors when joining. I'm talking about temporary concerns. A strained wrist. A migraine that morning. Arthritis acting up.

Communicate. Is there trouble with a classmate? Did Fido pass away over the weekend? Was Granny diagnosed with a serious illness? Martial arts is a mental and physical activity. Knowing things like this help instructors understand why your child isn't doing as well for that class.

Communicate. This time with your child. Go for things other than "yes/no" questions. What's this month's tenet? Recite the vocabulary words. Count in Korean as high as you can.

Play both the long and short game. My goal when I first started TSD was to relieve some arthritis pain. That was and still is my long-term goal. My short-term goal is earning my 2nd degree black belt. For your child, maybe the long game is black belt but that short game is the next gup or even just the next form.

Celebrate. "Awesome stance." "Nice power." "Those kicks were above the belt." Praise the little things. It will go a long way.

Support your child. It's bound to happen. They lose a sparring match. That's fine. Have your child just take

Mat Chat

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

This month:

Tenet/Code: Humility (Tenet 6)

What does it mean?

Having humility means we do not think we are better than others. It is ok to be confident, but humility means we do not brag or boast about being better. In fact, we help people rise by lifting them up.

Terminology

- Knife Hand attack ~
Soo do kong kyuck
- Ridge Hand attack ~
Yuk soo do kong kyuck
- Spear Hand attack ~
Kwon soo kong kyuck
- Elbow strike ~
Pahl koop kong kyuck
- Backfist attack ~ *Kap kwon kong kyuck*
- Outside to inside block ~
Phakeso ahnuro mahk kee

a deep breath, remember their training, and try harder next time.

Don't compare. Every person is different. Our bodies are different. Not everyone can do a full split. Not everyone can do a deep horse stance. Do not compare your child. It's discouraging. Instead, find what they can do & praise it. Offer ways to improve.

This is in no way an extensive list. I have been an assistant instructor or an instructor much longer than I've been "just" a martial arts parent. Feel free to adjust this for your family's needs.