



EAST TN TANG SOO DO NEWSLETTER

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Shim Sa Results



We tested twenty martial artists to new rank during our November testing cycle—Little Dragons and Intermediate/Advanced:

Dragon White: Noah Clendenin, Lincoln Davis, Sawyer Goodwin, Mia Willis

Dragon Gold: Bryson Laws, Noah Cutshall-Bowers

Dragon Orange: Liam Crawford

Dragon Green: Vera Eastep, Jayon Gillespie

4th Gup: Noah Janha

3rd Gup: Ryan Crawford, RJ Hammett, Daniel Flath, Miles Flath, Robert Hammett

2nd Gup: George Sieber

1st Gup: Caleb Crawford, Emme Foster, Keith Foster, Graysun Ingle.



Gift Certificates



Give the gift of confidence, skill and physical fitness this Christmas.

Give that special person a gift certificate for one month

and a uniform! \$50, or two gift certificates for \$90. New students only.

Christmas Cartoons!

Friday, Dec 21, 6M-8PM

Come join ETTSD black belts to enjoy the original *How the Grinch Stole Christmas*, *A Charlie Brown Christmas*, *Rudolph the Red-Nosed Reindeer* and *Santa Claus Is Coming To Town!*

Pizza and punch! Donations greatly appreciated! (Suggested \$3-\$5.)

Parents may leave their kids and get that last-minute Christmas shopping done if desired!

Wear pajamas, sweats or something comfortable to lay around in. NO UNIFORMS! Bring a blanket because you know it's a bit chilly at the studio. We do have a limited number in case anyone forgets.

Calendar

Thu, Dec 6, Mat Chat.

Mon, Dec 10 – Thu, Dec 13. Tip Test Week.

Thu, Dec 13, 6:30 PM. Sparring with JTKD @ETTSD. This will be our regular Adult Class.

Tue, Dec 18, 6:30-7:30 PM Self-Defense Seminar. Open to the public and **FREE**.

Fri, Dec 21, 6PM. Christmas Cartoons. (See details to the left.)

Mon, Dec 24 – Tue, Jan 1. **MOSTLY CLOSED!!** (See next Entry.)

Thu, Dec 27, 10:00 AM. *Family PAJAMA class.* Come feel the burn, work off those Christmas calories!! And you don't even have to get dressed!

Make Up Classes

Beginner students may join our Int/Adv classes during the month of January to make up classes missed during our holiday closure.

Optional Classes

Demo/Competition Class: 9am, Dec 1, 8, 15, and 22. THIS IS THE TIME to attend this class to learn tournament protocol and perfect your tournament form BEFORE the season starts again next month.

Free Family Class: 10am, Dec 1, 8, 15, and 22. Learn basic martial arts skills. Open to the public. If you only attend this class, you never have to pay.

Year-End Tournament Results



Ian Turnage

Battle of Birmingham

Weapons: 4th.

Mid-South Championships

Weapons: 3rd, Forms: 3rd, Sparring: 2nd.

Jesse Sgro Memorial

Team forms: 1st, Weapons: 3rd, Forms: 2nd, Sparring: 1st.

Fall Classic

Forms: 1st.

Operation Christmas Giveaway

Participant



Alex Clark

TN State Karate Championship

Creative Form: 1st, Sparring: 1st.



Graysun Ingle

Battle of Birmingham

Weapons: 1st, Forms: 4th

TN State Karate Championship

Forms: 3rd, Sparring: 3rd.

Fall Classic

Participant



Emme Foster

Mid-South Championships

Participant.

Jesse Sgro Memorial

Weapons: 1st, Forms: 3rd.



George Sieber

Battle of Birmingham

Weapons: 2nd,

Forms: 2nd,

Sparring: 2nd.

Mid-South



Jennifer Grillo-Foster

Battle of Birmingham

Weapons: 2nd, Forms: 2nd.

Mid-South Championships

Weapons: 3rd

Jesse Sgro Memorial

Team forms: 1st.

TN State Karate Championship

Weapons: 2nd, Forms: 2nd.

Fall Classic

Forms: 3rd.

Christmas for Thousands

Participant



TN State Karate Championship

Weapons: 4th, Forms: 3rd.

Keith Foster

Battle of Birmingham

Weapons: 1st, Forms: 1st.

Jesse Sgro Memorial

Team forms: 1st, Weapons: 2nd, Forms: 3rd

Championships

Weapons: 4th, Forms: 3rd, Sparring: 3rd.

TN State Karate Championship

Forms: 2nd, Sparring: 1st.



R.J. Hammett

Operation Christmas Giveaway

Weapons: 1st, Forms: 3rd, Sparring: 2nd.

Noah Janha
Operation Christmas Giveaway
 Weapons: 3rd,
 Forms: 2nd,
 Sparring: 1st.



Vera Eastep
Battle of Birmingham
 Forms: 2nd,
 Breaking: 3rd,
 Sparring: 4th.
Mid-South Championships

Ryan Foster
Battle of Birmingham
 Weapons: 1st, Forms: 1st, Sparring: 1st.

Forms: 4th, Sparring 3rd.

TN State Karate Championship
 Sparring: 3rd.

Fall Classic
 Sparring: 3rd



Kieran Albright
Jesse Sgro Memorial
 Weapons: 2nd,
 Forms: 2nd

Jesse Sgro Memorial
 Weapons: 3rd, Forms: 3rd



Caden Hensley
Jesse Sgro Memorial
 Weapons: 1st,
 Forms: 3rd,
 Sparring: 2nd.



Faith Rader
TN State Karate Championship
 Forms: 1st, Sparring: 4th.
Fall Classic
 Forms: 1st.
Christmas for Thousands
 Weapons: 1st, Forms: 1st.

L.J. O'Neal
Jesse Sgro Memorial
 Weapons: 1st, Forms: 1st.
TN State Karate Championship
 Weapons: 4th, Sparring: 3rd.



Blayne Smith
Battle of Birmingham
 Weapons: 1st,
 Forms: 3rd
Jesse Sgro Memorial
 Weapons: 2nd,
 Sparring: 3rd.



Abby Helton
Battle of Birmingham
 Weapons: 3rd, Forms: 3rd, Sparring: 1st.
Mid-South Championships
 Sparring 4th.



Tim Helton
Mid-South Championships
 Sparring: 2nd, Continuous Sparring: 3rd.

TN State Karate Championship
 Participant

Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas & Ms. Jennifer Grillo-Foster, on how to support your children in martial arts. This month's article is by Ms. Vic.

This is a Black Belt School

Statistics say 50% of those who start martial arts drop out within the first six months. Only 3% of those who start will make it to black belt. So, out of 100 people, only 3 make it to black belt.

However, because "we are a black belt school," each student can make it if they work to the best of their individual ability. We understand not every "regular" student can learn to do a full split or kick above their head. And there are more serious physical differences.

Others may have trouble with memory, arthritis, autism, cancer, attention deficit or even just the drama and dangers of being a teenager.

We welcome all, including imperfection, at our dojang, and that is what we mean by "this is a black belt school." It does not mean we do not have high expectations. We do. It means expectations are set on an individual basis.

We watch for improvement. In the early ranks, there are so many areas, we promote as we see improvements in "any" area.

As students get into higher ranks, they will have specific goals to reach, things

where they need improvement, from kicks or forms to improving their attitude or finally learning vocabulary.

Sometimes I tell students they need to work on specific items and I get back what I call doing a "but what about".

"My kicks are higher than so and so's. Why are you telling me I need to work on kicks?" "I may have said such and such and been disrespectful, but so and so said something else the other day." Not only are those responses disrespectful, they are not valid.

What I talk to students about privately is not anyone's business but mine and theirs. Likely those other students have had their own "come to Jesus" moment with me.

Students need to be concerned with their own techniques and not worry about others. That also shows respect for me, allowing that I am dealing individually with each of my students.

The bottom line is that if students want to earn a black belt at our studio, they need compare themselves only to themselves. Keep improving and it will happen.

Mat Chat

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

This month:

Tenet/Code:
Indomitable Spirit (Tenet 7)

What does it mean?

Indomitable Spirit means having an **I Can Do It Attitude!** It means not giving up when things don't go like you want them to. Instead, you can find ways to make your goals/dreams happen! **Make it happen!! NEVER QUIT!!**

Terminology 12

This is our final and most advanced vocabulary lesson. In Jan we will start again with basic terms. All students will be required to complete the basic vocab lessons.

- Low/mid/high open hand blocks ~ *Han/choong/sang dan soo do mahk kee*
- Low/high two fist X block ~ *Sang soo ha/sang dan mahk kee*
- Elbow strike ~ *Pahl koop kong kyuck*
- Palm heel attack ~ *Jang kwon kong kyuck*
- Crossed leg stance ~ *Kyo cha rip jaseh*
- Two fist (reinforced) middle block ~ *Sang soo choong dan mahk kee*



Happy Holidays
from the staff of
East Tennessee
Tang Soo Do