



# EAST TN TANG SOO DO NEWSLETTER

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## March Belt Exam

During December and January many people missed classes due to holidays, flu and other issues, meaning that many students do not have enough hours to test in February.

Therefore, we have moved our belt exam date to **Friday, March 9**.

Two dedicated and determined students will have enough hours and skills to double test. This is a rare event, so understand this will not happen on a regular basis.

Please check the white board by the front door to see if you are on target to test. The list should be up by or before Feb 12. Everyone on that list will still have to take a graded pre-test during February, as part of an experimental program we are working on. It will not affect whether you test this time, but should prepare you to take it in future belt exams.

Those going for 3<sup>rd</sup> gup or higher will also take a written exam at their chosen time within a week of the belt exam. The following students need to schedule it with Ms. Vic or Ms. Jennifer: Keith Foster, Emme Foster, Graysun Ingle, Caleb Crawford.

## New Policy

Our school began with the desire to keep prices low enough for an average family to afford. In this spirit, we have not raised our rates in almost two years.

And no, we are not going to it now, but as alternative over the next two years we will convert to a 48 weeks schedule. We will go to 50 weeks this year and 48 weeks next year. We promise to not raise tuition during this time.

The final target still averages four weeks a month and it will allow us to do things such as: close for Christmas week and give the studio a good cleaning; train with the Masters in CT and NC; plan a field trip to travel to CT for a June TSDMA Interclub tournament. And we should even have a few days left over for snow days.

Since we do run two open mats per week, there are still options to make up missed days if you need hours to test.

## 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.

## Upcoming Events

**Mon, Feb 5 – Thu, Feb 8. Tip Test Week.** Students on target to test in Feb will earn their 3<sup>rd</sup> stripe.

**Tue, Feb 27, 6:30-7:30 PM Self-Defense Seminar.** Open to the public and **FREE**.

**Fri, Mar 9, Belt Exam.** See left column.

**Demo/Competition Class** will be available by REQUEST at 9am Saturdays, Feb 3, Feb 10, Feb 17, and Feb 24.

Although we do not have another competition or demo until maybe March, you are welcome to come train and treat it as an open mat.

**Free Family Class** will be available at 10am on the following Saturdays: Feb 3, Feb 10, Feb 17, and Feb 24.

This is a basic class for beginners. It is open to the public. No breaking, sparring, or weapons.

**Tournament season** is fast approaching! When we figure out when we will be going to our first tournament, we will schedule a meeting for parents and students.

This is an opportunity to find ride shares, hotel shares and rides for children whose parents can't make a tournament.

# Being a Good Karate Parent

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

## Martial Arts are Good For Your Problem Child

**Disclaimer:** I am not trying to tell parents how to, well, parent. Individual styles and rules differ from family to family and I would never presume that I know better than any parent. But I do hope you will consider the following before you take your child out of martial arts, or sports, as punishment.

Many children who do not behave in school, or maybe don't do their schoolwork, or have a failing grade, actually behave well in our classes and work hard. This is partly because it is something they want to do. Because of this, taking it away from children who do misbehave in school, seems a fit punishment.

But consider this. Bringing them to class, having them not miss classes, helps instill in them a fulfillment of commitment. The classes themselves, as well as teaching martial arts, teach self-discipline, coordination, goal-setting, and physical fitness. Staying at home will bring little of that.

I have heard parents say that if children know they will lose karate as punishment, they will behave. This seems like sound logic, except that we are talking about children.

Children WILL misbehave. They will be lazy, will be careless. They will think they have the best excuse and maybe don't think they are breaking rules.

Sometimes they will even break rules intentionally. Not cleaning their room because it doesn't seem dirty to them, only mom or dad, so why should they? Not doing homework because they don't understand it and don't want to admit it. Or just because they don't feel like it.

Children do need to learn the discipline to perform those tasks properly. Attending karate classes will not end the behavior but it can help with learning the necessary skills.

In my most humble opinion, it would be better to take away things that only have entertainment value like video games, movies, eating out, computer free time, action figures, etc.

To me, taking away martial arts is like punishing them by taking away salads from a child who like salads. I personally believe karate is something you should MAKE your child go to, like school and homework. It is GOOD FOR THEM!

| Tablet                       |  | Tang Soo Do   |   |
|------------------------------|--|---|---|
| <b>Benefits</b>              | <b>Against</b>   | <b>Benefits</b>   | <b>Against</b>                                      |
| Keeps the kids quiet.        | Very addictive.  | Promotes physical fitness.                              | Costs money.  |
| Sometimes used for homework. | Creates false impressions of life.                                 | Teaches self discipline.                                | Parents have to commit to take their kids to class. |
|                              | Takes away from physical activities                                | Kids learn how to really defend themselves.             |   |
|                              | Gives a false sense of self defence.                               | They will learn to Set and Achieve Goals                |   |
|                              | Trivializes violence.  | Teaches how to stand up against negative peer pressure. |   |
|                              | Divides families (watch news or fails try to coordinate a tablet.) | Promotes healthy living.                                |   |
|                              | Reduces respect for parents (would rather play than do chores)     | Builds Socialization Skills                             |   |
|                              | Prolonged use can weaken eye muscles.                              | Increased Self-Esteem                                   |   |
|                              |  | Instills a Sense of Respect                             |   |
|                              |  | Encourages Non-Violent Conflict Resolution              |   |
|                              |  | Children and parents can share the same interest.       |   |
|                              |  | Kids have fun.  |   |

CHILDREN who use smart phones and tablets are at risk of potential irreversible eye damage because of the light emitted from digital devices, according to a leading Sydney ophthalmologist.  
Newslink, The Daily Telegraph 15/06/14

# 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: Obedience to Parents & Elders (Code)**

Obedience means being respectful to your parents and elders.

You should listen to what they say and ask of you. This is because what they are asking you to do is for your own good, because they care.

Obedience to Elders does NOT mean you should obey anyone who is grown up. It only means those you know and trust. It does not include strangers!!!

## Terminology

**Choong Be Jasse** – Ready Stance

**Cha Ryut** – Attention

**Kyung Yet** – Bow

**Kihap** – Yell

**Ahn Jo** – Sit

**Tora** – Turn

**Ba Ro** – Return

**Shio** – Rest