



EAST TN TANG SOO DO NEWSLETTER

VOLUME 3, NUMBER 3 – MARCH 2018

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Tang Soo Do Grading



Fri, March 9, 6:00 p.m.

Testing students should arrive
by 5:30 p.m.

\$30 testing fee

Students were informed the week of
Feb 17 if they will test this cycle.

Guests welcome. Open to the public.

Black Belt Shim Sa

This year's Black Belt Shim Sa
(Judgement) will be Saturday, April 21
from 11AM – 1PM.

Testing will be:

- Ian Turnage for 2nd degree black belt.
- Duane Ward for 1st degree black belt.
- Jennifer Grillo-Foster for 1st degree black belt.

Jennifer is our first "raised from white
belt to black belt" student!

We are excited for all of our testing
black belts, but this is an extremely
special occasion for us!

Visit from Master Charland

Tang Soo Do Masters Alliance
Grandmaster Garth Charland will be
visiting ETTSD in April to train with us
and run our Black Belt Shim Sa.

**NOTE: DATES ARE TENTATIVE AS GM
CHARLAND HAS FAMILY ISSUES THAT
MAY NEED DEALT WITH.**

Master Charland is bringing several
TSDMA black belts to help judge the
belt exam and to give them
experience teaching other students.

All sessions are open to spectators.

Thursday, April 19

9-10AM, Black Belt / Cho Dan Bo

10-11:30AM, Family Class / Weapons

1-3PM, Black Belt / Cho Dan Bo

4:30-7:30PM, Regular classes with
guest instructors including Master
Charland.

7:30-8PM, Black Belt / Cho Dan Bo

Friday, April 20

10AM-noon, Black Belt / Cho Dan Bo

2-4PM, Black Belt / Cho Dan Bo

5:30-6:30PM, Open mat and Black
Belt / Cho Dan Bo

6:30-7:30PM Judo Basics

Saturday, April 20

9-10AM, Competition Class

10-11AM, Family Class

11AM-1PM, Black Belt Shim Sa (see
details to the left.)

Upcoming Events

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

Sat, Mar 17, Battle of Birmingham.

We have 10 students competing!
STUDIO WILL BE CLOSED BOTH
Fri, Mar 16 and Sat, Mar 17.

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

Thu, Apr 19 – Sat, Apr 21. Visit
from Grandmaster Charland. See
schedule to the left.

Sat, Apr 21, 11AM-1PM, Black Belt
Shim Sa. Open to spectators!

Sat, May 5, Mid-South

Championships, Dalton, GA.
STUDIO WILL BE CLOSED BOTH
Fri, May 4 and Sat, May 5.

Demo/Competition Class will be
available at 9am Saturdays, Mar 3,
Mar 10, Mar 24 and Mar 31.

If you, or your child, plan on
competing in tournaments this
year, I encourage attending this
class.

Free Family Class will be available
at 10am on the following
Saturdays: Mar 3, Mar 10, Mar 24,
and Mar 31. This is a basic class
for beginners. It is open to the
public. No breaking, sparring, or
weapons.

Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas, on how to support your children in martial arts. **Guest contributor for March:** Ms. Jennifer Grillo-Foster.

Tournament Survival Guide

If you, or your child, intend to compete, here are some ideas to help you survive tournament season.

Preparing for the tournament

- Attend our Demo/Tournament class on Saturday mornings (9am).
- Practice at home.
- If you get to the tournament the night before, practice then. We like practicing in the hotel parking lot.
- Get to tournament early, practice.
- You get the idea. Practice, practice.

What to bring:

- Uniform (top, pants, belt), clean and, if possible, pressed.
- Weapon(s)
- If sparring: head, foot, & hand gear, mouthpiece, cup
- Food & drinks, or cash for the concession stand (most tournaments allow coolers.)
- If you have one, a stadium seat or cushion, at best you get high school gym bleachers to sit on.
- For open tournaments: cash or card for a name plate for trophies if you want one (so far they have been \$5 a plate).

Uniform Protocol

- T-shirts under dobok: white, blue, red, your belt color or no t-shirt. ETTSD or TSDMA t-shirt preferred.
- No shirt sleeves, shirt bottoms (tuck them in) or pants legs are to be seen when wearing the do bok.

Parental Behavior

- If you have any questions, concerns, complaints, do not go to the officials. Bring issues to Ms Vic, Ms Jennifer, or Mr Ian. They will take them to the officials.

- Remember: you represent ETTSD. Be respectful of others and others' belongings.

When in front of the judges:

- Show CONFIDENCE. Strong strides, chin up, firm steps.
- Use POWER. Pretend you are fighting an invisible opponent. Power wins more often than not.
- Speak politely. Be respectful. Speak clearly. Speak up.
- Keep your hands in fists in Choong Be while speaking. No fiddling.
- No adjusting uniforms on the mat.
- Go slowly. You will go faster than you think, so think SLOW.
- For opens, if you forget the next move, fake it. Just keep going. End when you are facing the judges.
- For TSD tournaments (they will know your form), if you forget the next move, stop and ask if you may start again.
- Treat weapons as if they are live.

Step-by-step ring protocol

- Bow to mat and person exiting.
- Walk along the back of the mat until in front of the center judge.
- Turn and bow to the judges.
- Walk toward the judges until just a couple feet away.
- Bow. Choon be. (Speech*.) Bow.
- Walk backwards to starting point.
- Choon be. (take a few breaths.)
- Do your form.
- At the end of the form, hold last move for a slow count of three.
- Choon be. Wait for scores or not as instructed before performing.
- Bow to the judges when dismissed.
- Turn and bow to the next competitor if there is one.
- Walk off the mat.

Mat Chat

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

This month:

Tenet/Code:

Honor Friendship (Code)

What does it mean?

Value the people in your life. Treat your friends with respect and kindness. Do not take them for granted.

What it DOESN'T mean.

It does not mean that you do anything a friend tells/asks you to do. If a friend asks to you lie, to steal, to sneak out at night, you honor friendship by NOT doing what they ask and telling them they should not either!

Terminology

Dojang – Martial Arts Studio

Do Bok – Martial Arts Uniform

Dee – Belt

Ko Ma Sum Ni Da – Thank You

Chomanayo – You Are Welcome

(continued from previous column.)

*Speech

For TSD tournaments:

Judges, my name is _____.

I represent East Tennessee Tang Soo Do.

My instructor is Ms Victoria Rivas.

My form is _____.

Permission to step back and begin.

For open tournaments:

(You will be given a number before your division starts. Use that number instead of *x*.)

Judges, I am competitor number *x*.

Permission to step back and begin.