



EAST TN TANG SOO DO NEWSLETTER

VOLUME 3, NUMBER 4 – APRIL 2018

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Tang Soo Do Grading Results



We tested twenty-five martial artists to new rank during our March exams:

Little Dragon White: Bryson Laws, Noah Cutshall Bowers

Little Dragon Yellow: Nevaeh Boston, Nevina Boston, Liam Crawford

Little Dragon Purple: Vera Eastep, Jayon Gillespie

9th Gup: Abby Helton, Roger Haracz

8th Gup: Ryan Foster, Nick Foster, Blayke Smith

7th Gup: Caden Hensley

6th Gup: Ryan Crawford, Noah Janha

5th Gup: RJ Hammett, Daniel Flath, Miles Flath, Robert Hammett, George Sieber

4th Gup: Alex Foster

3rd Gup: Caleb Crawford, Emme Foster, Keith Foster, Graysun Ingle



Visit from Master Charland and Shim Sa

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

All sessions are open to spectators. The complete schedule was published in last month's newsletter, which you can find on our website, or get a copy from Ms. Victoria or Ms. Jennifer.

Testing are:

- Ian Turnage for 2nd degree black belt.
- Duane Ward for 1st degree black belt.
- Jennifer Grillo-Foster for 1st degree black belt, our first "raised from white belt to black belt" student!
- Rob Petree, Cho Dan Bo, Level 2

Competition/ Demo Class

We have both a competition and a demo in May, so Sat 9AM classes will be split between the two for the next month. If you have any ideas for the demo, we are open to them. If there is a particular form or one-step you think we should perform, please come to class and show us. All music is subject to review by Kyo Sa Nim Victoria.

Upcoming Events

Thu, Apr 19 – Sat, Apr 21. Visit from Grandmaster Charland. See Mar newsletter for schedule.

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

Tue, Apr 23, 6:30-7:30 PM Self-Defense Seminar. Open to the public and **FREE.**

Sat, May 5, Mid-South

Championships, Dalton, GA.

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

Sat, May 19, Iris Festival Demo, 2:30PM

Hapkido

We are proud to add Hapkido to our martial arts choices. Instructors Ron Lowery and Greg Luttrell are both certified black belt instructors under The American Hapkido Federation.

Classes are Wed, 6:30-7:30PM. We will also run a Tang Soo Do Open Mat during this time period.

All students will be required to wear a white belt to begin this class.

Current TSD students who begin taking classes in Apr will not be charged any extra for the classes.

TSD students who sign up May or later, cost will be \$10/month, per person, added to TSD tuition.

To take Hapkido only will be \$30/month per person.

Being a 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.

Rules for Uniform Care ... and How to Break Them.

When Ms. Jennifer suggested we do uniform care for our column this month, I told her I came up the ranks at a hard-core gym in Dallas where black belts left their uniforms in the dressing room for months at a time, until the underarms turned yellow and you could smell them from hallway.

She said that wasn't what she had in mind, that parents were fading our patches by using bleach which seems like the only way to get out stains. So, I researched.

What follows is a compilation of the advice I found. The blog version of this will include a list of live links that I used as reference.

1. **Wash the uniform after every class.** If you're a mom like I was, that ain't gonna happen. I have found that washing them every couple of weeks, at worst monthly, works fine, especially with light weight uniforms.
2. **Don't stuff them in your bag / locker.** Good advice both for wrinkles and smell. This one I follow religiously. If you MUST leave them in a bag/locker, FOLD the uniform neatly before you store it.
3. **Don't use chlorine bleach.** I have broken this rule more times than I can count. But color-safe bleach, like Clorox 2, has gotten better, so try that first. Next level are stain removers like *Spray & Wash* on stain areas.

If that doesn't work, it is time to bleach. The best bet to be sure the patches don't fade is to remove them before you bleach and sew them back on after. I know, a lot of work, but you let the uniform get to the point where you had to bleach it. Pay the penalty.

4. **Presoak for 20 minutes.** Yeah, right, like that's going to happen. Maybe presoak for hours because I forget, but never managed to do that one. Do any of you guys ever presoak?
5. **Hang to dry.** Nice ideal but hard to follow, especially if you're in a hurry. For lighter weight and white uniforms, drying on low, even medium, works fine. (Black pants. Nope. I've ruined a couple pairs that way. Luckily, only instructors have that worry.) But I do advise trying to take the uniform out of the dryer right away so it won't wrinkle. If you forget, as I often do, take a wet washcloth, throw it into the dryer with the uniform and run the dryer for about ten minutes.

For better advice:

Proper Care for a Karate Gi- KI International Corporation, www.kiintl.com/1/catalog/Proper-Care-for-a-Karate-Gi-sp-28.html

How to Care for Your Karate Uniform, AWMA Blog, blog.awma.com/karate_uniform_care/

Mat Chat

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

This month:

Tenet/Code: Never Retreat in Battle (Code 4)

What does it mean?

Never retreat in battle means do not give up and walk away from what challenges you because something seems hard or difficult to accomplish. Stay the course!

What it DOESN'T mean.

It does not mean that you fight every fight that comes your way.

Terminology

With the upcoming visit from Grandmaster Charland, this is the perfect vocabulary set. What will you call Grandmaster Charland?

- **Sun Bae** – Senior Member
- **Yo Dan Ja** – Black Belt Member
- **Kyo Sah Nim** – Instructor (2nd/3rd)
- **Sah Bum Nim** – Master Instructor
- **Kwan Ja Nim** – Grandmaster

(continued from previous column.)

How to Wash and Remove Stains from Karate Uniforms, The Spruce, www.thespruce.com/wash-remove-stains-from-karate-uniforms-2146993

How To Wash Your Karate Gi, Jesse Enkamp, www.karatebyjesse.com/how-to-wash-karate-gi/