



EAST TN TANG SOO DO NEWSLETTER

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Shim Sa!



On April 20, East TN Tang Soo Do promoted Mr. Ian Turnage to 2nd dan and promoted its first black belts, Mr. Duane Ward and Ms. Jennifer Grillo-Foster, who we “raised up” from a white belt, to 1st dan.

We want to thank TSDMA Grandmaster Garth Charland, who travelled from CT to preside over the 2-day exam. We would also like to thank 2nd dan Joe LaFreniere and CDB Timothy Brandt for accompanying Master Charland to help make this a successful event!

Iris Festival Demo

May 19, 2:30PM, Dance Stage

The dance stage is on N. College St near McKee St. Please meet us behind the stage area at 2PM-ish.

Our demo team is open to all students. The only requirement for participants is coming to the Sat 9AM Demo/ Competition class on **May 12** and/or **the day of the Demo** to run through the entire demo. We will be practicing parts of it in class. We will even make exceptions to that rule on an individual basis if necessary and if the student knows their part.

Summer Uniforms



From **May 1 through Sep 30**, we allow Summer dress since we have no air conditioning. The following are what we permit:

T-shirts instead of uniform top. T-shirts must be TUCKED IN to uniform bottoms and belts must still be worn.

Our order of preference is:

- **ETTSD t-shirt.** T-shirts are available for \$15. If you do not already have one, please support the studio by purchasing one or more.
- **Karate t-shirt**, including our old Starz t-shirts or tournament t-shirts.
- **White t-shirt.** Plain, white, no design, no pattern.
- **Plain colored t-shirt**, preferably a color on your belt. And once again, PLAIN, no design, no pattern.

Shorts are also permitted but **WHITE ONLY!!!** You can order official white karate bottoms through the school, but \$5 Walmart shorts are fine as long as they are white. Totally white. No stripes, no stars, no plaid, no trim. White. All white. 100% white. No other colors anywhere on the shorts. Please.

Upcoming Events

Sat, May 5, Mid-South

Championships, Ellijay, GA.

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

Sat, May 19, Iris Festival Demo,

2:30PM. Meet by Dance stage 2PM.

Tue, May 22, 6:30-7:30 PM Self-Defense Seminar. Open to the public and **FREE**.

Summer Camp



Martial Arts and Crafts Summer Camp: 6/4-6/8 and 7/9-7/13. 9AM– 4 PM. *Non-members:* \$25/day, \$100/wk, \$180/2 wk. *ETTSD member:* \$20/day, \$80/wk, \$140/2wk. Discounts for multiple family members and active military families also.

For intermediate and advanced students, three hours a day will be credited to your martial arts hours.

For new students and our beginner students, if you attend for both weeks, you will test for rank at the end of the two weeks!

We have a lot of exciting crafts planned this year including many favorites from former years like **finger painting** and **paper mache masks**.

Tournament Schedule & Update

We like tournaments. Tang Soo Do (TSD) tournaments allow us to interact with the southeast TSD community as well as compete with them. Open tournaments allow students to see how their skill compares to other martial artists in the area and observe other styles. Not to mention, they're fun! We encourage all of our students to compete in at least one per year.

Although further away, TSD tournaments are best for someone to try their first tournament. They generally do not have as many competitors, they are run in the atmosphere that we are all family, and they all know who we are. Opens are more competitive.

TSD tournaments give medals where Opens give trophies, many with 5' First place trophies.

3/17 Battle of Birmingham



Birmingham, AL, TSD. Nine ETSD members competed. All took medals! Results: **Ryan Foster** (*Champions*): 1st Weapons, 1st Forms, 1st Sparring. **Abby Helton** (*6-8 underbelt girls*): 3rd Weapons, 3rd Forms, 1st Sparring. **Blayne Smith** (*6-8 underbelt boys*): 1st Weapons, 3rd Forms. **Graysun Ingle** (*9-12 Underbelt boys*): 1st Weapons, 4th Forms. **Vera Eastep** (*Tiny Tigers*): 4th Sparring, 3rd Breaking, 2nd Forms. **Keith Foster** (*Adult Advanced*): 1st Weapons, 1st Forms. **George Sieber** (*Adult Intermedi-ate*): 2nd Weapons, 2nd Forms, 2nd Sparring. **Jennifer Grillo-Foster** (*Adult Advanced*): 2nd Weapons, 2nd Forms. Mr. **Ian Turnage** (*Adult Black Belts*): 4th Weapons.

5/5 Mid-South Championships

Ellijay, GA. Open. 3 hrs. Looks like we may have a half dozen or more competing. Results next month!

6/9 Battle of Champions

Ringgold, GA. Open. 3 hrs. We aren't sure we are going to do this one, being the weekend after Summer Camp, but if there is enough interest we will.

6/23 Jesse Sgro Memorial Tournament

Fayetteville, NC. TSD. 5 hrs. I don't know how many of you heard that Master Sgro lost his son Jesse in a boating accident. He has renamed Summerfest and will be running it in his son's honor. Also, another TSDMA school from upstate NY will be attending. **I encourage all students to attend this.** I know it is far. Perhaps we can work on carpooling and room-sharing.

8/?? TN State Karate Championships

Baxter, TN. Open. 2.5 hrs. We usually find flyers for this tournament at Mid-South, so more information will be coming as it becomes available.

9/29 The Fall Classic

Knoxville, TN, Open. 1.5 hrs. We are unsure about attending this tournament again. It was a bit disorganized last year as well as other complaints from competitors. But it is our largest and closest tournament. We will probably get a group to go.

11/03 Tri-State Championships

Ellijay, GA. Open. 3 hrs. Run by the same person who runs Mid-South. These are some of the best run tournaments on the circuit and would be a good way to end the season.

Mat Chat

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

This month:

Tenet/Code:
In fighting choose with sense and honor (Code 5)

What does it mean?

This means to pick your battles wisely. Only fight when there is no other choice. Do not learn to fight to get your way by bullying those weaker than you. We learn how to fight so that we do not have to fight – this is the way of Pyong Hwa Kunin (Peaceful Warriors).

What it DOESN'T mean.

Just like Code 4, it does not mean that you fight every fight that comes your way.

Terminology

- **Front Kick** ~ Ahp cha gi
- **Side Kick** ~ Yup cha gi
- **Round Kick** ~ Tallyo cha gi
- **Front Stance** ~ Chun kul ja she
- **Back Stance** ~ Hu kul ja she
- **Horse Stance** ~ Kee ma ja she

Saturday Classes

Demo/Competition Class will be available at 9am Saturdays, May 12, May 19, and May 26. 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: May 12, May 19, and May 26. Learn basic skills with this class. It is open to the public. If you only attend this class, you never have to pay.

