



# EAST TN TANG SOO DO NEWSLETTER

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216 BOHANNON AVENUE, GREENEVILLE, TN 37745 — 203-609-1408 — ETTSD.COM — INFO@ETTSD.COM

## Tang Soo Do Beginner Shim Sa



**Fri, June 15, 6:00 p.m.**

**Testing students: 5:30 p.m.**

**\$30 testing fee**

**Guests welcome. Open to the public.**

As our school grows, our gradings have been taking longer. So, we have split our exams into Beginner Shim Sa and Intermediate/Advanced Shim Sa.

This month is a Beginner Shim Sa. These students are invited to test. **9<sup>th</sup> gup:** Caleb Fegueroa, L.J. O'Neal, Mariam Zapata, Christy Zapata. **8<sup>th</sup> gup:** Abby Helton, **7<sup>th</sup> gup:** Blayke Smith.

## Unconventional Fitness

**Wednesdays, 6:30-7:30PM**



**STARTING JUNE 20**  
**Traditional Tools Used**  
**In New And Fun Ways.**  
**\$5/class. Taught by**  
**Myles Tiffany.**

Steel Clubs, Maces & Kettlebells are the tools used, along with Body-weight movements, to build strength, increase your mobility, challenge your mind, and make your body more durable.

Everyone welcome!  
Parents, Friends and anyone else who is interested!

## Jesse Sgro Memorial Tournament

**Sat, June 23**

**Fayetteville Bible Chapel**  
**414 Country Club Dr.**  
**Fayetteville, NC**

This is the next tournament we are pushing hard. Not only is it a Tang Soo Do tournament, it is a memorial tournament for Master Sgro's son Jesse. If you can possibly make it, please do so. We can try to arrange car pools and room sharing if it is helpful.

It is \$45 if you register by Jun 9. \$55 after. If you register 2 people from the same family, any other family members compete for free!

To register go to: <https://nsma.redpodium.com/2018-summer>. You can also find the link on our FB page.

## Parking Woes

We are outgrowing our parking lot. Also, on some Sat. mornings, we have a line of cattle trucks in front of our building, blocking our parking lot.

So, if there is no parking in front of the building, our neighbor business under us said we are welcome to park on their side of the building as long as we don't block their garage door.

Also, when the front is blocked by cattle trucks you can drive up Austin St. and pull into our parking lot from the side. It's not really a driveway but there's not much of a curb.

I hope our parking problems won't deter anyone from attending class.

## Calendar

**Mon, Jun 4 – Fri, Jun 8.** Martial Arts and Crafts camp.

**Mon, Jun 11 – Thu, Jun 14,** Tip Test.

**Fri, Jun 15 –** Beginner Shim Sa

**Sat, Jun 16 – CLOSED.** Black Belt Skype training with GM Charland.

**Wed, Jun 20 – Unconventional Fitness** classes begin.

**Sat, Jun 23,** Jesse Sgro Memorial Tournament. **STUDIO CLOSED.**

**Tue, Jun 26, 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.

***New and beginner students who attend both weeks will test for rank at the end of the two weeks!***

Int/Adv students get 3 hrs/day credited to their martial arts hours.

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

# 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.

## Questions from Parents about Sparring

This month I opened the forum to questions from parents. Some had the same theme—sparring. So I will try to answer a couple of them.

### How to do you talk to your boy about hitting girls?

This was the easiest because I have encountered it numerous times, starting when I started sparring and men went easier on me.

I asked them how I was supposed to learn to defend myself if they never really attacked me.

For children, I don't suggest a full on attack, but as I stated in my other article on Sparring, students learn from the momentary pain in sparring. People who attack you are not going to wait for you to recover if they hurt you.

(You can find the full article in our Nov 2017 issue or at [karateparent.blogspot.com](http://karateparent.blogspot.com).)

So, tell your boy that, first, if there is a girl in the class, she has chosen to be there and is there to learn.

Tell him that by sparring with a girl the same way he would a boy, he helps her learn to defend herself.

Tell him that if he does not treat her as an equal, he is preventing her from gaining skill, and that could hurt her if she ever needs to defend herself.

I have used these arguments with several males, both ones "back in the day" when I came up the ranks in Texas who were obviously sparring light with me, and now, as an instructor.

I even have one boy, Graysun, who initially said he refused to hit a girl, period. He now pushes the girls to their limits but has the control to know where those limits are.

Girls are more likely to have to defend themselves as boys. Sparring boys helps them learn essential skills.

### Should parents spar with their kids at home?

My short answer is—if you have not been trained to spar, then please don't.

Instead, sign up, come to class, spar with your kids there. That is a controlled environment and truly is the best and most productive way to spar with your child.

If your child is in the kids' class and you are in the adult class, you are welcome to come in to the kids' sparring class, Thu, 5:30PM, and help with the sparring, including sparring with your own child.

By working with your child, and other children, in a controlled environment, you will also learn how to spar with children in general. Then, maybe you could do a bit of sparring at home.

One of my worries with parents sparring at home, especially without training, is that personal issues may get in the way.

What if your child is angry with you, or you with them?

What if you start sparring with no supervision and one of you accidentally, or on purpose, hits too hard?

With that emotional connection, for many, it is just as likely that the fight may escalate as it is that you will stop it.

So I recommend again that if you want to spar with your child, sign up for classes.

When I started karate again after 20 years, I went with my 10 year old son, (you now call him Mr. Ian.) I did enjoy sparring with him. I used to joke that when our family fights, we put on gear first.

# Mat Chat

You can find our full **Mat Chat** pages on our website. Select: [Parents / Mat Chat](#)

**This month:**

## Tenet/Code: Integrity (Tenet 1)

### What does Integrity mean?

Integrity means doing the right thing, even when nobody is watching, because it's the right thing to do!

## Terminology

- **Low Punch** ~ Ha dan kyuck
- **Center Punch** ~ Choong dan kyuck
- **High Punch** ~ Sang dan kyuck
- **Low Block** ~ Ha dan mahk ki
- **High Block** ~ Sang dan mahk ki
- **In/out Block** ~ Ahneso phaku ro mahk ki

## Optional Classes

**Family Day Class.** *Tue/Thu, 10AM.* With the kids out of school, here's a good way to get extra hours or get classes in early.

**Demo/Competition Class** will be available at 9am Saturdays, *June 2, 9, and 30.\** 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 Saturdays: *June 2, 9, & 30\*.* Learn basic martial arts skills. Open to the public. If you only attend this class, you never have to pay.

\*Closed: 6/16 for Skype Black Belt training with Grandmaster Charland, 6/23 for Fayetteville tournament.