



EAST TN TANG SOO DO NEWSLETTER

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June-July Tang Soo Do Shim Sa Results

During our last cycle of testing, we tested 24 martial artists for new rank. (Those not in the pictures were promoted the following week.)

Little Dragons Shim Sa

was held on Thursday, July 19.



- **Dragon White:** Diamond Hale
- **Dragon Yellow:** Noah Cutshall Bowers, Bryson Laws, Blayne Smith
- **Dragon Gold:** Liam Crawford
- **Dragon Blue:** Vera Eastep, Jayon Gillespie.

Beginner Shim Sa

was held on Friday, June 15.



- **9th gup:** Caleb Fegueroa, L.J. O'Neal, Christy Zapata
- **7th gup:** Blayne Smith.

Intermediate/Advanced Shim Sa

was held on Friday, July 20.



- **6th gup:** Caden Hensley
- **5th gup:** Kieran Albright, Noah Janha
- **4th gup:** Daniel Flath, Miles Flath, Robert Hammett, R. J. Hammett
- **3rd gup:** Alex Foster, George Sieber
- **2nd gup:** Caleb Crawford, Emme Foster, Keith Foster, Graysun Ingle.

Upcoming Shim Sa Dates

We are going to allow some overlap between the exams for those who need it.

- **Friday, Sep 14:** Beginner/ Intermediate Shim Sa.
- **Thursday, Nov 8:** Little Dragon Shim Sa
- **Friday, Nov 9:** Intermediate / Advanced Shim Sa.

Calendar

- **Mon, Aug 6/Tue, Aug 7,** Mat Chat.
- **Mon, Aug 6 – Thu, Aug 10,** Tip Test.
- **Sat, Aug 11, TN State Karate Championships.** Cookeville, TN
NOTE: We will be closed Fri 8/10 and Sat 8/11 to attend.
- **Thu, Aug 23, 7:15 p.m.. Sparring with JTKD @ETTSD.** This will be our adult class.
- **Tue, Aug 28, 6:30-7:30PM Self-Defense Seminar.** Open to the public and **FREE**.

Optional Classes

Demo/Competition Class is available 9am on Saturdays: 8/4, 8/18, 8/25 and 9/1. If you, or your child, are competing in tournaments this year, you should attend this class to learn tournament protocol as well as perfecting your tournament forms.

Free Family Class is available 10am on Saturdays: 8/4, 8/18, 8/25, and 9/1. Learn basic martial arts skills. Open to the public. If you only attend this class, you never have to pay.

Unconventional Fitness with Myles Tiffany, Wednesdays 6:30-7:30PM. **\$5/class.** Available 8/1 and 8/8. These will be the last classes with Myles. He and his wife are moving to Nevada. We will miss him.

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.

Losing, Humility and Good Sportsmanship

In a way, this follows from our last article, on respect and obedience. Part of showing respect to fellow martial artists, to your instructor, to your school and to your style, is to be a good loser.

I have discovered in teaching Little Dragons, that losing gracefully is not something we are born to do. Fights over who gets to be on the number 1 spot during lineup were common until I instituted some rules.

I am slowly learning do deal with a child when (inevitably) they throw a tantrum after losing a flag sparring match, or a relay race, or... Remove from the environment and continue the class.

Eventually, they realize they do not get to participate unless they behave, but the pain of losing is real, and they have to deal with it.

Because this is an important lesson, and many people thought children should not receive participation medals, it is rarely done these days. My opinion on those is another matter, but it happens so seldom these days it's almost not worth discussing.

But it does seem that more and more adults have not learned to lose. I see a lot of bad behavior at tournaments when judging does not go the way the competitors think it should.

Knowing how to lose is an essential part of competing. It is the essential good sportsmanship.

During Summer Camp, we discussed "Humility." I asked for examples of humility. A Little Dragon responded that it was saying "Good Job" when someone else wins. (Well, this is one of the Little Dragons who throws temper tantrums when she loses in Flag Sparring, but at least she KNOWS what she's supposed to do. And she's five. LOL)

But yes, that is what I expect of all of my students at tournaments no matter what. No matter if the judges are biased. No matter if your opponent wins by a fluke. No matter if you really know you should have won. No matter any of that, you shake your opponent's hand and say "Good job."

Competitors do not complain to the judges. They do not complain to the tournament officials. They may complain to me or any other black belt from our studio as long as it is out of hearing range of others. If there is anything that could/should be dealt with with tournament officials, leave us to deal with it.

But as long as you represent ETTSD at a tournament I expect you to show good sportsmanship. And I'll tell you "Good job!"

Mat Chat

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

This month:

Tenet/Code: Perseverance (Tenet 3)

**What does Perseverance mean?
NEVER GIVE UP!**

- Perseverance is when we start and finish a job.
- Perseverance is when we do work that is hard and sometimes boring, but we finish it.
- When we persevere, our family, teachers & friends trust us.
- When we persevere we improve our skills.
- Perseverance is commitment, hard work and patience.
- Perseverance is trying again and again.

PERSEVERANCE

By Tad Richards

A nine-year-old student
named Jack

Thought a green belt was all he
could hack.

But he persevered
Till he grew a beard,
And now wears a belt that is black.

Terminology

- **Back Kick** ~ Dwi cha gi
- **Axe Kick** ~ Ccik cha gi
- **Hook Kick** ~ Yup hu ro cha gi
- **Side Punch** ~ Weng jin kong kyuck
- **Back Fist** ~ Kap kwon kong kyuck
- **Hammer Fist** ~ Kwon do kong kyuck