



EAST TN TANG SOO DO NEWSLETTER

VOLUME 3, NUMBER 9 – SEPTEMBER 2018

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Beginner / Intermediate Shim Sa



Fri, Sep 14, 6:00 p.m.

Testing students: 5:30 p.m.

\$30 testing fee

**Guests welcome. Open to the public.
T-shirts allowed. White or Studio.**

Beginner/Intermediate Shim Sa. These students are invited to test.

- **8th gup:** Easton Huff, Faith Rader, Bodee Lynch
- **7th gup:** Ryan Foster, Roger Haracz
- **6th gup:** Blayke Smith
- **5th gup:** Ryan Crawford

Schedule Changes

Starting Oct 1, we will be eliminating Wednesday evening classes. Currently, Wed is Beginner Children 4:30-5:30 and Open Mat 5:30-6:30. We will be moving those classes as follows:

Beginner Children
Thu, 5-6PM

This will run be co-taught by Ms. Jennifer (Beginners) and Ms. Victoria (Int/Adv.) The class will split off after warm up to their respective groups.

Open Mat
Fri, 6-7PM

Open Mat is returning to Fridays. It will now be held from 6-7PM. **SIGN UP IS REQUIRED!**

Fall Festival of Nations Demo and Booth

Sat, Sep 22

Booth: 10AM-4PM

Demo: 11:15AM.

Notre Dame Church
212 Mt. Bethel Road

Please arrive for the demo by 11AM. We will meet at our booth to coordinate.

East TN Tang Soo Do has an open demo team. That is, any student who wants to perform with us is welcome to. However, those students must be willing to rehearse and take correction. Let Ms. Victoria know if you will be performing with us.

We will be rehearsing Sat 9/8 and 9/15, 9-10AM. If you plan to perform with us, PLEASE try to attend at least one of those classes.

Little Dragons are excepted since they will be rehearsing Star Block and Flag Sparring during class. For flag sparring, we have discovered they need to practice STOPPING when the music stops!

We will also rehearse other parts during classes, so if you or your child are performing weapons, please have them try to stay for weapons at least once a week.

Calendar

- **Wed, Sep 5 & Thu, Sep 6**, Mat Chat.
- **Mon, Sep 10 – Thu, Sep 13**, Tip Testing.
- **Fri, Sep 14, 6PM.** Beg/Int Shim Sa. See column 1 for details.
- **Thu, Sep 20, 7:15PM.** Sparring with JTKD @JTKD. Our adult class will still be held for those who do not wish to travel to Jonesborough.
- **Sat, Sep 22, 10AM-4PM**, Booth at Festival of Nations. Helpers needed. See Ms. Victoria or Ms. Jennifer.
- **Sat, Sep 22, 11:15AM**, Demo at Festival of Nations. See Column 2.
- **Tue, Sep 25, 6:30-7:30PM Self-Defense Seminar.** Open to the public and **FREE**.
- **Sat, Sep 29, The Fall Classic.** Knoxville, TN **NOTE: We will be closed Sat 9/29 to attend.**

Optional Classes

Demo/Competition Class is available 9am on Saturdays: 9/8 and 9/15. 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. It is also our demonstration practice time during the weeks before a demo.

Free Family Class is available 10am on Saturdays: 9/8 and 9/15. Learn basic martial arts skills. Open to the public. If you only attend this class, you never have to pay.

Fundraisers

We are forgoing our usual Good Karate Parent this month to let you know about some new funding options we are pursuing. Be a good karate parent and support our events!

A HUGE thank you to Amber Burgner, for not only taking this on, but giving us the following write up so we will know what's going on.

All monies collected from the fundraisers will go toward our competition team including funding tripods and cameras for tournament and demo filming, team uniforms and team t-shirts.

Car Wash

We have partnered with the **Ultimate Shine Car Wash** here in town. All this effort entails is putting in a fundraising code before you wash.

The studio will receive a percentage of all sales made using our code. **Our code is 220.** Please see flyer at the studio for all car wash locations.

Krispy Kreme



Our Krispy Kreme fundraiser began on August 27, 2018 and will run through September 17, 2018.

We are selling a variety of products that include; regular glazed donuts, chocolate glazed or filled donuts, bogo cards, certificates, and coffee. We will need money and order forms by September 17th. All orders will be available to pick up Friday, September 21st here at the studio (exact time TBA.) You will be responsible for delivering your "customers" order.

If you would like an order form, a limited number are available at the studio. Ask Ms. Jennifer. They are also available on the Krispy Kreme website under the fundraising tab. Or simply write customer names and orders on a regular piece of paper; you can keep up with your sales any way you would like.

The top seller will receive a new dobok with the new school logo printed on the back.

Rummage Sale

We are planning a rummage sale for the weekend of October 20.

Final details of the sale are still in the works. Watch our Facebook page for updates.

Mat Chat

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

This month:

Tenet/Code:

Respect and Obedience (Tenet 4)

What does it mean?

- Respect is thinking and acting in a positive way about yourself or others.
- Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

Examples

- You follow your parents' rules to show them you care (respect) how they feel about the situation. (That's where Obedience comes in!)
- You don't call people names because you care about (respect) their feelings.
- You don't hit or hurt people because you care about (respect) their well-being.

Terminology

- First: *il*
- Second: *ee*
- Third: *sam*
- Fourth: *sa*
- Fifth: *oeh*
- Sixth: *yuk*
- Seventh: *chil*
- Eighth: *pal*
- Ninth: *ku*
- Tenth: *sip*