



EAST TN TANG SOO DO NEWSLETTER

VOLUME 4, NUMBER 1 – JANUARY 2019

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Beginner/Intermediate Shim Sa



Fri, Jan 11, 6:00 p.m.

Testing students: 5:30 p.m.

\$30 testing fee

Guests welcome. Open to the public.

FULL UNIFORMS REQUIRED!

The names of those eligible for testing will be listed on the white board in the window above Mr. Ian and Ms. Jennifer's desks.

We have had a big influx of new students in the last few months and want to get everyone tested. Any white belt who does not test in Jan will likely test in class in Feb unless their class hrs are less than 12 of the 16 required hrs.

Weather Closings

Please check our Facebook page and Twitter feed (also in right column of our Web Page) to find out if we are open. Basically, if Walters State cancels evening classes, we will be closed.

New Student Promotion

Current Students who recruit a new student to ETTSD get a 50% discount on their fees for the first month of the new student's enrollment! The more students you recruit, the more you save!

Don't Forget!

We do all of these things too!

OPEN MAT

Fri, 5:30–6:30 p.m. (Signup Required)

Having problems with a form or one-step? Need to make up a missed class? Just need to beat on a bag and let off steam? Come to open mat where Mr. Ian will be available to help you.

SELF-DEFENSE

4th Tue, 6:30-7:30 p.m. FREE, age 13+.

This hands on (literally) class covers a variety of useful and powerful techniques. Raise awareness of your surroundings as you learn new skills. We believe everyone should have a basic understanding of self-defense & hope we can contribute to that understanding.

COMPETITION/DEMO CLASS

Sat, 9–10 a.m. (on non-tournament days)

Get ready for competition in this class, with protocol training and form critique from experienced competitors. We also practice for demos. If you have ideas, NOW is the time to present them, to get ready for the 2019 season.

FAMILY CLASS

Sat, 10–11 a.m. FREE, open to non-students (on non-tournament days)

Learn basics of Tang Soo Do including techniques, forms, self-defense. Family oriented, ages 7+, all ranks. Lessons run at a comfortable pace for those unfamiliar with martial arts. It does not include sparring, weapons or board breaking.

January Events

Thu, Jan 3, Mat Chat.

Mon, Jan 7 – Thu, Jan 10. Tip Test / Practice Test Week. Students on target to test in Jan will review for Friday's exam. All else who qualify will receive a stripe.

Fri, Jan 11, Beg/Int Shim Sa

Thu, Jan 17, 7:15 PM ETTSD

@JTKD. Regular class at studio.

Sat, Jan 19, Winter Interschool

Tournament. See below.

Mon, Jan 28 – Thu, Jan 31. Holiday Theme Week. See page 2.

Tue, Jan 22, 6:30-7:30 PM Self-

Defense Seminar. See to the left.

Tournaments

Tournament season is upon us earlier than usual with more TSD tournaments. We won't neglect open tournaments though! Here is the current list of tournaments for 2019. (Subject to change. See our website, Facebook page and group for details as they are available):

1/19: Winter Interclub (TSD)

Fayetteville, NC (See page 2)

3/9: Battle of Birmingham (TSD)

Birmingham, AL

5/?: Mid-South Championships

Dalton, GA (Open)

6/?: Battle of Champions

Ringgold, GA (Open)

7/?: TN State Karate Championships (Open)

Baxter, TN

9/?: The Fall Classic (Open)

Knoxville, TN

11/?: Tri-State Championships

(Open) Dalton, GA

New Year Resolutions

The new year brings about resolutions and hopefully changes to the good for the studio. Although these are aimed at students, we encourage parents to help their children remember our new requirements.

Bowing at the door and the mats

We have always required students to bow onto and off the mats and that still holds. We now want to add to that, and have students bow into and out of the studio.

Just as on the mats, students will face into the studio for bowing in and bowing out.

There will be a reminder sign on the door for a few weeks, or until we need the space for other notices.

Signing in to Class

As we began our computerized attendance, we have been double-checking to be sure each student gets logged in to class.

We now want students and/or their parents to take over that responsibility. Be sure to sign in to class as you or your child enters the studio.

You can sign in to multiple classes. Be sure to wait until the first class log in disappears before logging in to the 2nd class.

It is important to log in since the number of class hours is one of the deciding factors in who gets to test.

If you do not log in and remember later, after the system no longer takes data for that class, we will be willing to log you in, but you have to be the one to tell us, we will not remind you.

Yes Sir/No Sir, Yes Ma'am/No Ma'am

We have been doing this more regularly. This is just a reminder to do it EVERY TIME.

Winter Interclub Tournament

Our first tournament of the year is a Master Sgro's tournament. He is the instructor of our black belts instructor-Master Charland.

This tournament is also unique for a few reasons. It's aimed at beginners and those who have not competed before. Its cost is only \$25/competitor or \$50/family. And there will be three half-hour workshops by Masters before the tournament starts. That alone is worth the price of admission.

If you are attending, please bring the reg forms to Ms. Vic before Jan 11, or if you mail them yourself, please let her know so she can get a head count. For more info see: <http://www.sgrokarate.com/winter-tournament.html>

Holiday Theme Week

We will have our Holiday Theme week on Jan 28-31. Wear t-shirts from any holiday throughout the entire year!

We will preview Theme week during Tip Tests where students will make *Martial Arts New Years Resolutions*. They have until the end of theme week to complete them.

We have many activities planned but learned from experience we may not get to them all:

- Groundhog's Day by repeating forms until we get them right.
- Show leadership for Presidents Day.
- Give love (praise) for Valentine's Day.
- See how scary we can get doing forms for Halloween.
- Give thanks to those who help us for Thanksgiving.
- Play Dreidel Spin for Hanukkah,
- Play Freeze Tag for Winter Solstice
- Play Santa Says for Christmas
- Spar for Boxing Day.

Mat Chat

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

Parents are invited to participate in our Mat Chat!

If you would like to join us, you may sit with us on the floor or bring over a chair and sit it on the track portion of the mat.

This month:

Tenet/Code: Loyalty to one's country (Code)

Standing by or standing up for someone or something you believe in, such as your country.

Terminology Tang Soo Do

Way of the China Hand

Why does a Korean style of karate have "Chinese" in its title? Think of Chinese Food, German potato salad, Southern Fried Chicken, New York Pizza, Buffalo Wings.

Grandmaster Hwang Kee, who started modern Tang Soo Do, spent years in China during World War II because Korea was taken over by Japan. Koreans were not allowed to practice their traditional martial arts. Many Koreans escaped and worked and trained in China until the end of World War II. Grandmaster Hwang Kee was one of them.

Counting in Korean

One – Hana	Six – Yasot
Two – Tul	Seven – Ilgop
Three – Set	Eight – Yodel
Four – Net	Nine – Ahop
Five – Tasot	Ten – Yol

