



ettsd.com  
423-609-1408

# EAST TN TANG SOO DO NEWSLETTER

VOLUME 4, NUMBER 3 – MARCH 2019

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

## Int/Adv Shim Sa



**Fri, Mar 22, 6:00 p.m.**

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

**\$30 testing fee**

**Guests welcome. Open to the public.  
FULL UNIFORMS!**

Int/Adv Shim Sa. These students are invited to test:

- **5<sup>th</sup> gup:** Caden Hensley, Blayke Smith
- **3<sup>rd</sup> gup:** Noah Janha
- **2<sup>nd</sup> gup:** Alex Foster, Ryan Crawford, Daniel Flath, Miles Flath, Robert Hammett, R. J. Hammett
- **1<sup>st</sup> gup:** George Sieber

## Tournament Update

We have two tournaments in March.

### Battle of Birmingham

**Sat, Mar 9**

Our favorite tournament of the year, I encourage all students to attend. There is even a First Timer division for those who have never competed before. More info at [battleofbirmingham.com](http://battleofbirmingham.com).

### Safiyah Karate Tournament, Sat Mar 16, 9AM

**Newport Community Center  
433 Prospect Ave, Newport, TN**

This is new. We know little about it but it's 45 min away so we'd like to support it to help it survive to run another year. Register at the door. If you can't make BoB, try to make this one. Or both!

## Summer Camp Counselors Needed

Our Summer Camps will be held on June 17-21 and July 15-19.

If you are age 13 and up, and interested in being a camp counselor (3<sup>rd</sup> gup – Black Belt) or an assistant counselor for either or both sessions, please attend:

### Camp Counselor Training Wednesday, Mar 27 (during Spring Break)

**9AM – noon: Craft planning and instruction**

**1PM – 4PM: Martial arts instruction training from 1-4.**

Unless you are interested in running both crafts and martial arts, you only need to attend the appropriate session. If you attend both sessions, we will provide pizza for lunch.

I will be honest and tell you it's likely you will not get paid. However, if we get 20 or more campers, counselors and assistant counselors will be paid an honorarium of \$50 for that session.

Also, you get experience for public service credit at school, and work experience for applying for jobs. We will provide you with an accounting of hours and a letter of recommendation.

Lastly, you will be invited to participate in any camp activities you are not running and receive training hours for any martial arts classes you attend at the camp.

## Calendar

- **Thu, Mar 7**, Mat Chat.
- **Sat, Mar 9**, Battle of Birmingham.
- **Sat, Mar 16**, Safiyah Karate Academy Tournament
- **Mon-Thu, Mar 11 – 14**, Tip Test.
- **Thu, Mar 21, 7:15 PM. Sparring with JTKD @JTKD.** Regular Adult Class will still run at the studio.
- **Fri, Mar 22, 6 PM Intermediate/Advanced Shim Sa.** See first column.
- **Mon-Thu, Mar 25-29**, Theme Week – Books and Authors.

**Demo/Competition Class** will be available at 9AM Sat Mar 2, 23 and 30. If you, or your child, plan to compete in tournaments this year, I encourage attending this class.

**Free Family Class** will be available at 10AM Sat Mar 2, 23 and 30. Regular members may attend, but this is a basic class aimed at beginners. It is open to the public.

## Padded Weapons Training

Master Sgro's tournament in April includes a padded weapon division. Those who went last time tried them out. He's organizing seminars with them. \$25/person, including a padded weapon to keep.

He wants a minimum of 10 participants. If there is enough interest we'll schedule a time. Please let Ms. Vic or Ms. Jennifer know if you would like to attend.

# 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. This month's column is by KSN Victoria. It is a follow up to last month's Tournament Survival Guide.

## So You Want to Win That Tournament, Do You?

Let me start with the speech I give students in tournament class.

***If you take a spelling test in school and get a C, you will pass the test and you will pass the course. If you do a C-level form, you will pass your exam to the next belt. However, if you want to win a large tournament, you not only have to get an A on the test, you have to win the spelling bee.***

I encourage all of our students to compete in tournaments. It helps students see how their skills compare to others, both in Tang Soo Do and against other styles in Open tournaments.

I think tournaments are helpful, win or lose, but of course you don't enter a tournament without the aim of winning. Depending on the size of the tournament, that could be more or less difficult.

Given some of the attitudes of some students in the Competition class, I think I need to amend my speech.

I watched one student do a form and told them where they needed improvement, they told me indignantly, "I took first place with that form in the last tournament."

So, my amendment:

***If there are only two people in your division and you do a C-level form and the other competitor does a D-level form, you do take first place. This is no guarantee that you will take home a medal/trophy in the next tournament.***

This is particularly true when it comes to the opens where there tends to be 10+ competitors in the youth divisions.

So, here are my rules if you want to WIN a big tournament.

### Attend Demo/Tournament class

Sat mornings. Tournaments happen at 9AM. If you can get up for a tournament, get up for the class.

### Listen to the critique of the instructors and do what they say.

Some students do, especially those who come each week. The majority seem to let critique, as my dad used to say, go in one ear and out the other.

One week, after the 1st round of forms, we each coached a student on problem parts of their form. I was not the only instructor who commented during the 2nd round that it seemed we hadn't done any coaching.

If we say to check your stance with every move, check your stance with every move. If we say to add power, add power. We do know what we're talking about. If you want to win tournaments, listen.

### Do your homework.

I constantly suggest that students watch tv, or play video games, while in horse stance and/or front stance. It is obvious from the lack of good stances that students do not do this. Good stances alone can be the difference between winning and losing.

### Pretend class is a tournament.

I've seen many students have excellent form when practicing for a tournament, but lazy stances and blocks in regular class. Not to mention, attitude. Remember, ATTITUDE is a small thing that makes a big difference!

Work hard ALL the time, not just when you are being individually watched and you will automatically work hard for a tournament.

# Mat Chat

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

**This month:**

## Tenet/Code: Honor Friendship (Code)

### What it means.

It means you value the people in your life. You treat your friends with respect and kindness. You do not take them for granted.

### What it DOESN'T mean.

It does not mean that you do anything a friend tells/asks you to do. If your friend asks to you lie, steal, to sneak out at night, you honor friendship by NOT doing what they ask and telling them they should not either!

### What would you do?

- Your best friend is always there for you. Today she needs help with a project and asks for your help. You are busy with your own life. Do you help her?
- Your friend is going through a hard time. He needs you to listen to him. Your favorite tv show is about to come on. Do you take the time to listen even though it may not be convenient?
- A couple friends want to go to a party but their parents say no. They want you to say they are at your house and they will say you are at their house, so you can all go to the party. What do you do?

## Terminology

- **Dojang** – Martial Arts Studio
- **Do Bok** – Martial Arts Uniform
- **Dee** – Belt
- **Ko Ma Sum Ni Da** – Thank You
- **Chomanayo** – You Are Welcome