

## Shim Sa Results



We tested fourteen martial artists to new rank during our August Shim Sa— Little Dragons. (Some did not make the main exam and therefore are not in the picture) and gups:

- **Dragon Yellow:** Riley Strozier, Jase Sumner
- **Dragon Orange:** Landon Fair, Noah Clendenin
- **Dragon Purple:** Noah Cutshall Bowers, Mia Willis
- **Dragon Red:** Jayon Gillespie
- **8<sup>th</sup> Gup:** Brayden Salend
- **2<sup>nd</sup> Gup:** Noah Janha
- **1<sup>st</sup> Gup:** Ryan Crawford, R.J. Hammett, Daniel Flath, Miles Flath, Robert Hammett



## Schedule Change

Starting in September we are swapping our Monday and Tuesday Adult classes as follows:

- **Monday, 6:30-7:30PM, Adult Beg.**
- **Tuesday, 6:30-7:30PM, Adult Int, Adv, Cho Dan Bo.**

For this month we are making both nights open to Adults all ranks.

## Tournament Update

### Summer Tournament

A small contingent from ETTSD made it to Master Sgro's Summer Tournament, and all did well.

**Brayden Salend** took 1st in weapons. He tied for 3rd in forms but lost the run off. Awesome for a first tournament. **Jennifer Grillo-Foster** took 2nd in weapons and 3rd in form. **Ian Turnage** was our big winner with a 1st in weapons, 2nd in forms, 1st in sparring and 1st in padded weapons sparring.

### MYFest 2019, Fri/Sat, Oct 18-19.

It's one of our most important tournaments this year. **MYFest** is the kick-off tournament for our new "grandparent" organization **Moo Yea Tang Soo Do**. It will be in Fayetteville, NC at a larger venue than the one we usually go to there.

We want to try to field a team forms team for this so please come to competition class on Saturdays at 10.

## Calendar

- **Thu, Aug 8, Mat Chat.**
- **Mon-Thu, Aug 12 – 15, Tip Test.**
- **Fri, Aug 16.** Open Mat Tip Testing.
- **Mon-Thu, Aug 26-Aug 29,** Theme Week – Proverbs and Sayings.
- **Tue, Aug 27, 6:30-7:30 PM Self-Defense Seminar.** Open to the public and **FREE**.
- **Fri, Aug 30, 6:30 PM Shim Sa.** All levels. See below.
- **Mon, Sep 2. CLOSED. Labor Day**
- **Fri-Sun, Sep 6-8.** Baileyton Fair Booth. Workers welcome!!

**Saturday Aug 10, 17, 24, 31. Demo/Competition Class, 10AM.** If you, or your child compete in tournaments, attend this class.

**Free Family Class, 11AM.** Regular members may attend, but this is a basic class aimed at beginners. It is free and open to the public.

## August Shim Sa

**Fri, Aug 30, 6:00 p.m.**

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

**\$30 testing fee**

Guests welcome. Open to the public.  
**T-shirts Permitted—ETTSD, white only. Pants, no shorts.**

Eligible for testing:

- **10-9:** Shannon Salend, Sherri Jaynes
- **9-8:** Allison Cox
- **8-7:** Hutch Harris, Christy Harris
- **7-6:** Hannah Cox
- **CDB1 - CDB2:** Keith Foster, Emme Foster, Graysun Ingle, George Sieber

# 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, by KSN Victoria, is an updated version of her column from Aug 2018.

## Losing, Humility and Good Sportsmanship

Part of showing respect to fellow martial artists, to your instructor, to your school and to your style, is to be a good sport, to know how to lose.

I have learned teaching Little Dragons, that losing gracefully does not usually come naturally. The Little Dragons fought over things as small as which of the highest ranks got to be on the number 1 spot during lineup. (For that, I finally instituted rules. )

I am slowly learning to deal with children who throw tantrums after losing a flag sparring match, or a relay race, or... We simply remove the child from the environment and continue the class.

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

That all takes place inside the studio, and can be dealt with easily even if it doesn't work the first time. However, I also see a lot of bad behavior at tournaments when judging does not go the way the competitors think it should.

And it isn't just the competitors. Sometimes it's the parents. If their child loses, it must be the judges, the scoring system, whatever, as long as it's not their child. It seems to me that more and more adults are reaching adulthood not having learned to lose.

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

During Summer Camp last year, we discussed "Humility." I asked for examples of humility. A Little Dragon

responded that it was saying "Good Job" when someone else wins.

This was one of those 5-year-olds who threw temper tantrums when she lost, but at least she knew what she was supposed to do.

And this year, she came back to camp, and she did it, even congratulating the person who beat her. It can be learned.

And yes, that is what I expect of all of our students, in class, and at tournaments, and at any other public event, no matter what.

It doesn't matter if the judges are biased. It doesn't matter if your opponent wins by a fluke. It doesn't matter if you really know you should have won. None of that matters. No matter what, if you lose, you shake your opponent's hand and say "Good job."

Our policy is that neither competitors nor their family members should complain to the judges, or 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 if you go out of your way to show good sportsmanship, I'll be sure to 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