



EAST TN TANG SOO DO NEWSLETTER

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Shim Sa Results

Ten martial artists were promoted to new rank during our August Shim Sa. (Some did not make the main exam and therefore are not in the picture) :

- **9th Gup:** Shannon Salend, Sherri Jaynes
- **8th Gup:** Allison Cox
- **7th Gup:** Hutch Harris, Christy Harris
- **6th Gup:** Hannah Cox
- **Cho Dan Bo 2:** Keith Foster, Emilie Foster, Graysun Ingle, George Sieber

Testing Changes

Monthly Testing List

The testing list for the month will be listed on the white board by Mr. Ian and Ms. Jennifer's desks. It will go up after Tip Test week. Since instituting our new method, we need the results to see who tests!

Little Dragon Exams

Little Dragon exams will cost \$10. I hate charging since it isn't "real" rank, but with the number of Little Dragons now, I need to at least recoup costs.

Moo Yea Festival

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

It's our second most important tournament this year. Although there are activities on Fri, most events run on Sat, if that's all you can make.

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.

If you plan to attend, please let Ms Vic or Ms. Jennifer know. We are trying to get a head count.

Uniform Logos



If you want our logo and your name on your dobok top, it needs to be clean and given to Ms. Jennifer by Sep 16.

If you have competed in a tournament with us or plan to go to MYFest, **this is your last chance** to get the studio to cover the cost. If you have not but still want it done, it's only \$10 (due when you give us your top).

This is NOT required. We do not know when we will have another batch done.

Calendar

- **Mon, Sep 2. CLOSED.** Labor Day
- **Thu, Sep 5,** Mat Chat goes home.
- **Fri-Sun, Sep 6—8.** Baileyton Fair Booth. Workers welcome!!
- **Mon-Thu, Sep 9—12,** Tip Test.
- **Fri, Sep 13.** Open Mat Tip Test.
- **Sat, Sep 14.** 2-5PM. Self-Defense Workshop. \$20, or group rates.
- **Thu, Sep 19,** Interschool Sparring @ETTSD, 6:30PM
- **Mon-Thu, Sep 23—Sep 26,** Theme Week – Super Powers!
- **Tue, Sep 23, 6:30—7:30 PM Self-Defense Seminar.** Open to the public and **FREE**.
- **Fri, Sep 27, 6:00 PM** Shim Sa.
- **Sat, Sep 28, Festival of Nations.** Booth all day, **DEMO, 1PM**. More info soon.

Saturday Sep 14, 21

Demo/Competition Class, 10AM. If you, or your child, compete in tournaments, or want to be part of our demo, please 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.

Schedule Change

REMEMBER! STARTING THIS MONTH!

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

Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas and Ms. Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is by KSN Victoria.

Standing Still is a Skill

Essential skills don't always look like skills. Standing still is a skill. Sitting quietly in criss-cross applesauce is a skill. Waiting patiently is a skill. Lining up is a skill. Paying attention to classmates is a skill. And we try to teach these skills.

Are they martial arts skills? Maybe not directly, but they are skills that are useful in martial arts. And as any adult can attest, although they are not usually pleasant, they are actually very useful in life.

If you want to perform in martial arts demos, if you want to compete in tournaments, if you want to perform well in class, those skills are essential.

Belt testing

When testing for belts, students are expected to line up by rank. They must sit criss-cross and remain silent while watching their fellow testers at various times during the exam.

Board breaking is done one at a time. Lower ranks sit while higher ranks complete their testing. Students must stand quietly while receiving belts one at a time.

Tournaments

At tournaments, the phrase of the day is "hurry up and wait." Competitors are called to their ring where they wait sometimes up to an hour before they finally get to perform their one minute of form, depending on age and division.

Competitors are also expected to be able to line up and stand still at various times during the process.

Demonstrations

At demonstrations, lower ranks do not end up in as many pieces as higher ranks. Performers not on stage must pay attention to the performers who are on and be on their best behavior.

We want to give the best impression possible of our studio, so these skills are essential to the overall performance of the group.

In Class

In class, students are expected to line up by rank, on their own, and stand in choong be until bowed in.

During class, there are many times students must wait their turn, stand in line while kicking the bag, wait while playing games like Duck and Jump and many other things.

For Little Dragons we actually make "standing still for one minute" part of their belt exams.

Skills are Skills

In every day adult life, think of the many times you must stand in line patiently, wait your turn, sit quietly at a meeting even though you have things to say.

So, if you see your child sitting, waiting, not physically active every minute of every class, don't think they aren't learning. They are still learning essential skills.

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*