



EAST TN TANG SOO DO NEWSLETTER

VOLUME 4, NUMBER 10 – OCT 2019



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Seminar with Grandmaster Garth Charland

Saturday, Oct 12

Free but donations accepted

- 9AM – 1st Gup and Up
- 10AM – All Ranks

Don't miss the chance to work with the Grandmaster of Tang Soo Do Masters Alliance. He is stopping here on his way to MYFest and we should take advantage of every moment we have with him.

This is not required, but I highly encourage attendance, especially for our higher ranks.



Moo Yea Festival

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

It's our second most important tournament this year. Schedule:

- Fri: Padded Weapons, Team Forms.
- Sat: Open hand forms, Weapons Forms, Point Sparring.

<https://mooyeatsd.redpodium.com/myfest-2019>

There are three ways to save!

1. At the top of the page it asks if you are a member of MYTSD. We are. This saves you \$10.
2. If you register soon, use the coupon code First50. This saves you another \$5.
3. If you have more than two people in your family registering for the event, all competitors after the first two get 50% off the registration fee.

If you would like to attend but cannot afford fees, talk to me and we'll see what we can work out.

Calendar

- **Thu, Oct 3**, Mat Chat goes home.
- **Mon-Fri, Oct 7—11**, Tip Test.
- **Fri, Oct 11**. Open Mat Tip Test.
- **Sat, Oct 12. 9 & 10 AM**. Seminar with GM Charland. See left column.
- **Thu, Oct 17**, Interschool Sparring @JTKD, 7:15PM
- **Fri/Sat Oct 18-19. MYFest**. See center column. Studio CLOSED.
- **Tue, Oct 22, 6:30—7:30 PM Self-Defense Seminar**. Open to the public and **FREE**.
- **Fri, Oct 25, 6:00 PM Shim Sa**.
- **Sat, Oct 26, 9 AM**, Shim Sa Pt 2 for Cho Dan Bo candidates.
- **Mon-Thu, Oct 28—31**, Theme Week – Video Games.
- **Thu, Oct 31, HALLOWEEN**. Feel free to wear a costume to class (one you can work out in.)

Saturday Oct 5, 12, 26

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

Full Uniforms

Oct 1 is the official day to start wearing full uniforms. However, between the 90 degree weather and the fact that we are awaiting uniform tops from our printer, we will allow some slack for this month.

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 and is aimed at all ages, not just Parents.

Testing When You are Ready

We have changed the way we decide who will test each month, and although it's working out well, it has had some unexpected ramifications. Like, we didn't end up having a Shim Sa last month. The two people who had their three tips did not have enough hours and the rest who had the hours, did not have their tips.

But it has resulted in both students and instructors knowing what skills are lacking and where improvement needs to happen. It also means students may go several months without testing since they will not test until they are truly ready. If parents have a problem with this, please bring it up with one of our black belts and we can discuss.

Tips and Tip Test Week

We do have a week set aside for Tip Testing, signing off the tip test sheets. We also encourage students to come to Open Mat on Friday after Tip Test Week to work on their tips.

However, those are not the only times students can have them signed. It can be done many other times.

- Before class if you arrive early.
- During class break.
- During weapons class if you can catch instructors/high rank students who are not working out or teaching.
- During siblings'/children's classes. Some students arrive for class early because family members are in other classes. There is usually a black belt or two who can help you with your Tip paper.

Learning New Skills

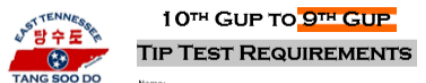
Other than 10th – 9th gup (shown here)

all Tip Test Forms include both old and new skills. This ensures students keep skills they developed in their last belt as well as learning their new skills. However, we discovered we do not always teach every new skill with the same regularity.

Chances are, forms and one-steps will get regular and frequent practice. We make an effort to cover everything, but the Tip Test Forms allow you to keep us on track also.

If students or parents notice skills on Tip Test Forms that students have not learned, bring them up to an instructor. Students can also use the times noted in the bullet list to the left to ask instructors or higher ranks to help learn those skills.

Overall, we really like our new methods. They still have a few kinks but I think they will lead to better qualified and more skilled martial artists. I hope you agree.



Name: _____
For each tip, you must perform the tasks for at least three people listed (2 black belts) and get them to initial that it has been completed. (NOTE: 400000 is any adult student, red belt or higher.) If they have critique, they will not initial but tell you what needs to be improved. One row may also be incomplete. When the chart is done, and you have enough training hours (16), you are ready to test for 9th gup.

Tip 1

Requirement	Ms. Vic	Ms. Jan	Ms. Jan	Adult11	Adult12
Low Block (Ha Dan Mahk Ki)					
Front Kick (Ahp Cha Gi)					
Middle Punch (Choong Dan Kwuck)					
Basic One-Step 1					
Count to 10 in Korean					
What does Tang Soo Do mean?					
Bow as you enter & leave dojang / mat					

Tip 2

Requirement	Ms. Vic	Ms. Jan	Ms. Jan	Adult11	Adult12
High Block (Sang Dan Mahk Ki)					
Round Kick (Tallyo Cha Gi)					
High Punch (Sang Dan Kwuck)					
Basic One-Steps 1 and 2					
Ki Cho Hyung II Bu (with help)					
Dwi Tori (Back Turn)					
Korean Terms: Ready Stance, Attention, Bow, Return					

Tip 3

Requirement	Ms. Vic	Ms. Jan	Ms. Jan	Adult11	Adult12
Side Block					
Side Kick (Yup Cha Gi)					
Basic One-Step 1-3					
Basic Stick Form (pattern with help)					
Ki Cho Hyung II Bu (no help)					
Breaking: Foot Stomp or Hammer Fist					
Korean Terms: Rest, Turn, Yel, Sit					
1 st Line of Student Creed					

Mat Chat

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

This month:

Tenet/Code: Self-Control (Tenet 5)

What does it mean?

- Self-Control is doing what is right when you feel like doing what is wrong. It helps you make good decisions.

What is a Better Choice?

- You play a game that is difficult, and you keep making mistakes. You get mad at the game or the person you are playing with.
- It's time to leave for karate but your favorite tv show just came on. You tell your parental unit that you don't feel well.
- You want something at the store but your parental unit says no. You throw a tantrum.
- You love ice cream so much that you keep eating and eating and eating and get sick.
- Your karate instructor wants you to concentrate on basics but you know you can do more advanced techniques so you do them to prove it. You don't understand why your instructor makes you do pushups for not following instructions.

Terminology

- Reverse round kick ~ *Peet cha gi*
- Stomp Kick ~ *Chit pal gi*
- Inside to Outside Crescent Kick ~ *Ahneso phaku ro cha gi*
- Outside to Inside Crescent Kick ~ *Phakesu ahnuro cha gi*
- Side Stance ~ *Sa ko rip ja seh*
- Fighting Stance ~ *Deh ryun ja seh*