

## Shim Sa Results



We tested ten martial artists to new rank during our October Shim Sa. (Some did not make the main exam and therefore are not in the picture.)

- **9<sup>th</sup> Gup:** Bailey Salend
- **8<sup>th</sup> Gup:** Blake Clendenin, Liam Crawford, Vera Eastep, Sawyer Goodwin.
- **7<sup>th</sup> Gup:** Brayden Salend
- **6<sup>th</sup> Gup:** Riley Kiker
- **4<sup>th</sup> Gup:** Caden Hensley, Faith Rader
- **Cho Dan Bo, Level 2:** Caleb Crawford

## Sparring Equipment

Cups and mouthpieces are REQUIRED for sparring. You can get them at Walmart, Hibbetts and many other stores, or we would be happy to order them for you.

Please also consider purchasing sparring gear for you or your child. Our studio gear is pretty old, ratty and we do not have enough child sizes.

## Overmountain Open Event

Newport Karate Center & East TN Tang Soo Do  
present the



**Sat, December 7**  
**Newport Community Center**  
**433 Prospect Avenue**  
**Newport, TN**  
**overmountainopen.com**  
**Opening Ceremonies: 9:00 AM**

### IT IS TIME TO REGISTER!

Registrations forms available at the studio, or register online at:  
<https://ettsd.redpodium.com/overmountain-open>

This is OUR tournament, co-sponsored with our sister studio, Newport Karate Center. We never require people to compete, but ask that you please do, to support our tournament so we can do it again next year. Beginners welcome, even encouraged!

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

## Lost & Found

The Lost & Found box is overflowing. Please check it if you have missing items. Items in the box include a nice pair of Nike trainers, many pairs of sweat pants, socks, uniform parts and belts. All items will be washed and donated if not picked up by Thanksgiving break.

## Calendar

- **Thu, Nov 7,** Mat Chat goes home.
- **Mon-Fri, Nov 11–15,** Tip Test.
- **Thu, Nov 14,** Interschool Sparring @JTKD, 7:15PM
- **Fri, Nov 15.** Open Mat Tip Test.
- **Mon-Thu, Nov 18–21,** Theme Week – Harry Potter.
- **Fri, Nov 22, 6:00 PM** Shim Sa. Newport Karate Center students will be joining us for this grading. I encourage all students to come and show support for this new TSDMA studio!
- **Sat, Nov 23, 9 AM,** Shim Sa Pt 2 for Cho Dan Bo candidates.
- **Tue, Nov 26, 6:30–7:30 PM** Self-Defense Seminar. Open to the public and **FREE**.
- **Thu, Nov 28, CLOSED FOR THANKSGIVING.**

### Sat Nov 2, 9, 16, 23, 30

**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

Full uniforms are now required for all classes except theme week. Please be sure you, or your child, have their pants, tops, and belts. If students show without full uniforms, pushups will be required.

# 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.

## How Martial Arts Are Like a Video Game

This month isn't quite about being a good Karate Parent, but giving some feedback from your children.

Every month we have a theme week where students can wear t-shirts related to the theme and we do activities related to the theme.

October's theme was "Video Games" and we had a discussion about how martial arts is like a video game. I had a couple of ideas, but the kids came up with so many more, I wanted to document them.

1. Leveling Up. In video games, when you beat a level, you level up. In martial arts when you learn all the necessary skills, you are permitted to test for a new belt.
2. The actual belt exam is like beating the "Big Boss" and the moment that you level up. This was suggested by Liam, a 7-year-old and a great analogy!

3. Sparring is like battles in video games, especially when we point spar and there is an actual winner and loser.
4. On every new level, you learn new skills. In fact, we give out tip test sheets that detail the new skills for that level/rank.
5. On some levels you get new weapons. Sticks are our beginner weapon, Bo our intermediate weapon and Sword our advanced weapon.
6. Grinding. In a video game, in order to learn a new skill to advance, you practice the skill over and over and over. Guess what? In martial arts, in order to learn a new skill, you practice the skill over and over and over.



# Mat Chat

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

**This month:**

**Tenet/Code: Humility, Tenet 6**

## What does it mean?

Having humility means we do not think we are better than others. It is ok to be confident, but humility means we do not brag or boast about being better. In fact, we help people rise by lifting them up.

## Terminology

- Knife Hand attack ~  
*Soo do kong kyuck*
- Ridge Hand attack ~  
*Yuk soo do kong kyuck*
- Spear Hand attack ~  
*Kwon soo kong kyuck*
- Elbow strike ~  
*Pahl koop kong kyuck*
- Backfist attack ~ *Kap kwon kong kyuck*
- Outside to inside block ~  
*Phakeso ahnuro mahk kee*

# MYFEST 2019 Tournament



It was a great day for our competitors at MYFEST 2019. We only had four competitors but they all did well.

Mr. Ian earned a 2<sup>nd</sup> place in Padded Weapons Sparring, and 3<sup>rd</sup> place in Open Hand Forms, Weapons Forms and Point Sparring.

Ms. Jennifer earned 2<sup>nd</sup> place in both Weapons Forms and Open



Hand Forms.

Ms. Emme earned 1<sup>st</sup> place in Weapons Forms and 2<sup>nd</sup> place in Open Hand Forms.

Mr. Graysun earned a 1<sup>st</sup> place in Weapons Forms and 3<sup>rd</sup> place in Open Hand Forms.

This was the inaugural tournament for Moo Yea Tang Soo Do, our grandparent organization. Next year



the tournament will be in Hershey, PA. In 2021, the tournament will be held in our area, near Dollywood.

We should plan now to get a road trip together to make it to MYFEST2020!

