



EAST TN TANG SOO DO NEWSLETTER

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

Overmountain Open Tournament

Newport Karate Center & East TN Tang Soo Do

present the



COME SUPPORT US SATURDAY, DEC 7

Newport Community Center, 433 Prospect Avenue, Newport, TN
overmountainopen.com -- Opening Ceremonies: 9:00 AM

Reg forms at the studio. Or: <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.

November Shim Sa Results



We tested 12 martial artists to new rank during our November Shim Sa. (Two did not make the main exam and are not in the picture.)

We were honored to have our first joint exam with our sister studio, Newport Karate Center, who had three students testing with us.

Those testing for Cho Dan Bo were required to test both Friday night and Saturday morning to complete their requirements.

Newport Karate Center

- 9th Gup: Heather Shaub, Riley Shaub
- 8th Gup: Dalton Regar

East TN Tang Soo Do

- 9th Gup: Chelsey Rhea
- 8th Gup: Shannon Salend, Mason Carter
- 7th Gup: Allison Cox
- 5th Gup: Hannah Cox
- Cho Dan Bo, Level 1: Ryan Crawford, Miles Flath, R.J. Hammett, Robert Hammett

Holiday Hours

We will be closed from Tue, Dec 24 – Wed, Jan 1. All beginner students are welcome to attend Tuesday classes this month to make up for the days we are closed

Calendar

- Thu, Dec 5, Mat Chat goes home.
- Sat, Dec 7, OVERMOUNTAIN OPEN Closed Fri/Sat, Dec 6-7.
- Mon-Fri, Dec 9–13, Tip Test.
- Thu, Dec 12, Interschool Sparring @ETTSD, 6:30PM
- Fri, Dec 13, Open Mat Tip Test.
- Tue, Nov 17, 6:30–7:30 PM Self-Defense Seminar. Open to the public and **FREE**.
- Fri, Dec 20, 6:00 PM Shim Sa.
- Tue, Dec 24 – Wed, Jan 1, CLOSED FOR THE HOLIDAYS.

Sat Dec 14, 21

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.

Late Fees

Starting in January, if tuition is paid after the 10th of the month, we will be charging \$10/student late fee. This fee can be waived if you have a temporary problem and let Ms. Vic know about it beforehand.

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 an updated version of the column from Dec 2017.

BE SURE YOUR CHILD HAS THE PROPER EQUIPMENT



Christmas seemed to be the appropriate time to emphasize that if one is to be successful at martial arts, having proper equipment is helps immensely.

This is especially important if your child (or you) attends karate tournaments For that, it is a necessity. We do have loaner equipment, but having gear that fits properly makes for a better competitor.

Most sports require equipment to be purchased by the parent. For example, football, baseball, soccer and hockey require uniforms and equipment. The same is true for karate.

So give your child a good dobak (karate uniform), a mouth-guard, a groin protector (for males) and sparring gear - hands, feet and head. Some students also like shin pads to buffer those shin to shin clashes that occur when sparring.

And then there are weapons. Once again, we have loaner weapons, but to learn outside the dojang, their own bo staff, nunchukas, kamas, fighting fans or sword is helpful.

Yes, it does cost money, but being properly equipped with items that a student owns inspires pride in themselves and helps them take their training more seriously.

And adding them to the gifts under the Christmas tree makes it more exciting.

If you want us to order any equipment, please check out the AWMA catalog on the counter, and get your order and payment to Ms. Victoria or Ms. Jennifer by Tuesday, December 12.

Mat Chat

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

Parents / Mat Chat

This month:

Tenet/Code:
Indomitable Spirit (Tenet 7)

What does it mean?

Indomitable Spirit means having an **I Can Do It Attitude!** It means not giving up when things don't go like you want them to. Instead, you can find ways to make your goals/dreams happen! **Make it happen!! NEVER QUIT!!**

Terminology 12

This is our final and most advanced vocabulary lesson. In Jan we will start again with basic terms. All students will be required to complete the basic vocab lessons.

- Low/mid/high open hand blocks ~ *Han/choong/sang dan soo do mahk kee*
- Low/high two fist X block ~ *Sang soo ha/sang dan mahk kee*
- Elbow strike ~ *Pahl koop kong kyuck*
- Palm heel attack ~ *Jang kwon kong kyuck*
- Crossed leg stance ~ *Kyo cha rip jaseh*
- Two fist (reinforced) middle block ~ *Sang soo choong dan mahk kee*



Happy Holidays
from the staff of
East Tennessee
Tang Soo Do