



MYTSD Regionals

Saturday, April 18
James E. Worrall
Community Center
1060 Keith Dr.
Perry, GA 31019

This is our first Regional Tournament. I know it's a bit far (about 6 hours from Greeneville) but we are hoping to have the next regional tournament in our area, so I want to show our support for this one.

We have registration forms at the studio, or you can register online at <https://mooyeatsd.redpodium.com/myregionals-perry-ga>

The \$45 cost of the tournament includes three seminars. They alone are worth the cost. A Krav Maga seminar is being offered at an extra cost. (\$50/1-day, \$80/2-days)

If you are going, perhaps we can arrange carpools and room sharing.



Shim Sa Results

We tested ten martial artists to new rank during our February Shim Sa.

- **9th Gup:** Ava Leasure
- **8th Gup:** Bailey Salend, Chelsey Rhea
- **7th Gup:** Liam Crawford, Sawyer Goodwin
- **6th Gup:** Brayden Salend
- **Cho Dan Bo, Level 3:** Caleb Crawford
- **Cho Dan Bo, Level 4:** Emilie Foster, Keith Foster, Graysun Ingle

March Shim Sa



Fri, Mar 27, 6:00 p.m.

Testing students: 5:30 p.m.

\$30 testing fee

Open to the public.

FULL UNIFORMS REQUIRED!

The names of those eligible for testing will be listed on the white board in the window above Mr. Ian and Ms. Jennifer's desks after Tip Test week.

Calendar

- **Sat, Mar 7 (NKC)** Mat Chat.
- **Mon, Mar 9 (ETTSD)** Mat Chat.
- **Mon, Mar 9, 6PM.** Fight Night @Ascend Martial Arts, 2711 Southfork Drive, Knoxville. See Ms. Jennifer if you are interested in attending.
- **Mon-Thu, Mar 9—13,** Tip Test.
- **Thu, Mar 12,** Interschool Sparring @JTKD, 7:15PM
- **Fri, Mar 13,** Open Mat Tip Testing.
- **Sat, Mar 14, 10AM-12:30PM** Phase 1 Black Belt Testing. This will determine which candidates are invited to test for black belt in CT in May. Public is welcome to come watch. **NO FAMILY CLASS.**
- **Fri, Mar 20, 1-3PM.** Phase 2 Black Belt Testing, GMS Track.
- **Mon, Mar 23 – Thu, Mar 26,** Books and Authors Theme Week.
- **Mon, Mar 23, 6:30—7:30 PM** Self-Defense Seminar. Open to the public and **FREE.**
- **Fri, Mar 27 –** Shim Sa. 6PM. See details to the left.

Saturday Classes Available Mar 7, 21, 28

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.

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 Ms. Jennifer.

Protocol

As KSN Victoria mentioned in the Dec newsletter, we as a studio are not big on protocol. However, not only do we need to observe them, we as instructors need to be teaching them to the students and enforcing them. I have attempted to list as many as I can remember. If you have a question on how to do (or not do) something, ask.

Studio Protocol

- Most of us know and do this. Students and instructors need to bow when entering and leaving the dojang.
- Bow onto and off the mat.
- If you have a question, raise your hand and wait for the instructor to acknowledge you. Then bow before asking your question.
- When point sparring, the head judge will instruct you through the procedure. When sparring without a judge, bow to your opponent.
- Apprentices and Black Belts are called "sir" and "ma'am" and "Mr/Mrs". No matter their age or relationship to you.
- No outside shoes on the mat. (Shoes are permissible on the track.)
- Always get permission from an instructor to enter or leave the mat during class.
- No electronic devices during class, including the 5-minute break. Between, before, and after classes are fine.

- When you bow, keep your eyeballs up off the floor.
- Walk behind rows when others are lined up. This includes while lining up as well as during classes and exams.
- Treat weapons as live weapons. They are NOT toys.
- Respect equipment.
- No unnecessary talking during class.
- Get permission to use any of the weight equipment. No one under 12 on the stretching machine. No one under 16 on the weights.

Uniform Protocol

- No wearing your belt outside the studio except for studio functions.
- Tuck your shirt into your pants.
- No necklaces, bracelets, watches, dangly earrings, etc. FitBit-type devices and anything for medical reasons are allowed, just be aware that they may snag or be yanked off during some exercises.
- Bow to fix your uniform. First to the front, turn and adjust your uniform, then turn back and bow again.
- Do not leave your belt on the floor.
- No street clothes visible under uniform.
- Roll or hem sleeves and pants legs.

Personal Protocol

- Do not interrupt Black Belts. Wait patiently until they acknowledge you.
- High rank will call "Attention on deck" for Master rank and above to bow when then enter the studio.
- Line up with the highest rank. If they move, you move as well

Mat Chat

You can find our full **Mat Chat** pages on our website. Select: [Parents / Mat Chat](#)

This month:

Tenet/Code: Honor Friendship (Code)

What it means.

It means you value the people in your life. You treat your friends with respect and kindness. You do not take them for granted.

What it DOESN'T mean.

It does not mean that you do anything a friend tells/asks you to do. If your friend asks to you lie, steal, to sneak out at night, you honor friendship by NOT doing what they ask and telling them they should not either!

What would you do?

- Your best friend is always there for you. Today she needs help with a project and asks for your help. You are busy with your own life. Do you help her?
- Your friend is going through a hard time. He needs you to listen to him. Your favorite tv show is about to come on. Do you take the time to listen even though it may not be convenient?
- A couple friends want to go to a party but their parents say no. They want you to say they are at your house and they will say you are at their house, so you can all go to the party. What do you do?

Terminology

- **Dojang** – Martial Arts Studio
- **Do Bok** – Martial Arts Uniform
- **Dee** – Belt
- **Ko Ma Sum Ni Da** – Thank You
- **Chomanayo** – You Are Welcome