



# EAST TN TANG SOO DO NEWSLETTER



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## CLASSES SUSPENDED FOR APRIL

to comply government COVID-19 recommendations. Visit our FB page ([www.facebook.com/ettsd](http://www.facebook.com/ettsd)) to keep updated. This of course disrupts our normal operation. We will discuss our current status here:

### Tuition/Donations

We will NOT be charging tuition for April. However, we still have bills to pay so we are asking that you either willingly pay your tuition or donate another amount for the month.

We will need to do this online, or via mail of course. If you wish to mail a check, please send it to the studio, which we will still be visiting a couple of times per week. To pay online, you can go to our website and go to menu entry **About Us / Pay Online**. There will be options for paying your full tuition or making a donation. There is also a donation button on the home page.

If you pay full tuition it will entitle you to an online private lesson with the ETTSD instructor of your choice, and an online tip test.

If you pay any amount and can document your hours, it entitles you to an online tip test.

We hope to be able to resume classes in May.

### Online Shim Sa

We would truly like to get those who were scheduled to test, well, tested. Any one of the following students may schedule a private, online belt exam with Mr. Ian and Ms. Victoria.

Testing for:

- **9<sup>th</sup> Gup:** Abby Cox
- **8<sup>th</sup> Gup:** Silas Hale
- **7<sup>th</sup> Gup:** Mason Carter, Shannon Salend
- **6<sup>th</sup> Gup:** Allison Cox
- **5<sup>th</sup> Gup:** Ryan Foster
- **Cho Dan Bo, Level 2:** Ryan Crawford, Miles Flath, R. J. Hammett, Robert Hammett
- **Cho Dan Bo, Level 4:** George Sieber

### TSDMA Members Only Group

Although we miss having our regular classes, you can take the opportunity to train with other TSDMA Black Belts and Masters. Along with videos, vocabulary quizzes and Units set up so you can access the requirements for your current rank, they are offering Zoom classes.

The current schedule is Tue/Thu

- 4:30PM Little Dragons
- 5:00PM White and Orange
- 5:30PM Green and Red Belts
- 6:30PM Apprentice / Black Belt

To attend these classes, you must register for them and download Zoom onto your device if you do not have it already.

You can find the links to register on the TSDMA Members Only group and ETTSD Info group on FB. If you do not have FB and still wish to register, let me know and I will email you the links.

### Our Resources

You can also find a lot of resources on our FB Page, as well as on our website [ettsd.com](http://ettsd.com)

- Mat Chats and Vocab pages. **Parents/Mat Chats**
- Vocab Quizzes, Forms Video Links **About Us/Tang Soo Do Info/Videos, Terms, Martial Virtue.**
- Tip Test Pages **About Us/Tang Soo Do Info/Tip Test Requirements**
- Videos created by our studio for this down time:  
<https://varivas.smugmug.com/Martial-Arts/2020/Training-with-the-Studio-Closed>

# 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. Victoria and information stolen from various Facebook memes.

## Home Schooling and Activities

**From a Facebook meme (with modifications) by a home schooler:**

- PLEASE don't expect kids to spend 6-8 hrs of school per day. That's not how homeschooling works. Elementary: 1-2 hrs of school per day. Middle school: 2-3 hrs, High school: 3-4 hours. There are many resources available. Use them!
- Let them sleep in. It's good for their immune system.
- No need to get dressed.
- Talk to them about what they want to work on.
- Let them be part of the planning.
- Include 1 hour outside. Sun is good for the immune system.
- Spend 1 hour reading.
- Institute chore time.
- Cook together. LOTS of home-school math is done in kitchens.
- This is a stressful time. Don't make it worse by stressing about school.
- Be gentle with your babies and yourselves. If it gets frustrating, walk away.

**An elementary school Principal wrote this:**

This thing we are all a part of, it's living history. Our children are all a part of this, and it will be talked about for generations to come. Schools are closed, sports are cancelled; people are quarantined... on a GLOBAL level. The best thing your children can do is keep a journal over the next 5+ weeks. Handwritten, typed, in photographs or drawings ... record events, day to day activities, fears and feelings. Let them make a video journal if that's the media they prefer. As parents, let them interview you, be a part of it.

When it's all over, save it / store in a safe place for them. They will share this with their children and grandchildren. Help them create a tangible primary source of their own history.

# Mat Chat

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

**This month:**

**Tenet/Code:**

**Never Retreat in Battle (Code)**

**What it means.**

Do not give up and walk away from challenges because something seems hard or difficult to accomplish. Stay the course!

**What it DOESN'T mean.**

It does not mean that you fight every fight that comes your way.

**What would you do?**

- You struggle with learning something at school. You keep trying but it is so difficult to learn. Do you give up? Do you say "I quit"?

## Terminology

- **Sun Bae** – Senior Member
- **Yo Dan Ja** – Black Belt Member
- **Kyo Sah Nim** – Instructor 2<sup>nd</sup>/3<sup>rd</sup> degree black belt
- **Sah Bum Nim** – Master Instructor
- **Kwan Ja Nim** – Grandmaster

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