



EAST TN TANG SOO DO NEWSLETTER



VOLUME 5, NUMBER 5 – MAY 2020

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MAY STUDIO REOPENING PLAN

After several mixed messages as to when we would be allowed to open, it looks like it will be the week of May 4.

HOWEVER, we plan to do a gradual roll out, given the change in routine and schedule. We want to be sure we can keep up with disinfecting and other cleaning between classes. We will roll out as follows:

Week of:

- May 4, Tue/Thu day classes only.
- May 11, ADD Evening Adult classes.
- May 18, ADD Afternoon Youth classes.
- Jun 1, ADD Little Dragons

Tuition will be prorated accordingly, although if you choose to pay your full tuition, we would greatly appreciate it.

The full schedule, as well as who is assigned to what class is listed here.

If you have not contacted us as to your status, you will not be assigned a class.

If you do not see your name on our lists and want to take classes, please contact us.

There are still a few spots in the classes, but we will not start taking new students until June or July.

Zoom

For those in Zoom classes, please be patient with us. We want to learn to run a regular class that includes Zoom students, but the key word is “learn”.

Our first hurdle is to get a remote mic. Until this is resolved, we will have someone sitting near the computer to relay instructions.

Class Schedule and Assignments

Tue/Thu (starting May 5)

Adv and Up, 10-10:45AM

Miles Flath
Robert Hammett
Caleb Crawford

Beg/Int, 11-11:45AM

Abby Cox
Allison Cox
Hannah Cox
ZOOM
Bailey Salend
Brayden Salend
Shannon Salend

Mon/Thu

Little Dragons 4:30-5:00

(starting Jun 1)
Blayne Smith
Lucas Corby
Willow Griggs (maybe)

Int/Adv Youth 5:15-6:00 (starting May 18)

Ryan Foster
Riley Kiker
Blayne Smith

Adv and Up Adult 6:15-7:00 (starting May 11)

George Sieber
Keith Foster
Emme Foster
Graysun Ingle

Tue/Fri

Beg Youth 5:15-6:00 (starting May 19)

Jase Sumner
Silas Hale
Sawyer Goodwin (maybe)
Mason Carter
ZOOM
Jayon Gillespie
Ava Leasure (maybe)

Beg/Int Adults 6:15-7 (starting May 12)

Caden Hensley
Faith Rader

Belt Exams

All belt exams will be held during class for the time being.

If you or your child was scheduled to test in March, it will happen 2-3 weeks after returning to class in order to review curriculum.

We will continue to Tip Test and promote each month.

Memorial Day

We will be closed Monday, May 25, for Memorial Day.

Rules and Procedures

while COVID-19 is still a danger.

Entering and leaving the studio

- If you are ill, PLEASE STAY HOME. We are working on getting a non-touch thermometer.
- Enter and leave by the red door only. Our bay doors may be open. Please do not enter/leave that way.
- Please do not show up more than 15 minutes before class begins.
- Stay in your car until directed to enter.
- One person / family will be admitted to the building at a time. Please be dressed and ready for class. Bring in as little as possible.
- Touch as little as possible. Each person will be directed to wash hands or use hand sanitizer upon entry.
- Summer/no uniforms will be in effect. You MAY wear your uniform, but we will not require it to encourage clean clothing with each class. – Short or sweats. T-shirts – are acceptable.
- Shoes are okay since COVID-19 can be transmitted through flooring. They must be never worn outside shoes to limit contamination. We will also swab the mats between classes.
- No spectators allowed, except one per Little Dragon. We will keep those classes to 4 or less to allow for the extra adults. Others can either drop off/pick up or wait in car in the parking lot
- Students will leave one at a time. Smaller children will be escorted.

- Masks are encouraged but not required. We know it is difficult for young students to wear them, especially when working out, but it would greatly help the clean environment.

Classes

- Classes will be 45 min with no break, so that floors can be swabbed between classes. Older students are encouraged to show up 15 min early (let us know so we can let you in) or stay after class to help with this effort.
- Classes will be no larger than 8 students. We are aiming for 6 or less. Including two instructors this will allow for ten or fewer in the building at once.
- We will tape off the studio into individual training areas. You will be directed to your spot after washing hands. Stay in your training area.
- There will be no sparring or contact self-defense until it is deemed safe for personal contact.

We hope that after a short time, we will be able to ease some rules, a bit at a time, and that we will slowly be able to increase class size. We do not have a timeframe for that but will closely monitor government direction as well as virus trends.

Thank you for your patience as we all go through this together and try to get back to some sort of normalcy. We all want to get back to our full lives as quickly and safely as possible.

Mat Chat

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

This month:

Tenet/Code: In fighting choose with sense and honor (Code 5)

What does it mean?

This means to pick your battles wisely. Only fight when there is no other choice. Do not learn to fight to get your way by bullying those weaker than you. We learn how to fight so that we do not have to fight – this is the way of Pyong Hwa Kunin (Peaceful Warriors).

What it DOESN'T mean.

Just like Code 4, it does not mean that you fight every fight that comes your way.

What would you do?

- Sam, a student in your class at school calls you names that you don't like. Do you punch him? What would you do?
- You overhear two girls making fun of Hazika, another girl in your class because she is different. Do you defend her?
- Johnny is sitting in your seat at lunch. He has done this every day for a week and it really makes you mad. You've been taking karate for a year now and think you could just knock him out of the chair. Do you do it?

Terminology

- **Front Kick** ~ Ahp cha gi
- **Side Kick** ~ Yup cha gi
- **Round Kick** ~ Tallyo cha gi
- **Front Stance** ~ Chun kul ja se
- **Back Stance** ~ Hu kul ja se
- **Horse Stance** ~ Kee ma ja se