

## Shim Sa Results



NOTE: The image was photoshopped. Exams done with physical distancing.

We tested and promoted six martial artists to new rank in August.

**Little Dragon Blue:** Noah Clendenin

**7<sup>th</sup> Gup:** Silas Hale

**6<sup>th</sup> Gup:** Mason Carter

**Cho Dan Bo Level 3:** Miles Flath, Robert Hammett, R.J. Hammett

## Tournament Survey

Master Sgro has reached out to see if there would be interest in attending a tournament on Sat, Oct 24 in Fayetteville, NC.

That is almost two months off. If the virus numbers in both TN and NC get better, I would like to consider going if it happens.

If you would be interested in attending, please let Ms. Victoria or Ms. Jennifer know. It would help with our decision.

## September Shim Sa



**Sat, Sep 26, 3:00 p.m.**

Testing students: 2:45 p.m.

**\$30 testing fee**

Limited seating outside.

**STUDIO T-SHIRTS  
& UNIFORM PANTS!**

Names of eligible students will be listed on the white board in the window above Mr. Ian & Ms. Jennifer's desks on Mon, Sep 14, after Tip Tests.

Starting this month, we are changing our shim sa format. From here on:

All students will begin the exam together. All beginner techniques, including breaking, will take place.

Beginner students will complete their test and be promoted.

Intermediate and advanced will then continue with techniques exclusive to them. Followed by breaking and promotions.

This will allow our beginner students to have less waiting, and to leave early. They are, of course, welcome to stay and watch the more advanced students.

## Calendar

- **Saturday classes** at Newport Karate Center are suspended until Oct 3.
- **Mon, Sep 7/Tue, Sep 8 (ETTSD) Mat Chat.**
- **Mon-Fri, Sep 7–11, Tip Testing.**
- **Sat, Sep 26 – Shim Sa. 3PM.** See details to the left.

## Full Uniforms Start in October

**ORDER BY SEP 11**

All students are expected to wear full uniforms starting in October. Exceptions will be made if the temperature gets above 85 degrees.

If you need a uniform, we have a limited number in stock. We will also be putting in an order on Sep 12, so please let either Ms. Victoria or Ms. Jennifer know if you need to order one.

Current prices:

Sizes 0000-00	\$20
Sizes 0-2	\$25
Sizes 3-4	\$30
Sizes 5-6	\$35
Sizes 7-8	\$40

# Being a Good Karate Parent

An ongoing series, by Kyo Sah Nims Victoria Rivas and Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is a combined effort by KSN Victoria and KSN Jennifer.

## International Projects

Martial arts isn't just about the physical. Our Codes and Tenets reflect that. Martial artists tend to be caring, compassionate and generous. This year we have decided to take on two charitable projects.

### Soldier Packages



The East Tennessee Tang Soo Do family is full of veterans and as such, we support our military and veterans when possible.

Ms. Jennifer's son-in-law Ryan is currently in the Air Force, deployed in Kuwait. As part of her community service project for her Ee Dan testing, she gathered items for a box: masks, coffee (with the help of Mr Graysun), and sewing needles and thread to send to Ryan's unit of 50 service members.

As a studio, we decided to continue this if we have contact information for someone deployed. All students are welcome to donate time, materials, and funds. Also, if anyone has a close family member also deployed, please contact Ms. Jennifer so we can send their units boxes as well. She is our coordinator for this effort.

The list may change with each box. The current list is:

- Microwavable popcorn
- Full sized toiletries: Floss, Deodorant, Soap, Toothpaste, Toothbrush
- Salt & pepper in shakers

- Ramen noodles
- Seasoning packets
- Junk food that won't melt or crush. For example--jelly beans, nuts, seeds, raisins, dried fruit, hard cookies, crunchy granola bars, hard candies.

Keep in mind there are restrictions when mailing overseas. It took three weeks for the first box to arrive. The goal is a box a month.

### Operation Christmas Giveaway

MYTSD Grandmaster Sgro runs "Christmas for Thousands" every year. We would like the studio to contribute a few boxes this year. Some of the needed items include:

- School supplies: Pens and pencils, Erasers, Pencil Sharpeners, Rulers
- Crayons and coloring books.
- Toothbrushes
- Travel shampoo / soap / toothpaste
- Combs and hairbrushes
- Marbles
- Plastic Animals
- Jump Ropes
- Stickers
- Playing Cards
- Nail Polish
- Matchbox Cars
- Hair Things

If you are still shopping school supplies, pick up an extra or two to donate. We will set up a donation box at the studio. You can find out more about his mission and ministry at [www.goministries.info/](http://www.goministries.info/)

# Mat Chat

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

**This month:**

## Tenet/Code:

## Respect and Obedience (Tenet 4)

### What does it mean?

- Respect is thinking and acting in a positive way about yourself or others.
- Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

### Examples

- You follow your parents' rules to show them you care (respect) how they feel about the situation. (That's where Obedience comes in!)
- You don't call people names because you care about (respect) their feelings.
- You don't hit or hurt people because you care about (respect) their well-being.

## Terminology

- First: *il*
- Second: *ee*
- Third: *sam*
- Fourth: *sa*
- Fifth: *oeh*
- Sixth: *yuk*
- Seventh: *chil*
- Eighth: *pal*
- Ninth: *ku*
- Tenth: *sip*