

## Shim Sa Results



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

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

**9<sup>th</sup> Gup:** Micah Gall, Brantley McAmis, Cayden Turbyfill

**8<sup>th</sup> Gup:** Zak Moore

**6<sup>th</sup> Gup:** Blake Clendenin, Sherri Jaynes, Bailey Salend

**5<sup>th</sup> Gup:** Riley Kiker

## New Student Promotion

With this last Shim Sa, we are once again out of white belts, having promoted our current four to levels of orange belt.

Therefore, we are reviving our New Student Promotion.

Current Students who recruit a new student to ETTSD get a 50% discount on their fees for the first month of the new student's enrollment! The more students you recruit, the more you save!

## Little Dragons Independent

In our effort to get our studio back to a more normal operation while still following CDC guidelines, we have decided to remove the requirement that a parent be on the mats with each Little Dragon.

However, we will limit the size of the class to six Little Dragons in order to be able to keep discipline during the class.

We also request that at least one parent stay in the spectator area in case we need some help with a Dragon during class.

Dragons tend to wander. Dragons tend to not listen. Two skills we teach but they do not always get it right away. We may have to call upon a parent to place the child back where they belong.

To try to bring our numbers back up, we are offering a free month of classes to any new, or returning, Little Dragons. Please pass the word.



## Calendar

- **Mon/Tue, Nov 9-10** Mat Chat.
- **Mon-Fri, Nov 9-13**, Tip Testing.
- **Mon-Tue, Nov 23-24. Weapons Week.** Bring your weapons.
- **Thu/Fri, Nov 26-27. CLOSED FOR THANKSGIVING.**
- **Sat, Nov 28** – Shim Sa. 3PM. See details below.

## Nov Shim Sa



**Sat, Nov 28, 3:00 p.m.**

**Testing students: 2:45 p.m.**

**\$30 testing fee**

**Limited seating inside.**

**FULL UNIFORMS!**

Names of eligible students will be listed on the white board in the window above Mr. Ian & Ms. Jennifer's desks on Mon, Nov 16, after Tip Tests.

We understand that this is the Saturday after Thanksgiving, but there is just no other weekend that works. If a student who is testing cannot make it, please let us know.

If we have fewer than five students able to be there for testing, tests will take place during class.

# 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 by both KSN Victoria and KSN Jennifer.

## Giving Thanks

In this time of living with COVID-19, when so much is impossible, and with Thanksgiving on the horizon, it seemed the right time to dwell on the things we have, the things we feel grateful for, rather than the things we can't have.

1. We are thankful the studio is open at all, despite the restrictions. Many small businesses failed during this time, but so far, we have managed to stay afloat.
2. We are thankful for our students, who have mostly returned, and we even have some new students. They are considerate of the rules and helpful at making things work with social distancing.
3. We are thankful for our instructors who have taken on more work for fewer students as we deal with the pandemic. We do a lot more one-on-one and small group instruction to keep our students distanced.
4. We are thankful for Zoom. It has brought us closer to our sister studios up north in Connecticut. We have been able to have

classes with them. We have tested our black belts with them. We even participated in a tournament long distance because of Zoom.

5. We are thankful that although we can't go to tournaments, we can use our budget for that to go to ACS (Atlas Cleaning Service) to come in and get our studio sanitized fully each week.
6. We are thankful that no one who comes to the studio has caught the virus, and hope to keep it that way.
7. We are thankful for the everyday things that we tend to take for granted: electricity and indoor plumbing. Most of you probably don't know what it is like to have an outhouse or to haul water from the creek or to light lamps and candles when it gets dark. Ms Jennifer does and she truly appreciates having indoor plumbing and electricity, especially this time of year.

# Mat Chat

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

**This month:**

**Tenet/Code: Humility, Tenet 6**

## What does it mean?

Having humility means we do not think we are better than others. It is ok to be confident, but humility means we do not brag or boast about being better. In fact, we help people rise by lifting them up.

## What is a better choice?

- You win a tournament. Do you tell everyone you are better than they are, or are the best?
- Your friend tells you that you look really good today. Do you answer "I know, right?"
- You visit a friend & see you have a lot more and more expensive toys than your friend. Do you brag about the things you own?
- You win every single sparring match at class. Or maybe every video game you play. Do you tell your opponents before you start, "Just so you know. I always win."

## Terminology

- Knife Hand attack ~ *Soo do kong kyuck*
- Ridge Hand attack ~ *Yuk soo do kong kyuck*
- Spear Hand attack ~ *Kwon soo kong kyuck*
- Elbow strike ~ *Pahl koop kong kyuck*
- Backfist attack ~ *Kap kwon kong kyuck*
- Outside to inside block ~ *Phakeso ahnuro mahk kee*

