

## TSDMA Fall Interclub Results

We were lucky enough to be allowed to compete remotely in the Tang Soo Do Masters Alliance Fall Interclub tournament. We earned four medals.



**Silas Hale, 1<sup>st</sup> Place Forms**  
Division 2a  
Beginner Boys / Girls 6-7

**Ava Leasure, 2<sup>nd</sup> Place Forms**  
Division 2b  
Beginner Boys / Girls 8-10



**Hannah Cox, 2<sup>nd</sup> Place Forms**  
Division 3b Green Belt Boys / Girls 10-11

**Emilie Foster, 3<sup>rd</sup> Place Weapons**  
Division 7  
Apprentice / Black Belt Girls 10-15



## Weather Closings Calendar

If the weather is inclement, please check to find out if we are open. Closure information will be posted, as soon as we know, on Facebook (facebook.com/ettsd) and Twitter (twitter.com/EastTNTangSooDo). Our Twitter feed is also available in the right column of our Web Page. If you prefer, you can also always call, email or message us.

- **Sat, Dec 5**, Mat Chat Newport
- **Mon/Tue, Dec 7-8** Mat Chat, ETTSD,
- **Mon-Fri, Dec 7-11**, Tip Testing.
- **Fri, Dec 11. NO ADULT CLASS. Hunger First event.**
- **Thu, Dec 24 – Sat, Jan 2. CLOSED FOR THE HOLIDAYS.**
- **Sat, Jan 9 – Shim Sa.** See details below.
- **Sat Classes Available:** 5 and 19. 9AM – Zoom Class with CIKF, 10AM – Extra help, Weapons and Tournament Prep.

## Hunger First Christmas Greenville 2020

ETTSD is delighted to participate in the Hunger First Greenville annual Christmas project.

Every year, *Hunger First - Greenville* organizes an event to provide holiday gifts, stockings, blankets and food parcels to needy families in Greenville.

Community members have "adopted" a child for which to buy gifts, and an online auction has raised over \$500 toward purchasing turkeys, canned goods, and stockings to be distributed from our studio at a drive-up event

Set up will be Friday evening, Dec 11, and distribution on Saturday Dec 12th.

We will still run Children's class on Fri, but Adult class is cancelled. All classes are cancelled on Saturday.

## Next Shim Sa



**JAN 9, 2021**  
**3:00 PM**

**\$30 testing fee**

**Limited seating inside. Masks required for spectators.**

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

If there are less than five testing, tests will take place during classes between Dec 17 and 22. Letters will be handed out with more explicit dates for each candidate once tip testing is complete.

# 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 KSN Victoria.

## Sparring during the pandemic



Since social distancing will be with us for a while, we are trying to bring back sparring within the guidelines.

The CDC says touching items (like gear) does not transfer the virus, so we plan to schedule 1-2 day/month of sparring, starting Jan/Feb but with the following restrictions:

1. Students must have their own gear including pads, mouth piece and cup (for boys). With Christmas coming, it's a good time to buy some for your martial artist. We are also willing to sell our used gear for \$5-\$10 / hands, feet or head, depending on wear and tear.

2. All sparring students must wear a face shield over their head gear. I know this is awkward, but we'll see how it goes.



If you want us to order any equipment, please check out the AWMA catalog on the counter, and get your order and payment to Ms. Victoria or Ms. Jennifer by Friday, December 11. eBay is also a good source to order for yourself.

NOTE: Any student not wanting to participate on sparring day will still train in a different part of the studio.

# Mat Chat

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

**This month:**

## Tenet/Code: Indomitable Spirit (Tenet 7)

### What does it mean?

Indomitable Spirit means having an **I Can Do It Attitude!** It means not giving up when things don't go like you want them to. Instead, you can find ways to make your goals/dreams happen! **Make it happen!! NEVER QUIT!!**

## Terminology 12

This is our final and most advanced vocabulary lesson. In Jan we will start again with basic terms. All students will be required to complete the basic vocab lessons.

- Low/mid/high open hand blocks ~ *Han/choong/sang dan soo do mahk kee*
- Low/high two fist X block ~ *Sang soo ha/sang dan mahk kee*
- Elbow strike ~ *Pahl koop kong kyuck*
- Palm heel attack ~ *Jang kwon kong kyuck*
- Crossed leg stance ~ *Kyo cha rip jaseh*
- Two fist (reinforced) middle block ~ *Sang soo choong dan mahk kee*



**Happy Holidays**  
from the staff of  
**East Tennessee**  
**Tang Soo Do**