

Patches and Trim for Uniforms

We have decided to get a bit more serious about having our students follow uniform protocol. There are two areas we plan to require over the next few months.

Patches

All uniforms need to have three patches. The American flag on the left arm, the Korean flag on the right arm (red on top), and the Tang Soo Do Masters Alliance (TSDMA) patch on the left chest, as shown below.



Students can earn the flag patches by memorizing the Student Creed and reciting it for a black belt. The patches can also be purchased for \$2/each.

The TSDMA patch is \$5.

If you need them sewn on, Ms. Jennifer can do that for you for \$1/patch.



Trim

When a student reaches intermediate level, they should have a trimmed uniform. Green for intermediate, red for advanced.

Eight-ounce trimmed uniforms can be ordered through the studio for \$50.

We know it's expensive for many students/families, so Ms. Jennifer has learned to make and sew trim onto current uniforms. She is willing to do this for \$10/uniform, which includes both the fabric and work.

TSDMA Tournament

We plan to compete remotely in the March TSDMA Interclub. We are still not positive this will be possible, but the planning for the tournament currently includes us competing.

We plan to do tournament practice during class at least a few times between now and then.

Details will be passed on as soon as they are available.

Calendar

- **Mon/Tue, Feb 1-2** Mat Chat.
- **Sat, Feb 6.** Classes resume in Newport. Mat Chat.
- **Mon-Fri, Feb 8-12,** Tip Testing.
- **Thu/Fri, Feb 25-26,** Weapons
- **Sat, Feb 27.** Shim Sa. See below.
- **Sat Classes Available:** Feb 6, 13 and 20. 9AM – CIKF Zoom Class, 10AM – Competition, Extra help, Weapons. SIGN UP REQUIRED.

February Shim Sa



Feb 27, 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, Feb 15, after Tip Tests.

Letters will be sent home once tip testing is complete.

Shim Sa Schedule

For at least the next six months, we are going back to a testing schedule of every other month. It's better for students to have a larger testing group. So, the next exams will happen in February, April and June.

Starting in MARCH

Mat Chat

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

Proposed New Schedule

Monday		Tuesday		Thursday		Friday	
4:15 - 4:45	Little Dragons	4:15 - 4:45	Little Dragons	4:15 - 4:45	Little Dragons	5:00 - 6:00	Weapons
5:00 - 5:45	Beg Children	5:00 - 5:45	Beg Children	5:00 - 5:45	Beg Children	6:15 - 7:00	Sparring
6:00 - 6:45	Int/Adv Children	6:00 - 6:45	Int/Adv Children	6:00 - 6:45	Int/Adv Children	Sign up required for Friday and Saturday Classes	
7:00 - 8:00	Adv-Black Belt	7:00 - 8:00	All Adults	7:00 - 8:00	All Adults		
		DAY				Saturday	
						9:00 - 10:00	Zoom with CIKF
		10:00 - 11:00	Family Class	10:00 - 11:00	Family Class	10:00 - 11:00	Adv/CDB/Black Belt
		11:00 - 11:30	Open Mat	11:00 - 11:30	Open Mat	11:00 - noon	Family Class

When we first changed our classes to 45 min (with no break) and split our Youth classes, to accommodate students during the pandemic, we thought it would only last a few months, and we'd go back to our former schedule.

Not only has it lasted longer than expected, with social distancing continuing for some time to come, we have also realized that we like some of the changes and want to make them permanent.

The time between classes that allows most of one class to be gone before another arrives, has mostly solved our 'too small parking lot' problem.

Splitting the kids, having smaller classes, with Intermediate and Advanced students with their own classes more often, has sped progress at all levels. We do want to get advanced students to come assist in the beginner classes, but overall, the split works better.

Even the 45-minute classes have worked better than expected. By shortening warm up and giving only short water breaks, or no break, it has only shortened the hour class by about five minutes.

However, we discovered Friday is not a good day to have classes. And there is currently no option for students who can't make particular days, or want to come to more than two classes/wk.

Above is the proposed schedule we came up with, which we plan to begin in March.

Before it is "set in stone" though, we want your opinion. Will this schedule work for you? If not, what would you like to see changed?

Also, please understand we cannot accommodate everyone. We do hope we can accommodate most students.

We would like to see our Youth students come all three days per week, but if they cannot, this gives options for the days they attend.

If you or your child only plan to attend twice per week, please let us know which days. That will allow us to grow our classes a little larger while we still must use social distancing.

Thank you for helping us through this difficult time, and I hope you find our new schedule acceptable. Please let us know.

This month:

Tenet/Code: Obedience to Parents & Elders (Code)

Obedience means being respectful to your parents and elders.

Obedience to Elders does NOT mean you should obey anyone who is grown up. It only means those you know and trust. It does not include strangers!!!

What would you do?

- Your mom tells you to clean your room before you go out and play. Do you go out without cleaning your room?
- Your teacher asks you to stop talking in class and pay attention. Do you keep talking despite their request?
- Your Dad tells you it's time to go to bed because you need rest. Do you refuse and walk-away because you really want to stay up?

Terminology

Choong Be Jas Seh – Ready Stance

Cha Ryut – Attention

Kyung Yet – Bow

Kihap – Yell

Ahn Jo – Sit

Tora – Turn

Ba Ro – Return

Shio – Rest