



## Black Belts To Be Summer Uniforms Calendar



Congratulations to Robert and R.J. Hammett who were invited to test for Black Belt in the 51st TSDMA Dan Testing cycle, which started Sat, Mar 27 and will be completed on Sat, May 15<sup>th</sup>.

All those who attempted Phase I did an awesome job and worked very hard. We are extremely proud of them.

And thanks to Master Jill Fitzgerald for proctoring via Zoom from CT. Her guidance and suggestions were awesome and spot on.

Robert and R.J. had the additional task of the Phase II physical workout. They proved themselves to have that indomitable spirit, completing the "Warrior Workout" even as hail pelted the studio so hard that at times, we could not hear each other speak.

They will continue their journey to black belt with Phase III on Apr 16.

They will then travel to CT for Phases IV and V, May 14<sup>th</sup> and 15<sup>th</sup>.

From **May 1 through Sep 30**, we allow Summer dress. Permitted:

**T-shirts** instead of uniform top:

- **Studio t-shirt.** If you do not already have one, please support the studio by purchasing one or more. ETTSD: Preorder by April 15, \$15.
- **White t-shirt.** Plain, white, no design, no pattern.
- **Plain colored t-shirt** in a color on your belt. And once again, PLAIN, no design, no pattern.
- **Karate t-shirt**, including our old Starz t-shirts or tournament t-shirts.

**Shorts** are also permitted but **WHITE ONLY!!!** You can order official white karate shorts through the studio, but \$5 Walmart shorts are fine as long as they are white. Totally white. No stripes, no stars, no plaid, no trim. White. All white. 100% white. No other colors anywhere on the shorts.

### Iris Festival Demo

**Sun, May 16, 1:30PM  
 Dance Stage**

The dance stage is on N. College St near McKee St. Please meet us behind the stage area at 1PM-ish.

We like to include as many people as possible in the demo, but since we are not sure what social distancing requirements will be, we will focus on solos and our families.

All participants must attend the final rehearsal to run through the entire demo, Date/Time TBD. We will be practicing parts of it in classes.

- **Fri-Sat, Apr 2-3.** ETTSD CLOSED for Easter. NMAA OPEN.
- **Fri-Sat, Apr 2-3.** NMAA Mat Chat.
- **Mon, Apr 5.** ETTSD Mat Chat.
- **Mon-Sat, Apr 5-10,** Tip Testing at both studios.
- **Fri, Apr 9.** NMAA CLOSED
- **Fri, Apr 16.** TSDMA Black Belt Testing Phase 3. No Classes. CLOSED EVENT.
- **Tue/Thu, Apr 27/29,** Weapons
- **Sat, Apr 24.** 3PM. Shim Sa. See below.
- **Fri classes available.** Apr 2, 9, 23.
- **Sat classes available.** Apr 3, 10, 17.

### April Shim Sa



**Sat, Apr 24, 3:00 p.m.  
 Testing students: 2:30 p.m.**

**\$30 testing fee**

### FULL UNIFORMS REQUIRED!

Invitations to test will be given to all eligible students from ETTSD and NMAA. ETTSD students eligible to test will also be listed on the white board above Mr. Ian and Ms. Jennifer's desks.

Given a large number of students testing this month, we will most likely complete the Beginner testing and release them before completing testing for higher ranks.

# Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas and Kyo Sah Nim Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is by Ms. Jennifer, reprinted from March 2020.

## Protocol

It has been noted that we, as a studio, are not always big on protocol. However, not only do we need to observe them, we as instructors need to be teaching them to the students and enforcing them. I have attempted to list as many as I can remember. If you have a question on how to do (or not do) something, ask.

### Studio Protocol

- Most of us know and do this. Students and instructors need to bow when entering and leaving the dojang.
- Bow onto and off the mat.
- If you have a question, raise your hand and wait for the instructor to acknowledge you. Then bow before asking your question.
- When point sparring, the head judge will instruct you through the procedure. When sparring without a judge, bow to your opponent.
- Apprentices and Black Belts are called "sir" and "ma'am" and "Mr/Ms". No matter their age or relationship to you.
- No outside shoes on the mat. (Shoes are permissible on the track.)
- Always get permission from an instructor to enter or leave the mat during class.
- No electronic devices during class, including the 5-minute break. Between, before, and after classes are fine.

- When you bow, keep your eyeballs up off the floor.
- Walk behind rows when others are lined up. This includes while lining up as well as during classes and exams.
- Treat weapons as live weapons. They are NOT toys.
- Respect equipment.
- No unnecessary talking during class.
- Get permission to use any of the weight equipment. No one under 12 on the stretching machine. No one under 16 on the weights.

### Uniform Protocol

- No wearing your belt outside the studio except for studio functions.
- Tuck your shirt into your pants.
- No necklaces, bracelets, watches, dangly earrings, etc. FitBit-type devices and anything for medical reasons are allowed, just be aware that they may snag or be yanked off during some exercises.
- Bow to fix your uniform. First to the front, turn and adjust your uniform, then turn back and bow again.
- Do not leave your belt on the floor.
- No street clothes visible under uniform.
- Roll or hem sleeves and pants legs.

### Personal Protocol

- Do not interrupt Black Belts. Wait patiently until they acknowledge you.
- High rank will call "Attention on deck" for Master rank and above to bow when they enter the studio.
- Line up with the highest rank. If they move, you move as well

# Mat Chat

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

**This month:**

## Tenet/Code:

### Never Retreat in Battle (Code)

#### What it means.

Do not give up and walk away from challenges because something seems hard or difficult to accomplish. Stay the course!

#### What it DOESN'T mean.

It does not mean that you fight every fight that comes your way.

#### What would you do?

- You struggle with learning something at school. You keep trying but it is so difficult to learn. Do you give up? Do you say "I quit"?
- You make a promise to yourself to start eating healthy. You work really hard to stay away from junk food, but one day you splurge and eat all kinds of candy and soda. Do you say "oh forget it...too late now. I blew it"?
- You try and try but can't seem to do your new break in breaking boards. Do you decide to just tell your instructor you can't do it? Do you ask to be allowed to do something easier?
- You have attended several tournaments and have not brought home a trophy yet. Do you stop going to tournaments?

## Terminology

- **Sun Bae** – Senior Member
- **Yo Dan Ja** – Black Belt Member
- **Kyo Sah Nim** – Instructor 2<sup>nd</sup>/3<sup>rd</sup> degree black belt
- **Sah Bum Nim** – Master Instructor
- **Kwan Ja Nim** – Grandmaster