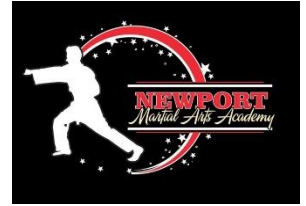




ETTSD AND NMAA NEWSLETTER

VOLUME 6, NUMBER 7 – AUGUST 2021



216 BOHANNON AVENUE, GREENEVILLE, TN 37745 – 203-609-1408 – ETTSD.COM – INFO@ETTSD.COM

August Shim Sa Rogersville Tournament



Sat, Aug 28, 3:00 p.m.

Testing students: 2:45 p.m.

\$30 testing fee

Open to the public.

STUDIO T-SHIRTS and UNIFORM PANTS!

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

Spectator seating should be available inside, and outside the front bay door, if you prefer.

REMINDER: Students will spar at this Shim Sa. It's best if all students have their own gear, but we will have limited gear to borrow. It will be cleaned beforehand and after use.

Newport Studio Resumes Classes

Classes will resume at Newport Martial Arts Academy on Friday, August 20.

Schedule:

- Little Dragons, 4:30-5.
- Youth, 5-6:30.

FOR MORE INFO AND REGISTRATION DETAILS:

232 E Broadway St, Newport, TN.
(423) 623-4113

FB: newporttmartialartsacademy

We plan to make our return to live tournaments at the

Kelly's Heroes Classic

Saturday, August 21, 2021
Cherokee High School
2927 TN-66
Rogersville, TN 37857

Competitors: \$50, Spectators: \$5
Registration begins 8AM
Black Belt meeting 10:30AM

Questions?

Email: kellymarkham12@att.net

Phone: 423-923-3000

Registration forms are available at the studio. They do not have a preregistration option, so you will just have to fill it out and take it with you. We added a bit of text to help you translate Isshin Ryu terminology to Tang Soo Do terminology. We hope it helps.

Uniform Printing

We are still collecting uniform tops for printing while we are wearing Summer Uniforms.

If you want our logo and your name on your dobok top, be sure it's clean and give it to Ms. Jennifer. Once we have a good number, preferably ten or more, we will schedule a date for printing. Cost will be approximately \$10.

We will not be sending them to the printer until after the August tournament.

Calendar

- **Mon, Aug 2.** ETTSD Mat Chat.
- **Mon-Thu, Aug 9-12,** Tip Testing
- **Fri, Aug 20.** Newport Martial Arts Academy resumes classes.
- **Sat, Oct 21.** Kelly's Heroes Classic. See middle column.
- **Tue, Aug 24 / Thu, Aug 26,** Weapons
- **Sat, Aug 28.** Shim Sa. See left column.
- **Mon, Sep 6. CLOSED LABOR DAY.**
- **Fri classes.** Aug 6, 13, 20, 27. (NOTE: Aug 20 will be tournament practice.)
- **Sat classes.** Aug 7, 14

Photo IDs



We have gotten behind on this venture, but we still plan the return of our barcode scanner so students will be responsible for logging themselves into class.

We now aim to start this in Sep, to give us time to get everyone's picture taken. This will begin as soon as we get our photo backdrop hung.

We will give everyone their first ID for free. If it gets lost or damaged, replacement IDs will cost \$5.

Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas and Ms. Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is by KSN Victoria and is aimed at all ages, not just Parents.

Tip Testing – Overview and Reminders

Two years ago, we changed the way we decide who will test each month, and overall it's worked out well. It has resulted in both students and instructors knowing what skills are lacking and where improvement needs to happen. It also means students may go several months without testing since they will not test until they are truly ready. If parents have a problem with this, please bring it up with one of our black belts and we can discuss.

However, with summer schedules not everyone makes it to Tip Test week, so we wanted to remind people that tipping can be done any time.

Tips and Tip Test Week

As mentioned, we do have a week set aside for Tip Testing, signing off the tip test sheets. We also encourage students to come to Friday classes after Tip Test Week if they didn't get their tip and want to work on it.

However, those are not the only times students can have them signed. It can be done many other times.

- Before class if you arrive early.
- During class break.
- During weapons class if you can catch instructors/high rank students who are not working out or teaching.
- During siblings'/children's classes. Some students arrive for class early because family members are in other classes. There is usually a black belt or two who can help you with your Tip paper.

Learning New Skills

Other than 10th – 9th gup (shown here)

all Tip Test Forms include both old and new skills. This ensures students keep skills they developed in their last belt as well as learning their new skills. However, we discovered we do not always teach every new skill with the same regularity.

Chances are, forms and one-steps will get regular and frequent practice. We make an effort to cover everything, but the Tip Test Forms allow you to keep us on track also.

If students or parents notice skills on Tip Test Forms that students have not learned, bring them up to an instructor. Students can also use the times noted in the bullet list to the left to ask instructors or higher ranks to help learn those skills.

Overall, we really like tip testing. It has led to better qualified and more skilled martial artists. I hope you agree.



10TH GUP TO 9TH GUP TIP TEST REQUIREMENTS

Name: _____

For each tip, you must perform the tasks for at least three people listed (2 black belts) and get them to initial that it has been completed. (NOTE: *gubjagi* is any adult student, red belt or higher.) If they have critique, they will not initial but tell you what needs to be improved. One row may also be incomplete. When the chart is done, and you have enough training hours (16), you are ready to test for 9th gup.

Tip 1

Requirement	Ms. Vic	Mr. Ian	Ms. Jan	Adrian1	Adrian2
Low Block (Ha Dan Mahk Ki)					
Front Kick (Ahp Cha Gi)					
Middle Punch (Choong Dan Kyuck)					
Basic One-Step 1					
Count to 10 in Korean					
What does Tang Soo Do mean?					
Bow as you enter & leave dojang / mat					

Tip 2

Requirement	Ms. Vic	Mr. Ian	Ms. Jan	Adrian1	Adrian2
High Block (Sang Dan Mahk Ki)					
Round Kick (Tallyo Cha Gi)					
High Punch (Sang Dan Kyuck)					
Basic One-Steps 1 and 2					
Ki Cho Hyeung II Bu (with help)					
Dwi Tora (Back Turn)					
Korean Terms: Ready Stance, Attention, Bow, Return					

Tip 3

Requirement	Ms. Vic	Mr. Ian	Ms. Jan	Adrian1	Adrian2
Side Block					
Side Kick (Yup Cha Gi)					
Basic One-Steps 1 – 3					
Basic Stick Form (pattern with help)					
Ki Cho Hyeung II Bu (no help)					
Breaking: Foot Stomp or Hammer Fist					
Korean Terms: Rest, Turn, Yell, Sit					
1 st Line of Student Creed					

Mat Chat

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

This month:

Tenet/Code: Perseverance (Tenet 3)

What does Perseverance mean?

- **NEVER GIVE UP!**
- Perseverance is when we start and finish a job.
- Perseverance is when we do work that is hard and sometimes boring, but we finish it.
- When we persevere, our family, teachers & friends trust us.
- When we persevere we improve our skills.
- Perseverance is commitment, hard work and patience.
- Perseverance is trying again and again.

PERSEVERANCE

By Tad Richards

A nine-year-old student named Jack
Thought a green belt was all he could hack.
But he persevered
Till he grew a beard,
And now wears a belt that is black.

Terminology

- **Back Kick** ~ Dwi cha gi
- **Axe Kick** ~ Ccik cha gi
- **Hook Kick** ~ Yup hu ri gi cha gi
- **Side Punch** ~ Weng jin kong kyuck
- **Back Fist** ~ Kap kwon kong kyuck
- **Hammer Fist** ~ Kwon do kong kyuck