

Shim Sa Results



We promoted eight gups from two studios to new rank during our October Shim Sa.

East Tennessee Tang Soo Do

- 9th: Tyler Barnett, Jacob Kimble
- 8th: Lillian Mullins, Noah Clendenin
- 4th: Blake Clendenin

Newport Martial Arts Academy

- 9th: Makayla Barnett, Trinity Baker
- 4th: Caden Lovell

New Black Belt Promotions

Mr. Ian and Ms. Victoria travelled to CT for the four day Kodanja and black belt testing. Mr. Ian earned his 3rd degree black belt and Ms. Victoria attained the esteemed rank of 4th degree black belt, or Master. Her new title is Sabomnim or Master Rivas.



Tournament Results

Battle of Cumberland Gap XII Oct 2, 2021



Another good day for our studio. Five competitors brought home 12 medals. Results:

- Gabriel - Forms: 1st; Sparring: 1st
- Lillian - Forms: 1st; Sparring: 4th
- Harrison - Weapons: 2nd; Forms: 4th; Sparring: 3rd
- Silas - Weapons: 4th; Forms: 1st; Sparring: 3rd
- Brayden - Weapons: 2nd; Forms: 1st

Newport Demo



Congratulations to Newport Martial Arts Academy for performing their very first demo on Oct 2 at the Newport Harvest Festival.

It was successful and well attended. We are all very proud of everyone.

Calendar

- **Sat, Nov 6.** Ben Kiker's 47th Annual Tri-State Karate Championship, Tunnel Hill, GA
- **Free Sat classes at ETTSD, 11AM.** Nov 13, 20. Students from NMAA are welcome.

East Tennessee Tang Soo Do

- **Mon, Nov 1.** Mat Chat
- **Thu, Nov 4 & 18,** Sparring
- **Mon-Thu, Nov 8-11,** Tip Testing
- **Mon/Tue, Nov 22/23,** Weapons
- **Thu-Sat, Nov 25-27.** CLOSED FOR THANKSGIVING

Newport Martial Arts Academy

- **Fri, Nov 5/Mon, Nov 8.** Mat Chat
- **Mon, Nov 8 and Fri, Nov 12.** Tip Testing.
- **Fri, Nov 26.** CLOSED FOR THANKSGIVING

Winter Testing Cycles

Because of Thanksgiving and Christmas, we will not be holding another formal belt exam until Jan.

However, depending on the number of students who qualify to test, we will hold in-class testing as necessary, either or both months, at East TN Tang Soo Do and Newport Martial Arts Academy.

Exams for beginners will take one class. Intermediates and Advanced will take two classes, starting at 5 on that day instead of 6. We will give as much warning as possible. The cost will still be same as a Saturday exam.

Being a Good Karate Parent

An ongoing series, by Sah Bom Nim Victoria Rivas and Kyo Sa Nim Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is by KSN Jennifer.

Uniform tips and recommendations

A martial arts uniform is not a costume. Respect the uniform by not wearing it as a costume.

Belts

New belts should be washed once in cold water and hung to dry to get rid of the sizing. Belts should never be left on the ground or, in most circumstances worn outside of the studio. We made exceptions during the pandemic, for instance.

If you need assistance learning to tie the belt, just ask. We can give you a hand-out, show you, talk you through it, or help you find a YouTube video.

Uniform tops

Most uniform tops have a maker's tag on one side at the bottom. This side should be on the outside. Cross the right side over the chest first & tie it at the side. Then cross the left side with the maker's tag over the chest and tie at the side.

Sleeve length is no longer than the wrist and no shorter than halfway below the elbow.

The USA flag patch goes on the left shoulder. The Korean flag goes on the right shoulder, red part on top. The TSDMA organization patch goes on the left chest panel.

Students can earn the two flag patches by reciting the Student Creed to a black belt. Otherwise, flag patches are \$2 each and the TSDMA patch is \$5.

Colored trim should be added to a top once the student becomes a 6th gup. Green for intermediate belts, and red at 3rd gup, for advanced belts. Trims must be removed once the student becomes a Cho Dan Bo.

Uniform pants

Pants should be ankle length to a few inches above. We understand kids hit growth spurts. If the pants are too long, hem them. Just rolling them up isn't enough, they unroll with movement. We sell them to fit in the waist, not the length.

Color

Students wear white uniforms. Instructors / black belts wear midnight blue trimmed tops and may wear white or black pants, their choice.

Summer uniforms

During summer uniform time, usually May 1st to October 1st, ETTSD students can wear studio tees, karate tees, or solid tees to match their belts, and white shorts.

Miscellaneous

Shirts and tanks under the uniform are optional. The uniform looks more streamlined when the undershirts are tucked in.

When at a demo or a tournament, do not wear long pants or long sleeves or bright colors that can be seen under your uniform.

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