

Shim Sa Results

ETTSD



Shannon Salend was promoted to 4th Gup during our December in-class Shim Sa.

Newport



Taylor Spradlin and Kenny Webb tested for Little Dragon Yellow.

Food Drive & More



We collected and donated 109 lbs. of food to the Greene County Food Bank at 107 N Cutler St.

We would like to perform more public service projects in the future. If you have projects you'd like us to consider please let us know!

Tournament

UNITE Winter Tournament Sat, Jan 22, 2022

St Pauls National Guard Armory
 705 N Old Stage Road
 St Pauls, NC 28384

<http://www.sgrokarate.com/unite-winter-tournament.html>

Prereg: \$40/person, \$80 family
 At the door: \$50/person

Tournament run by Master Sgro, grandmaster of Moo Yea Tang Soo Do. It's a longer distance than our usual tournament, but we really like to support Master Sgro who tries to visit us as least once per year also.

8:30 AM: Doors Open for Registration
 9:00 -10:00AM: Clinics with Masters
 10:00AM: Line Up and Competition

Competition in:

- 1) Team Demo (3 minutes)
- 2) Forms
- 3) Sparring
- 4) Padded Weapons Sparring

The clinics are awesome, worth the registration price on their own.

If we get at least 3 people entering, we will try to enter Team Demo, even if it is Ki Cho Hyung Il Bu to music.

We will do as much padded weapons practice as possible before the tournament and provide competitors with a padded weapon and eye protection for the tournament.

Visit the website above for online registration. We will have printed reg forms available at the studio.

Calendar

- Sat, Jan 22. UNITE Winter Tournament. See to the left.
- Sat, Jan 29, Shim Sa @ETTSD. See below.
- Free Sat classes at ETTSD, 11AM. Jan 8, 15. Students from NMAA and Heritage are welcome.

East Tennessee Tang Soo Do

- Mon, Jan 3. Mat Chat
- Thu, Jan 6 & 20, Sparring
- Mon-Thu, Jan 10-13, Tip Testing
- Tue/Thu, Jan 25/27, Weapons

Newport Martial Arts Academy

- Mon, Jan 3/Fri, Jan 7. Mat Chat
- Mon, Jan 10 and Fri, Jan 14. Tip Testing.
- Mon, Jan 17. CLOSED, MLK Day

January Shim Sa



Sat, Jan 29, 3:00 p.m.

Testing students: 2:45 p.m.

\$30 testing fee

Open to the public.

FULL UNIFORMS REQUIRED!

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

REMINDER! SPARRING! Students will spar at this Shim Sa. Bring gear if you have it. Limited loaner gear available.

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.

At-home training, part 2

There are many things students can practice at home. Practice makes better, we all know. Even black belts practice.

This month we'll discuss **Stances**. Everyone needs to practice stances often. They can even be done in the course of everyday activities. I wash my dishes in back stance. Sometimes I walk down my hallway in front stance.



Attention. Feet are together, hands are down the sides of the body. It is the same as a soldier stands at attention. The Korean term is *cha ryut*.

Ready stance. Feet are shoulder width apart, toes straight forward. Hands are tight fists, punching down in front of the body. The Korean term is *choon be*.



Fighting stance Stand comfortably with your side out to give your (invisible) opponent a smaller target and hold your hands up, in fists, defensively. Stay relaxed and light on your feet, ready to move quickly. The Korean term is *deh ryun jaseh*.



Front stance. Feet are shoulder width apart side to side and about two shoulder widths from front to back. The front knee is bent so you can see your toes but not your foot. The back leg is locked out straight. The Korean term is: *chun kul jaseh*.

Horse stance. Feet are about two shoulder widths apart with the heels in line. Toes are pointed forward.

Knees are bent and then pushed out like riding a horse. The Korean term is *keema jaseh*.



Back stance. First put your feet heel off heel in a capital L shape. Then take one foot and step out. This is your front foot. Place about 90% of your weight on your back foot. When you pick up your front foot your body should not move. If it does, you do not have enough weight on your back foot; keep trying. Both knees should be bent and at a 90 degree angle to each other. The Korean term is *hu gul jaseh*.

There are several other more advanced stances, such as *kyo sa rip jaseh* and *sa ko rip jaseh*, cross legged stance and side stance respectively

Mat Chat

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

This month:

Tenet/Code: Loyalty to one's country (Code 1)

What is Loyalty?

Standing by or standing up for someone or something you believe in, such as your country.

Examples of Loyalty

- When you recite the Pledge of Allegiance you feel proud to be an American.
- Your sister joined the Air Force to serve her country. You don't want her to go but instead of crying you tell her how great she is.

Terminology

Tang Soo Do-Way of the China Hand

Why does a Korean style of karate have "Chinese" in its title? Think of Chinese Food, German potato salad, Southern Fried Chicken, New York Pizza, Buffalo Wings.

Grandmaster Hwang Kee, who started modern Tang Soo Do, spent years in China during World War II because Korea was taken over by Japan. Koreans were not allowed to practice their traditional martial arts. Many Koreans escaped and worked and trained in China until the end of World War II. Grandmaster Hwang Kee was one of them.

Counting in Korean

One – Hana	Six – Yasot
Two – Tul	Seven – Ilgop
Three – Set	Eight – Yodel
Four – Net	Nine – Ahop
Five – Tasot	Ten – Yol