

## Shim Sa Results



We promoted one Cho Dan Bo, 14 gups and 7 Little Dragons from two studios to new rank during our May/June Shim Sa.

### ETTSD

**CDB2:** Brayden Salend

**2nd gup:** Chelsey Rhea

**3rd gup:** Shannon Salend, Silas Hale

**7th gup:** Tyler Barnett, Jacob Kimble

**8th gup:** Brian Gall, Gabriel Hale, Elias Lopez

**9th gup:** Kane Boring, Charlee Carter, Maximus Henry

**LD Orange:** Wakely Boren, Jaxton Miller, Riley Miller, Karter Poore, Frederick Stone

**LD Yellow:** Rain Noel

### NMAA

**2nd Gup:** Caden Lovell

**9th Gup:** Tyson Baker, Julia Wilder

**LD Yellow:** Jaxon Stuefen



## TSDMA South Summer Interclub 2022

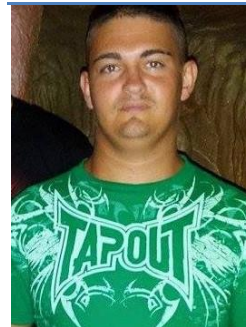
Saturday July 16, 2022



Please support our tournament so we can continue to have them.

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## Jiu Jitsu



Saturdays\*, starting Jul 9, 11am - noon

\*No class on Tournament days

The class will be taught by Dakota Self. He is a Jiu

Jitsu 4th Degree Black Belt, a Shōrin-ryū 3rd Degree Black Belt and a Tang Soo Do Cho Dan Bo.

## New Sat Schedule

**Our Free Family class time is changing to NOON-1**

to put our new Jiu Jitsu class between our Black Belt class and Family class so all can attend.

New Schedule:

- 10-11: Black Belt / Cho Dan Bo
- 11-12: Jiu Jitsu
- 12-1: Free Family Class

## Calendar

- **Sat Free Family classes** at ETTSD, noon. Jul 9, 23.
- **Sat, Jul 16.** TSDMA South Summer Interclub @ETTSD.
- **Tue, Jul 26, 7PM.** Free Self-Defense at ETTSD.
- **Sat, Jul 30.** Shim Sa. See below.

### East Tennessee Tang Soo Do

- **Sat, Jul 2 / Mon, Jul 4,** CLOSED for holiday.
- **Tue, Jul 5.** Mat Chat
- **Thu, Jul 7, 21,** Sparring
- **Mon-Thu, Jul 11-14,** Tip Testing
- **Tue/Thu, Jul 26/28,** Weapons

### Newport Martial Arts Academy

**Friday Summer Hours:**

**Dragons: 4:30-5, Youth: 5-6:30**

- **Fri, Jul 8.** Mat Chat, Sparring
- **Fri, Jul 15.** Tip Testing
- **Fri, Jul 12,** Sparring
- **Fri, Jul 29,** Weapons

## July Shim Sa



**Sat, July 30, 3:00 p.m.**

**Testing students: 2:45 p.m.**

**\$30 testing fee.**

**T-Shirts/Uniform pants allowed.**

**Spectators welcome.**

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

# Tournament Updates

## RESULTS

### TSDMA Summer Interclub in CT via Zoom



A good day zooming in to CT for the TSDMA Summer Interclub. Results, high to low rank:

- Brayden Salend, Cho Dan Bo - 3rd forms
- Silas Hale, Red belt - 2nd weapons
- Harrison Ayers, Green belt - 2nd forms, 2nd weapons
- Gabriel Hale, Orange belt - 3rd forms, 2nd weapons
- Orange belts Nathaniel Peterson and Sophia Carlson performed well but did not manage to medal.

## UPCOMING

### TSDMA South Summer Interclub Tournament 2022

Saturday July 16, 2022

@East TN Tang Soo Do

216 Bohannon Ave, Greeneville, TN

**Please support our tournament so we can continue to have them.**

Doors open 8AM.

**Tentative** Competition Schedule

9AM Adults/Adult CDB/Black Belts

10AM Little Dragons

11AM Beginners

Noon Intermediates

1PM Advanced/Youth Cho Dan Bo

**Registration fee** \$10/event. (Forms, Weapons Forms, Sparring, Breaking)

**Spectators** – Donation (\$2-\$5 recommended.)

Reg forms available at ETTSD, NMAA or register online at.

<https://ettsd.redpodium.com/tsdma-south-summer-interclub>

### 47th Annual Tennessee State Karate Championships

Saturday, Aug 13, 2022

Upperman High School Gymnasium

6950 Nashville Hwy, Baxter, TN

Approximately 2.5 hrs

We like this tournament both because it is relatively close (and even in TN!) and it is well-run. It's also one of those tournaments with really nice trophies.

### UNITE Tournament

TBD September or October

Fayetteville, NC

Approximately 5 hours.

I know this is a long way, but we really like to support Master Sgro's tournaments because he is the Grandmaster of our grandparent organization Moo Yea Tang Soo Do. Also, profits from his tournaments benefit his ministries in Guatemala and the Philippines

### TSDMA South Fall Interclub Tournament 2022

October-ish TBD

@East TN Tang Soo Do

216 Bohannon Ave, Greeneville, TN

We would like to continue to run our interclubs three times a year if there is enough interest.

### The Tri-State Championships

November 05, 2022

Dalton, GA

Approximately 3 hours

One of the two best tournaments we attend on the ASKL circuit. Formerly run by Ben Kiker, who still runs our other favorite.

it is now run by Tim Marks, but we attended last year and it still was as well run as before. I hope we can get a group to go this year too. They also have nice trophies.

# Mat Chat

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

**This month:**

## Tenet/Code: Concentration (Tenet 2)

### What does Concentration mean?

Concentration means Complete Attention. It is important because it lets you learn, understand and finish a task or job to the absolute best of your ability.

### Learning to Concentrate

Lots of things take focus and concentration. School, karate, even picking up toys or putting away your things. Sometimes it's hard to concentrate and focus. Minds wander. This happens to all of us. Parents and teachers say "Focus" or "Focus and Finish". But how?

## Terminology

- **First basic form** ~ *Ki cho hyung il bu*
- **Second basic form** ~ *Ki cho hyung ee bu*
- **Third Basic form** ~ *Ki cho hyung sam bu*
- **1st Peace and Confidence form** ~ *Pyoung ahn cho dan*
- **2nd Peace and Confidence form** ~ *Pyoung ahn ee dan*
- **3rd Peace and Confidence form** ~ *Pyoung ahn sam dan*
- **4th Peace and Confidence form** ~ *Pyoung ahn sa dan*
- **5th Peace and Confidence form** ~ *Pyoung ahn oe dan*
- **1st of Seven Stars** ~ *Chilsung il lo*
- **2nd of Seven Stars** ~ *Chilsung ee lo*
- **3rd of Seven Stars** ~ *Chilsung sam lo*