



Shim Sa Results

We promoted two Cho Dan Bos, 14 gups and 1 Little Dragon from two studios to new rank during our July Shim Sa.

ETTSD

CDB2: Kieran Albright, Dakota Self
3rd Gup: Blake Clendenin
4th Gup: Harrison Ayers
5th Gup: Lillian Mullins
6th Gup: Tyler Barnett
7th Gup: Dawson Poore, Ryalen Poore

NMAA

7th Gup: Makayla Barnett
8th Gup: Nathaniel Peterson, Harley Smith
LD Yellow: Sadie Stewart



Self-Defense Class

Last Tuesdays, 7-8 PM

This hands on (literally) class is open to ages 12+, whether you are a member or not.

The class covers a variety of useful and powerful techniques. It will help to raise your awareness of your surroundings as you learn new skills. It is presented in three levels:

- **Basic:** vital points, releases, basic date defense and everyday items as weapons.
- **Intermediate:** review of Basic, plus kicks and ground defense.
- **Advanced:** review of Basic and Intermediate, plus defense against weapons.



We believe that everyone should have a basic understanding of self-defense and hope that we can, in some small way, contribute to that understanding.

We offer this class free of charge although donations to help fund improvements at East TN Tang Soo Do will be accepted.

NO REGISTRATION REQUIRED!

Calendar

- **Sat Free Family class & Jiu Jitsu at ETTSD, noon.** Aug 6, 20, 27.
- **Sat, Aug 13.** TN State Karate Championships. Baxter, TN. See Page 2.
- **Tue, Aug 30, 7PM.** Free Self-Defense at ETTSD.

East Tennessee Tang Soo Do

- **Mon/Tue, Aug 1/2.** Mat Chat
- **Thu, Aug 4, 18,** Sparring
- **Mon-Thu, Aug 8-11,** Tip Testing
- **Tue/Thu, Aug 23/25,** Weapons
- **Mon, Sep 5,** Closed for Labor Day

Newport Martial Arts Academy

- **Fri, Aug 5.** Mat Chat, Sparring
- **Fri, Aug 12.** Tip Testing
- **Fri, Aug 19,** Sparring
- **Fri, Aug 26,** Weapons

Logo Printing



TIME IS RUNNING OUT!

If you want our logo and your name on your dobok top, be sure it's clean and give it to Ms. Jennifer. We will schedule a date in September for printing. Cost is \$15.

We will return the tops for the August 13 tournament if you are planning to go. Please let Ms. Jennifer know.

Tournament Updates

RESULTS

TSDMA South Summer Interclub
Saturday July 16, 2022
@East TN Tang Soo Do



Little Dragons

Forms 1 st Jaxton Miller 2 nd Ruthie Blake 3 rd Rain Noel	Flag Sparring 1 st Rain Noel 2 nd Ruthie Blake 3 rd Jaxton Miller
Breaking 1 st Rain Noel 2 nd Jaxton Miller	

Beginners 9th Gup

Forms 1 st Nate Peterson 2 nd Vivian Ruocco 3 rd Sophia Carlson	Sparring 1 st Nate Peterson 2 nd Vivian Ruocco 3 rd Sophia Carlson
Breaking 1 st Nate Peterson 2 nd Sophia Carlson 3 rd Vivian Ruocco	

Beginners 8th & 7th Gup (Weapons all Beginners)

Weapons 1 st Tyler Barnett 2 nd Jacob Kimble 3 rd Nate Peterson 4 th Makayla Barnett	Forms 1 st Tyler Barnett 2 nd Jacob Kimble 3 rd Elias Lopez 4 th Makayla Barnett
Sparring 1 st Elias Lopez 2 nd Tyler Barnett 3 rd Jacob Kimble 4 th Makayla Barnett	Breaking 1 st Makayla Barnett 2 nd Jacob Kimble

Intermediate & Up

Weapons 1 st Harrison Ayers 2 nd Brayden Salend	Forms 1 st Brayden Salend 2 nd Harrison Ayers
Sparring 1 st Harrison Ayers 2 nd Brayden Salend	Breaking 1 st Harrison Ayers 2 nd Brayden Salend



Teen Black Belt

Forms 1 st Graysun Ingle 2 nd Caleb Crawford	Sparring 1 st Graysun Ingle 2 nd Caleb Crawford
Breaking 1 st Graysun Ingle 2 nd Caleb Crawford	

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 "Back to School" Tournament

Saturday, Sep 17
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

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