



## Shim Sa Results

We promoted two Cho Dan Bos, 12 Gups and 9 Little Dragons from two studios to new rank during our September Shim Sa.

### ETTSD

**CDB3:** Brayden Salend, Dakota Self

**1st Gup:** Silas Hale, Chelsey Rhea

**5th Gup:** Ava Leasure

**6th Gup:** Noah Clendenin, Jacob Kimble, Dawson Poore, Ryalen Poore

**7th Gup:** Elias Lopez, Gabriel Hale

**8th Gup:** Eddie Ocasio

**9th Gup:** Jeidel Rivera

**LD Purple:** Wakely Boren, Jaxton Miller, Riley Miller, Karter Poore

**LD Orange:** Rain Noel



### NMAA

**1st Gup:** Caden Lovell

**LD Orange:** Jaxon Stuefen

**LD Yellow:** Ruthie Blake, Galahad Griffin, Ivey Davis

## 2021 Students of the Year



It took half a year, but the 2021 Student of the Year finally arrived.

They took so long to get here that our **Little Dragon** Student of the Year was promoted to the Youth Beginner Class. We are proud of him for moving up but miss him in Little Dragons because he was a class leader, calm, well behaved, followed directions and always willing to help. The 2021 Little Dragon Student of the Year is **Maximus Henry**.

Our **Youth** winner has almost reached advanced while we waited. An extraordinary martial artist, it's been awesome to watch him grow and mature, taking on leadership roles, leading his first full class warm up recently. He is also an active, and winning, tournament competitor. The 2021 Youth Student of the Year is **Harrison Ayers**.

Our **Adult** Student of the year might not notice the trophies are for last year. She tends to stay busy as time flies. As well holding down a job, mothering and homeschooling two kids, and a zillion other things she does, she is working on her 2nd gup red belt and is an assist instructor at our Heritage Martial Arts class. The 2021 Adult Student of the Year is **Shannon Salend**.

## Calendar

Open to ETTSD, NMAA and Heritage Martial Arts Students

- **Jiu Jitsu @ETTSD, 11AM.** Oct 8, 15, 22. (Free for ETTSD students, \$5/class for others)
- **Skills Class @ETTSD, noon,** Oct 8, 15, 22.
- **Tue, Oct 25, 7PM.** Self-Defense at ETTSD.
- **Sat, Oct 29,** Battle of Lenoir City (TN). See page 2.
- **Sat, Nov 05,** Tri-State Championships, Dalton, GA. See page 2.

### East Tennessee Tang Soo Do

- **Mon/Tue, Oct 3/4.** Mat Chat
- **Thu, Oct 6, 20,** Sparring
- **Mon-Thu, Oct 10-13,** Tip Testing
- **Tue/Thu, Oct 25/27,** Weapons
- **Mon, Oct 31.** HALLOWEEN COSTUMES ALLOWED

### Newport Martial Arts Academy

- **Fri, Oct 7,** CLOSED
- **Fri, Oct 14.** Mat Chat, Sparring, Parent observation
- **Fri, Oct 21.** Tip Testing
- **Fri, Oct 28,** Weapons. HALLOWEEN COSTUMES ALLOWED

## Tops Update

Dobok tops are at the Silver Star Design to have logos and names printed. There is no definite date for their return.

If they are not back by Oct 1, we will not, of course, require tops at the studio until they come back

# Wearing a Uniform Protocol

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During the pandemic we encouraged a uniform policy that was totally against traditional protocol and as we move back into full uniforms, it seemed a good time to correct that, and go over general uniform protocol.

- We encouraged wearing your full uniform into the building so there would be less time changing out. However, protocol says no wearing rank belt outside the studio except for studio functions. It is considered disrespectful.

And the rest:

- Do not leave your belt on the floor. Once again, it is considered disrespectful.
- No street clothes visible under uniform. For example:
  - If your t-shirt hangs longer than your top, tuck it in.
  - If you wear pants under your uniform and they hang longer than your uniform, roll or pin them up.
- If the uniform itself is long in arms or legs, roll up or, preferably, hem sleeves and/or pants legs
- Do not wear jewelry, including necklaces, bracelets, watches, dangly earrings, and so on. **NOTE:** FitBit-type devices and anything for medical reasons are permitted, but please be careful, and be aware that they may snag or be yanked off during some activities, including sparring.
- If you need to adjust your uniform during class:
  - Bow to the front
  - Turn around
  - Adjust your uniform
  - Turn back around.
  - Bow again.

# Upcoming Tournament Updates

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## Upcoming

### 4<sup>th</sup> Annual Battle of Lenoir City

Open Martial Arts Tournament  
**October 29, 2022**

The War Memorial Building  
101 N B St, Lenoir City, TN  
Approximately 1.5 hours

We know nothing about this tournament but not only is it relatively close, it is billed as “The First of the East TN Karate Circuit Tournaments” so we definitely have to check it out.

What we know:

Registration Fees:

Competitors: \$35 for all events

Spectators: \$5

Cash only on day of event

Events: Weapons, Forms, Fighting, Team Forms

1st-4th Place Awards

Registration: 0830 - 1000

Black Belt Meeting: 0930

Competition Starts: 1000

### 48<sup>th</sup> Annual Tri-State Championships

**November 05, 2022**

Northwest Whitfield County HS  
1651 Tunnel Hill Varnell Rd NW  
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. Nice trophies too. More info: [facebook.com/events/498873838716688/](https://facebook.com/events/498873838716688/)

# Mat Chat

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

**This month:**

## Self-Control (Tenet 5)

### What does it mean?

- Self-Control is doing what is right when you feel like doing what is wrong. It helps you make good decisions.

### What is a Better Choice?

- You play a game that is difficult, and you keep making mistakes. You get mad at the game or the person you are playing with.
- It's time to leave for karate but your favorite tv show just came on. You tell your parental unit that you don't feel well.
- You want something at the store but your parental unit says no. You throw a tantrum.
- You love ice cream so much that you keep eating and eating and eating and get sick.
- Your karate instructor wants you to concentrate on basics but you know you can do more advanced techniques, so you do them to prove it. You don't understand why your instructor makes you do pushups for not following instructions.

### Terminology

- Reverse round kick ~ *Peet cha gi*
- Stomp Kick ~ *Chit pal gi*
- Inside to Outside Crescent Kick ~ *Ahneso phaku ro cha gi*
- Outside to Inside Crescent Kick ~ *Phakesu ahnuro cha gi*
- Side Stance ~ *Sa ko rip ja she*
- Fighting Stance ~ *Deh ryun ja seh.*