



TSDMA SOUTH NEWSLETTER



VOLUME 8, NUMBER 2 – FEBRUARY 2023

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January Shim Sa Results

Calendar



We promoted one Cho Dan Bo, 14 Gups, and 13 Little Dragons from two studios to new rank during our January Shim Sa.

ETTSD

CDB 3: Jude Gabaldon

CDB 1: Silas Hale

2nd Gup: Shannon Salend

5th Gup: Jacob Kimble, Dawson

Poore, Ryalen Poore

6th Gup: Gabriel Hale, Elias Lopez

Dragon Blue: Wakely Boren, Jaxton

Miller, Riley Miller, Karter Poore

Dragon Orange: Maria Leasure, Sam

Leasure, Rain Noel

Dragon Yellow: Scout Hyder, Jaxson

Morelock, Hunter McGaw



Little Dragon Promotions

NMAA

CDB1: Caden Lovell

6th Gup: Makayla Barnett

7th Gup: Harley Smith

8th Gup: Wyatt Good

9th Gup: Lucas Robinette, Cami Shelton, Oliver Zahoran

Dragon Yellow: Reina Keener, Dryden Griffin, Waylon Williams

TSDMA South Interclub 2023

Tournament and Demo

Saturday February 18, 2023



@East TN Tang Soo Do

216 Bohannon Ave, Greeneville, TN

- Doors open 9AM.
- Demo at 10AM
- Tournament starts following the demo, starting with Little Dragons.

We plan to do an Interclub tournament each year to introduce the tournament season.

Registration forms are available at ETTSD, NMAA, and Heritage.

For more information, ask at any of our studios.

Open to ETTSD, NMAA and Heritage Martial Arts Students

- Jiu Jitsu @ETTSD, Fridays 6PM. Free for ETTSD students, \$5/class for others.
- Sat, Feb 18. TSDMA South Interclub 2023. See column 2 for more information.
- Tue, Feb 28, 7PM. Free Self-Defense class @ETTSD. Open to all.

East Tennessee Tang Soo Do

- Tue, Feb 7. Mat Chat
- Tue-Thu, Feb 7-9, Tip Testing

Newport Martial Arts Academy

- Fri, Feb 3. Mat Chat, Sparring
- Fri, Feb 10. Tip Testing
- Fri, Feb 17, Sparring
- Fri, Feb 24, Weapons
- No parent observation in February.

Winter Reminder



If we need to close due to weather, we will post it on:

- Facebook – facebook.com/ettsd
- Twitter – @EastTNTangSooDo
- There is a Twitter feed on the website also – ettsd.com

Feel free to message, email, or call, if you need more information

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 an updated reprint from May 2017 by SBN Rivas.

Why Tournaments?

Tournament season is here! You will be hearing about them, being encouraged to attend them and have your children compete in them. We will be running competition practice in class to hone skills and teach protocol. Why?

I believe a lot of good things come from tournament participation, both big open tournaments as well as smaller and Tang Soo Do tournaments.

Students will get to showcase their skills and find out where they need to improve to win. I have never seen kids more determined to perfect their forms and sparring techniques than after a tournament. If going to competitions is what makes a child enthusiastic about learning martial arts, then going to tournaments is what s/he should be doing!

Students will make friends and, in many cases, retain those friendships over years, because many of the same children attend many of tournaments we attend.

Students learn to lose. Some schools discourage competition, but I think that since we live in a competitive society, teaching children about competition, including losing, is an important part of martial arts.

For smaller and TSD tournaments, it is a family experience. Students

are welcomed and nurtured, even in the ring.

If there were more of TSD tournaments around, we would go to more. The closest ones to here are about 5 hours away. We have gone to ones in Fayetteville, NC, and will possibly go to one in Birmingham, AL, this year.

Many of the rest of the tournaments we go to come from the All-Star Karate League (ASKL) schedule. This is a highly competitive open league based out of Atlanta that includes tournaments over a large swath of the U.S., from FL to WI!! The ones we go to are in TN and GA.

With open tournaments students get to see other styles, uniforms that do not look like theirs and to compete with their technique as much as their pattern. Since the judges do not know our forms, students with good form score well even if there are mistakes in the pattern.

These are more challenging tournaments since the divisions tend to be larger and the judges are not Tang Soo Do. However, these are the types of tournaments I came up the ranks with and they served me and my children (including Mr. Ian) well.

I hope you will consider allowing your child to compete in at least one tournament this year!

Mat Chat

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

This month:

Tenet/Code:

Obedience to Parents & Elders (Code)

Obedience means being respectful to your parents and elders.

Obedience to Elders does NOT mean you should obey anyone who is grown up. It only means those you know and trust. It does not include strangers!!!

What would you do?

- Your mom tells you to clean your room before you go out and play. Do you go out without cleaning your room?
- Your teacher asks you to stop talking in class and pay attention. Do you keep talking despite their request?
- Your Dad tells you it's time to go to bed because you need rest. Do you refuse and walk away because you really want to stay up?

Terminology

Choong Be Jas Seh – Ready
Stance

Cha Ryut – Attention

Kyung Yet – Bow

Kihap – Yell

Ahn Jo – Sit

Tora – Turn

Ba Ro – Return

Shio – Rest