



TSDMA SOUTH NEWSLETTER



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Congratulations Graduates!

Three of our members graduated in the Class of 2023.

Emilie Foster 2nd degree black belt



graduated from Heritage Home Scholars. She is a Hope Scholarship recipient who will be attending Tusculum University and majoring in Communications.

Kieran Albright Cho Dan Bo, Level 2



graduated from MC2STEM High School. He is a member of the

National Honor Society and a recipient of the Say Yes scholarship. He will be attending Tri-C: Cuyahoga Community College and majoring in CNC machining.

Kelli Kesterson, 9th Gup



graduated from Heritage Home Scholars. She plans to pursue a career as a firefighter.

New Student Recruitment



We need new white belts and would greatly appreciate your help!

Current Students who recruit a new student to ETTSD will get a 50% discount on their fees for the first month of the new student's enrollment!

The more students you recruit, the more you save!

Calendar

General

Open to ETTSD, NMAA and Heritage Martial Arts Students.

- **Jiu Jitsu @ETTSD, Fridays 6PM.** Free for ETTSD students, \$5/class for others.
- **Tue, Jul 25, 7PM.** Free Self-Defense class @ETTSD. Open to all.
- **Sat, July 29, 3PM.** Shim Sa. See below.

East Tennessee Tang Soo Do

- **Tue, Jul 11.** Mat Chat
- **Tue-Thu, Jul 11-13,** Tip Testing

Newport Martial Arts Academy

- **Fri, Jul 7,** Mat Chat
- **Fri, Jul 14.** Tip Testing
- **Fri, Jul 21,** Sparring
- **Fri, Jul 28,** Weapons

July Shim Sa



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

Testing students: 2:45 p.m.

\$30 testing fee.

Summer Uniform.

Spectators welcome.

Invitations to test will be given to eligible students after Tip Test.

For ETTSD, eligible students are also be listed on the whiteboard by Mr. Ian and Ms. Jennifer's desks.

Please be sure uniforms are clean and neat. Pride in looking professional is as important as proper techniques.

Tournament Updates

Results

The Battle of Champions

Saturday, Jun 10, 2023

Ringgold High School Gym, 29 Tiger Trail, Ringgold, GA 30736



We only had one competitor, but it was Brayden's first time competing as a black belt. He came home with first place in weapons and first place in form.

Upcoming

TENNESSEE STATE KARATE CHAMPIONSHIPS



48th Annual Tennessee State Karate Championships

Saturday, Aug 12, 2023

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 also has really nice trophies.

<https://www.facebook.com/events/1959286891074090>

Sep 9, Back to School Tournament



Hope Bible Church, 1900 Ft Bragg Rd, Fayetteville, NC

Approximately 5 hours.

8:30am Doors Open

9:00am: 7 yrs old and under

12:00: Team Demo Competition

12:30: 8 yrs old and up

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*. Not to mention, he visits us, so we need to return the favor! Also, profits from his tournaments benefit his ministries in Guatemala and the Philippines

Pre-reg as low as \$30. See the web page for details:

<http://www.sktsd.com/back-to-school-tournament.html>

ASKL Schedule

Some parents have asked for information on tournaments we don't support because the travel time is beyond our usual limit. We tend to go to ASKL tournaments that are no more than 3 hours-ish away, but we encourage students to enter others.

There are many larger tournaments in the circuit including Atlanta (8/12, 11/18, 12/01-02), Washington, D.C. (8/04-05), Orlando (6/29-7/01), and even Chicago and Detroit. Check them out here:

<https://asklratings.net/schedule.html>

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*