



TSDMA SOUTH NEWSLETTER



VOLUME 8, NUMBER 8 – AUGUST 2023

216 BOHANNON AVENUE, GREENEVILLE, TN 37745 – 423-609-1408 – ETTSD.COM – INFO@ETTSD.COM

Shim Sa Results

We are promoting 7 gups and two Little Dragons from two studios to new rank during our Summer Shim Sa, which will happen in class over the next couple of weeks.

ETTSD

- 1st gup:** Harrison Ayers
- 2nd gup:** Lillian Mullins
- 3rd gup:** Tyler Barnett
- 7th gup:** Dorian Colmer
- 8th gup:** Burr Strader
- 9th gup:** Lavender Colmer

NMAA

- 7th gup:** Aryanna Helton
- LD Blue:** Jaxon Stuefen
- LD Orange:** Grayson Morie

Tipping Reminders

Just a reminder that although we have an official Tip Test Week, students are welcome to perform tip requirements all during the month, before and after class, or during open mat times. The student may get their tip book, decide on the requirement they want to demonstrate, and ask a black belt or advanced belt to watch them and sign off for them.

Also, remember that it only takes three tips to qualify to test but that students' exams are generally four months apart, giving extra time to attain all three tips.

New Student Recruitment



We need new Little Dragons and Youth white belts. We 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!

If a Green or Red belt brings in a new beginner, they are welcome to help in the Beginner class.

Please share the ad below with interested people. The offer is for **NEW STUDENTS ONLY:**

Calendar

General

Open to ETTSD, NMAA and Heritage Martial Arts Students.

- **Jiu Jitsu @ETTSD, Fridays 6PM.** Free for ETTSD students, \$5/class for others.
- **Sat, Aug 12,** TN State Karate Championships, Baxter, TN. See page 2 for details.
- **Tue, Aug 29, 7PM.** Free Self-Defense class @ETTSD. Open to all.

East Tennessee Tang Soo Do

- **Tue, Aug 8.** Mat Chat
- **Tue-Thu, Aug 15-17,** Tip Testing
- **Mon, Sep 4, CLOSED FOR LABOR DAY**

Newport Martial Arts Academy

- **Fri, Aug 4,** Mat Chat, Sparring
- **Fri, Aug 11.** Tip Testing
- **Fri, Aug 18,** Sparring
- **Fri, Aug 25,** Weapons

East Tennessee Tang Soo Do
 216 Bohannon Ave, Greeneville ♦ 423-609-1408
 ettsd.com ♦ info@ettsd.com

BACK TO SCHOOL SPECIAL
Enroll during August and get
Choice of a free month or a free uniform




- ♦ The largest martial arts facility in the Greeneville area.
- ♦ Lowest prices and family rates available. **NO CONTRACTS.**
- ♦ Tang Soo Do, Jiu Jitsu, Weaponry.
- ♦ Tournament training, compete across the southeast.

Tournament Updates

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



49th Tri-State Championships

November 04, 2023

Gilmer High School

408 Bobcat Trail

Ellijay, GA 30540

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 it is still as well run as before. I hope we can get a group to go this year too. Nice trophies too.

More info: <https://www.facebook.com/events/620483456086126>

ASKL Schedule

Some parents 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), 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: 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