



TSDMA SOUTH NEWSLETTER



VOLUME 8, NUMBER 10 – OCTOBER 2023

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

Shim Sa Results



We promoted 1 CDB, 15 gups and three Little Dragons from two studios to new rank during our September Shim Sa.

ETTSD

CDB Level 2: Caden Lovell

3rd Gup: Jacob Kimble

4th Gup: Gabriel Hale

6th Gup: Andrew Estrada, Brianne Roland, Thomas Seemuth

7th Gup: Kelli Kesterson

Dragon Yellow: Colton Landers

NMAA

3rd Gup: Gates Taylor, Glory Taylor

5th Gup: Harley Smith

6th Gup: Given Taylor

7th Gup: Vera Weisbrodt

8th Gup: Lucas Robinette

9th Gup: Jasey Reynolds, Jolie Reynolds, Colton Reynolds

Dragon Purple: Dryden Griffin

Dragon Orange: Galahad Griffin

Friday Class Changes

The **5PM** class on Fridays at ETTSD is now **Kickboxing**, with Mr. Jude. The **6PM** class is still **Jiu Jitsu**, with Mr. Dakota, but now runs until 7:30PM.

Bring a Friend Day

Mon, Oct 30, Dragon & Youth Classes

Halloween costumes allowed (but must be able to move for games). Halloween treats given out as well as Free Month coupons for the friends

Little Dragon class will do **Obstacle course**. Youth classes will do Obstacle course also, with some of the following depending on time and number: Throwing Stars, Three Lives, Board Breaking.

Demos

ETTSD

Festival of Nations

Sat, Oct 7, 11AM

**PLEASE NOTE
THE TIME CHANGE!**

**Notre Dame Church
212 Mt. Bethel Road**

Please arrive for the demo at least 15 min before performance time. We will meet at the grassy area near the stage to coordinate.

NMAA

**Newport Harvest Street
Festival**

**Courthouse Parking Lot
Demo: 2:55PM**

Martial arts will go first, before dance and gymnastics. We want the kids there by 2:30. There was, last couple years, a large tent in the parking lot so I'm assuming again this year. Full uniform. Blue jeans and plain white tee shirt if you don't have a uniform yet, for the line up at the end.

Calendar

October 2023

M	T	W	T	F	S
2	3	4	5	6	7
9	10	11	12	13	14
16	17	18	19	20	21
23	24	25	26	27	28
30	31				

General

Open to ETTSD, NMAA and Heritage Martial Arts Students.

- **Kickboxing @ETTSD, Fridays 5PM.**
- **Jiu Jitsu @ETTSD, Fridays 6PM.** Free for ETTSD students, \$5/class for others.
- **Tue, Oct 31, 7PM.** Free Self-Defense class @ETTSD. Open to all.

East Tennessee Tang Soo Do

- **Tue, Oct 3.** Mat Chat
- **Sat, Oct 7, 11AM** Festival of Nations Demo. SEE COL 2.
- **Tue-Thu, Oct 10-12,** Tip Testing
- **Mon, Oct 30,** Bring a friend day, Costumes allowed. SEE COL 2.

Newport Martial Arts Academy

- **Fri, Oct 6.** CLOSED, Fall Break.
- **Sun, Oct 8 2:55PM.** Newport Harvest Fest Demo. SEE COL 2.
- **Fri, Oct 13.** Closed, black belt training.
- **Fri, Oct 20,** Sparring, Mat Chat.
- **Sat, Oct 21,** Make Up Day for Oct 13. Classes at the regular time. Tip Testing
- **Fri, Oct 27,** Weapons

2022 Students of the Year

The 2022 Student of the Year Awards for East Tennessee Tang Soo Do were awarded (finally) at our September Shim Sa. Awards were given for Little Dragon, Youth, and Adult.



They took so long to get here that our **Little Dragon** Student of the Year is about to be promoted to the Youth Beginner Class.

We are proud of her for moving up but hope she will continue to be our studio ambassador. She befriends every new student, gives them a tour of the studio, and makes them feel welcome.

The 2022 Little Dragon Student of the Year is **Riley Miller**.



Our **Youth** winner is one of those kids who make you wonder, *is there anything he can't do?* As well as martial arts, he does Lacrosse, Drum lessons, Fiddle lessons, Robotics and Cub Scouts. He is also an active, and winning, tournament competitor.

It's been awesome to watch him grow and mature, taking on leadership roles and rising to his rank of Cho Dan Bo Level 2, taking his martial arts to a new, and much higher level.

And he is humble. The only reason he is not testing for Level 3 today is that he chose to wait

The 2022 Youth Student of the Year is **Silas Hale**.

Our **Adult** Student of the year is one of what I like to call our wandering black belts. Already a black belt when he wandered into the studio, he stayed anyway.

He has been immensely helpful to the studio including starting a Jiu Jitsu program and teaching our Intermediate / Advanced youth class on Tuesdays.

He was already a third degree black belt in Shorin Ryu, a fourth degree black belt in Jiu Jitsu, founded his own style—Akaishido Ryu Jiu Jitsu, and has now managed to earn his first degree black belt in Tang Soo Do in a bit over a year.

We are so happy to have him as part of our staff. The 2022 Adult Student of the Year is **Dakota Self**.

Tournament Updates

Upcoming

49th Annual Tri-State Championships

**Saturday, November 04, 2023
Dalton, GA**

Approximately 3 hours

One of the two best tournaments we attend on the ASKL circuit.

I hope we can get a group to go this year to. Nice trophies too.

ASKL Schedule

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 (11/18, 12/01-02), Washington, D.C., Orlando, and even Chicago and Detroit. Check them out:

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

Mat Chat

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*.