



TSDMA SOUTH NEWSLETTER



VOLUME 8, NUMBER 11 – NOVEMBER 2023

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

Jiu Jitsu Belt Exam Results



Promoted at the Oct 20 Jiu Jitsu exam:

- **6th Kyu Green:** Brianne Roland, Thomas Seemuth
- **8th Kyu Yellow:** Kellie Kesterson

Brianne also received a Class Leader award.

Nov/Dec Shim Sa



Sat, Dec 2, 3:00 p.m.

Testing students: 2:45 p.m.

\$30 testing fee.

Full Uniform required.

Spectators welcome.

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

For ETTSD, eligible students will also be listed on the white board above Ms. Jennifer's desk.

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

Winter Info



ETTSD Weather Closings

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

We will also try to post if the weather is iffy and we decide to stay open.

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

Mat Shoes

We know our studio is chilly and sometimes feet get cold. During winter we allow students to wear shoes during class.

However, please ensure the shoes are ones that are only worn indoors. We do like to keep outside detritus off the mats.

Also, we do not want students to wear socks only unless they are socks with tread on the bottom. Most socks are slippery and slipping on the mat could cause injury.

Bow with the door closed

We still want to maintain protocol during winter months, while keeping the studio warm.

We ask that students turn and bow to the studio before opening the door to keep as much heat as possible inside.

Calendar

General

Open to ETTSD, NMAA and Heritage Martial Arts Students.

- **Kickboxing @ETTSD, Fridays 5PM.**
- **Jiu Jitsu @ETTSD, Fridays 6PM.** Free for ETTSD students, \$10/class or \$35/month, for others.
- **Tue, Nov 28, 7PM.** Free Self-Defense class @ETTSD. Open to all.
- **Sat, Dec 2, 3PM,** Shim Sa. See Column 1.

East Tennessee Tang Soo Do

- **Tue, Nov 7.** Mat Chat
- **Sat, Nov 11, 10AM Staff meeting.**
- **Tue-Thu, Nov 14-16,** Tip Testing
- **Thu/Fri, Nov 23/24,** CLOSED FOR THANKSGIVING.

Newport Martial Arts Academy

- **Fri, Nov 3.** Sparring, Mat Chat
- **Fri, Nov 10.** Tip Test
- **Fri, Nov 17,** Weapons
- **Fri, Nov 24,** CLOSED FOR THANKSGIVING
- **Fri, Dec 1, 6PM** Christmas Parade

Newport Christmas Parade

Last year, we scrambled to get a trailer and truck. This year, we have a trailer, a truck, and a driver! Many thanks to Vera's grandparents.

We still need decorations and people with time the day of the parade. The theme is *A Griswold Kind of Christmas*. Dec 1st. Floats start gathering at 6pm, moving at 6:30.

Everyone needs to be in NMAA shirts or a Christmas outfit. Kids need to each bring a bag of individually wrapped candy to toss on the route.

Introducing Blue Mountain Jiu Jitsu

Founded by our own Dakota Self, Blue Mountain Jiu Jitsu is an modern combat system that focuses on self-defense such as: hand to hand combat, knife defense, Arnis (stick fighting), takedown defense, ground combat, and joint locking.

It is designed as a practical, real life situational awareness so that people from all ages and backgrounds can enjoy learning how to defend themselves against an attacker who intends nothing but to harm you or your family.

We also have available a kids' program from ages six through twelve, where they can learn how to roll, kick, and have fun, all while learning fundamental skills that can help them to go through life with a confident and successful mindset.

We also offer private lessons for families, groups of friends (up to 8 people), and/or one on one session with the Head Instructor.

Come join and start your combat training today!!!! Regular classes are Friday nights from 6 – 7:30.



Tournament Update

Results

49th Annual Tri-State
Championships

Saturday, November 04, 2023
Dalton, GA

A good day for TSDMA South. Big tournament. Big divisions. We had four competitors. Harrison Ayers from East TN Tang Soo Do, and Gates, Given and Glory Taylor from Newport Martial Arts Academy.



Harrison (12-13 Advanced) took 2nd place in Weapons.



Given (12-13 Intermediate) took 3rd place in Weapons and 4th place in Forms.

Glory (14-15 Advanced) took 2nd place in Sparring.

Gates (12-13 Advanced) didn't place but performed admirably.

Mat Chat

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

This month:

Tenet/Code: Humility, Tenet 6

What does it mean?

Having humility means we do not think we are better than others. It is ok to be confident, but humility means we do not brag or boast about being better. In fact, we help people rise by lifting them up.

What is a better choice?

- You win a tournament. Do you tell everyone you are better than they are, or are the best?
- Your friend tells you that you look really good today. Do you answer "I know, right?"
- You visit a friend & see you have a lot more and more expensive toys than your friend. Do you brag about the things you own?
- You win every single sparring match at class. Or maybe every video game you play. Do you tell your opponents before you start, "Just so you know. I always win."

Terminology

- Knife Hand attack
Soo do kong kyuck
- Ridge Hand attack
Yuk soo do kong kyuck
- Spear Hand attack
Kwon soo kong kyuck
- Elbow strike
Pahl koop kong kyuck
- Backfist attack
Kap kwon kong kyuck
- Outside to inside block
Phakeso ahnuro mahk kee