



TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 3 – MARCH 2024

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2023 Students of the Year

Newport Youth



Harley Smith

Our Youth winner from Newport Martial Arts Academy is one of those very quiet and shy kids. He is still one of those, but we have seen him open up and grow over the time we spent with him. He even cracks a few jokes when we can get him to talk. And, of course, we have seen him grow as a martial artist too. The 2023 Student of the Year for Newport Martial Arts Academy is **Harley Smith**.

ETTSD Youth



Tyler Barnett

Our Youth winner from East Tennessee Tang Soo Do is the definition of dedication. He works hard, listens well and has some of the best self-discipline I have seen in a student. Like all our students, we have seen him grow while at the school. While others around him are playing around, he is practicing his forms, on the punching bag, or breaking boards. We are proud to award our Youth Student of the year to **Tyler Barnett**.

ETTSD Adult



Brianne Roland

Our Adult Student of the year is a Navy veteran and one of the hardest workers we know. She puts her all into everything she does. She always comes to class being upbeat and ready to learn. We are proud to award our 2023 Adult Student of the Year to **Brianne Roland**.

CONGRATULATIONS TO ALL OF THEM!!

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, Mar 26, 7PM.** Free Self-Defense class @ETTSD. Open to all.

East Tennessee Tang Soo Do

- **Tue, Mar 5.** Mat Chat
- **Tue-Thu, Mar 12-14,** Tip Testing

Newport Martial Arts Academy

- **Fri, Mar 1.** Mat Chat, Sparring
- **Fri, Mar 8.** Tip Testing
- **Fri, Mar 15,** Various
- **Fri, Mar 22,** Weapons
- **Fri, Mar 29,** CLOSED

April Shim Sa



Sat, Apr 6, 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.

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

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

TSDMA South 2024 Interclub Results

Little Dragons White-Orang

Forms

- 1st Colton Landers
- 2nd Wyatt Roksandich
- 3rd Mason Mercer
- 4th Scout Hyder
- 5th Ronin Reaves

Flag Sparring

- 1st Colton Landers
- 2nd Mason Mercer
- 3rd Wyatt Roksandich
- 4th Ronin Reaves

Little Dragons Purple an up

Forms

- 1st Reina Keener
- 2nd Dryden Griffen
- 3rd Jaxon Stuefen
- 4th Grayson Morie

Flag Sparring

- 1st Jaxon Stuefen
- 2nd Grayson Morie
- 3rd Dryden Griffen
- 4th Reina Keener

Beginner Youth

Weapons

- 1st Sophia Carlson
- 2nd Mason Hadley

Forms

- 1st Zane McIntyre
- 2nd Braylynn Gilbert
- 3rd Alice Vandever
- 4th Mason Hadley
- 5th Sophia Carlson

Sparring

- 1st Mason Hadley
- 2nd Alice Vandever

Intermediate Youth

Weapons

- 1st Dorian Colmer
- 2nd Given Taylor
- 3rd Harley Smith
- 4th Aryanna Helton

Forms

- 1st Dorian Colmer
- 2nd Given Taylor
- 3rd Aryanna Helton
- 4th Harley Smith

Sparring

- 1st Dorian Colmer
- 2nd Aryanna Helton
- 3rd Braylynn Gilbert
- 4th Harley Smith

Advanced Youth

Weapons

- 1st Tyler Barnett
- 2nd Lillian Mullins
- 3rd Glory Taylor

Forms

- 1st Lillian Mullins
- 2nd Tyler Barnett
- 3rd Gates Taylor

Sparring

- 1st Tyler Barnett
- 2nd Glory Taylor
- 3rd Gates Taylor

Cho Dan Bo/Black Belt Yout

Weapons

- 1st Brayden Salend
- 2nd Harrison Ayers

Forms

- 1st Harrison Ayers
- 2nd Brayden Salend

Sparring

- 1st Brayden Salend
- 2nd Harrison Ayers

Adult

Weapons

- 1st Kelli Kesterson
- 2nd Josh Vandever

Forms

- 1st Josh Vandever
- 2nd Kelli Kesterson

Sparring - Women

- 1st Brianne Roland
- 2nd Kelli Kesterson

Sparring - Men

- 1st Josh Vandever

Mat Chat

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

This month:

Tenet/Code: Honor Friendship (Code 3)

What it means.

It means you value the people in your life. You treat your friends with respect and kindness. You do not take them for granted.

What it DOESN'T mean.

It does not mean that you do anything a friend tells/asks you to do. If your friend asks to you lie, steal, to sneak out at night, you honor friendship by NOT doing what they ask and telling them they should not either!

What would you do?

- Your best friend is always there for you. Today she needs help with a project and asks you to help. You are busy. Do you help her?
- Your friend is going through a hard time. He needs you to listen to him. Your favorite tv show is about to come on. Do you take the time to listen even though it may not be convenient?
- A couple friends want to go to a party but their parents say no. They want you to say they are at your house and they will say you are at their house, so you can all go to the party. What do you do?

Terminology

- **Dojang** – Martial Arts Studio
- **Do Bok** – Martial Arts Uniform
- **Dee** – Belt
- **Ko Ma Sum Ni Da** – Thank You
- **Chomanayo** – You Are Welcome