

TSDMA SOUTH NEWSLETTER



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

VOLUME 9, NUMBER 5 – MAY 2024

ETTSD Summer Schedule Jun/Jul

Since many students take time off over the summer, we are consolidating our schedule for JUNE & JULY ONLY!

Summer Schedule

Mon - Closed Tue/Thu

- 10AM Family class
- 4:15-4:45 Little Dragons (LD)
- 4:45-5:15 Overlap LD & Youth, (games, breaking, sparring, etc.)
- 5:15-6:00 Youth, all ranks
- 6:00-6:30 Weapons
- 6:30-7:30 Teen/Adults, all ranks
- 7:30-8:00 Cho Dan Bo & Black Belts

Fri

- 5:00-6:00 Kickboxing
- 6:00-7:30 Jiu Jitsu

T-Shirts - \$20



Sorry for the price hike but the new printer is more expensive. Hopefully they are better quality than our last attempt.

May/June Shim Sa

Sat, June 1, 3:00 p.m. Testing students: 2:45 p.m. \$30 testing fee.

T-Shirts Allowed. NO SHORTS! Spectators welcome.

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

At ETTSD, eligible students will also be listed on the whiteboard by Ms. Jennifer's desk.

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

ETTSD Summer Uniforms

From May 1 through Sep 30, we allow Summer dress. Permitted:

T-shirts instead of uniform top:

- Studio t-shirt. If you do not already have one, please support the studio by purchasing one or more.
- White t-shirt. Plain, white, no design, no pattern.
- Plain colored t-shirt in a color on your belt. And once again, PLAIN, no design, no pattern.
- Karate t-shirt, including our old style t-shirts or tournament t-shirts.

Shorts are permitted but WHITE ONLY!

May 2024						
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar

General

Open to all TSDMA South Students.

- Kickboxing @ETTSD, Fridays 5PM.
- Jiu Jitsu @ETTSD, Fridays 6PM. Free for ETTSD students, \$10/class or \$35/month, for others.
- Sat, May 4, The Mid-South Championships. See page 2
- Sat, May 18, 2024 Middle TN Isshinryu Open Karate Games see page 2
- Tue, May 28, 7PM. Free Self-Defense class @ETTSD. Open to all.
- Sat, Jun 1, Shim Sa. See column 2

East Tennessee Tang Soo Do

- Tue, May 7. Mat Chat
- Tue-Thu, May 14-16, Tip Testing
- Mon, May 27, Memorial Day, CLOSED

Newport Martial Arts Academy

- Fri, May 3, Sparring
- Wed, May 8, Student/Class pictures. Dragons, 4:10. Beg: 4:35. Int/Adv:4:55
- Fri, May 10, Tip Test
- Fri, May 17, Various
- Fri, May 24, Dress rehearsal, Cocke County High School gym, everyone at 4:45pm.
- Sat, May 25, Spring Show, CCHS gym. Be there between 9:45 & 10am.
- Fri, May 31, Weapons.

Tournament Updates

Please let Mr. Ian or Ms. Jennifer know if you will be attending so we can provide black belt support.

Results

Apr 13. Kelly's Heroes Classic Cherokee High School, 2927 TN 66, Rogersville.



We had five competitors from two studios at the Kelly's Heroes Classic 2024 Karate Tournament. Two from ETTSD (Josh Vandever and Zane McIntyre) and three from NMAA (Harley Smith, Braylynn Gilbert, and Alice Vandever).

Results:

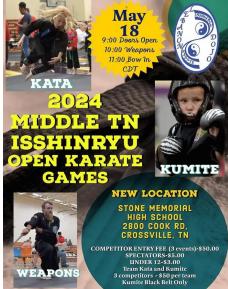
- Harley 3rd forms
- Braylynn 3rd forms, 1st sparring
- Josh 2nd forms
- Zane 1st form, 1st sparring
- Alice Participant

Upcoming



The Mid-South Championships (ASKL)

Saturday May 04, 2024 Dalton, GA Approximately 3 hrs Organizer: Ben Kiker Phone: 706-226-3318



2024 Middle TN Isshinryu Open Karate Games Saturday, May 18, 2024 Crossville, TN Approximately 2.5 hrs

Battle of Champions

JESSIE THORNTON'S

SATURDAY

JUNE 8, 2024

CASH AWARDS FOR

BLACK BELT GRANDS

RINGGOLD HIGH SCHOOL GYM - RINGGOLD, GEORGIA



36th ANNUAL

Look for us on Facebook (706) 965-8148 Times for competition: Registration Begins A17:30 AM COMPETITION BEGINS A17:30 AM

Battle of Champions (ASKL)

Saturday, June 08, 2024 Ringgold, GA Approximately 3 hrs https://jessiethorntonunitedkarate.c om/tournaments

49th Annual Tennessee State Karate Championships Saturday, Aug 10

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!).

Mat Chat

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

This month:

Tenet/Code: In fighting choose with sense and honor (Code 5)

What does it mean?

This means to pick your battles wisely. Only fight when there is no other choice. Do not learn to fight to get your way by bullying those weaker than you. We learn how to fight so that we do not have to fight – this is the way of Pyong Hwa Kunin (Peaceful Warriors).

What it DOESN'T mean.

Just like Code 4, it does not mean that you fight every fight that comes your way.

What would you do?

- Sam, a student in your class at school calls you names that you don't like. Do you punch him? What would you do?
- You overhear two girls making fun of Hazika, another girl in your class because she is different. Do you defend her?
- Johnny is sitting in your seat at lunch. He has done this every day for a week and it really makes you mad. You've been taking karate for a year now and think you could just knock him out of the chair. Do you do it?

Terminology

- Front Kick ~ Ahp cha gi
- Side Kick ~ Yup cha gi
- Round Kick ~ Tallyo cha gi
- Front Stance ~ Chun kul ja se
- Back Stance ~ Hu kul ja se
- Horse Stance ~ Kee ma ja se

attle of Cha