



# TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 6 – JUNE 2024

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## May/ Jun Shim Sa



We promoted 15 gups and five Little Dragons from two studios to new rank during our May/Jun Shim Sa.

### ETTSD

**CDB1:** Blake Clendenin

**3rd Gup:** Noah Clendenin

**5th Gup:** Dorian Colmer, Kelli Kesterson

**6th Gup:** Lavender Robertson

**8th Gup:** Zane McIntyre

**9th Gup:** Atticus Carpenter

**Dragon Purple:** Colton Landers

**Dragon Yellow:** Ronin Reaves

### NMAA

**4th Gup:** Makayla Barnett, Harley Smith

**5th Gup:** Aryanna Helton

**6th Gup:** Oliver Zahoran

**8th Gup:** Jolie Reynolds, Jasey Reynolds, Alice Vandever

**9th Gup:** Jackson Davis

**Dragon Green:** Dryden Griffin

**Dragon Blue:** Reina Keener

**Dragon Purple:** Galahad Griffin

## 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
- 11AM Open Mat
- 4:15-4:45 Little Dragons (LD)
- 4:45-5:15 \*Combined 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

\* Both Little Dragons and Youth are welcome to come to this class.

We believe that allowing the Little Dragons to work with the older children helps prepare them for promotion into the regular children's classes.

Activities for this class could include Obstacle Course, Dodge the Throwing Stars (with paper origami stars), Flag Sparring, Breaking, Padded weapons sparring, Bag/pads work, Races (cones, crab walk, etc.), Black belt says, Statues, Balance beam, Tumbling, Self-defense, and much more.

## June 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, Jun 1.** Shim Sa.
- **Sat, Jun 8.** Battle of Champions (ASKL). See page 2.
- **Tue, Jun 25, 7PM.** Free Self-Defense class @ETTSD. Open to all.

### East Tennessee Tang Soo Do

- **Tue, Jun 4.** Mat Chat
- **Tue-Thu, Jun 11-13,** Tip Testing
- **Thu, Jul 4,** Independence Day, **CLOSED**

### Newport Martial Arts Academy

- **Fri, Jun 7,** Sparring
- **Fri, Jun 14,** Tip Test
- **Fri, Jun 21,** Various
- **Fri, Jun 28,** Weapons.

## New Student Recruitment



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!

# Tournament Updates

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

## Results

### The Mid-South Championships (ASKL)

Saturday May 04, 2024

Dalton, GA



We only had two competitors at the 45th Annual Mid-South Karate Championship, father and daughter Josh and Alice, but they did ex-

tremely well!

- Alice: Weapons - 3rd, Forms - 4th, Sparring - 4<sup>th</sup>
- Josh: Weapons - 1st, Forms - 2nd, Sparring - 2<sup>nd</sup>

### 2024 Middle TN Isshinryu Open Karate Games

Saturday, May 18, 2024

Crossville, TN



We had seven students from two studios compete at the 2024 Middle TN Isshinryu Open Karate Games. Big divisions and tough competition!! Results:

- Lindsey-Weapons: 4th, Forms: 2nd, Sparring: 1st
- Harrison-Weapons: 3rd, Forms: 3rd
- Shaun-Weapons: 3rd, Sparring: 3rd
- Gabriel-Weapons: 2nd
- Atticus-Participant
- Zane-Participant
- Harley-Participant

## Upcoming

36<sup>th</sup> ANNUAL JESSIE THORNTON'S  
**Battle of Champions**  
RINGGOLD HIGH SCHOOL GYM - RINGGOLD, GEORGIA  
.....JUST SOUTH OF CHATTANOOGA, TN .....OFF OF I-75

GMKC ASKL Rated A			<b>SATURDAY JUNE 8, 2024</b>
IKC Rated A			
RSKC Rated			CASH AWARDS FOR BLACK BELT GRANDS (706) 965-8148

Look for us on Facebook

Times for Competition:  
REGISTRATION BEGINS AT 7:30 AM  
COMPETITION BEGINS AT 9:00 AM--

### Battle of Champions (ASKL)

Saturday, June 08, 2024

Ringgold, GA

Approximately 3 hrs

<https://jessiehorntonunitedkarate.com/tournaments>

### TENNESSEE STATE KARATE CHAMPIONSHIPS



### 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!).

### ASKL Schedule

Some parents asked for info on tournaments with travel time 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, 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:

## Tenet/Code: Integrity (Tenet 1)

### What does Integrity mean?

Integrity means doing the right thing, even when nobody is watching, because it's the right thing to do!

### What's the right thing to do?

- You notice your grandmother dropped a \$20 bill the same day you want to buy a popular new video game or toy.
- You saw the last piece of your sister's birthday cake in the refrigerator but know your sister was hoping to have it for dessert.
- You are at the grocery store with your mother and know you could put that package of candy in your pocket with no one seeing.
- Your instructor does warm up along with you. When you are stretching she can't see you so could just sit there and do nothing while she isn't looking.

### Terminology

- **Low Punch** ~ Ha dan kyuck
- **Center Punch** ~ Choong dan kyuck
- **High Punch** ~ Sang dan kyuck
- **Low Block** ~ Ha dan mahk ki
- **High Block** ~ Sang dan mahk ki
- **Inside to outside Block** ~ Ahneso phaku ro mahk ki