



# TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 7 – JULY 2024

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## July Shim Sa



Sat, July 27, 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.**

## 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!

We need more students to ensure the survival of East Tennessee Tang Soo Do. Please help us in this endeavor and save money for yourself or your child along the way.

## Bring a Friend Combined Class

Tue/Thu 4:45-5:15 PM.

We have decided to open our Combined Class to friends and family of our students. Both Little Dragons and Youth are welcome to come to this class and they can bring guests to any Combined Class.

We think the games and activities are much more fun with more participants so opening the class will not only expose more people to our classes, it will make them more fun overall.

We also believe that allowing the Little Dragons to work with the older children helps prepare them for promotion into the regular children's classes so this is a way to encourage them to come to the classes.

Activities for this class will vary but 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.

## Friday Night News

Mr. Jude has the following announcements for his Friday Night classes.

You may wear shorts and t-shirts to Friday night classes for the rest of the summer.

No class on Fri, Jul 5.

JULY 2024						
S	M	T	W	T	F	S
	1	2	3	4	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			

## July 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/mo., for others.
- **Sat, Jul 27.** Shim Sa.
- **Tue, Jul 29, 6:30PM.** Free Self-Defense class @ETTSD. Open to all.

### East Tennessee Tang Soo Do

- **Tue, Jul 2.** Mat Chat
- **Thu, Jul 4-Fri, Jul 5,** Independence Day, **CLOSED**
- **Tue-Thu, Jul 9-11,** Tip Testing

### Newport Martial Arts Academy

- **Fri, Jul 5,** **CLOSED**
- **Fri, Jul 12,** Tip Test
- **Fri, Jul 19,** Various
- **Fri, Jul 26,** Weapons.
- **Fri, Aug 2,** Sparring



# Being a Good Karate Parent

An ongoing series, by East Tennessee Tang Soo Do instructors, on how to support children in martial arts. This month's column is an updated reprint from November 2017 by SBN Rivas.

## What Do Students Learn From Sparring?

We encourage all students to participate in sparring even if they start out being reluctant.

Sparring helps improve techniques we teach in class such as punches, blocking and fighting strategy. It also builds skills unique to sparring: timing, distance awareness, footwork. And it is an essential part of Tang Soo Do.

We never let children spar unsupervised to be sure the lessons of sparring are learned and that no one gets hurt. However, not getting hurt is different from taking a hit. And we do want kids to learn that. Kids WILL get hit, and lessons can be learned from that also.

Kids learn that momentary pain from sparring isn't the same as getting hurt. Once they get used to this, they learn to not stop fighting when they get hit! This is important in the real world where their opponents will not stop fighting and give them a break if they actually do get injured.

Kids learn to not be bullies. Sometimes, instead of getting scared if they get hit, kids get mad. They have to learn to control their emotions if they want to continue sparring. And in real life, an angry fighter isn't usually a smart fighter. If children learn what it feels like to be hit, they will be able to keep their cool if they ever encounter a real-life opponent.

Kids learn that there are ways to minimize even that momentary pain from sparring. Tightening stomach muscles, kihapping, and other

techniques that help a punch to the stomach, the most common place to take a punch or kick, not hurt as much.

Lastly, it really does become easier over time. The more you take hits, the easier it is to take the next one, both psychologically and physically.

And then there's tournament sparring. Students are much more likely to test their skills in a tournament. They need to be able to take a hit, find openings and counter, even if they are hurting from being hit.

In the open tournaments we attend the meaning of "light sparring" is a bit different from the Tang Soo Do tournament definition. They spar hard, allow face contact and compete at a national level of competence and training. We want our students to learn to hold their own.

Many students who begin as reluctant sparrers end up being the best ones, once they learn the lessons sparring teaches. And usually, even most reluctant students come to eventually like sparring.



# Mat Chat

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

This month:

## Tenet/Code: Concentration (Tenet 2)

### What does Concentration mean?

Concentration means Complete Attention. It is important because it lets you learn, understand and finish a task or job to the absolute best of your ability.

### Learning to Concentrate

Lots of things take focus and concentration. School, karate, even picking up toys or putting away your things. Sometimes it's hard to concentrate and focus. Minds wander. This happens to all of us. Parents and teachers say "Focus" or "Focus and Finish". But how?

## Terminology

- **First basic form** ~ *Ki cho hyung il bu*
- **Second basic form** ~ *Ki cho hyung ee bu*
- **Third Basic form** ~ *Ki cho hyung sam bu*
- **1st Peace and Confidence form** ~ *Pyoung ahn cho dan*
- **2nd Peace and Confidence form** ~ *Pyoung ahn ee dan*
- **3rd Peace and Confidence form** ~ *Pyoung ahn sam dan*
- **4th Peace and Confidence form** ~ *Pyoung ahn sa dan*
- **5th Peace and Confidence form** ~ *Pyoung ahn oe dan*
- **1st of Seven Stars** ~ *Chilsung il lo*
- **2nd of Seven Stars** ~ *Chilsung ee lo*
- **3rd of Seven Stars** ~ *Chilsung sam lo*