



TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 8 – AUGUST 2024

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

July Shim Sa



We promoted two Cho Dan Bos, 11 gups and three Little Dragons from two studios to new rank during our July Shim Sa.

ETTSD

CDB4: Caden Lovell

CDB3: Harrison Ayers

CDB1: Tyler Barnett

7th Gup: Burr Strader

8th Gup: Lindsey McIntyre, Shaun McIntyre, Joshua Vandever

Dragon Blue: Scout Hyder

NMAA

1st Gup: Gates Taylor, Glory Taylor

4th Gup: Given Taylor

8th Gup: Braylynn Gilbert, Kamryn Morrow, Kaylee Morrow

Dragon Blue: Grayson Morie

Dragon Yellow: Amora Carlson



Save the Dates

Demos

ETTSD

Festival of Nations

Notre Dame Church

212 Mt. Bethel Road
Sat, Sep 28, 11:30am

NMMA

Harvest Festival

Sat, Oct 5

Demo team for both studios is open to students who know at least one form. We will practice parts of it in class during Aug and Sep, including all students even if they are not performing.



Grandmaster Sgro

Sat, Oct 19, 10am

WHAT: Clinic with Moo Yea Tang Soo Do Grandmaster David Sgro.

FOR WHOM: Gups and up.

COST: \$20 (Scholarships available, see Master Vic or Ms. Jennifer)

He is also collecting items for Operation Christmas Giveaway. Please bring school and health supplies. Dollar Tree toys. Pens, pencils, rulers, crayons, markers, marbles, Matchbox style cars, travel size soap and toothpaste, brushes and combs, yo-yos, Barbie style dolls, etc. Flyer coming soon with complete details. Thank you!

AUGUST 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

August 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.
- **Tue, Aug 27, 6:30PM.** Free Self-Defense class @ETTSD. Open to all.

East Tennessee Tang Soo Do

- **Tue, Aug 6.** Mat Chat
- **Tue-Thu, Aug 13-15,** Tip Testing

Newport Martial Arts Academy

- **Fri, Aug 2,** Sparring, Mat Chat
- **Fri, Aug 9,** Tip Test
- **Fri, Aug 16,** Various
- **Fri, Aug 23,** Weapons
- **Fri, Aug 30,** Various

NOTE: September begins the school year session. Be sure to register your child by then.

Full Uniforms start in Oct

Parents, it's almost full uniform time. Check your kid's current one. Does it fit? Is it clean? We will be sending in an order mid-Sep, so get us your order, especially if you want a uniform with trim.

NEW SCHEDULE

Please note that we are basically continuing the Tue/Thu schedule we have been doing for the summer, with five minutes between classes.

Mondays will now be for Intermediates and up, other than Open Mat from 4:30-5. If you miss a tip test or need extra help, come to Open Mat.

SCHEDULE BEGINS AUGUST 5



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SCHEDULE BEGINS AUGUST 2024

DAY	TIME	CLASS
MON	4:30 – 5:00	Open Mat
	5:00 – 5:55	Int/Adv Youth (ages 7-15)
	6:00 – 6:55	Int/Adv Teen/Adult (ages 13+)
	7:00 – 8:00	Cho Dan Bo and Black Belt
TUE and THU	10:00 – 11:00	Family Class (7 and up)
	11:00 – 11:30	Open Mat
	4:15 – 4:40	Little Dragons (6 and under)
	4:45 – 5:10	*Combined Class
	5:15 – 6:00	Youth All Rank (ages 7-15)
	6:05 – 6:30	Weapons (Youth/Teen/Adult)
	6:35 – 7:30	Teen/Adults, All Rank (ages 13+)
	7:35 – 8:00	Cho Dan Bo and Black Belt
FRI	5:00 – 5:55	Kickboxing
	6:00 – 7:30	Jiu Jitsu

*Combined Class

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.

\$60/MONTH ☺ FAMILY RATES AVAILABLE!

TRY OUT A WEEK FOR FREE!

Mat Chat

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

This month:

Tenet/Code: Perseverance (Tenet 3)

What does Perseverance mean?

- **NEVER GIVE UP!**
- Perseverance is when we start and finish a job.
- Perseverance is when we do work that is hard and sometimes boring, but we finish it.
- When we persevere, our family, teachers & friends trust us.
- When we persevere, we improve our skills.
- Perseverance is commitment, hard work and patience.
- Perseverance is trying again and again.

PERSEVERANCE

By Tad Richards

A nine-year-old student
named Jack

Thought a green belt was all he
could hack.

But he persevered

Till he grew a beard,

And now wears a belt that is black.

Terminology

- **Back Kick** ~ Dwi cha gi
- **Axe Kick** ~ Ccik cha gi
- **Hook Kick** ~ Yup hu ri gi cha gi
- **Side Punch** ~ Weng jin kong kyuck
- **Back Fist** ~ Kap kwon kong kyuck
- **Hammer Fist** ~ Kwon do kong kyuck