



# TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 9 – SEPTEMBER 2024

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

## Full Uniforms Demos 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. (Technically trimmed uniforms are required for Green and Red belts but because of the cost, we have been slack on this.)

We will make exceptions (of course) for extreme heat days and allow t-shirts on those days.

## Sep/Oct Shim Sa



**Sat, Oct 12, 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.**

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.

### ETTSD Festival of Nations Notre Dame Church 212 Mt. Bethel Road, Greeneville Sat, Sep 28, 11:30AM

Meet at the grassy area near the stage no later than 11:15.

Because we will be performing on the grass, wear shoes you will not slide out of.

Full demo practice will be Tue, Sep 24, 5:15PM; and Thu, Sep 26, 5:15PM (if necessary). It is not required but highly recommended. This may entail you (or your child) attending a class earlier or later than normal.

### NMAA Newport Harvest Street Festival Courthouse lot 111 Court Ave, Newport Sat, Oct 5, 11AM

Meet in the lot behind the tent on the E Broadway side of the courthouse no later than 10:45.

Because we will be performing on the asphalt, wear shoes you will not slide out of.

### September 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					

## Calendar

### General

- **Tue/Thu 4:45-5:15PM, Combined Class.** Open and free to all TSDMA members, friends, and family.
- **Tue, Aug 27, 6:30PM. Free Self-Defense class @ETTSD.** Open to all.
- **Sat, Sep 21, Operation Christmas Giveaway Fundraiser Tournament,** Princeton, WV. See page 2.

### East Tennessee Tang Soo Do

- **Tue, Sep 9.** Mat Chat
- **Tue-Thu, Sep 9-11,** Tip Testing
- **Sat, Sep 28, 11:30AM,** Festival of Nations Demo

### Newport Martial Arts Academy

- **Fri, Sep 6,** Demo Practice, Mat Chat
- **Fri, Sep 13,** Tip Test
- **Fri, Sep 20,** Sparring
- **Fri, Sep 27,** Weapons
- **Sat, Oct 5,** Harvest Festival Demo

## Friday Classes Discontinued

We are very sad to announce that due to personal issues, Mr. Jude Gabaldan is stepping back from teaching his Friday Jiu Jitsu and Kickboxing classes.

# Wearing a Uniform Protocol

As we move back into full uniforms, it seemed a good time to go over general uniform protocol.

- No wearing rank belt outside the studio except for studio functions. It is considered disrespectful to “show off “ your rank anywhere outside of the djojang.
- Do not leave your belt on the floor. Once again, it is considered disrespectful.
- No street clothes visible under uniform. For example:
  - If your t-shirt hangs longer than your top, tuck it in.
  - If you wear pants under your uniform and they hang longer than your uniform, roll or pin them up.
- If the uniform itself is long in arms or legs, roll up or, preferably, hem sleeves and/or pants legs
- Do not wear jewelry, including necklaces, bracelets, watches, dangly earrings, and so on. **NOTE:** FitBit-type devices and anything for medical reasons are permitted, but please be careful, and be aware that they may snag or be yanked off during some activities, including sparring.
- If you need to adjust your uniform during class:
  - Bow to the front
  - Turn around
  - Adjust your uniform
  - Turn back around.
  - Bow again.

# Tournament

**Operation Christmas Giveaway Fundraiser Landmark Church of God**  
290 Sackett Rd  
Princeton, WV 24739

**FORMS - SPARRING - WEAPONS - PADDED WEAPONS**

Tournament Schedule:  
11:00AM DOORS OPEN FOR REGISTRATION  
11:30 - 12:30AM Clinic

Tournament Fee:

**Tier 1:** Aug 12 - Sep 1: \$40 for all events the first competitor.

\$80/family. **(CLOSED)**

**Tier 2:** Sep 2 - Sep 14: \$45 for all events the first competitor.

\$90/family.

**Tier 3:** Sep 15 - Sep 20: \$50 for all events the first competitor.

\$100/family.

**Tier 4:** Sep 21, AT THE DOOR. \$55 per competitor. No family discount.

**Spectator Fees** (Pay at the Door):

☑ Individual Spectator = \$5

☑ Family Spectator Package = \$10

This Tournament will raise funds to support The 23rd Annual Operation Christmas Giveaway Since 2002, David Sgro and family have been involved with raising funds and Christmas boxes for extremely poor Indigenous Mayans in the rural mountains of Central Guatemala. He lived there with his family as missionaries from 2010 - 2013, and he continues to visit semi-monthly.

[sgrokarate.redpodium.com/ocg-fundraiser-tournament-operation-christmas-giveaway](http://sgrokarate.redpodium.com/ocg-fundraiser-tournament-operation-christmas-giveaway)

Please let us know if you're a yes, no, or maybe.

# Mat Chat

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

**This month:**

**Tenet/Code:**

**Respect and Obedience (Tenet 4)**

**What does it mean?**

- Respect is thinking and acting in a positive way about yourself or others.
- Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

**Examples**

- You follow your parents' rules to show them you care (respect) how they feel about the situation. (That's where Obedience comes in!)
- You don't call people names because you care about (respect) their feelings.
- You don't hit or hurt people because you care about (respect) their well-being.

**Terminology**

- First: *il*
- Second: *ee*
- Third: *sam*
- Fourth: *sa*
- Fifth: *oeh*
- Sixth: *yuk*
- Seventh: *chil*
- Eighth: *pal*
- Ninth: *ku*
- Tenth: *sip*