



# TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 10 – OCTOBER 2024

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## Sep/Oct Shim Sa



**Sat, Oct 12, 3:00 p.m.**

**Testing students: 2:45 p.m.**

**T-Shirts Allowed. NO SHORTS!  
Spectators welcome**

We will promote three Cho Dan Bos, 12 gups and one Little Dragon from two studios to new rank during our Oct Shim Sa on Oct 12.

**NOTE:** Because we did not do the demo at the Festival of Nations, we will be doing the demo before the belt exam.

Even if you are not testing, please join us for that, and bring friends and family to watch!

### ETTSD

**CDB3:** Chelsey Rhea

**CDB2:** Blake Clendenin, Lillian Mullins

**2nd Gup:** Noah Clendenin, Gabriel Hale

**4th Gup:** Dorian Colmer, Kelli Kesterson

**5th Gup:** Lavender Robertson

**6th Gup:** Cameron Flanagan

**9th Gup:** Ivy Barfield

**Dragon Yellow:** Carson Crum

### NMAA

**3rd Gup:** Harley Smith

**5th Gup:** Vera Weisbrodt

**7th Gup:** Alice Vandever

**8th Gup:** Jackson Davis

**9th Gup:** Logan Roberts

## Full Uniforms

All students are expected to wear full uniforms starting in October. Exceptions will be made if the temperature gets above 85 degrees. It's time to check and make sure they still fit!

The belt exam is another exception since the exam was supposed to be held in September and the dress code was set then.

## ETTSD 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!

This is particularly important in the next few months. Our rent has gone up by 25% starting this month, raised for the first time since we moved in here.

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.

OCTOBER 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		

## Calendar

### General

- **Tue/Thu 4:45-5:15PM, Combined Class.** Open and free to all TSDMA members, friends, and family.
- **Sat, Oct 12, Sep/Oct Shim Sa.** See column 1.
- **Sat, Oct 19, Operation Christmas Giveaway Fundraiser Tournament,** Fayetteville, NC (5 hrs). See page 2.
- **Tue, Oct 29, 6:30PM. Free Self-Defense class @ETTSD.** Open to all.
- **Sat, Nov 2, 50<sup>th</sup> Annual Tri-State Karate Championships,** Dalton, GA (3 hrs). See page 2.

### East Tennessee Tang Soo Do

- **Tue, Oct 8. Mat Chat**
- **Mon, Oct 14, Columbus Day,** We will be Open.
- **Tue-Thu, Oct 15-17, Tip Testing**
- **Thu, Oct 31, Halloween,** wear your costume to class as long as you can work out in it.

**Newport Martial Arts Academy CLOSED FOR REPAIRS FROM FLOODING. Students are welcome to come to ETTSD for classes during this time. Watch the NMAA Facebook page for updates on the status of the Newport studio and classes.**

# Upcoming Tournaments

Be sure to let us know if you are going, so we can know whether to send black belts for support.



## Operation Christmas Giveaway Fundraiser

Saturday, October 19, 2024

Hope Bible Chapel

1900 Ft Bragg Rd

Fayetteville, NC

Approximately 5 hrs

Doors Open: 9:00 am

Clinic: 9:30 - 11:30 am

Line Up 11:30 am

- Clinic \$45 if you don't compete, otherwise, Included with Tournament Fee.
- Tier 1: By Fri, Oct 18: \$45, \$90/family
- Tier 2: AT THE DOOR, \$55. No family discount
- Spectator fee: \$10/each, \$20 Family

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

Registration:

<http://www.skted.com/oct-19-tournament.html>



## 50th Annual Tri-State Championships

Saturday, November 02, 2024

Eastbrook Middle School

1382 Eastbrook DR SE

Dalton, GA 30721

Approximately 3 hours

One of the two best tournaments we attend on the ASKL circuit.

I hope we can get a group to go this year to. Nice trophies too.

Registration:

<https://uksdalton.my.canva.site>

QR code for registration:



# Mat Chat

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

This month:

## Self-Control (Tenet 5)

### What does it mean?

- Self-Control is doing what is right when you feel like doing what is wrong. It helps you make good decisions.

### What is a Better Choice?

- You play a game that is difficult, and you keep making mistakes. You get mad at the game or the person you are playing with.
- It's time to leave for karate but your favorite tv show just came on. You tell your parental unit that you don't feel well.
- You want something at the store but your parental unit says no. You throw a tantrum.
- You love ice cream so much that you keep eating and eating and eating and get sick.
- Your karate instructor wants you to concentrate on basics but you know you can do more advanced techniques, so you do them to prove it. You don't understand why your instructor makes you do pushups for not following instructions.

### Terminology

- Reverse round kick ~ *Peet cha gi*
- Stomp Kick ~ *Chit pal gi*
- Inside to Outside Crescent Kick ~ *Ahneso phaku ro cha gi*
- Outside to Inside Crescent Kick ~ *Phakesu ahnuro cha gi*
- Side Stance ~ *Sa ko rip ja seh*
- Fighting Stance ~ *Deh ryun ja seh.*