



TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 11 – NOVEMBER 2024

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

Nov/Dec Shim Sa ETTSD Winter Info



Sat, Dec 7, 3:00 p.m.
Testing students: 2:45 p.m.
\$30 testing fee.
Full Uniform required.
Spectators welcome.

Invitations to test will be given to eligible students after Tip Test Week. For ETTSD, eligible students will also be listed on the white board above Ms. Jennifer’s desk.

Newport News

Newport Classes will be held at

- Camp Carson: 1120 Carson Springs Rd: 11/8, 11/22
- Lincoln Ave Baptist Church: 234 Lincoln Ave: 11/15.

Class Notes

- Students may wear shoes and socks in class while at Camp Carson. The concrete floor is dirty and will get cold in winter months.
- Please keep the noise down in the game room while other classes are in session.

Newport Christmas Parade

Dec 6th Floats start gathering at 6pm, moving at 6:30. The parade route ends at Lincoln Ave Baptist Church.

We need a trailer and a vehicle to pull it We need decorations and people the day of the parade to decorate.

Everyone needs to be in NMAA shirts or a Christmas outfit. Kids need to each bring a bag of individually wrapped candy to toss on the route.



Weather Closings

If we need to close due to weather, we will post it on:

- Facebook – facebook.com/ettsd
- Twitter – @EastTNTangSooDo
- There is a Twitter feed on the website also – ettsd.com

We will also try to post if the weather is iffy and we decide to stay open.

Feel free to message, email, or call, if you need more information.

Mat Shoes

We know our studio is chilly and sometimes feet get cold. During winter we allow students to wear shoes during class.

However, please ensure the shoes are ones that are only worn indoors. We do like to keep outside detritus off the mats.

Also, we do not want students to wear socks only unless they are socks with tread on the bottom. Most socks are slippery and slipping on the mat could cause injury.

Bow with the door closed

We still want to maintain protocol during winter months, while keeping the studio warm.

We ask that students turn and bow to the studio before opening the door to keep as much heat as possible inside.

NOVEMBER 2024						
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Calendar

General

- Open to ETTSD and NMAA students.
- **Tue/Thu 4:45-5:15PM, Combined Class.** Open and free to all TSDMA members, friends, and family.
 - **Sat, Nov 16, 2024 Tennessee Youth Karate Games.** Crossville. See page 2.
 - **Tue, Nov 26, 6:30PM.** Free Self-Defense class @ETTSD. Open to all.
 - **Sat, Nov 30, 9AM-Noon.** Seminar at Ascend Martial Arts, Strawberry Plains, TN. See page 2
 - **Sat, Dec 7, 3PM, Shim Sa.** See column 1.

East Tennessee Tang Soo Do

- **Tue, Nov 5.** Mat Chat
- **Tue-Thu, Nov 12-14,** Tip Testing
- **Thu, Nov 28,** CLOSED FOR THANKSGIVING.

Newport Martial Arts Academy

- **Fri, Nov 1.** Sparring, Mat Chat
- **Fri, Nov 8.** Tip Test
- **Fri, Nov 15,** Practice
- **Fri, Nov 22,** Weapons
- **Fri, Nov 29,** CLOSED FOR THANKSGIVING
- **Fri, Dec 6,** Christmas Parade, 6:30PM. See Column 1.

Tournament



Tennessee Youth Karate Championships
Stone Memorial High School
2800 Cook Rd, Crossville, TN
Approx. 2 hrs.

This is a great chance to focus on our youth for an affordable experience competing in martial arts. This is an open tournament, so is not restricted to Isshinryu competitors.

Registration Begins: 8:30 AM (CST)
Seminar: 9:30 AM - 11:00 AM (CST)
Competitor Line-up & Bow-in: 11:30 AM (CST)
ALL divisions, including Weapons, begin after Bow-in

Tournament Fee: \$25.00 Seminar open to all paid participants, youth and adults. Spectators \$5.00, under 5 years of age free.

Approved Equipment: Foam-style hand pads (closed finger), foot pads, head gear, groin cup, mouthpiece, traditional style Karate uniform, and approved Karate shoes.

Three Youth Grand Champion Kata Divisions (all 1st place winners eligible)

- 12 and under Kyu ranks
- 13-17 Kyu Ranks
- Black Belt, all ages

Seminar

Nov 30
9AM - Noon
Ascend Martial Arts Studio
713 Bruner Road
Strawberry Plains, TN 37871
Approx. 1 hr.

Cost: Donations, 100% go to GM Ogle
Call 865-389-9817 for more info.

Seminar gathering with Isshin-Ryu Grandmaster James Ogle. He is going to go over chokes, takedowns, clinch, ground fighting along with Q&A on any aspect you can think of.

GM Ogle has requested that everyone bring a pen, pencil, and paper to take notes so that you can remember the information that he is sharing.

They will have signs put out on Bruner Road to help guide you, to make the trip a little easier. Last two turns can be tricky, but they will take care of that for you.

With the original donation, they will provide all the cold water you can drink while you're on-site.

All styles, ranks, etc. are welcome. You won't be disappointed! Come join the crowd, great folks guaranteed. Participate or just come have a seat on one of the padded church pews that are against three of the four walls.

It will be from 9 till 12, and anyone wanting to continue the workout is welcome to stay, train or teach as you wish. Come work off that Thanksgiving holiday meal with us.

GM James Ogle has promoted Isshin-Ryu Karate since 1976 when he opened Ogle's Karate School. His specialties include standup fighting, ground fighting, fighting theory, boxing, self-defense training, kata, weapons, and now training high school students how to wrestle.

Mat Chat

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

This month:
Tenet/Code: Humility, Tenet 6

What does it mean?

Having humility means we do not think we are better than others. It is ok to be confident, but humility means we do not brag or boast about being better. In fact, we help people rise by lifting them up.

What is a better choice?

- You win a tournament. Do you tell everyone you are better than they are, or are the best?
- Your friend tells you that you look really good today. Do you answer "I know, right?"
- You visit a friend & see you have a lot more and more expensive toys than your friend. Do you brag about the things you own?
- You win every single sparring match at class. Or maybe every video game you play. Do you tell your opponents before you start, "Just so you know. I always win."

Terminology

- Knife Hand attack
Soo do kong kyuck
- Ridge Hand attack
Yuk soo do kong kyuck
- Spear Hand attack
Kwon soo kong kyuck
- Elbow strike
Pahl koop kong kyuck
- Backfist attack
Kap kwon kong kyuck
- Outside to inside block
Phakeso ahnuro mahk kee