



# TSDMA SOUTH NEWSLETTER



VOLUME 9, NUMBER 12 – DECEMBER 2024

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## Dec Shim Sa



**Sat, Dec 7, 3:00 p.m.**

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

**Full uniforms require  
Spectators welcome**

We will promote three Cho Dan Bos, eight gups and four Little Dragons from two studios to new rank during our November/December Shim Sa, main exam on Dec 7.

### ETTSD

**CDB4:** Harrison Ayers

**CDB2:** Tyler Barnett

**6th gup:** Burr Strader

**7th gup:** Joshua Vandever

**Dragon Green:** Scout Hyder

**Dragon Yellow:** King Barfield

### NMAA

**CDB1:** Gates Taylor, Glory Taylor

**3rd gup:** Given Taylor

**5th gup:** Vera Weisbrodt

**6th gup:** Sophia Carlson

**7th gup:** Braylynn Gilbert, Kaylee Morrow, James Munsey

**Dragon Orange:** Amora Carlson

**Dragon Yellow:** Elijah Gregg

## Holiday Schedule

### Pre-Holiday Workout

ETTSD will be open on **Mon, Dec 23** with a modified schedule. This workout is open to ETTSD and NMAA students.

4:15-4:45PM. Little Dragons

4:45-5:15PM. Combined Class

5:15-6:00PM. All Ages. Gups and up

6:00-6:30PM. Weapons

### Closed

We will be closed:

- Tue, Dec 24 (Christmas Eve)
- Thu, Dec 26
- Mon, Dec 30
- Tue, Dec 31 (New Years Eve)

### Open

We will open Thu, Jan 2 with our regular schedule.

## Testing Fees

Beginning with our Jan 2025 exam, belt exams will cost \$40. The increase will help defer some of the costs of our raised rent without having to raise tuition.

## December Calendar

### General

Open to all TSDMA Students.

- **Tue/Thu 4:45-5:15PM, Combined Class.** Open and free to all TSDMA members, friends, and family.
- **Sat, Dec 7, 3PM, Shim Sa.** See column 1.
- **Tue, Dec 17, 6:30PM.** Free Self-Defense class at East Tennessee Tang Soo Do. Open to all.
- **Mon, Dec 23, Pre-Holiday workout.** See column 2.

### East Tennessee Tang Soo Do

- **Tue, Dec 3.** Mat Chat
- **Tue-Thu, Dec 10-12,** Tip Testing, last class of the year
- **Mon-Tue, Dec 24-31,** CLOSED FOR CHRISTMAS AND NEW YEARS

### Newport Martial Arts Academy

- **Fri, Dec 6, 6PM** Christmas Parade
- **Fri, Dec 13.** Tip Test
- **Dec 20 & 27.** CLOSED FOR CHRISTMAS AND NEW YEARS.

## Dec Special: Gift Cards for New Students



**Give the gift of Confidence, Skill, & Physical Fitness.**

**Three months of lessons at East Tennessee Tang Soo Do and a uniform for \$150.**

**Gift cards available at the studio.**

# Being a Good Karate Parent

An ongoing series, by Kyo Sah Nim Victoria Rivas & Ms. Jennifer Grillo-Foster, on how to support your children in martial arts. This month's article is a reprint by Ms. Vic from 2018.

## This is a Black Belt School

Statistics say 50% of those who start martial arts drop out within the first 6 months. Only 3% of those who start make it to black belt. So, out of 100 people, only 3 make it to black belt.

However, because "this is a black belt school," each student can make it if they work to the best of their ability. We understand not every "regular" student can't learn to do a full split or kick above their head. And there are more serious physical differences.

Others may have trouble with memory, arthritis, autism, cancer, attention deficit or even just the drama and dangers of being a teenager.

We welcome all, including imperfection, at our dojang, and that is what we mean by "this is a black belt school." It does not mean we do not have high expectations. We do. It means expectations are set on an individual basis.

We watch for improvement. In the early ranks, there are so many areas, we promote as we see improvements in "any" area.

As students earn higher ranks, they have specific goals to reach, things

where they need improvement, from kicks or forms to improving their attitude or finally learning vocabulary.

Sometimes I tell students they need to work on specific items and I get back what I call doing a "but what about".

"My kicks are higher than so and so's. Why are you telling me I need to work on kicks?" "I may have said such and such and been disrespectful, but so and so said something else the other day." Not only are those responses disrespectful, they are not valid.

What we talk to students about privately is not anyone's business but ours and theirs. Likely those other students have had their own "come to Jesus" moment with me.

Students need to be concerned with their own techniques and not worry about others. That also shows respect for their instructors, allowing that we are dealing individually with each of student.

The bottom line is that if students want to earn a black belt at our studio, they need compare themselves only to themselves. Keep improving and it will happen.

# Mat Chat

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

**Parents / Mat Chat**

**This month:**

**Tenet/Code:**

**Indomitable Spirit (Tenet 7)**

**What does it mean?**

Indomitable Spirit means having an **I Can Do It Attitude!** It means not giving up when things don't go like you want them to. Instead, you can find ways to make your goals/ dreams happen! **Make it happen!! NEVER QUIT!!**

**Terminology 12**

This is our final and most advanced vocabulary lesson. In Jan we will start again with basic terms. All students will be required to complete the basic vocab lessons.

- Low/mid/high open hand blocks ~ *Han/choong/sang dan soo do mahk kee*
- Low/high two fist X block ~ *Sang soo ha/sang dan mahk kee*
- Elbow strike ~ *Pahl koop kong kyuck*
- Palm heel attack ~ *Jang kwon kong kyuck*
- Crossed leg stance ~ *Kyo cha rip jaseh*
- Two fist (reinforced) middle block ~ *Sang soo choong dan mahk kee*



# Happy Holidays

from the staff of

**East Tennessee**

**Tang Soo Do**