



TSDMA SOUTH NEWSLETTER

VOLUME 10, NUMBER 4 – APRIL 2025



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2024 Students of the Year

ETTSD



He is consistent, helpful and a joy to have in class.

Beginner - Mason Hadley.

This year's Student of the Year is the kind of student every instructor hopes for, always bright and cheerful, always ready to learn something new, always ready to help. He even hates missing class during Tip Test week, since it's his favorite class.



Advanced - Lillian Mullins.

One of the most rewarding aspects of teaching is watching students grow, not just in age and skills, but in maturity.

Our Advanced Student of the Year embodies

quiet determination. Always focused and hardworking, she consistently steps outside comfort zones to improve and master new skills.



Adult - Kelli Kesterson

Our Adult Student of the Year always puts her all into everything, sometimes to the point of collapsing. She pushes to perfect forms and techniques and doesn't settle for good enough, always

going for being the best. She is always willing to help. She acts as our studio ambassador, making friends with the new students and helping them be comfortable in a new environment

Newport

Little Dragon - Amora Carlson.

This person is a student who radiates positivity with a constant smile, whether before, during, or after class. Her dedication to martial arts is evident not only in commitment during training but also in practicing at home with her sister. She is given this award for exceptional enthusiasm and hard work.



Youth - Logan Roberts.

This person is a dedicated and focused student who consistently practices and demonstrates remarkable progress. A quick learner, he masters new forms and techniques in just a few classes. He receives this award for his exceptional commitment and skill.



Calendar

General

Open to all TSDMA Students.

- **Tue/Thu 4:45-5:15PM, Combined Class.** Open and free to all members, friends, and family.
- **Sat, Apr 5. Warrior Spirit 3rd Annual Tang Soo Do Invitational.** See page 2.
- **Sat, Apr 12, Shim Sa,** see below.
- **Tue, Apr 29, 6:30PM. Self-Defense class @ETTSD.** Open to all. Spread the word!

East Tennessee Tang Soo Do

- **Tue, Apr 8, Mat Chat**
- **Sat, Apr 12, 1:30PM.** Staff meeting before the belt exam.
- **Tue-Thu, Apr 15-17, Tip Testing**

Newport Martial Arts Academy

- **Fri, Apr 11.** Tip Testing, Dragon Testing, Mat Chat
- **Fri, Apr 18. CLOSED**
- **Rest of month,** Recital practice
- **Sat, Apr 26, 2PM,** Newport recital

April Shim Sa



Sat, April 12, 3:00 p.m.

Testing students: 2:45 p.m.

\$40 testing fee.

Full Uniforms. Spectators welcome.

Invitations to test will be given to eligible students after Tip Test. Eligible students are also listed on the white board above Ms. Jennifer's desk at ETTSD.

Tournament Updates

RESULTS

Saturday March 8, 2025

TSDMA South Interclub 2025

@East TN Tang Soo Do

216 Bohannon Ave, Greeneville, TN



Little Dragons Breaking 1 st Colton Landers 2 nd Sofie Hadley 3 rd Cayson Short 4 th Amora Carlson Forms 1 st Colton Landers 2 nd Sofie Hadley 3 rd Amora Carlson 4 th Cayson Short Flag Sparring 1 st Colton Landers 2 nd Cayson Short 3 rd Sofie Hadley 4 th Amora Carlson	Beginner Youth, age 7 Breaking 1 st Mason Mercer 2 nd Wakely Boren 3 rd Grayson Morie Forms 1 st Grayson Morie 2 nd Wakely Boren 3 rd Mason Mercer Flag Sparring 1 st Wakely Boren 2 nd Mason Mercer 3 rd Grayson Morie
Beginner Youth, age 9-10 Weapons 1 st Mason Hadley 2 nd Logan Roberts Forms 1 st Logan Roberts 2 nd Mason Hadley Sparring 1 st Logan Roberts 2 nd Mason Hadley	Intermediate Youth Weapons 1 st Oliver Zahoran 2 nd Sophia Carlson Forms 1 st Oliver Zahoran 2 nd Sophia Carlson Sparring 1 st Sophia Carlson 2 nd Oliver Zahoran
Advanced age 9-10 Weapons 1 st Gabriel Halet 2 nd Lillian Mullins 3 rd Harley Smith Forms 1 st Gabriel Hale 2 nd Harley Smith 3 rd Lillian Mullins Sparring 1 st Lillian Mullins 2 nd Gabriel Hale 3 rd Harley Smith	Advanced 13 and up Weapons 1 st Harrison Ayers 2 nd Caden Lovell 3 rd Kelli Kesterson Forms 1 st Caden Lovell 2 nd Kelli Kesterson 3 rd Harrison Ayers Sparring 1 st Caden Lovell 2 nd Kelli Kesterson 3 rd Harrison Ayers

UPCOMING

Saturday, April 5, 2025

**Common Ground Martial Arts
Warrior Spirit 3rd Annual
Tang Soo Do Invitational**
Caldwell Community College
460 Community College Dr.
Boone, NC 28607

approx. 2 hours

Run by Master Trapper Taylor, a fellow MYTSD member and friend. We would love to get a good contingent here competing and invite them to our next one!

Saturday, April 12, 2025

Kelly's Heroes Classic
Cherokee High School, 2927 TN 66,
Rogersville, TN

approx. 45 min

Registration: 8AM

Black Belt meeting: 10:30AM

Entry fee: \$50, Spectators: \$5

Unfortunately, our grading is on this day, so we cannot send black belts to support it, but it is so close we still encourage anyone who is not going to be grading to attend (and take lots of pictures).

Saturday, May 03, 2025

**The Mid-South
Championships (ASKL)**

Dalton, GA

approx. 3 hrs

Organizer: Ben Kiker

Phone: 706-226-3318

Our favorite ASKL (All-Star Karate League) tournament. It runs on time, judging is fair, and yet the competition is tough. There are sometimes even world-champions competing in the black belt divisions.

Mat Chat

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

This month:

**Tenet/Code:
Never Retreat in Battle (Code)**

What it means.

Do not give up and walk away from challenges because some-thing seems hard or difficult to accomplish. Stay the course!

What it DOESN'T mean.

It does not mean that you fight every fight that comes your way.

What would you do?

- You struggle with learning some-thing at school. You keep trying but it is so difficult to learn. Do you give up? Do you say "I quit"?
- You make a promise to yourself to start eating healthy. You work really hard to stay away from junk food, but one day you splurge and eat all kinds of candy and soda. Do you say "oh forget it...too late now. I blew it?"?
- You try and try but can't seem to do your new break in breaking boards. Do you decide to just tell your instructor you can't do it? Do you ask to be allowed to do something easier?
- You have attended several tournaments and have not brought home a trophy yet. Do you stop going to tournaments?

Terminology

- **Sun Bae** – Senior Member
- **Yo Dan Ja** – Black Belt Member
- **Kyo Sah Nim** – Instructor 2nd/3rd degree black belt
- **Sah Bum Nim** – Master Instructor
- **Kwan Ja Nim** – Grandmaster