



TSDMA SOUTH NEWSLETTER



VOLUME 10, NUMBER 5 – MAY 2025

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

Shim Sa Results



We promoted 10 gups, four Cho Dan Bos, and three Little Dragon from two studios to new rank during our April Shim Sa.

ETTSD

CDB3: Tyler Barnett, Lillian Mullins

1st Gup: Noah Clendenin

3rd Gup: Dorian Colmer

4th Gup: Lavender Robertson

5th Gup: Burr Strader

6th Gup: Joshua Vandever

9th Gup: Wakely Boren, Mason Mercer

Dragon Green: Colton Landers

Dragon Yellow: Sofie Hadley

NMAA

CDB3: Gates Taylor, Glory Taylor

2nd Gup: Given Taylor

6th Gup: James Munsey

9th Gup: Grayson Morie

Dragon Purple: Amora Carlson

Gear Sale @ETTSD

Mon, May 12 – Thu, May 15

Our nearly new gear will be laid out on the squishy mat. \$10 hands, \$10 feet, \$10 head. We will also have a box of usable but ugly free gear. You are welcome to walk back and explore. Please stay on the blue track mat.

June Shim Sa



Sat, June 7, 3:00 p.m.

Testing students: 2:45 p.m.

\$40 testing fee.

Summer Uniform (no shorts).

Spectators welcome.

Invitations to test will be given to eligible students after Tip Test.

At ETTSD, eligible students are also listed on the whiteboard above Ms. Jennifer's desk.

Please be sure uniforms are clean and neat. Pride in looking professional is as important as proper techniques

ETTSD Summer Uniforms

From **May 1 through Sep 30**, we allow Summer dress. Permitted:

T-shirts instead of uniform top:

- **Studio t-shirt.** If you do not already have one, you can purchase one from the studio or shop at our new Café Press store: cafepress.com/shop/ETTSD

- **White t-shirt.** Plain, white, no design, no pattern.

- **Plain colored t-shirt** in a color on your belt. And once again, PLAIN, no design, no pattern.

- **Karate t-shirt**, including our old style t-shirts or tournament t-shirts.

Shorts are permitted but **WHITE ONLY!** Totally white. No stripes, no stars, no plaid, no trim. White. 100% white. No other colors anywhere on the shorts.

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, May 10.** Middle TN Isshinryu Open Karate Games, Crossville, TN. See page 2.
- **Tue, May 27, 6:30PM.** *Self-Defense class @ETTSD.* Open to all. Spread the word!
- **Sat, Jun 7,** Shim Sa, see col 2.

East Tennessee Tang Soo Do

- **Tue, May 6,** Mat Chat
- **Tue-Thu, May 13-15,** Tip Testing
- **Sat, May 17, 1:30PM.** Staff meeting via Zoom.
- **Mon, May 26,** CLOSED. Memorial Day.

Newport Martial Arts Academy

- **Fri, May 9.** Tip Testing, Mat Chat
- **Fri, May 2, 16, 30,** regular practice until we can use Studio B
- **Fri, May 23,** CLOSED. Memorial Day Weekend.

Schedule Change

Starting in JUNE, our MONDAY schedule will be as follows:

4:30–5:25 Youth Int/Adv (age 7 – 15)

5:30–5:55 Open Mat (all ages/ranks)

6:00–6:55 Teen/Adult Int/Adv (ages 13+)

7:00–8:00 Cho Dan Bo and Black Belt

Tournament Updates

RESULTS

Sat, April 5, 2025

Warrior Spirit TSD Invitational

Boone, NC



Mason H. was our sole competitor at this one, but he not only took First Place in Forms, he got lots of compliments from the organizer Master Taylor and guest, Master Bernardo.

Sat, April 12, 2025

Kelly's Heroes Karate Classic

Rogersville, TN



We had three students compete and no one came home empty-handed! Silas took 2nd in Forms and 3rd in their as usual huge Weapons division, all rank 17 and under. Gabriel took 1st in Forms and 4th in that very same Weapons division with his brother. Mason took 4th in Forms and also competed in that same Weapons division, an accomplishment all on its own!

UPCOMING



Saturday May 10, 2025

Middle TN Isshinryu Open Karate Games

Stone Mountain High School

2800 Cook Rd, Crossville, TN 38571

Registration Begins: 9:00 AM (CST)

Competitor Line-up & Bow-in: 11:00 AM (CST)

ALL divisions, including Weapons, begin after Bow-in

Tournament Fee: \$50.00. Spectators \$5.00, under 5 years of age free.

37th ANNUAL JESSIE THORNTON'S

Battle of Champions

RINGGOLD HIGH SCHOOL GYM - RINGGOLD, GEORGIA
.....JUST SOUTH OF CHATTANOOGA, TNOFF OF I-75

GMKC ASKL Rated A IKC Rated A RSKC Rated

SATURDAY JUNE 14, 2025

CASH AWARDS FOR BLACK BELT GRANDS (706) 965-8148

Look for us on Facebook

Times for Competition: REGISTRATION BEGINS AT 7:30 AM COMPETITION BEGINS AT 9:00 AM ---

CALL TO REGISTER WITH VISA, MASTERCARD, AMERICAN EXPRESS, OR DISCOVER, BY PHONE OR GET FORM FROM WWW.JESSIETHORNTONUNITEDKARATE.COM OR FACEBOOK AND MAIL! PRE-REGISTER BY PHONE FOR DISCOUNTED ENTRY! OR SCAN THE CODE AND USE VENMO THIS YEAR

Tournament Accommodations
Hamletown Inn (706) 937-7070 Holiday Inn Express (706) 965-6500 Super 8 (706) 965-7080 Hampton Inn (706) 935-4800

CONTINUOUS FIGHTING AT 11:00 AM (All Belt Ranks)

Men Lt. Wt. (160 & Below)	Children's 9 yrs & Under
Men Middle Wt. (161 - 180)	10 - 11 yrs.
Men Lt. Heavy Wt. (181 - 200)	12 - 13 yrs.
Men Heavy Wt. (201 & Up)	14 - 15 yrs.
Women Lt. Wt. (170 & Below)	16 - 17 yrs.
Women Middle Wt. (171 - 194)	
Women Heavy Wt. (195 & Up)	

Divisions with 8 or more will be split.

TEAM SPARRING
3 PERSON TEAMS

7 & Under All Belts (including Black)
8 - 10 All Belts (including Black)
11 - 13 All Belts (including Black)
14 - 17 All Belts (including Black)
Women 18 & Up All Belts (including Black)
Men 18 & Up Under Black Belt Only
Men 18 & Up Black Belts Only

Saturday June 14, 2025

Jessie Thornton's 37th Annual Battle of Champions

Ringgold High School Gym

29 Tiger Trail

Ringgold, GA

<https://jessiethorntonunitedkarate.com/special-events/>

Mat Chat

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

This month:

Tenet/Code:

In fighting choose with sense and honor (Code 5)

What does it mean?

This means to pick your battles wisely. Only fight when there is no other choice. Do not learn to fight to get your way by bullying those weaker than you. We learn how to fight so that we do not have to fight – this is the way of Pyong Hwa Kunin (Peaceful Warriors).

What it DOESN'T mean.

Just like Code 4, it does not mean that you fight every fight that comes your way.

What would you do?

- Sam, a student in your class at school calls you names that you don't like. Do you punch him? What would you do?
- You overhear two girls making fun of Hazika, another girl in your class because she is different. Do you defend her?
- Johnny is sitting in your seat at lunch. He has done this every day for a week and it really makes you mad. You've been taking karate for a year now and think you could just knock him out of the chair. Do you do it?

Terminology

- **Front Kick** ~ Ahp cha gi
- **Side Kick** ~ Yup cha gi
- **Round Kick** ~ Tallyo cha gi
- **Front Stance** ~ Chun kul ja se
- **Back Stance** ~ Hu kul ja se
- **Horse Stance** ~ Kee ma ja se