



TSDMA SOUTH NEWSLETTER

VOLUME 10, NUMBER 6 — JUNE 2025



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

June Shim Sa



Sat, June 7, 1:00 p.m.

**PLEASE NOTE
TIME CHANGE!**

Testing students: 12:45 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

Ongoing Gear Sale @ETTSD

After our gear sale, we only kept our nearly new gear. It is back in the bins, but any time you want to keep a set of it, it is still \$10 hands, \$10 feet, \$10 head, \$10 shin pad, \$10 chest pads.

Just let one of the instructors know you want to keep it and pay them.



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.

Schedule Change

Starting THIS MONTH, MONDAY schedule changes slightly. Open mat is moving to between the Youth and Teen/Adult classes so more people can take advantage. The new schedule is as follows:

4:30–5:25 Youth Int/Adv (age 7-15)

5:30–5:55 Open Mat

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

7:00–8:00 Cho Dan Bo & Black Belt

JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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, Jun 7, 11:00AM Zoom class** for Cho Dan Bos and Black Belts with Grandmaster Charland
- **Sat, Jun 7, 1PM Shim Sa**, see col 1.
- **Tue, Jun 17, 6:30PM. Self-Defense class @ETTSD.** Open to all. Spread the word!
- **Tue, Jun 24, 6PM, Black Belt Candidate seminar** with Master Pomeroy from CT.

East Tennessee Tang Soo Do

- **Tue, Jun 3, Mat Chat**
- **Tue-Thu, Jun 10-12, Tip Testing**
- **Thu, Jul 3, CLOSED FOR INDEPENDENCE DAY!**

Newport Martial Arts Academy

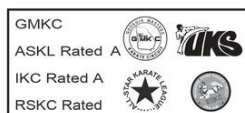
- **Fri, Jun 13. Tip Testing, Mat Chat**
- **Fri, Jul 4, CLOSED FOR INDEPENDENCE DAY!**

Tournament/Events Update

UPCOMING

37th ANNUAL JESSIE THORNTON'S Battle of Champions

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



Look for us on Facebook

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

SATURDAY
JUNE 14, 2025

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

CALL TO REGISTER WITH VISA, MASTERCARD, AMERICAN EXPRESS, OR
DISCOVER BY PHONE OR GET FORM FROM
WWW.JESSIEHORTHORNTONUNITEDKARATE.COM OR FACEBOOK AND MAIL!
PRE-REGISTER BY JUNE 10TH FOR DISCOUNTED ENTRY!
OR SCAN THE CODE AND USE VENMO THIS YEAR



venmo

Tournament Accommodations
Hammett 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)
Men Middle Wt. (181 - 200)
Men Lt. Heavy Wt. (201 & Up)
Women Lt. Wt. (170 & Below)
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 Belt Only

Saturday June 14, 2025

Jessie Thornton's 37th Annual Battle of Champions

Ringgold High School Gym

29 Tiger Trail

Ringgold, GA

Approximately 3 hours

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

Go to that page for links to the 2025
ONLINE FORM and for online payment
options (Venmo and Cash App).

Call 706-965-8148 to make payment
over the phone or if you have any
questions!

ASKL Schedule

We tend to go to ASKL tournaments
that are no more than 3 hours-ish
away, but we encourage students to
enter others.

There are many larger tournaments in
the circuit including Atlanta,
Washington, D.C., Orlando, and even
Chicago and Detroit. Check them out :

<https://asklratings.net/schedule.html>

FREE CAMPOUT!!



Friday, July 18 - Sunday, July 20

9th Annual Warrior Weekend

Grandfather Campground

125 Profile View Rd.

Banner Elk, NC 28604

Approximately 2 hours.

Camping and training in a large open
field with a number of fire pits and
several grills, a number of picnic
tables, and a small playground for the
younger children. We will be located
right next to showers and bathrooms.

This is a free event. All instructors are
volunteering their time and expertise.
We would like to thank each and every
one of them for sharing in Martial
Spirit with us.

Tent camping in the "Warrior Field" is
free. If you would like a private camp-
site or an RV site visit **www.
grandfathercamp.com** to book your spot.

The deadline for camp registration
and T-Shirt orders is June 29, 2025

Registration:



T-shirt:



Mat Chat

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

This month:

Tenet/Code: Integrity (Tenet 1)

What does Integrity mean?

Integrity means doing the right thing,
even when nobody is watching,
because it's the right thing to do!

What's the right thing to do?

- You notice your grandmother dropped a \$20 bill the same day you want to buy a popular new video game or toy.
- You saw the last piece of your sister's birthday cake in the refrigerator but know your sister was hoping to have it for dessert.
- You are at the grocery store with your mother and know you could put that package of candy in your pocket with no one seeing.
- Your instructor does warm up along with you. When you are stretching she can't see you so could just sit there and do nothing while she isn't looking.

Terminology

- **Low Punch** ~ Ha dan kyuck
- **Center Punch** ~ Choong dan kyuck
- **High Punch** ~ Sang dan kyuck
- **Low Block** ~ Ha dan mahk ki
- **High Block** ~ Sang dan mahk ki
- **Inside to outside Block** ~ Ahneso phaku ro mahk ki