



# TSDMA SOUTH NEWSLETTER



VOLUME 10, NUMBER 7 – JULY 2025

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## Shim Sa Results



We promoted five gups and three Cho Dan Bos from two studios to new rank during our June Shim Sa.

### ETTSD

**CDB4:** Blake Clendenin  
**2nd Gup:** Kelli Kesterson



### NMAA

**CDB4:** Gates Taylor, Glory Taylor  
**3rd Gup:** Makayla Barnett  
**4th Gup:** Oliver Zahoran  
**6th Gup:** Jackson Davis  
**7th Gup:** Logan Roberts



## Aug Shim Sa



**Sat, Aug 2, 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.**

## Upcoming Tournament

### 51<sup>st</sup> Annual Tri-State Championships

**Saturday, November 01, 2025**  
**Eastbrook Middle School**  
**1382 Eastbrook DR SE**  
**Dalton, GA 30721**  
Approximately 3 hours

One of the two best tournaments we attend on the ASKL circuit.

I hope we can get a group to go this year to. Nice trophies too.

## Calendar

JULY 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### 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, Jul 12, 11AM.** Zoom class w/GM Charland. CDBs and BBs.
- **Sat, Jul 26, 10AM.** Written Exam for Black Belt Exam candidates. See page 2.
- **Tue, Jul 29, 6:30PM.** *Self-Defense class @ETTSD.* Open to all. Spread the word!
- **Sat, Aug 2, 3PM** Shim Sa, see column 2.

### East Tennessee Tang Soo Do

- **Tue, Jul 1,** Mat Chat
- **Thu, Jul 3,** CLOSED FOR INDEPENDENCE DAY!
- **Tue-Thu, Jul 8-10,** Tip Testing

### Newport Martial Arts Academy

- **Fri, Jul 4,** CLOSED FOR INDEPENDENCE DAY!
- **Fri, Jul 11.** Tip Testing, Mat Chat

# TSDMA South Black Belt Exam Mat Chat

We are planning our very own black belt exam. TSDMA Grandmaster Charland will be joining us for Phases IV and V.

## Testing List (Eligibility)

Not everyone who is eligible will do Phase I. It is their choice. Here are those who have accepted the challenge and currently will be participating in Phase I.

## Cho Dan Bo->Cho Dan

- Harrison Ayers
- Blake Clendenin
- Silas Hale
- Caden Lovell
- Gates Taylor
- Glory Taylor

## Cho Dan->Ee Dan Black Belt

- Caleb Crawford
- Brayden Saylend

## TENTATIVE schedule

with explanations of each part.

## NOTE: Closed Events

Phases I-IV are not open to the public. Parents will have to drop their candidates off and return for them when the phase is over.

## Written Exam July 26, 10AM.

If the candidate can't make it, they need to reschedule. This is a multipage test encompassing vocabulary, concepts and basic Tang Soo Do information the candidate has learned along the way. If candidates want a study guide, talk to Master Vic. If a candidate fails the written test, they will be allowed to try again.

## Phase I: Sep 6, 10AM

Being invited to do Phase I is an accomplishment all on its own. However, it is NOT a guarantee they will be invited to test for black belt. We certainly hope all will pass, but they must PASS Phase I to be invited to test for black belt.

## Phase II: Sep 6, following Phase I

This is the "physical fitness" part of the exam with sit-ups, pushups, jumping jacks, and burpees. They will then head to a track for a mile run.

## Phase III: Oct 4, 7-9PM

This phase includes Weaponry, Creative forms, and sometimes things the candidates will learn that night.

## Phase IV: Oct 17, 7-9PM

This is the "meat" of the exam. Most everything they have done in the other phases will be done again here.

## Phase V: Oct 18, 11AM-1PM GRADUATION

Family, friends, and everyone, are invited to watch this portion of the event. There will be some demos of creative forms, breaking, and weapons, as well as the belting. Pictures and videos are encouraged.

## Expectations

We know it's hot, but we do expect candidates to try to make our Monday night CDB/BB classes from 7-8PM.

We expect them to make at least two hours of classes per week, more if possible. This will help ensure they will pass Phase I.

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

**This month:**

## Tenet/Code: Concentration (Tenet 2)

### What does Concentration mean?

Concentration means Complete Attention. It is important because it lets you learn, understand and finish a task or job to the absolute best of your ability.

### Learning to Concentrate

Lots of things take focus and concentration. School, karate, even picking up toys or putting away your things. Sometimes it's hard to concentrate and focus. Minds wander. This happens to all of us. Parents and teachers say "Focus" or "Focus and Finish". But how?

## Terminology

- **First basic form** ~ *Ki cho hyung il bu*
- **Second basic form** ~ *Ki cho hyung ee bu*
- **Third Basic form** ~ *Ki cho hyung sam bu*
- **1st Peace and Confidence form** ~ *Pyoung ahn cho dan*
- **2nd Peace and Confidence form** ~ *Pyoung ahn ee dan*
- **3rd Peace and Confidence form** ~ *Pyoung ahn sam dan*
- **4th Peace and Confidence form** ~ *Pyoung ahn sa dan*
- **5th Peace and Confidence form** ~ *Pyoung ahn oe dan*
- **1st of Seven Stars** ~ *Chilsung il lo*
- **2nd of Seven Stars** ~ *Chilsung ee lo*
- **3rd of Seven Stars** ~ *Chilsung sam lo*