



TSDMA SOUTH NEWSLETTER



VOLUME 10, NUMBER 12 – DECEMBER 2025

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Dec Shim Sa



Sat, Dec 6, 3:00 p.m.

Testing students: 2:45 p.m.

Full uniforms required

Spectators welcome

We will promote eleven gups and three Little Dragons from two studios to new rank during our December Shim Sa, main exam on Dec 6.

ETTSD

CDB1: Given Taylor

3rd gup: Burr Strader

6th gup: Mason Hadley

9th gup: Colton Landers

NMAA

3rd gup: Oliver Zahoran

4th gup: Alice Vandever

7th gup: Grayson Morie

8th gup: Reina Keener

9th gup: Branson Short,

Chloe Butcher,

Abel Jarnigan

Dragon Yellow: Daniel Keeter,

Lily Sanderson,

Josiah Henderson

Holiday Schedule

ETTSD will be open on **Tue, Dec 23** with a modified schedule. Classes 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 Thu, Dec 25 - Thu, Jan 1.

Open Mon, Jan 5 with our regular schedule.

Tournament Results

2025 Tennessee Youth Karate Games

**Saturday, November 08, 2025
Crossville, TN**



We had one competitor, Mason Hadley, at this year's Youth Karate games, and he ended up in the largest divisions.

For weapons, 12 & under, all ranks, they had over 20 competitors. Mason scored in the upper half. For open-hand, there were nine in his division. He did well, but did not place. He said that win or lose, he still had fun, and that's what's most important.

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 6, 3PM, Shim Sa.** See column 1.
- **Tue, Dec 16, 6:30PM.** Free Self-Defense class at East Tennessee Tang Soo Do. Open to all. (Moved this month only to accommodate holiday schedule.)
- **Tue, Dec 23, Pre-Holiday workout.** See column 2.

East Tennessee Tang Soo Do

- **Tue, Dec 2.** Mat Chat
- **Tue-Thu, Dec 9-11,** Tip Testing,
- **Thu, Dec 25, Mon-Thu, Dec 29-Jan 1,** CLOSED FOR CHRISTMAS AND NEW YEARS

Newport Martial Arts Academy

- **Fri, Dec 5, 6PM** Christmas Parade
- **Fri, Dec 12.** Dragon Belt Test, Weapons, Wear Christmas colors
- **Fri, Dec 19.** Tip Test, Mat Chat. Wear Christmas theme shirt
- **Dec 26 & Jan 2.** CLOSED FOR CHRISTMAS AND NEW YEARS.

NEW STUDENT CHRISTMAS SPECIAL

**Give the gift of Confidence, Skill, & Physical Fitness.
Three months of lessons at East Tennessee Tang Soo
Do and a uniform for \$150. (A \$220 value.)**

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 Master 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