



# TSDMA SOUTH NEWSLETTER



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## Shim Sa Results



We promoted 17 gups and 1 Little Dragon from two studios to new rank during our April Shim Sa.

### ETTSD

**9th Gup:** Scarlett Caceres, Xavier Caceres, Merric Cornwell, Bethany Earley, Ava Kuyt, Kenzie Landers

**8th Gup:** Colton Landers, Izabella Thomas

**2nd Gup:** Burr Strader

### NMAA

**9th Gup:** Levi Brooks

**8th Gup:** Chloe Butcher, Colton Gammons, Branson Short, Cayson Short

**7th Gup:** Braxton Metcalf

**4th Gup:** Jackson Davis

**2nd Gup:** Oliver Zahoran

**LD Orange:** Madison Embry

## Summer Schedule

**Tue/Thu will stay the same.**

However, for June and July, our regular Mon schedule will be suspended. Instead:

**Mon, 5-7 PM, Open Mat June and July**

Come and work on what YOU need in an open environment. (No sparring without black belt supervision.)

## Tournament Update

### RESULTS

**Sat, Apr 11**

**Kelly's Heroes Championship,**  
Rogersville, TN



We had three competitors at the Kelly's Heroes Championship.

Colton took 2nd in Forms and 2nd in Sparring, earning his first trophies!

It was David's first big tournament. He took 2<sup>nd</sup> place in Weapons.

Black Belt Brayden came home with two first place trophies in Weapons and Forms.

### UPCOMING

**Saturday May 9, 2026**

**Middle TN Isshinryu Open Karate Games**

Stone Mountain High School  
2800 Cook Rd, Crossville, TN 38571



**Registration Begins: 9:00 AM (CDT) Weapons, 10 AM (CDT)**

**Line-up & Bow-in: 11:00 AM (CDT)**

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

## Calendar

### General

- **Tue/Thu 4:45-5:15PM, Combined Class.** Open and free to all members, friends, and family.
- **Tue, May 26, 6:30PM.** Free Self-Defense class @ETTSD. Open to all.
- **Sat, Jun 6, 3PM.** Shim Sa. See below.
- **Tournaments.** See column 2.

### East Tennessee Tang Soo Do

- **Thu, May 14.** Mat Chat
- **Tue-Thu, May 12-14,** Tip Testing
- **Mon, May 25,** Closed, Memorial Day.

### Newport Martial Arts Academy

- **Fri, May 8,** Weapons
- **Fri, May 15,** Tip Test
- **Fri, May 22,** Closed, Memorial Day
- **Fri, May 29,** Recital rehearsal at the school, time to be announced
- **Sat, May 30,** 2:30pm. Meet at school by 2pm

## June Shim Sa



**Sat, Jun 6, 3:00 p.m.**

**Testing students: 2:45 p.m.**

**\$40 testing fee.**

**Summer Uniform (no shorts).**

**Spectators welcome.**

At ETTSD, eligible students will be listed on the white board above Ms. Jennifer's desk.

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

# Being a Good Karate Parent

An ongoing series, by East Tennessee Tang Soo Do instructors, on how to support children in martial arts. This month's column is by KSN Jennifer Grillo-Foster

## Two Studios and a Year of Uniforms

East Tennessee Tang Soo Do (ETTSD) is in Greeneville. Newport Martial Arts Academy (NMAA) is in Newport under the roof of Newport Dance & Cheer Academy (NDCA). The studios are owned by different people. The classes are run by some of the same instructors. Both are studios of the Tang Soo Do Masters Alliance (TSDMA) organization.

Generally, the uniform is the jacket, pants, and belt. For students, the jacket and pants are white and the belt is the one most recently earned. The jacket for a black belt has a navy blue trim. Instructors and assistants when teaching have the option to wear black pants with the trimmed top and current belt. For events such as a belt exam or a tournament, white pants are required for all.

A full, complete uniform is a rare sight on students at either studio. There are three patches for the jacket: the USA flag, the South Korea flag, and the TSDMA patch. Students between 6th and 4th gup, per TSDMA regulations, are to have green trim on their jackets. Students between 3rd and 1st gup, per regulations, are to have red trim on their jackets. Cho Dan Bo students have zero trim while black belts have navy blue trim.

The two studios are very different. NMAA has year-round heating and cooling. Jackets are required year-round. ETTSD has heating but not AC. Between May 1st and September 30<sup>th</sup>, they have a "summer uniform" option.

The summer uniform at ETTSD is very specific. Completely white shorts and t-shirts are allowed. Martial arts

themed shirts are allowed. Solid shirts in the color of the belt are allowed. It is all optional. If a student wishes to wear the jacket and pants in 90°F plus weather, we will not stop them, until they look like they are overheating.

Ms. Susan owns NDCA where NMAA holds classes. She has over the years added t-shirt themed weeks to the NDCA calendar. Ms. Jennifer adds these themes to the NMAA calendar as an option.

T-shirts, when allowed, are optional variations of the uniform. T-shirts are optional during summers at ETTSD. They are optional during themed weeks at NMAA.

When t-shirts are allowed, they are considered "uniform" for that day. As long as the shirt complies with the requirements, the student is allowed to line up with others of equal rank. If the shirt does not comply, the student is considered in less uniform and will be moved down the line up.

There are times when a student arrives to class with less than a full uniform. It's in the wash. The student outgrew a piece. The gear bag was in the other car. Time got away. Someone else brought the student to class. Life happens. We understand. We would rather the student join class out of uniform than miss class. This does mean the student will be further down the line up.

More uniform info and protocol can be found on [ettsd.com](http://ettsd.com) in old newsletters (think Apr/May and Sep/Oct) and previous Good Karate Parent articles. Please take a few minutes and check it out.

# 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 gul ja seh
- **Back Stance** ~ Hu gul ja seh
- **Horse Stance** ~ Kee ma ja seh