



EAST TENNESSEE TANG SOO DO
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Saturday, Sep 26, 2026, 10AM-1PM

TSDMA 8th Gups and up (or with permission).

FREE ADMISSION! Donations Appreciated!

BEYOND THE FORM: WHERE BUNKAI MEETS COMPETITION

Learn about the synergy between competition and practical application (bunkai). Work on individual techniques, what their application is, and how it translates into competition.

Learn a basic combat sequence from an Isshinryu weapons form dedicated to combat simulation, Bo Bo Kumite, as well as a section of the form Tokomine Bo, with the intent of demonstrating the time to apply speed and power depending on what kind of techniques go into a sequence.

Students will work with each other with the section of Bo Bo Kumite to show how practical application feels, while also maintaining a competition mindset.



About the Instructor

Hayden Cogdell has studied martial arts for 17 years. He is a 4th Degree Black Belt in Isshin-Ryu Karate and a 3rd Degree Black Belt in Takumashii Te. He has earned many titles including 2x Karate Ka of the Year, Junior Competitor of the Year, 2018 World Top Ten in NASKA, National Titles, and a 4x World Champion.

Hayden earned his Kobudo Certification when he was just 16, making him the youngest in the International Isshin-Ryu Karate Association to receive that honor. He was undefeated in Kumite in 6 states and in the I.I.K.A for 2 years in his age division during the years of 2017-2018.

Hayden has won many Grand Championships in both Kumite and Weapons/Kata. He will represent Tennessee in October at a US Martial Arts Team event and will then represent the US once again in 2027 on a World Stage.

His unique combination of martial arts expertise and real-world operational experience brings exceptional depth and authenticity to his instruction.