



# TSDMA SOUTH NEWSLETTER

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## Monday Schedule for Aug – May

Starting THIS MONTH, MONDAY schedule changes slightly. The new schedule is as follows:

5:00–6:00 Open Mat

6:00–7:00 Int/Adv (ages 8+)\*

7:00–8:00 Cho Dan Bo & Black Belt

\* For the moment, this class is open to 7<sup>th</sup> gup (Orange / Green stripe) and up

NOTE: Monday classes will not be held on Aug 24. Our first Seminar will be held instead. See col 2.

## ETTSD Demo at Festival of Nations

**Notre Dame Church**  
**212 Mt. Bethel Road**  
**Sat, Sep 19, 10:30am**

Demo team is open to students who know at least one form. We will practice parts of it in class during Aug and Sep, including all students even if they are not performing.

Little Dragons will be rehearsing Star Block and Flag Sparring during class. For flag sparring, we have discovered they need to practice STOPPING when the music stops! LOL.

We will also rehearse other parts during the appropriate classes, so if you or your child are performing weapons, please try to stay for weapons at least once a week.

Permission slips will be coming soon.

## Seminar Series



**Monday Aug 24, 2026, 5-8PM**

**(regular classes cancelled)**

### Cornered Defense Clinic

Discover practical self-defense strategies for situations in which your movement is restricted or you are backed against a wall, vehicle, or other obstacle. Taught by Kajukembo Sifu Jude Gabaldan. See more:



## Scholarship!



The Master Jeffrey Laliberte Scholarship is in honor of the late TSDMA Founding Master (#003, Sa Dan). This year, a scholarship was awarded to our own Glory Taylor, Cho Dan Black belt, TSDMA #438. Her essay is included on page 2.

## Calendar

### General

- **Tue/Thu 4:45-5:15PM, Games and Activities Class.** Open and free to all members, friends, and family.
- **Sat, Aug 8, 3PM. August Shim Sa.** See below.
- **Mon, Aug 24, Seminar Series.** Cornered Defense Clinic taught by Kajukembo Sifu Jude Gabaldan. See column 2.
- **Tue, Aug 25, 6:30PM. Free Self-Defense class @ETTSD.** Open to all.

### East Tennessee Tang Soo Do

- **Thu, Aug 6.** Mat Chat
- **Tue-Thu, Aug 11-13,** Tip Testing

### Newport Martial Arts Academy

- **Fri, Aug 7,** Weapons
- **Fri, Aug 14,** Tip Test, Mat Chat
- **Fri, Aug 21,** Breaking
- **Fri, Aug 28,** Sparring

## August Shim Sa



**Sat, Aug 8, 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.*

# Glory Taylor's Scholarship Essay

My name is Glory Taylor, and I have been training in martial arts for over 5 years. I started when I was 13 years old with my little brother, Gates, and I have loved it. I eventually got my younger sister, Given, to join a year later. I have been committed to martial arts, and have not started another sport in 5 years. I did not want anything distracting me from reaching this goal. This training has been an amazing experience and has grown me in many aspects. Martial arts has taught me respect, courage, discipline, to never give up, and how to teach others.

Respect is the one of many important things I have learned. Martial arts has helped me with that the most. My instructors have taught me from the beginning as a white belt to becoming a black belt that respect is really important. In training, we always respect our country and the country that the martial art is connected to. We are also taught to respect those in class even if they are a lower rank than us. This helps me apply respect to my everyday life and especially at school. It is really hard sometimes to have respect for people my age and sometimes adults too. This training has shown me that having respect for others builds my character and reputation.

Courage is a hard thing to learn at my age. I had struggled with it for quite some time. I was always the quiet and shy person, never wanting to speak to others. I never wanted to be the center of attention or make a statement for myself. Martial arts was the encouragement that I needed. It helped me build up courage and the motivation to do things I did not want to do. This training has helped me at school the most. I now have the courage to talk in front of my classmates, present speeches in front of the class, and make more friends,

The valuable trait of discipline that I have developed because of martial arts has helped me achieve highest honors awards at school. I do not require my parents to remind me to do my homework, study for tests, or complete projects. Self discipline has helped me with my responsibilities at home. I wake up earlier than anyone in my

household, prepare my breakfast, and wake up my siblings. This helps me prepare for a successful day at school. Discipline is also an important part of being a Christian. It helps me do what I need to even if I don't feel like it.

Martial arts has also taught me to never give up. I have experienced this the most while trying to reach the goal of black belt. Every time it got difficult and I wanted to get to the next rank, I wanted to give up. I thought I was never good enough, or could never surpass the black belt's expectations. That was not the case though, my instructors taught me to never give up no matter the outcome. Even if I failed the test, I would try again until I passed. At school I now have the same motivation. I am completing projects, homework, and tests without giving up.

My instructors also have taught me how to teach others. Since I never was the person to be the center of attention or raise my voice, I never thought I would teach others. My instructors showed me how to get things done, and how to communicate to a whole class. I also learned how to communicate to a person one on one. Every time I go to martial arts, I am so excited to teach. It is one of my most favorite things to do since I have achieved black belt. The gift of teaching has also helped me so much at school. I am comfortable now with raising my voice, and teaching others how to do things. It makes me so happy that I have been taught this.

I am so thankful to all of my instructors and friends for helping me reach the goal of black belt. It has been such a privilege and a lot of fun over all these years. I am so thankful for this opportunity to write this paper for a scholarship for college. I am just so blessed and grateful that my parents made a commitment with me to keep me in martial arts. It has changed my life, and helped me grow so much. Thank you, everyone, for being an influence and encouragement to me, and I cannot wait to see what God has planned for me.

# Mat Chat

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

**This month:**

## Tenet/Code: Perseverance (Tenet 3)

### What does Perseverance mean?

- **NEVER GIVE UP!**
- Perseverance is when we start and finish a job.
- Perseverance is when we do work that is hard and sometimes boring, but we finish it.
- When we persevere, our family, teachers & friends trust us.
- When we persevere, we improve our skills.
- Perseverance is commitment, hard work and patience.
- Perseverance is trying again and again.

### PERSEVERANCE

*By Tad Richards*

A nine-year-old student  
named Jack

Thought a green belt was all he  
could hack.

But he persevered  
Till he grew a beard,  
And now wears a belt that is  
black.

## Terminology

- **Back Kick** ~ Dwi cha gi
- **Axe Kick** ~ Ccik cha gi
- **Hook Kick** ~ Yup hu ri gi cha gi
- **Side Punch** ~ Weng jin kong kyuck
- **Back Fist** ~ Kap kwon kong kyuck
- **Hammer Fist** ~ Kwon do kong kyuck