



TSDMA SOUTH NEWSLETTER

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216 BOHANNON AVENUE, GREENEVILLE, TN 37745 — 423-609-1408 — ETTSD.COM — INFO@ETTSD.COM

Shim Sa Results



We promoted 1 Cho Dan Bo, 7 gups, and 1 Little Dragon from two studios to new rank during our August Shim Sa.

ETTSD

CDB3: Given Taylor

1st Gup: Burr Strader

7th Gup: Scarlett Caceres, Xavier Caceres, Colton Landers

8th Gup: Macie Binkley

NMAA

3rd Gup: Alice Vandever

6th Gup: Braxton Metcalf

LD Purple: Josiah Henderson

Extra Demo Participation

East TN Tang Soo Do and Newport Martial Arts Academy are both doing demos within the next month. Some students asked about participating in each other's demo! We are more than open to that! The more the merrier!

So, students are invited to also perform at the other studio's demo. See your instructor to let them know if you are interested and with any questions.

ETTSD Demo at Festival of Nations

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

Meet at the pavilion at 10:15AM. Performers should wear a t-shirt (studio or white) or uniform top, uniform pants, and shoes that won't come off if they kick.

We will practice parts of the demo in class, including all students even if they are not performing. Little Dragons will be rehearsing Star Block and Flag Sparring during class.

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.

Full demo practice: See Calendar, col 3.

Seminar Series



Saturday, Sep 26,
2026, 10AM-1PM
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. Taught by 4th degree Isshyun Ryu black belt and tournament champion Hayden Cogdill. See more:



Calendar

General

- **Tue/Thu 4:45-5:15PM, Games and Activities Class.** Open and free to all members, friends, and family.
- **Sat, Sep 26, 10AM-1PM Seminar Series.** *Beyond the Form: Where Bunkai Meets Competition* taught by Isshyun Ryu 4th Dan Hayden Cogdill. See column 2.
- **Tue, Sep 29, 6:30PM. Free Self-Defense class @ETTSD.** Open to all.

East Tennessee Tang Soo Do

- **Thu, Sep 3.** Mat Chat
- **Mon, Sep 7, CLOSED, LABOR DAY**
- **Tue-Thu, Sep 8-10,** Tip Testing
- **Tue-Thu, Sep 15-17, 5:15PM.** Full Demo practice.
- **Sat, Sep 19, 10:30AM** Festival of Nations Demo. See col. 2.

Newport Martial Arts Academy

- **Fri, Sep 4, CLOSED, LABOR DAY!**
- **Fri, Sep 11,** Weapons
- **Fri, Sep 18,** Tip Test, Mat Chat
- **Fri, Sep 25,** Sparring
- **Sat, Oct 3,** Harvest Fest Demo in Newport

October Shim Sa



Sat, Oct 10, 3:00 p.m.

Testing students: 2:45 p.m.

\$40 testing fee.

FULL Uniform.

Spectators welcome.

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

Tournament Updates

RESULTS

Sat, August 1, 2026

TN State Karate Championships

Baxter, TN

It was a great day for East TN Tang Soo Do at the Tennessee State Karate championships. We had five competitors and no one came home empty handed, though no trophies until this week. They, apparently, were stuck in customs and were distributed when ours arrived. Here's our results (youngest to oldest).

- **Colton Landers:** Weapons-3rd, Forms-1st, Sparring-3rd.
- **Scarlett Caceres:** Weapons-1st, Forms-1st, Sparring-2nd.
- **Xavier Caceres:** Weapons-1st, Forms-1st, Sparring-2nd.
- **Brayden Salend:** Weapons-2nd, Forms-1st.
- **Bethany Earley:** Weapons-1st, Forms-1st, Sparring-1st.



UPCOMING

Saturday Oct 15-17, 2026

MYFEST26!

The Salvation Army

220 E. Russell St., Fayetteville, NC

This is our "Grandparent" organization's yearly event. More info at <http://www.skted.com/myfest26.html>.

Not noted on the current poster (should be updated soon): Saturday. Clinic OR Tournament is \$50. Both Clinic AND Tournament is \$85.

Mat Chat

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

This month:

Tenet/Code:

Respect and Obedience (Tenet 4)

What does it mean?

- Respect is thinking and acting in a positive way about yourself or others.
- Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

Examples

- You follow your parents' rules to show them you care (respect) how they feel about the situation. (That's where Obedience comes in!)
- You don't call people names because you care about (respect) their feelings.
- You don't hit or hurt people because you care about (respect) their well-being.

Terminology

- First: *il*
- Second: *ee*
- Third: *sam*
- Fourth: *sa*
- Fifth: *oeh*
- Sixth: *yuk*
- Seventh: *chil*
- Eighth: *pal*
- Ninth: *ku*
- Tenth: *sip*