



TSDMA SOUTH NEWSLETTER

VOLUME 11, NUMBER 10 – OCTOBER 2026



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

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.

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

Full Uniforms

Fall is here, the weather is cooling, which means full uniforms. (We will make exceptions if there is extreme heat and allow t-shirts on those days.)

So, check your, or your child's, current uniform. Does it fit? Is it clean? Is it time for a new one? If necessary, we will send in an extra order this month.

Upcoming Events

Thu – Sat, Oct 15-17, 2026
(Tournament, Sat, Oct 17)

MYFEST26!

The Salvation Army

220 E. Russell St., Fayetteville, NC

This is our "Grandparent" organization, Moo Yea Tang Soo Do's yearly event. It's a long way but we encourage anyone who can, go to this!

I do admit I found their registration process to be difficult, and confusing, but persevere and it can be done! Keep in mind when registering that each clinic, and the tournament, must be registered for separately.

More info and registration at:

<http://www.sktsd.com/myfest26.html>

MYFEST26!
OCT. 15-17, 2026
OFFICIAL USEKAF SANCTIONED EVENT

USEKAF SOUTHEAST REGIONAL CHAMPIONSHIPS
REF & COACHES TRAINING AND CERTIFICATION
KOREAN AND FILIPINO MARTIAL ART CLINICS
TOURNAMENT COMPETITION

MARTIAL ARTS • UNITY • STRONGER TOGETHER

COMPETITION IN: FORMS, EMPTY HANDS AND WEAPONS, POINT SPARRING, PADDED STICK SPARRING, LIVE STICK SPARRING

FEES BEFORE OCT. 10, 2026		FEES OCT. 10-15, 2026	
COACH FEE (ONE CLINIC REQUIRED)	\$35	COACH FEE (ONE CLINIC REQUIRED)	\$50
REF FEE (BOTH CLINICS REQUIRED)	\$50	REF FEE (BOTH CLINICS REQUIRED)	\$75
CLINICS: ONE DAY	\$50	CLINICS: ONE DAY	\$75
TWO OR THREE DAYS	\$100	TWO OR THREE DAYS	\$125
TOURNAMENT	\$50	TOURNAMENT	\$75

SPECTATOR FEE: \$10 PER PERSON - \$20 PER FAMILY
CERTIFIED COACHES: FREE (DIFFERENT RATE ONE FAMILY)

FOR MORE INFORMATION CONTACT:
DAVID L. SORO, MYFEST26! DIRECTOR
(910) 778-5500 - SORO@karate@gmail.com
www.sktsd.com

THE SALVATION ARMY
220 E. RUSSELL ST., FAYETTEVILLE, NC

Saturday Nov 7, 2026

52nd Annual Tri-State Karate Championships

Valley Point Middle School

3796 S Dixie Rd, Dalton, GA 30721

This is one of our favorite tournaments. Starts on time, has fair judges, runs smoothly and has nice trophies.

52ND ANNUAL TRI-STATE KARATE CHAMPIONSHIPS
Valley Point Middle School | 3796 S. Dixie Rd. Dalton, GA 30721
November 7, 2026 | Registration Begins at 8 am

REGISTER
QR Code

EVENT TIMELINE
9:00 am Kids Creative followed by Traditional Weapons and Sparring
10:00 am Adult Team Fighting followed by Adult BB Weapons
12:00 pm Continuous Fighting

ENTRY FEES
\$50 Pre-Registration ends Oct. 23
\$65 Registration at the Door
\$15 for each additional division
\$30 Team Sparring
\$10 Spectator Fee (\$15 at Door)
Under Age 6 Free with Adult Entry

CONTACT
Nathan Bennett ♦
706-879-1135 ♦
DaltonUnitedKarate@gmail.com ♦
Name Payments: Nathan.Bennett.25

Pre-registration checks must be mailed to:
699 West Nance Springs Rd SW Dalton, GA 30721
or Venmo and received by 10-23-2026.

175 North: Follow I-75 N to GA-3 Connector E in Whitfield County. Take exit 328. Turn right onto GA-3 Connector. Turn right onto US-41 S. Turn right into school parking lot.

175 South: Take Exit 328 and turn left. Turn right onto US-41 S. Turn right into school parking lot.

Prize: Nathan Bennett
Chief Official: Steve Kiser
All Divisions Rewarded 1st - 4th Place
(except Team Fighting and Continuous)

Calendar

General

- **Tue/Thu 4:45-5:15PM, Games and Activities Class.** Open and free to all members, friends, and family.
- **Sat, Oct 10, Shim Sa,** see col 1
- **Thu-Sat, Oct 15-17, MYFEST26!** See to the left.
- **Tue, Oct 27, 6:30PM. Free Self-Defense class @ETTSD.** Open to all.
- **Sat, Nov 7, Tri-State Karate Championships.** See column 2.

East Tennessee Tang Soo Do

- **Thu, Oct 8. Mat Chat**
- **Tue-Thu, Oct 13-15, Tip Testing**

Newport Martial Arts Academy

- **Fri, Oct 2, Music Practice**
- **Sat, Oct 3, Harvest Fest Demo in Newport**
- **Fri, Oct 9, Tip Test, Mat Chat**
- **Fri, Oct 16, Fall Break, CLOSED**
- **Fri, Oct 23, Sparring, Parent Observation**
- **Fri, Oct 30, Breaking**

Seminar Series

Given the response we've gotten for our first two seminars, the series is a big success, and we will continue it into 2027.

However, we won't have a formal seminar this month. We are going to MYFEST26 and plan for those who attend to share new knowledge with all students during the week after they return.

If all goes well, we should have TSDMA Grandmaster Garth Charland for our November seminar.

Being a Good Karate Parent

An ongoing series, by Sah Bom Nim Victoria Rivas and Kyo Sah Nim Jennifer Grillo-Foster, on how to support children in martial arts. This month's column is by SBN Victoria, updated and reprinted from August 2021, and is aimed at all ages, not just Parents.

Tip Testing – Overview and Reminders

In 2019, we changed the way we decide who will test each month, and overall it's worked out well. It has resulted in both students and instructors knowing what skills are lacking and where improvement needs to happen. It also means students may go several months without testing since they will not test until they are truly ready. If parents have a problem with this, please bring it up with one of our black belts and we can discuss.

However, with students' busy schedules not everyone makes it to Tip Test week, so we wanted to remind people that tipping can be done any time.

Tips and Tip Test Week

As mentioned, we do have a week set aside for Tip Testing, signing off the tip test sheets. We also encourage students to come to Monday Open Mat after Tip Test Week if they didn't get their tip and want to work on it.

However, those are not the only times students can have them signed. It can be done many other times.

- Before class if you arrive early.
 - During class break.
 - During siblings'/children's classes.
- Some students arrive for class early because family members are in other classes. There is usually a black belt or two who can help you with your Tip paper, including Master Vic who is at the front desk for all Tuesday classes.

Learning New Skills

Other than 10th – 9th gup (shown here) all Tip Test Forms include both

old and new skills. This ensures students keep skills they developed in their last belt as well as learning their new skills. However, we discovered we do not always teach every new skill with the same regularity.

Chances are, forms and one-steps will get regular and frequent practice. We make an effort to cover everything, but the Tip Test Forms allow you to keep us on track also.

If students or parents notice skills on Tip Test Forms that students have not learned, bring them up to an instructor. Students can also use the times noted in the bullet list to the left to ask instructors or higher ranks to help learn those skills.

Overall, we like tip testing. It has led to better qualified and more skilled martial artists. I hope you agree.

Tip sheets can be found on the website: <https://ettsd.com/tip-test-requirements/>

EAST TENNESSEE TANG SOO DO		10 TH GUP TO 9 TH GUP TIP TEST REQUIREMENTS					
Name:							
For each tip, you must perform the tasks for at least three people listed (2 black belts) and get them to initial that it has been completed. (NOTE: Adulthood is any adult student, red belt or higher.) If they have critique, they will not initial but tell you what needs to be improved. One row may also be incomplete. When the chart is done, and you have enough training hours (24), you are ready to test for 9th gup.							
Tip 1							
Equipment	Ms. Vic	Mr. Ian	Ms. Ian	Adulthood1	Adulthood2		
Low Block (Ha Dan Mahk Ki)							
Front Kick (Ahp Cha Gi)							
Middle Punch (Choong Dan Kyuck)							
Basic One-Step 1							
Count to 10 in Korean							
What does Tang Soo Do mean?							
Bow as you enter & leave dojang / mat							
Tip 2							
Equipment	Ms. Vic	Mr. Ian	Ms. Ian	Adulthood1	Adulthood2		
High Block (Sang Dan Mahk Ki)							
Round Kick (Jaiho Cha Gi)							
High Punch (Sang Dan Kyuck)							
Basic One-Steps 1 and 2							
Ki Cho Hyung II Bu (with help)							
Dwi Tora (Back Turn)							
Korean Terms: Ready Stance, Attention, Bow, Return							
Tip 3							
Equipment	Ms. Vic	Mr. Ian	Ms. Ian	Adulthood1	Adulthood2		
Side Block							
Side Kick (Yup Cha Gi)							
Basic One-Steps 1 – 3							
Basic Stick Form (pattern with help)							
Ki Cho Hyung II Bu (no help)							
Breaking: Foot Stomp or Hammer Fist							
Korean Terms: Rest, Turn, Yell, Sit							
1 st Line of Student Creed							

Mat Chat

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

This month:

Self-Control (Tenet 5)

What does it mean?

- Self-Control is doing what is right when you feel like doing what is wrong. It helps you make good decisions.

What is a Better Choice?

- You play a game that is difficult, and you keep making mistakes. You get mad at the game or the person you are playing with.
- It's time to leave for karate but your favorite tv show just came on. You tell your parental unit that you don't feel well.
- You want something at the store but your parental unit says no. You throw a tantrum.
- You love ice cream so much that you keep eating and eating and eating and get sick.
- Your karate instructor wants you to concentrate on basics but you know you can do more advanced techniques, so you do them to prove it. You don't understand why your instructor makes you do pushups for not following instructions.

Terminology

- Reverse round kick ~ *Peet cha gi*
- Stomp Kick ~ *Chit pal gi*
- Inside to Outside Crescent Kick ~ *Ahneso phaku ro cha gi*
- Outside to Inside Crescent Kick ~ *Phakesu ahnuro cha gi*
- Side Stance ~ *Sa ko rip ja she*
- Fighting Stance ~ *Deh ryun ja seh.*