

NEWSLETTER

CHOMIC COMBAT KARATE

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Karate has many health benefits, including:

Physical Health:

Karate will improve your strength, flexibility, balance, agility, & coordination. It also builds stamina & endurance, which will help you exercise longer without getting tired. Karate's moves use many major muscle groups, including your lower body & core, which will help tone & strengthen them. Karate will also improve your cardiovascular system, which can increase your metabolism & help you burn calories. The dynamic movements in karate, like kicks, jumps, & stances, can also increase bone density.

Mental Health:

Karate will help you develop composure, self-confidence, & a clearer thought process. It will also help you combat stress, anxiety, & manage anger. Karate often includes breathing & meditation sessions, which will help reduce stress levels.

Energy:

Karate's intense training will increase endorphins, which are chemicals in your body that make you feel happy & give you more energy. This will make it easier to exercise for longer periods of time.

Diet:

Karate will encourage you to eat a clean diet, avoiding junk food & other unhealthy foods. Your body will need more energy to perform karate, so eating well will help.

Karate + School

What does it do?

It builds confidence, respect, discipline, focus, & other attributes children need to excel when returning to school. As a holistic approach to child development, martial arts training equips children with focus, resilience, and important life skills that ensure a smooth and successful school transition no matter age.



BY AUGUSTINE
MARTIAL ARTS TRAINING



唐手道

World Tang Soo Do Asst. (WTSDA) & Regional (R21) Events:

- 1) **WTSDA: U.S. National Championship 2025 – Battle at the Beach!**
 - a. Hosted by Region 21
 - b. Ocean Center 101N Atlantic Ave, Daytona Beach, FL 32118
 - c. 2025 August 1st – 2nd
 - d. Registration is OPEN NOW!
- 2) **R21: Fall Clinic & Black Belt Test**
 - a. Hosted by Sun Coast TSD
 - b. Tampa Bay, FL
 - c. 2024 October 18th – 19th
 - d. October 20th – E Dan and higher, Black Belt training at a remote island
 - e. Registration will open soon!



Chomic Combat Karate (CCK) Events:

- 1) **Gup Test: Heritage Landing Amenity Center – All Belts**
 - a. 2024 August 2nd (Friday)
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctors: Mr. Fischer
 - d. Assistants: Mrs. Penaherrera
 - e. Time: 5:15pm – 6:45pm (No Class that day)
 - f. All testing paperwork is due NLT COB July 26, 2024
 - g. All Warrior Points are due NLT COB July 26, 2024.
 - i. No More Warrior points will be accepted after the 26th
- 2) **Tiny Tiger & Little Dragon Test: Heritage Landing Amenity Center**
 - a. 2024 August 1st (Thursday)
 - b. Examiners: Mr. Chomic
 - c. Proctor(s): Miss AnaBelle
 - d. Assistants: Mr. William
 - e. Time: 5:15pm – 6:00pm (No Class that day)
 - f. All testing paperwork is due NLT COB July 26, 2024
 - g. All Warrior Points are due NLT COB July 26, 2024.
 - i. No More Warrior points will be accepted after the 26th



CCK Closures for the Month:

- 1) August 8th – Book Club
- 2) August 8th – HOA Meeting
- 3) August 12th – CDD Meeting



Master Warriors Schedule:

1st Friday – Instructor Training Program (ITP) Meeting:
Meeting/Training/Promotions in ITP Levels & Status

2nd Friday - Weapons Training: **Sai** (Metal Set)



3rd Friday – Leadership Class: The Power of Discipline Over Motivation

4th Friday - Sparring Seminar: Half of the class is training, & the last half free sparring or team sparring



Masters Club Notes:

If you are unable to attend your ITP day, you are required to find another ITP Instructor to replace or trade with you for that day. See the Chief Instructor for more information.



What is Masters Club & Are You Interested?

This program is for CCK's dedicated students that would like to learn at an advanced level of training. This level of training does not remove the basic program of CCK, rather it enhances it. If the student qualifies to enter this program, they will have access to a higher level of sophisticated training. See your friendly CCK representative for more information.

CCK Curriculum for the Month:

Week 1: Gup & TT/LL-Test Preparation (Roll & Falls, Breaking, & Sparring)- Open Mats on Wednesday. **GUP & TT/LL Promotion Test!**

Week 2: Gup & TT/LL-Review prior curriculum and drill in basic stances/marching

Week 3: Gup & TT/LL-Review prior curriculum and drill in basic stances/marching

Week 4: Gup & TT/LL-Teach next set of Hands & Kicking Techniques while reviewing previously tested material

SAH BUM NIM (Teacher) Notes:

Teaching is important knowledge, desire and vision to others. It is an unselfish devotion administered through endless perseverance. It is also an investment that the power of your knowledge will surge back abundantly like a well which always which always replenishes.



PROSHOP:

Product of the Month – CCK basic Black T-shirts are **15%** off for back-to-school discounts. See your CCK friendly staff for more purchasing information.

FRONT



BACK



GET YOURS TODAY!!!

Tang Soo!