

NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 8 | AUGUST - 2025 | VOLUME 2



What is celebrated for the month of August?

National Girlfriend Day, National Watermelon Day, International Lefthanders Day, World Humanitarian Day, Coast Guard Day, and International Beer Day.

What holidays are celebrated in August?

- National Girlfriend Day: August 1st this day is an opportunity to show your girlfriend, or any significant female friend, how much you appreciate her. It's a chance to express gratitude for their presence, support, and the joy they bring.
- National Watermelon Day: August 3rd is a perfect opportunity to enjoy this refreshing summer fruit. You can celebrate by eating watermelon in various forms, hosting contests, trying new recipes, or even learning about watermelon cultivation
- International Lefthanders Day: August 13th take a left-handed friend to lunch or out for coffee. If you're right-handed, try doing everything with your left hand. Left-handers post photos using #lefthandersday to prove your left-handed awesomeness.
- World Humanitarian Day: August 19th aims to promote the well-being, dignity and ultimately the survival of those affected by disasters, and the safety and security of the aid workers who rush to help them.

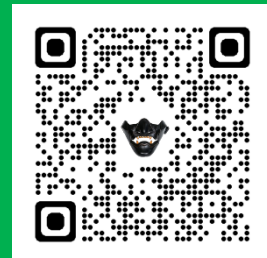
Have You Done Your Karate Homework?

Most students don't think of the dojo as a school. Maybe that's because they have so much fun!

But the fact is it is a classroom, with an instructor, and lessons to be learned. The only way to master those lessons is through PRACTICE! Not once or twice a week... but every day! If you practice every day for 10 – 15 minutes you will master the basics of Tang Soo Do.



ST. AUGUSTINE
EST. 1541

















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道



Join Mr. Brad Larson at his
Martial Arts From The
Ground Up class.
August 13, 2025
Wednesday at 6:00pm.

Make sure you bring plenty of
water, sparring gear, mouth
guard, & a great attitude!



Mr. Larson's class is a mix of Tang Soo Do,
Hapkido, Wrestling & Jujitsu techniques for
real world application. When you take his class
you will gain access to joint manipulation,
pressure points, standing techniques mixed with
ground techniques, and so much more.

See you in class! Tang Soo!



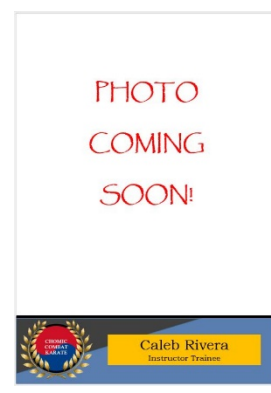
CCK Warriors! Welcome Home!!!

51 Ellis St, Suite 105

St. Augustine, FL 32095

**GRAND OPENING COMING SOON! (September
2025)**

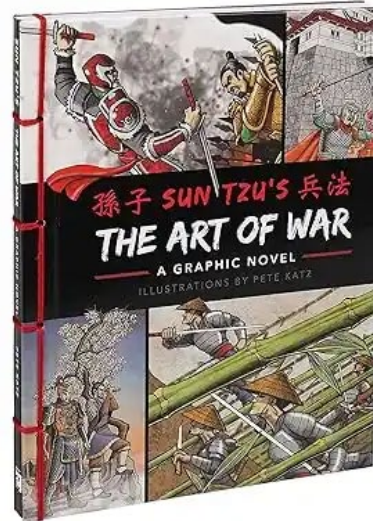
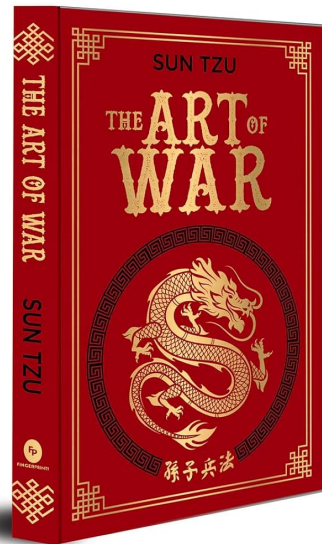
YOUR INSTRUCTORS



師範

Book of the Quarter

(July, August, & September)



The Art of War: Book & Graphic Novel (3yrs – 13yrs old) - hailed as the oldest philosophical discussion on military strategy, Sun Tzu's The Art of War has been translated into modern English & adapted as a graphic novel by award-winning illustrator Pete Katz. The original book is an ancient Chinese military treatise dating from the late Spring and Autumn period & in the collectible thread-bound edition, the narrative focuses on a teacher instructing a pupil on the main points of Sun Tzu's treatise, with vibrant battle scenes interspersed throughout. Both cover issues such as planning, tactics, maneuvering, and spying are illustrated with full-color scenes (graphic novel only), so that readers may gain a greater understanding of principles from the fifth century BC.

Sun Tzu - is thought to have been a military general and adviser to the king of the southern Chinese state of Wu during the sixth century BCE. Although some modern scholars have called his authorship into doubt, the world's most influential and enduring treatise on military strategy, The Art of War, bears his name.

唐手道

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

- 1) **WTSDA: World Championship 2026**
 - a. Hosted by. Region 8
 - b. Location: Chicago, Illinois
- 2) **R21: Fall Clinic & Black Belt Test**
 - a. Hosted by Ripple Effect MB
 - b. Black Creek Methodist Church – **Oct 17th LAST DAY TO REGISTER**
 - c. October 24, 2025 – Black Belt Test: 6:00pm – 9:00pm
 - d. October 25, 2025 – Clinic: 8:00am Doors Open
 - e. October 26, 2025 – E Dan and higher, black belt training
 - f. Registration is **NOW OPEN!**



Chomic Combat Karate (CCK) Events:

- 1) **Gup Test: White Belt through Red Belt**
 - a. August 9th (Saturday) 2025
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor: Mr. William
 - d. Assistants: Mrs. Wittenmeier, Mr. Nicolas, & Mr. Caleb
 - e. Time: 1:00pm – 3:00pm
 - f. All testing paperwork is due August 5th
 - g. All Warrior Points are due August 5th
 - i. No More Warrior points will be accepted after August 5th
- 2) **Tiny Tiger & Little Dragon Test**
 - a. August 9th (Saturday) 2025
 - b. Examiners: Mr. Chomic & Miss AnaBelle
 - c. Proctor(s): Mr. William,
 - d. Assistants: Mrs. Wittenmeier, Mr. Nicolas, & Mr. Caleb
 - e. Time: 10:00am – 11:00am
 - f. All testing paperwork is due August 5th
 - g. All Warrior Points are due August 5th
 - i. No More Warrior points will be accepted after August 5th



CCK Closures for the Month:

- 1) None!



Master Warriors Schedule:

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

2nd Tuesday – Weapons Training: **Kama**

3rd Tuesday – Leadership Class: In-depth view of the purpose of Tang Soo Do training, Goal Setting, and much more...

4th Tuesday – Sparring Seminar: Half class: training, & half class 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. The wear of your master's uniform is required when you are participating in a Master Club activity (ITP days, & all Tuesdays).



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 a 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.

Gup & TT/LD Curriculum for the Month:

Week 1: Gup & TT/LD - **Test Preparation** (Roll & Falls, Breaking, & Sparring)- Open Mats Monday: Gups & TT/LD

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

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

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



SAH BUM NIM (Teacher) Notes:

"If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained, you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle."



– Sun Tzu, Art of War

Proshop

PRODUCT OF THE MONTH! – CCK Summer CCK Headband are **10% off** for summer discounts! See your CCK friendly staff for purchasing information. Support CCK, by wearing your headband & posting it to our Instagram and/or Facebook page. You will earn a CCK 10% off coupon that you may apply to your next Proshop purchase.



GET YOURS TODAY!!!

Important Notes:

- 1) **Attendance!** Do your best to maintain attendance (2-days/week, 24-days/testing cycle) while enjoying the holidays. When you are home enjoying family/friends, breakaway to practice. Just 15 minutes a day will keep you on track for your next belt test. It will also keep you sharp in case you are forced into a self-defense situation. Warriors never stop practicing...
- 2) **Follow us on Facebook & Instagram.** Just type in our studio's name; contribute & enjoy!

Tang Soo!