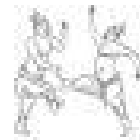


# NEWSLETTER

## CHOMIC COMBAT KARATE

ISSUE NO 5 | DEC - 2024 | VOLUME 1



### What is celebrated for the month of December?

December ushers in winter holidays such as Christmas, Kwanzaa, and Hanukah. It is also a time when families gather in the warmth of their homes. Throughout the month, our thoughts and actions turn toward charity and peace.

### What is the birth flower for December?

The December birth flowers are the holly and narcissus, particularly the paperwhite variety. Holly (*Ilex aquifolium*) is an evergreen shrub or small tree known for its glossy, dark green leaves and vibrant round or oval berries.



### 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.



# TEENAGE MUTANT NINJA TURTLES

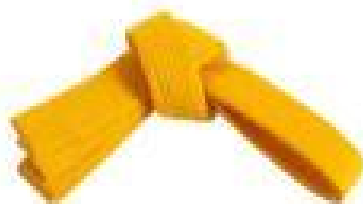
The Teenage Mutant  
Ninja Turtles (TMNT)  
animated TV series  
premiered in the United  
States on December 14,  
1987. For the month of  
December wear a  
TMNT shirt to class in  
lieu of your uniform jacket.

Tang Soo!



## Gup Gold Belt Recipient

Caleb Rivera



## TTALD Gold Belt Recipient

Lachlan Carlos



## Gup Student of the Quarter

John Rivera



NO RETREAT IN **BATTLE**



PRESENTS



**2025 US NATIONAL CHAMPIONSHIP | AUGUST 1-2, 2025**  
OCEAN CENTER 101 N ATLANTIC AVE, DAYTONA BEACH, FL 32118

SCAN QR CODE  
TO REGISTER



THIS EVENT IS PROUDLY  
HOSTED BY



FOR MORE INFO VISIT  
[WORLD.TANGSOODO.COM](http://WORLD.TANGSOODO.COM)

# YOUR INSTRUCTORS



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# 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 1<sup>st</sup> – 2<sup>nd</sup>
  - d. Registration is **NOW OPEN!**
- 2) R21: Spring Clinic & Black Belt Test
  - a. Hosted by Rock Solid Karate
  - b. Flowery Branch, GA
  - c. April 25<sup>th</sup> – 26<sup>th</sup> 2025
  - d. April 27<sup>th</sup> – E Dan and higher, black belt training
  - e. Registration is **OPENING SOON!**



## Chomic Combat Karate (CCK) Events:

- 1) Gup Test: Heritage Landing Amenity Center – All Belts
  - a. February 8<sup>th</sup> (Saturday) 2025 – **Tentative** –
  - b. Examiners: Mr. Chomic & Miss AnaBelle
  - c. Proctor: Miss Larson
  - d. Assistants: Mr. William, & Mrs. Penaherrera
  - e. Time: 11:00pm – 3:00pm (No Class)
  - f. All testing paperwork is due NLT COB January 24, 2025
  - g. All Warrior Points are due NLT COB January 24, 2025
    - i. No More Warrior points will be accepted after the 24<sup>th</sup>
- 2) Tiny Tiger & Little Dragon Test: Heritage Landing Amenity Center
  - a. January 30<sup>th</sup> (Thursday) 2025 – **Tentative** –
  - b. Examiners: Mr. Chomic & Miss AnaBelle
  - c. Proctor(s): Miss Larson
  - d. Assistants: Mr. William
  - e. Time: 5:15pm – 6:00pm (No Class that day)
  - f. All testing paperwork is due NLT COB January 23, 2025
  - g. All Warrior Points are due NLT COB January 23, 2025
    - i. No More Warrior points will be accepted after the 23<sup>rd</sup>



## CCK Closures for the Month:

- 1) December 2<sup>nd</sup> – HOA Meeting
- 2) December 5<sup>th</sup> – Book Club
- 3) December 12<sup>th</sup> – CDD Meeting
- 4) December 23<sup>rd</sup> – 27<sup>th</sup> Holiday Break



## Master Warriors Schedule:

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

**2<sup>nd</sup> Friday** – Weapons Training: NUNCHAKU

**3<sup>rd</sup> Friday** – Leadership Class: In-depth view of the purpose of Tang Soo Do training, Goal Setting, and much more...

**4<sup>th</sup> Friday** – 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 Masters uniform is required when you are participating in a Master Club activity (ITP days, & all Fridays).



### 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.

### Curriculum for the Month:

**Week 1:** Gup & TT/LD-Teach next set of Hand & Kicking Techniques while reviewing previously tested material

**Week 2:** Gup & TT/LD-Teach next set of Hand & Kicking Techniques while reviewing previously tested material

**Week 3:** Gup & TT/LD-Teach next Hyung while reviewing previously tested material

**Week 4:** Closed for the Holidays December 23<sup>rd</sup> – 27<sup>th</sup> Note: Open Dec 30<sup>th</sup> & Jan 1<sup>st</sup> & 3<sup>rd</sup>



## SAH BUM NIM (Teacher) Notes:

Train as if it's REAL, because one day it will be! When you are practicing at home or in the studio, rehearse your kicks, strikes, blocks, & techniques with the same physical & mental intensity as you would need to defend yourself in a real situation. When you practice without power you will not develop the same strength & spirit as others who train with full power & intensity.

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# Proshop

**PRODUCT OF THE MONTH!** – CCK Hoodies (Standard and Custom) are 15% off for winter discounts! See your CCK friendly staff for purchasing information.



## 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!