

NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 12 | DEC - 2025 | VOLUME 2



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 dojang as a school. Maybe that's because they have so much fun!

But the fact is it 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!





Get your own CCK decal!

(904) 297-8463



**LIFE IS
BETTER
IN A DOBOK**
CHOMIC COMBAT KARATE

CCK Logo Decal

Size: 2.2" x 7.5"

Price: \$8 each



CHOMIC COMBAT KARATE 



CHOMIC COMBAT KARATE 

CCK Text Decal • Size: 1.2" x 7.5"

Price: \$5 each

UV resistant

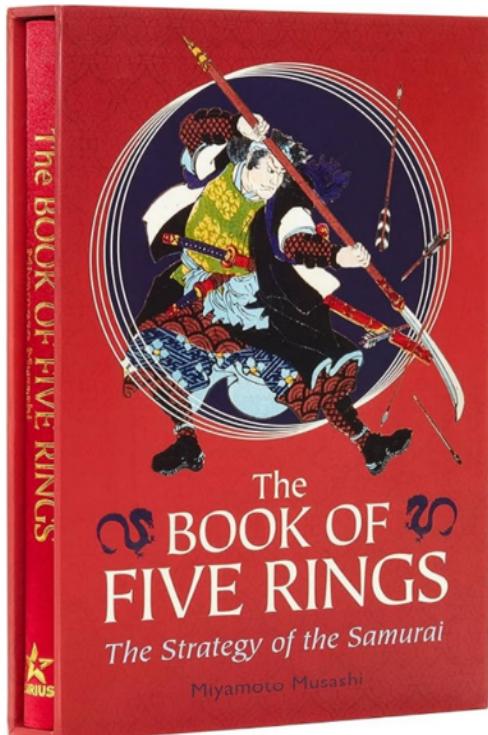
Colors Available:

Paint safe



Book of the Quarter (Gup)

(October, November, & December)

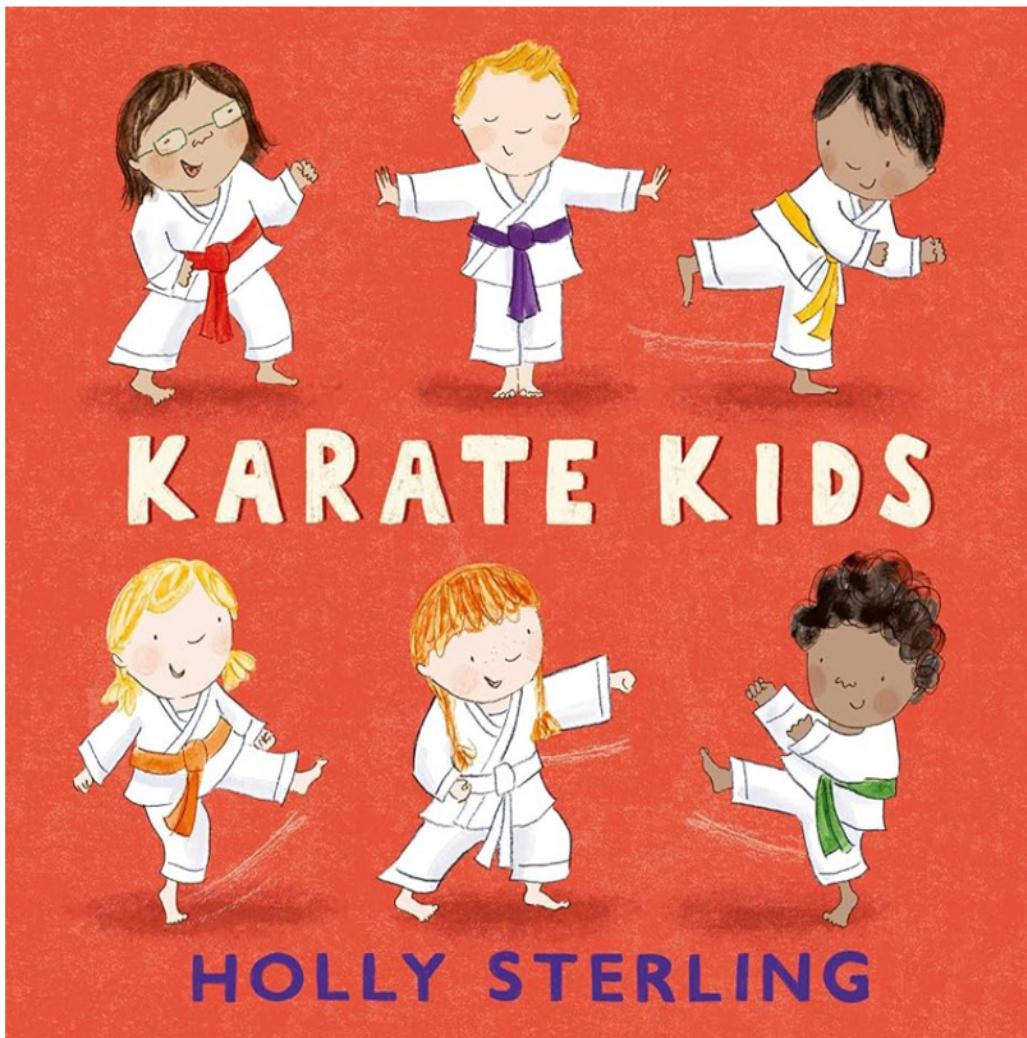


The Book of Five Rings, a classic Japanese text written by undefeated swordsman Miyamoto Musashi. In it, he records his "true principles" which guarantee victory in martial arts and on the battlefield. Instead of relying on religion or theory, Musashi based his writings on his own experience, observation, and reason.

The scrolls, published as **The Book of Five Rings**, have recently gained an international reputation in the business world as a means of resolving differences and achieving success. But their delineation of the psychological strength, rigorous self-control, and practical application necessary for dealing with physical and mental conflict also has a wider relevance and can be usefully applied to all our lives.

Book of the Quarter (TT, & LD)

(October, November, & December)



Join Maya and all her friends as they get together at the dojo for their Saturday karate class! There are moves to remember, blocks to practice, and punches to perfect. Maya is a white belt, which means she's still a beginner, but with focus, balance, and determination — and a little help from her friends — can she show Sensei what she's got? Written and illustrated by Holly Sterling, a karate champion and teacher, this is a joyful and uplifting celebration of the sport and a must-have primer for any child hoping to be a karate kid one day.

YOUR INSTRUCTORS



PHOTO
COMING
SOON!



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

- 1) **WTSDA: Championship 2026**
 - a. Hosted by. Region 8
 - b. Location: Chicago, Illinois
 - c. Date: July 17th – 18th 2026
 - d. Registration: Coming Soon!

- 2) **R21: Spring Clinic & Black Belt Test**
 - a. Hosted by Central Florida Tang Soo Do
 - b. Orlando, FL
 - c. 2026 April 17th – 19th
 - d. April 19th – E Dan and higher, black belt training
 - e. Registration is **OPENING SOON!**



Chomic Combat Karate (CCK) Events:

- 1) **Gup Test: White Belt through Red Belt**
 - a. February 4th (Wednesday) 2026
 - b. Examiners: Mr. Chomic & Miss Chomic
 - c. Proctor: Mr. William, & Mr. Nicolas
 - d. Assistants: Mrs. Wittenmeier, & Mr. Caleb
 - e. Time: 5:00pm – 8:00pm (No Class That Day)
 - f. All testing paperwork is due January 21st
 - g. All Warrior Points are due January 21st
 - i. No More Warrior points will be accepted after January 21st
 - h. Make up test day: February 13, 2026: 6:00pm – 7:00pm
 - i. Gup & Dan Promotion Day: February 14, 2025 – 5:00pm – 7:00pm

- 2) **Tiny Tiger & Little Dragon Test**
 - a. February 2nd (Monday) 2026 – Promotion & Medals Follow the Test
 - b. Examiners: Mr. Chomic & Miss Chomic
 - c. Proctors: Mr. William, & Mr. Nicolas
 - d. Assistants: Mrs. Wittenmeier, & Mr. Caleb
 - e. Time: 5:00pm – 5:55pm
 - f. All testing paperwork is due January 21st
 - g. All Warrior Points are due January 21st
 - i. No More Warrior points will be accepted after January 21st
 - h. Make up test day: February 13, 2026: 6:00pm – 7:00pm



CCK Closures for the Month:

- 1) December 22nd – 29th Holiday Break



Master Warriors Schedule:

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



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

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

4th Tuesday – Demonstration Team: Half of the class is training, & the last half is Demo hyung building

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:



Chomic Combat Karate Education Department

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 22nd – 24th Note: **Open Dec 29th**

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.

Proshop

PRODUCT OF THE MONTH! – CCK Hoodies (Black – Standard, & Custom options) are 10% off for fall discounts! See your CCK friendly staff for purchasing information. Support CCK, by wearing your hoodie & 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!