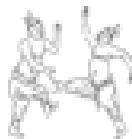


NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 14 | FEB - 2026 | VOLUME 3



FEBRUARY

What is celebrated for the month of February?

February is the second month of the year in the Julian and Gregorian calendars. The month has 28 days in common years and 29 in leap years, with the 29th day being called the leap day. February is the third and last month of meteorological winter in the Northern Hemisphere.

What are holidays are celebrated in February?

You may be surprised to learn that along with those standouts, there are a host of other February observances and notable happenings including Groundhog Day, National Freedom Day, Washington and Lincoln's birthdays, the Super Bowl and Black History Month among many others.



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!

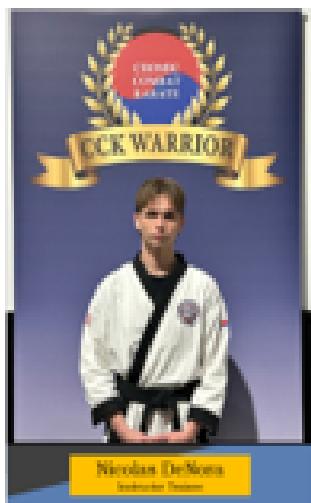
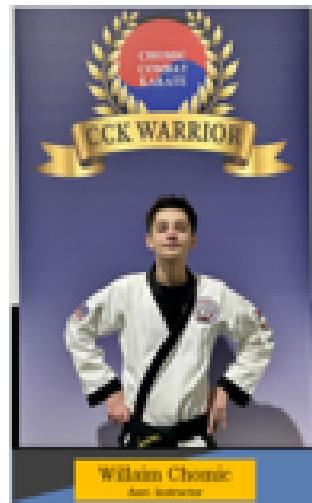
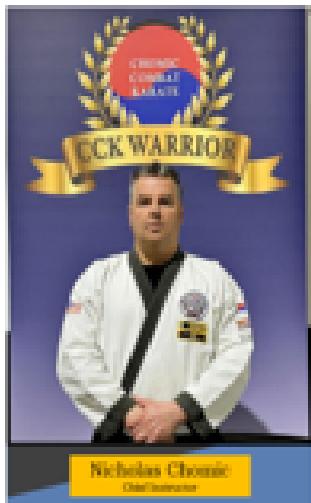
But the fact is it a classroom, with an instructor, and lessons to be learned. The only way to master those lessons is through PRACTICE! Not once or twice a week... but every day! If you practice every day for 10 – 15 minutes you will master the basics of Tang Soo Do.



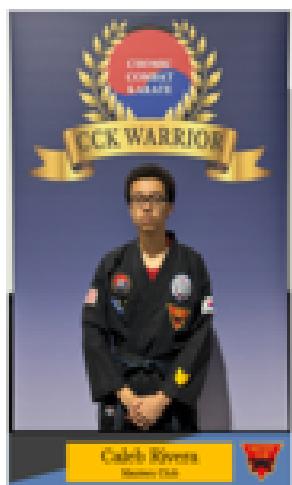
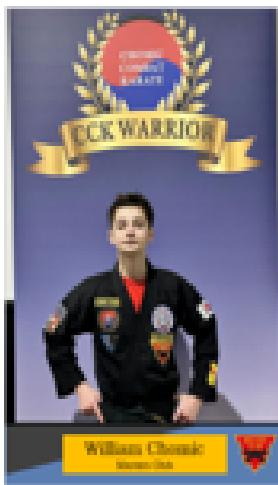
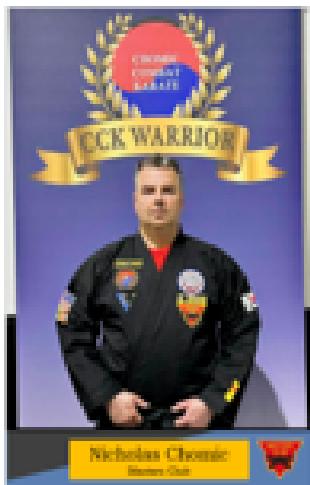
ST AUGUSTINE
EST. 1565



YOUR INSTRUCTORS

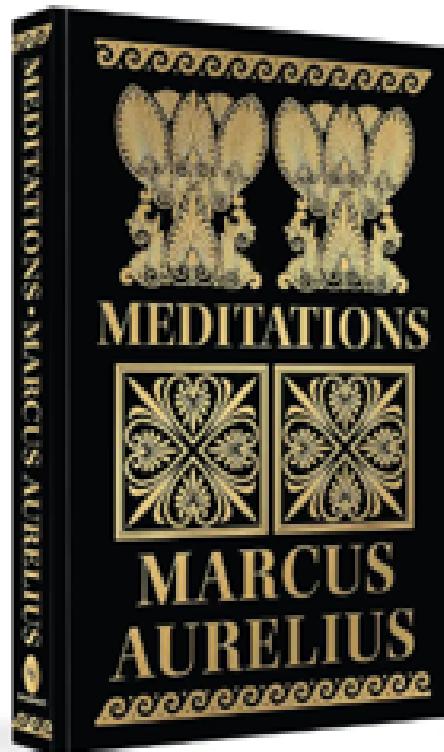


MASTERS CLUB MEMBERS



Book of the Quarter (Gup)

(January, February, & March)



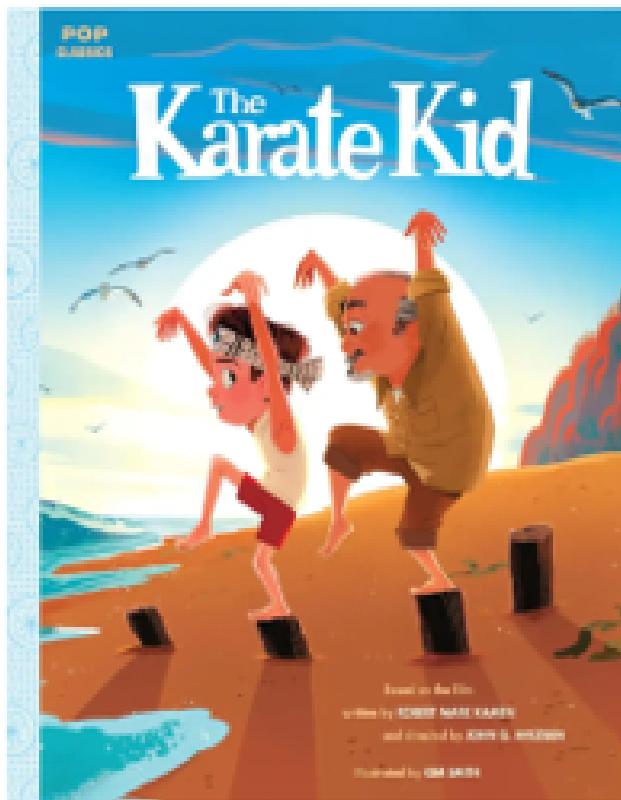
Meditations by Marcus Aurelius, is a timeless guide to Stoic philosophy. *Meditations* offers invaluable insights into life, virtue, and resilience. This influential work offers a window into the mind of a Stoic philosopher-king as he reflects on the nature of the universe, the meaning of life, and the virtues that lead to a fulfilling existence. This inspirational read is a must-have for anyone seeking personal growth and enlightenment.

Ancient wisdom for modern life!

- Offers practical advice on navigating life's challenges and embracing the present moment.
- Serves as a source of inspiration for those seeking a more purposeful and meaningful existence.
- Includes teachings that encourage self-reflection and the art of mindfulness for a more balanced and fulfilling life.
- Provides practical insights into resilience, self-discipline, and finding inner peace.
- A must-read for those on a journey of self-discovery.

Book of the Quarter (TT, & LD)

(January, February, & March)



Classic Illustrated Storybook (Pop Classics). When The Karate Kid appeared in theaters in 1984, its heartwarming story of an unlikely friendship between a bullied boy and the Japanese maintenance man in his new apartment building became an instant classic. Now the beloved film is reimagined as a cute and colorful picture book, with charming illustrations by Kim Smith. When young Daniel is targeted by students from the Cobra Kai dojo, his neighbor Mr. Miyagi agrees to train him for the upcoming karate tournament. But why is Mr. Miyagi making Daniel wax his cars, sand his deck, and paint his house? Will Daniel ever master the art of karate? This timeless story of overcoming the odds will delight kids, their parents, and anyone who has ever had that one special teacher.



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

- 1) WTSDA: Championship 2026
 - a. Hosted by Region 08
 - b. Location: Renaissance Schaumburg Convention Center
1551 Thoreau Dr N, Schaumburg, IL 60173
 - c. Date: July 17th – 18th 2026
 - d. Registration: NOW OPEN!

- 2) R21: Spring Clinic & Black Belt Test
 - a. Hosted by Central Florida Tang Soo Do
 - b. Location: Apopka High School, 555 Martin St, Apopka, FL 32712
 - c. 2026 April 17th – 19th
 - d. April 19th – E Dan & higher, black belt training
 - e. Registration is NOW OPEN!



Chomic Combat Karate (CCK) Events:

- 1) Gup Test: White Belt through Red Belt
 - a. May 7th (Thursday) 2026
 - b. Examiners: Mr. Chomic & Miss Chomic
 - c. Proctor: Mr. William, & Mr. DeNora
 - d. Assistants: Mrs. Wittenmeier, & Mr. Caleb
 - e. Time: 5:00pm – 8:00pm (No Class That Day)
 - f. All testing paperwork is due April 22nd
 - g. All Warrior Points are due April 22nd
 - i. No More Warrior points will be accepted after April 22nd
 - h. Make up test day: May 14, 2026: 5:00pm – 8:00pm
 - i. Gup & Dan Promotion Day: May 21, 2026 – 5:00pm – 7:00pm

- 2) Tiny Tiger & Little Dragon Test
 - a. April 30th (Thursday) 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 April 22nd
 - g. All Warrior Points are due April 22nd
 - i. No More Warrior points will be accepted after January 22nd
 - h. Make up test day: May 14, 2026: 5:00pm – 7:00pm



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: KAMAs



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:

Week 1: Gup & TT/LD - Test Preparation (Roll & Falls, Breaking, & Sparring)- Open Mats on Wednesday!



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

Chronic Conflict Karate Education Department

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:

Discipline is the key to your success! Discipline over motivation is the idea that being disciplined is more important than being motivated because it allows you to make progress consistently. Discipline helps you maintain structure and determination, even when your motivation fluctuates.



Proshop



PRODUCT OF THE MONTH! - Karate Hair Ties are 10% off for winter discounts! See your CCK friendly staff for purchasing information. Support CCK by wearing your hair tie & posting it to our Instagram and/or Facebook page. You will earn a CCK 10% off coupon that you may apply for 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!