

NEWSLETTER

CHOMIC COMBAT KARATE

ISSUE NO 13 | JAN - 2026 | VOLUME 3



What is celebrated for the month of January?

Beyond New Year's Day, there are plenty of interesting holidays and observances to mark on your calendar for January 2026. Some of the most historically and culturally significant days this month include Martin Luther King Jr. Day, World Family Day, Holocaust Memorial Day, and World Braille Day.

The first month of the year marks a period of exploration and new beginnings, filled with possibilities and opportunities. Recognized as International Creativity Month and Self-Love Month, it encourages individuals to explore new hobbies, interests, skills, and passions.



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.





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 

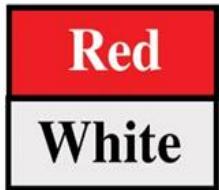
CCK Text Decal • Size: 1.2" x 7.5"

Price: \$5 each

UV resistant

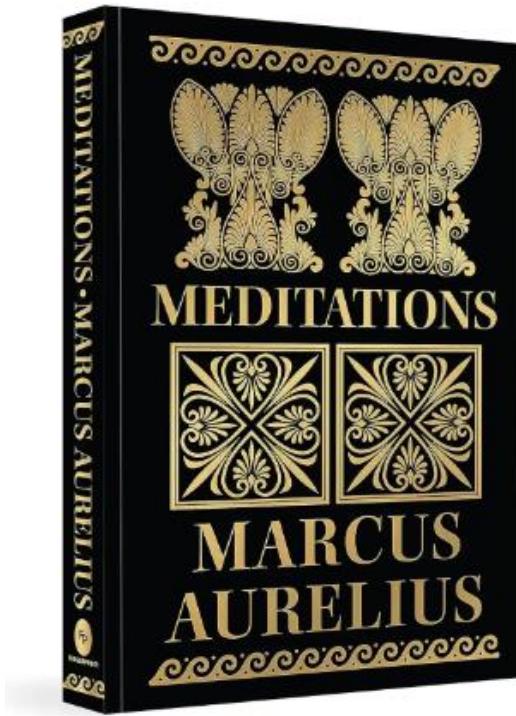
Colors Available:

Paint safe



Book of the Quarter (Gup)

(January, February, & March)



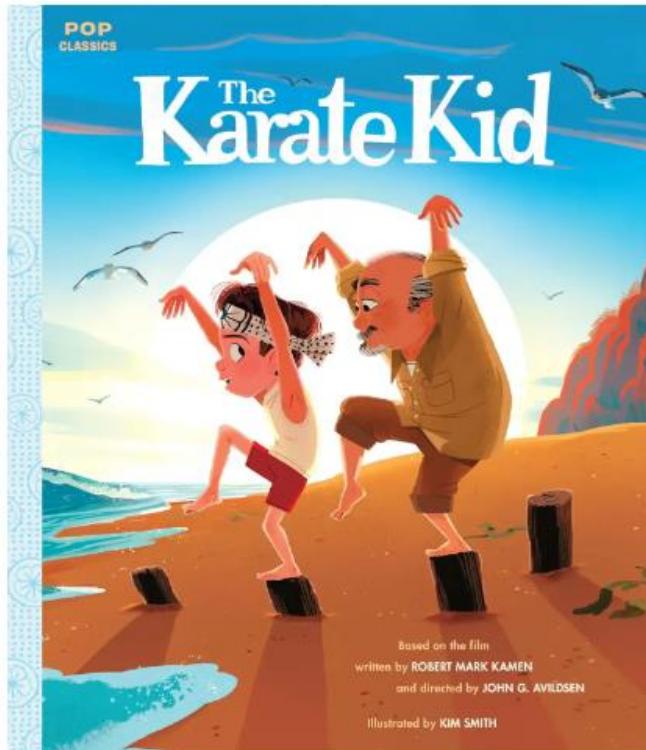
Meditations by Marcus Aurelius, is a timeless guide to Stoic philosophy. **Meditations** offers invaluable insights into life, virtue, and resilience. This influential work offers a window into the mind of a Stoic philosopher-king as he reflects on the nature of the universe, the meaning of life, and 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 on 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.

YOUR INSTRUCTORS



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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, 2026 – 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) None!



Master Warriors Schedule:

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

2nd Friday – Weapons Training: **SWORD**



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

4th Friday – 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-Teach next set of **Hyung** Techniques while reviewing previously tested material

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

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

Week 4: Gup & TT/LD-Teach next **Ho Sin Sul** while reviewing previously tested material

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 T-Shirt (Black – Standard option only) are 10% off for fall discounts! See your CCK friendly staff for purchasing information. Support CCK by wearing your T-shirt & 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!